

Finger Lakes Trail NEWS

Spring 2016



The Schizophrenia of Spring

Inside...

- ★ *Spring Weekend Program Inside*
- ★ *FLT's Landowners THANK YOU!*
- ★ *One Hiker's First Overnight*





SPRING 2016

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

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Finger Lakes Trail Service Center
6111 Visitor Center Road
Mt. Morris, NY 14510
(585) 658-9320

Editor

Irene Szabo
6939 Creek Road,
Mt. Morris, NY 14510.
Phone (585) 658-4321
treeweenie@aol.com

Graphic Design

Jennifer Hopper

Proofreader

Jo Taylor

End-to-End Update

Jacqui Wensich

Walking through Time

Irene Szabo, Tim Wilbur

A Naturalist's View

Randy Weidner

A Walk on the Wordy Side

Marla Perkins

FLT Archives

Georgeanne Vyverberg

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Send address changes to :
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COVER: A wintry scene on Map M23 in Chenango County, taken by Warren Johnsen, contrasted with painted trillium taken by Tom Reimers at the Finger Lakes Land Trust's McIlroy Preserve. Such dramatically different moments can happen only a few weeks apart during our upstate New York springs.

THIS PAGE: Warren Johnsen took this stunning picture of Balsam Lake Mountain fire tower in the Catskills on a day when it was 22 below zero when he left home. He had to snowshoe in three miles on the FLT, then climbed the tower several times to take pictures, where the wind was so bad that he couldn't stay up there taking pictures very long.

President's Message

Pat Monahan

Spring has been teasing us all winter long. My neighbor was out mowing his grass in December. I shoveled my sidewalk once because I thought I should. I traveled to the Adirondacks to snowshoe after Christmas and used only my micro-spikes to grip the ground. Needless to say, winter recreation has been a bust this year for me so far.

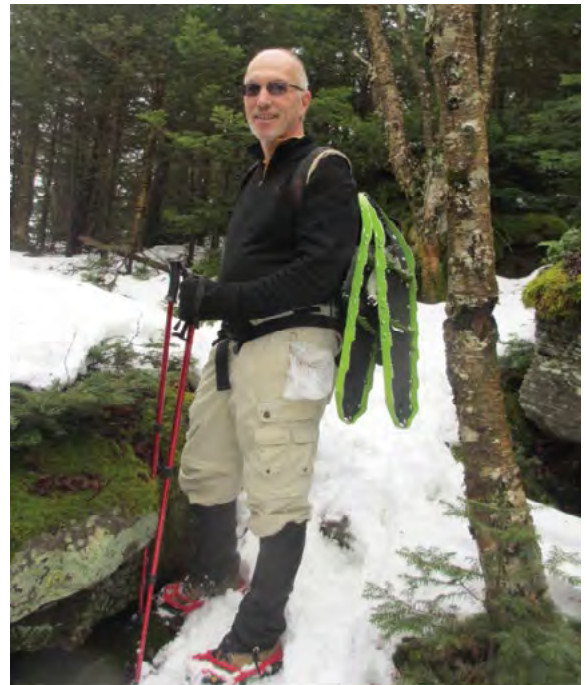
I would like to continue to report back to you about the November 2015 Board retreat. In the winter issue, I commented about many bold steps the Board has taken to continue its growth into the future. Let me recap just a few of those steps.

- Hire a fulltime Executive Director (in progress)
- Increase office hours
- Increase membership
- Restructure dues to increase revenues

In addition, the FLT needs to recruit people who are skilled in retention (membership growth) and marketing (promotion and sales). Specific volunteer opportunities are listed on page 7. We need to do as much as possible with volunteers to help keep our costs in line with our revenue flow. These areas are critical to our growth. Without volunteers, we may need to consider contracting for these services to be accomplished.

The Board will discuss two other issues in upcoming meetings. First, the Board will review its long range planning document. This is typically done at the retreat but was tabled until the spring. Second, the Board will consider if the current Board membership/makeup supports the work that needs to be done. The first step in this process will be to add an Executive Vice President position which requires a bylaw change. The Executive Vice President will perform all of the President's duties in his/her absence or inability to perform his/her duties. This will provide a seamless transition in case of unplanned departure of the President from the organization. The membership will vote on this change at the June 18, 2016, annual meeting.

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 12 for brief candidate descriptions) and the proposed



Larry Blumberg

bylaw changes at the annual meeting held during the Spring Conference in Montour Falls.

Finally, I would like to thank the hundreds of volunteers who make the FLT New York's premier footpath. You may be part of the army of trail maintainers or on the Social Media Committee, the Board of Managers or may help mail the membership renewal letters. You may decide that making a financial contribution, giving a trail easement or donating a piece of property is your way to support the FLT. It all matters. It is who we are. Thank you for making the FLT your priority.

Spring is coming. Send in your membership, get the gaiters out and **“Go take a hike!!”** 🍁

Join the FLT Yahoo Groups E-Mail List

The Finger Lakes Trail Conference's e-mail list is a discussion group hosted by yahoo groups.com. Its purpose is to allow the subscribers (approximately 650 people) to communicate information to each other pertaining to FLT hikes and other FLT 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), Jack VanDerzee (vanderze@ithaca.edu) and Roger Hopkins (roger@natural-highs.net)

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

Finger Lakes Trail's Landowners THANK YOU!

Charlie Elrod

Over the 18 years that we have hosted the Finger Lakes Trail across our farm in Enfield, and have been reading this magazine, I always note the little banner, tucked somewhere inside, which thanks the landowners who have given permission for the trail to cross their property. Thank you. We appreciate that sentiment and recognition. But recently, while providing a little logistical support to the Locust Lean-to project, it struck me that it is we landowners who should be thanking YOU!

As members of the Cayuga Trails Club, you know what an incredible recreational resource we have here. One that is free and open to the public, for all to enjoy. A resource that encourages people to get out and exercise, get some fresh air, enjoy a beautiful view with some special friends, take up a physical challenge or a quiet moment of solitude and reflection in the woods. You've probably stopped by one of the trail kiosks and perused the notes of gratitude left by the numerous hikers in the trail logs. And that is all possible because of you.

Your financial support of the club is important, but more than that, it is the thousands of hours each year of volunteer work that you put into maintaining and improving the trail, maintaining the maps and website, organizing and leading hikes or work crews, liaising with the Finger Lakes Trail Conference and the North Country Trail Association, state foresters and landowners. Diane and Neal Melveney of Hector share that they have always had a "great, rewarding experiences with club members in building (and rebuilding, due to flooding), a bridge over the creek that runs through the woods. The generosity of trail club members to donate not only materials but entire days to work on the bridge is amazing and a great testimony to the trails club."

As I said, how much we landowners owe you really hit home for me when our grandson and I spent a few hours over a couple of mornings hauling timbers up to the Locust Lean-to site with our tractor and a trailer. Over four days, we watched as about a dozen club members donated their time, skills, backs, tools, expertise and blisters to the project. It provided a perfectly tangible opportunity to talk with our 9-year-old grandson about volunteering and giving back to the community. A few weeks ago, when we hiked up to the lean-to to cook dinner and spend the night, he was so proud to have helped in some little way to building that shelter (which I'll add, kept us perfectly dry through a torrential thunderstorm).



Charlie's "new neighbor," the Locust Lean-to on the Bock-Harvey Forest Preserve just west of Ithaca.

Roger Hopkins

But, putting my landowner hat back on, you might ask why we allow the trail to cross our property. As Ted Crane of Danby, a trail host since 2011, put it so succinctly: "It's just the right thing to do." The Melveney's who have hosted the trail for 41 years, round that feeling out a little: "We have always enjoyed hiking and have benefited from others who host trails through their land and felt it was only fair and fitting that we do likewise. We have never regretted that decision."

When we were looking at purchasing our farm 18 years ago, our realtor alerted us to the existence of a permanent easement for the Finger Lakes Trail across the property. She wondered if that would negatively impact our interest in the property. In fact, it was just the opposite. We loved the idea of giving something back to the community of people who enjoy the outdoors. At the closing on our property in 1997, Bob and Beattie Bock talked of their desire to conserve part of their farm to keep it "forever wild." So, many years later, we can now tell everyone about our new neighbor, the Bock-Harvey Preserve, as well as showing our friends "our" section of the trail. As Ted Crane said, "I'm always encouraging neighbors and friends to get out on the trail. It makes my place seem really big when I tell people there's a mile or more of trail on our property."

As people who spend a good deal of time around our farm working, walking, riding horses, etcetera, it is actually uncommon to see hikers on the trail. But we know you're there.... the distinct path through the grass of our back field tells us of your passage. When we have met up with you, we love to hear the stories of your hike, whether it is just a quick afternoon jaunt, or an end-to-ender trek. The Melveney's have seen more over the years and say, "Hikers we have met when we've been in our woods are friendly and always express their gratitude to us for allowing the trail to go through our land. [We] have never found so much as a gum wrapper on the trail. Trail users are very considerate of the trail."

But really, thank you. Thank you for your hard work and dedication to the Finger Lakes Trail. Thank you for wanting to be out in this beautiful slice of the world that we call home. And thank you for your stewardship of our natural resources. 🍁

Reprinted with permission from the newsletter of the Cayuga Trails Club.

Executive Director Report

Quinn Wright



Taking on the task of being the Executive Director of the FLT has been very demanding of my time and energy, but I have been enjoying my time away from retirement while I serve all of you. The most compelling observation for me is how much we as an organization depend upon volunteers. My focus has always been rather narrow, but this experience has really opened my eyes to how many of you and how much time many of you commit to the FLT in so many ways. I have observed many strengths in the FLT organization such as: the Trail Management Team and its group of trail maintainers, the Finance Committee, the Human Resource Committee, the Archives Committee, the fairly new Marketing Committee, the Program Committee and the affiliates who support them, and many more individuals who provide their own unique skills to support the mission of the FLT.

But, we have two glaring weaknesses which I am certain you can help solve:

First, outside of our group, very few people know about the FLT! We interviewed many people when looking for our new office manager and new data clerk. Not one person knew of the FLT, even when the trail was just up the road from their homes! That is a promotion and advocacy weakness. I have developed a plan to address that issue, but it will take a large number of our members who are willing to work on behalf of the FLT in their own towns and counties. We need to identify members who know the local politicians and news outlets and can advocate for the FLT to those people. With the organizational structure that is being developed, there will be no meetings required other than ones that you arrange with your friends, neighbors, and officials. There should be little or no financial commitment on your part to carry out this advocacy work. Much of the work can be handled by email and the office will provide the materials that are needed. The public must become aware of the FLT if we are to continue to be a strong organization!

Second, our membership is declining. The strength of any volunteer organization is in its numbers. The number of members translates directly into financial well-being. It costs money to manage 1000 miles of trail. And will cost even more money to promote the trail through the advocacy mentioned above. The simple solution is to gain more members. More members translate into more dues income and more donation income. Size matters! What can you do? Encourage people to join the FLT! If you belong to

an affiliate club, solicit your other members to join the FLT. If you are a hiker and hike with people who do not belong, recruit them to become members. Volunteer to help with the advocacy effort in order to increase public awareness of the trail and the benefits of hiking.

I hope that soon we will have my replacement and we want that person to focus on development work which means fundraising. That person will also be charged with advocacy. Addressing these two weaknesses will go a long way toward making that person's task easier. Please do more than nod your head that you understand. If you are not helping to make the FLT stronger, **NOW is the time to step forward!** Please contact me or the office and let us know that you can and will help in the effort **to advocate for the FLT by promoting the trail to your local communities and/or by recruiting new members.** 🍁

Contact: Quinn Wright
qwright@fingerlakestrail.org
716-826-1939

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 31. Dues paid after Dec. 31 will be applied to the next membership year.)

Youth (under 17)	\$15	Sustaining:	
Student (under 24)	\$15	Pathfinder (Bronze)	\$100
Limited Income	\$30	Trail Blazer (Silver)	\$250
Adult	\$40	Trail Builder (Gold)	\$251-\$500
Family	\$60	Trail Guide (Diamond)	\$501-\$1000
Youth Organization	\$30	Trail Patron (Platinum)	over \$1000

Lifetime (Individual)	\$600	Lifetime (Family)	\$900
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Business/Corporate:

Bronze	\$100
Silver	\$250
Gold	\$500
Diamond	\$1000
Platinum	\$2500

Please see article on page 10 for full description of price increase.

A Naturalist's View

Story and Photos by D. Randy Weidner

As spring approaches, many hikers eagerly return to the Finger Lakes Trail. In early spring, leafless deciduous trees allow the observant hiker opportunity to look farther off the trail and notice the varied features of the natural landscape. The trail crosses many creeks and streams, sometimes encounters larger rivers and lakes, and passes along constructed ponds and dams. Running as it does through the part of New York State that 12,000 years ago was covered by the last continental glacier and is now largely covered by eastern woodlands, the Trail winds past multiple low-lying depressions left in the previously glaciated terrain. Some of these small, shallow basins hold water, yet lack a feeder stream and a natural outlet. The water source of these naturally occurring ponds is generated by snow melt and ground water seepage. The water collected there will usually be gone by mid to late summer. For that reason these ponds can never hold fish. Yet they do harbor abundant aquatic and semi-aquatic lifeforms. We refer to these features as vernal pools.

Do not expect to find typical wetland plants like cattails in many of these vernal pools; they do not stay wet long enough to support such plants. The surrounding vegetation is the same as the rest of the forest. Occasionally there is a narrow rim of shrubby plants like blueberry or viburnum. More commonly there are hummocks of Marsh Fern (*Thelypteris palustris*), Royal Fern (*Osmunda regalis*) and Sensitive Fern (*Onoclea sensibilis*) nearby. The moist ground is also excellent habitat for Skunk Cabbage (*Symplocarpus foetidus*) and False Hellebore (*Veratrum viridae*). The bottoms of vernal pools may contain some flooded forest plants, but usually are covered by a bed of decomposing deciduous leaves. Broken limbs, old stumps, and other woody debris are common. Adhering to this woody debris may be some fresh-water algae, mosses, and liverworts. Later in the season these vernal pools may be covered with Duckweed (*Lemnoideae*), but early in spring there is little vegetation of any type.

By contrast there is often a wide variety of aquatic animals, although many are quite small. There can be rotifers, water mites, many small worms and snails. Insects are well represented by fly larvae, water bugs, and diving beetles. The crustaceans are particularly well represented by ostracods, copepods, and daphnia. You can stand at the edge of a vernal pool and stare into the water where you will occasionally see these tiny forms move. Disturbing the leaf litter on the bottom liberates many of them, which you might catch with a strainer or fine net. The most charismatic invertebrate that inhabits vernal pools, and only vernal pools, is the Fairy Shrimp (*Anostraca*). This large aquatic crustacean can reach an inch and a half in length. Shaped like a shrimp and swimming on their backs, they are quite distinctive. The name "fairy shrimp" derives from their unpredictable lifestyles, appearing in a vernal pool where they had not been seen in years, living there for a few weeks until the water gets too warm, then disappearing again for years. Fairy shrimp eggs have been shown to survive, buried in mud for up to 15 years, waiting for just the right conditions to hatch. A recent scientific article

that reviewed invertebrate animals very well fossilized in a vernal pond from 365 million years ago found almost identical types of organisms to those described above, including Fairy Shrimp. This unique habitat is very old.

Moving along the trail, in March or April, you can often detect the presence of these vernal pools well before they come into view, by the sounds emanating from these ponds. The frogs that visit these ponds to breed, although small, are present in great numbers and can generate quite a clamor. The frog species most closely associated with vernal pools is the Wood Frog (*Rana sylvatica*). Wood Frogs are the most widespread species of frog in North America, ranging from Alaska to the Carolinas. About two inches long, from nose to tail, they vary from tan to dark brown overall, the darker color predominating in the spring. They have a distinctive "Zorro" mask, a dark brown marking with an inferior white border, from their shoulder to, and surrounding, their eye, but this too is less prominent in spring.

They are dependent on temporary water sources like vernal pools for their reproduction, often returning to the same pools where they were hatched. As soon as the pools are ice-free, males begin to return. There they begin their loud quack-like calling. Immediately upon the arrival of a slightly larger female, there is a melee to see who can climb onto her back and hold on, a behavior referred to as amplexus. The female can carry up to 3000 eggs, fertilized by the clasping male, which she will deposit in groups of 200 to 1000, close to the surface on submerged twigs or vegetation. To see these frogs in action requires a slow, stealthy approach to the pool and some patience. The embryos develop quickly, first appearing as little black dots in the egg and hatching in about three weeks. Tadpoles need to mature before the vernal pools dry up in summer. Mortality is high, perhaps only 2-4% of fertilized eggs making it to the frog stage, but if the Wood Frog had to lay eggs in water containing fish, virtually none would survive.

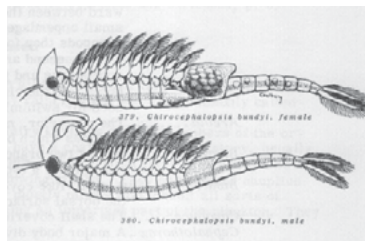
Those Wood Frogs are the only animals engaged in a vernal pool orgy that you are likely to witness, but not the only amphibians dependent upon vernal pools for reproduction. The other indicator species of vernal ponds is the Spotted Salamander (*Ambystoma maculatum*), and for them, the action is all after dark.



Wood Frog

These stocky “mole” salamanders spend their adult lives under logs and forest leaf litter; hence the designation. In early spring, when conditions are right, there is a breeding migration of Spotted Salamanders to their vernal pools. As with the Wood Frogs, fidelity to the pool where they hatched is high, salamanders often crawling in and out of the pool along the same compass heading. Males may arrive a little earlier than the females, but when two meet, they swim in sinuous whorls around one another in a mating dance. Males drop small white packets of sperm into the water, and if he is the one for her, the female picks up the sperm packet into her cloaca and her eggs are fertilized. Vernal pools are littered with rejected white sperm packets. Like the frog, the female Spotted Salamander attaches her 2-5 inch egg masses to submerged twigs. The 50-200 egg masses sometimes develop a white opacity, and development is dependent on a symbiotic alga. Hatching success is very variable among pools, and only about 1-12% of the larvae make it to metamorphosis in 60-100 days.

Saving the best for last, allow me to share the secret of the Spotted Salamander breeding migration. The first night in spring, when the temperature is consistently above 50 degrees F, and it is raining or has rained within 24 hours, is the night of “The Big Crawl.” These are the conditions that trigger Spotted Salamander migration to their vernal pools. If you know the location of a vernal pool, get out there! If there is a road or path between the woods and a known breeding pool, station yourself there and you may be amazed by the numbers of Spotted Salamanders making the crawl. Like any of Nature’s marvelous migrations, it is a sight you will not forget! 🍁



▲ Fairy shrimp, from Eddy and Hodson’s *Taxonomic Keys to Animals of the North Central States*



▲ ◀ *Spotted Salamanders*

(An excellent source of information about vernal pools can be gleaned from *Vernal Pools – Natural History and Conservation* by Elizabeth A. Colburn, The McDonald & Woodward Publishing Co., Blacksburg, Va, 2004)



Volunteer Opportunities For You

The FLT has the following volunteer opportunities for you or someone you know. Be a hero and help us with our mission!

Marketing: someone with the skills to promote the FLT from press releases to social media presence. This person will guide and facilitate our effort to increase public recognition of the FLT as New York’s premier footpath. Most of the work can be managed by committee, phone conference call and personal contacts. It will require a few hours of time per week. Experience preferred but not required.

Membership: someone familiar with membership retention and growth strategies for a non profit organization. This is a new endeavor for the FLT and an FLT Board priority. A committee (TBD) will assist in implementing the strategies. Most of the work can be managed by committee, phone conference call and personal contacts. It will require a few hours of time per week. Experience preferred but not required.

Sales: someone who can develop marketing strategies for our FLT store to increase sales. Our office staff will be available to implement the strategies. It may require an occasional visit to the office. Most of the work can be done remotely. It will require a few hours of work every season.

Property Manager: someone who will oversee FLT owned properties. This person will provide oversight for individual site managers as well as perform the duties of a site manager when no one is assigned to this duty for the property. This person will resolve any property issues with guidance from the Vice President of Trail Preservation and the Board of Managers. Property management guidelines will be provided to this person. Most of the work can be delegated to a site manager. It can be done electronically, by phone, or an occasional site visit as needed. Initial startup of this assignment will require an undetermined amount of time based on the needs of each property. Time commitment will become less as the site managers assume full responsibility for their site.

Information Technology: someone interested in assisting to advance the FLT’s efforts to utilize technology effectively in the office, on the website and through Facebook/Instagram media channels. Most of the work can be done electronically, by phone or an occasional visit to the office in Mt. Morris. This will be an ongoing commitment unless there is a specific project to be completed.

If you or someone you know would be interested in these or any other opportunity, please contact the office at 585/658-9320 or debbieh@fingerlakestrail.org.

Trail Topics: New Trail Sponsors

Steve Catherman, Vice President of Trail Maintenance

New Trail Sponsors

Mike and Joyce Ermer from Little Genesee are the new sponsors of 3.6 miles of the trail on Map M4 from Access 4 on NY 16 to Access 5 at nearly 2000' on Kingsbury Hill Road just north of Franklinville in Cattaraugus County. Mike and Joyce are taking over this section from sponsors **Tony Orsini** and the **Borer family** who have been sharing the duty of attending to this trail in addition to their own sections elsewhere on Maps M4 and M5. Glad to have you aboard, Mike and Joyce!

Joe Monaco from Bath has taken over maintenance of the last two miles of trail on Map M10 from Access 8 on Burleson Road to Access 9 on Turnpike Road south of Howard in Steuben County. Joe replaces **Bob and Carol Dickey** from Hornell, who tended to this section for nearly 20 years. Thank you Bob and Carol for your dedicated service to the FLT! Joe also agreed to maintain the first three miles of on-road trail (but with some excellent views) on Map M11 from Turnpike Road to Access 2 on Harris Hill Road. This further lightens the load for sponsor Gary Haff on that map. Welcome, Joe!

Vincent and Judith Colombo from Deposit have adopted the approximately two mile long blue-blazed spur trail leading from the main trail south of Shear Road to Oquaga Creek State Park in Arctic China State Forest on Map M27 in Delaware County. Thank you, Vince and Judy, for taking on this responsibility!

Trail Available to Adopt

On Map M4, just east of Ellicottville in Cattaraugus County, the FLT owns a 40+ acre piece of property that has a loop trail on it, in addition to the main trail, totaling 1.7 miles. The 1.3 mile road walk on NY 242 to Bush Hill State Forest is also included in this sponsorship. The road frontage trail (approx. 0.25 miles) requires about 5 mowings per year, manageable by a home mower, and the balance is nice forest. Contact current sponsor **Irene Szabo** at treeweenie@aol.com or (585) 658-4321 for more information.

New Cidery Opens on the FLT!

This past October, a new business opened its doors on Cunningham Creek Road a little north of Canisteo in Steuben County. Located right off the trail on Map M10, a half mile east of Access 5 where the road and trail both cross Cunningham Creek, there now exists a lovely watering hole for weary hikers. **Cider Creek Hard Cider** is owned and operated by President Melanie Collins and Head Brewer Kevin Collins. Melanie and Kevin have been brewing their product for years and marketing it regionally for the past two and a half, but were outgrowing their old brewing mill and decided to expand. Construction of the new facility began in the Summer of 2015 and culminated with a grand opening celebration on Columbus Day weekend last fall.

Housed in a beautiful spacious barn overlooking the stream, Cider Creek currently offers four or five different varieties of hard cider as well as a selection of local craft beer and wine. Available on tap and in bottles and growlers to go, Cider Creek's hard cider is always brewed on-site from locally grown New York State apples. Typically

open Thursday and Friday evenings and Saturdays and Sundays at noon ('til close and 6 PM respectively), one can relax in front of the large stone fireplace indoors, or outside on the spacious covered deck and listen to the babbling brook and the breeze through the trees in warmer weather. Food and musical entertainment are usually also part of the experience on weekends.

Melanie and Kevin not only welcome hikers into their establishment, they also promote the Finger Lakes Trail by displaying FLT brochures and rack cards on the counter just inside their doorway. Kevin is the son of Dr. Byron Collins, who has been practicing medicine in the Hornell area for fifty years and has amazingly hosted over four miles of the trail on his expansive property for many years. So next time you're out for a hike in this neck of the woods, stop in at the Collins establishment, enjoy a glass of fresh cider and thank the family for their hospitality and support! (For more general and event information about Cider Creek, visit them at: www.cidercreekhardcider.com or on their Facebook page.)



Tammy Catherman



Melanie Collins



Melanie Collins

Contact: Steve Catherman
stevec@roadrunner.com
607/569-3453

Trail Topics: The Muck-Truck® — A New Tool for Trail Building

Lynda Rummel, Vice President of Trail Quality

It was raining hard in California's Carmel Valley as I wrote this. It was interesting to observe the different ways the rain worked on the lands as we wended our way West in early January. In Missouri, the rivers rose and rose, spreading out like fat, searching fingers until merging into shallow lakes over flat land already fully saturated. Then more rain and more water and the lakes rose even further, finally covering Interstate 44 between Rolla and Springfield, and gifting us with a three-hour detour in the dark.

In Carmel Valley and up Hitchcock Canyon, where we are staying for the deep winter, water from the steep hillsides races down ravines to the creeks below, raising their levels dramatically and changing their color to a dark brown in a very short period of time. This is more like the flooding that takes place in the Finger Lakes, except that most of the hills here are made of compacted sand and stones, so small slides along roadsides are pretty common. But like in the Finger Lakes, where there are trees and shrubs and vines growing, the soil is held pretty tightly...until there's enough rain to create a mud slide that carries everything with it.

As I stared through the window mesmerized by seeing hard rain falling in drought-stricken California, images of water roaring down our rocky Finger Lakes ravines kept coming to mind. I maintain the section of trail between the hamlet of South Bradford and Monterey/Sexton Hollow Rd. (FLT map M 13). In the autumn of 2008, somewhere between 10 and 12" of rain (depending on which resident you talk to) fell on South Bradford in a period of 24 hours. From the center of the hamlet, old Moss Hill Rd. descends steadily to the southeast. The trail used to follow the old road all the way to the Moss Hill shelter. Fortunately, very fortunately, earlier that year, I had relocated the trail off of old Moss Hill Rd. between the hamlet and a tributary to Meads Creek that cut across the old road about a mile in. This section used to run straight down hill and run-off had already eroded the drainage down to bed rock. When the deluge hit, rocks that had seemed solidly embedded were tumbled down to the bottom of the hill. The bed of the drainage, which had been the old trail that had been built on the old road bed that went straight down the hill, was thoroughly scoured. At the base of this segment, rocks spewed out, fanned out, and piled up on the eroded trail bed. The run-off then joined a small side gully that had also been full of really angry water and all flowed into the Meads Creek tributary.

This doesn't happen in the flat lands of Missouri; the flood waters just rise and spread out and rise and spread out and eventually cover houses and other buildings, as well as roads. Ours is not a terrain where you can usually or safely take a boat out on the swollen creeks and rivers. In the Finger Lakes, our glacial hills and gullies trap the water into narrow channels, until it reaches one of our lakes and flows east to the Chesapeake via the canals or it flows out the Susquehanna Watershed. But this means that any trail running down the fall line of a hill or along creeks and the bottoms of ravines is vulnerable to flood damage. In the flooding of 2013, the same thing happened to my trail as before; water raced down the old road bed and deposited probably a ton

of aggregate on the trail at the bottom. But fortunately, the reroute I had put in place descends much more gradually, so it doesn't draw the water down it, and it loops around the side of the old road until it crosses it and the side gully at the bottom of the hill. From there, the rerouted trail follows a short switch-back down to a gravel landing that allows the Meads Creek tributary to be forded easily. In other words, I had built the relocated trail to sustainable standards, so the only section of trail that was impacted by the 2013 flooding was the 30' stretch where it crossed the old road/old trail bed at the bottom of the bedrock and was cut across by the water from the side gully.

I've thought long and hard about how to fix this 30' stretch. It's a fan-shaped plain full of softball-, football-, and basketball-sized rocks that are hard to walk on, but it *can* be walked across, though it's not the most pleasant of experiences. The trail runs from private lands on which we have easements into South Bradford State Forest and follows the western edge of that state forest down to the lean-to, where the Great Eastern Trail begins its long way south, so there is little opportunity to relocate it further. So I've decided to remove as many of the loose rocks as I can, so it's more like walking on cobblestone pavement than a pile of wobbly petrified enlarged prickly pears...till the next deluge hits, after which I can repeat the procedure.

To this end, I encouraged the FLT to purchase a gas-powered, motorized wheelbarrow that I intend to use this next year to help move those rocks that are too big for me to carry away by hand. What – a motorized wheelbarrow? Yep, this smaller of the two sizes of Muck Trucks® is only 28" wide, so I know it can get to



Rolf Zerges




Mucktruckamerica

This is a manufacturer's picture of the same model we own now. Ours did not come with the Grand Canyon next to it, alas.

this particular spot. It can haul a quarter-ton and is four-wheeled drive, so it takes a little muscle to horse it around, but it has two forward gears and one reverse, plus a speed control lever, and it goes so fast full tilt that I have to *trot* behind it. It's to be stored at my place (at least until the FLT gets more storage space) and is available for any maintainer to use, except that I get first dibs and you have to come pick it up.

I field-tested our Muck Truck last fall, using it to haul out gravel, rocks, and decayed leaves that plugged a ditch along the inside of a private dirt road above our house. All this material, of course, prevented the ditch from draining and forced the run-off to speed down and erode the dirt road and then rush down our steep driveway. I dumped the gravel back on the road and put the rocks that had tumbled into the ditch into piles and then built fourteen 1½-ft. tall cylindrical gabions by the edge of the ditch, as a way of storing the excess rocks and to prevent the snowplow driver from plowing gravel into the ditch again. I put up reflective driveway wands and several laminated cautionary signs. I used only 3-foot wide common vinyl-covered fencing that I cut in half, so I don't know how well this will withstand the winter and an irritated snow-plow driver, but I'm hoping my solutions worked, because

it was darn hard manual labor that required a callousing lot of hoeing and shoveling. But since this was not that much different from rebuilding trail over-washed by a ton of run-off debris, I am really encouraged by this new tool and expect to use it in other "landscaping" situations where a lot of dirt, gravel, rock or wood needs to be moved. I know already of one other long stretch of trail where I should build several hundred feet of stepping stones and/or causeway and to do this, must haul many rocks from the borders of old fields plowed ages ago. I'll try to get to this after I get to the stretch southeast of South Bradford.

To find out how to build stepping stones, turnpikes, and causeways, please see the Early Autumn, 2015, issue of the *Trail Tenders News* by going to the FLT website: www.fingerlakestrail.org → Members → Volunteers and Trail Workers. To borrow the Muck Truck® this spring, contact me at ljrassoc@roadrunner.com. 

Contact: Lynda Rummel
315/536-9484
315/679-2906 (Jan-Mar)
ljrassoc@roadrunner.com

Dues Increase

Pat Monahan

The FLTC Board of Managers has approved a dues increase beginning with the 2016 annual membership drive in March. At the November 2015 Board retreat, the Board of Managers compared the cost of managing the FLTC against the strategic plan that expired last year and the cost of the new five year strategic plan.

The Board considered several areas for growth. Previously, we had two part-time office staff (30 total hours) and a part-time Executive Director. This was not sufficient to meet the needs of our members and the public. We have hired two new office staff members (50 total hours) and will hire a full time Executive Director very soon. This office and executive director structure will allow the Executive Director to focus on development (membership growth and fund raising) and advocacy of the trail at the local, state and national levels. We have also grown from an organization focused on building and maintaining a trail to an organization that continues to do that as well as promote and protect the trail forever. There are additional expenses in order to do that.

I wish that were not the case, but the Board considered many options to increase revenue flow. However, there were very few options because the FLTC relies heavily on membership dues and donations. This decision to increase dues was a tough one, but it will position us as New York's premier footpath. I hope you will continue to support the FLTC in 2016 and beyond.

FLTC Membership Type Cost

Youth (under 17)	\$15	Adult	\$40
Student (under 24)	\$15	Trail Steward/Adopters	\$40
Individual - Limited Income	\$30	Trail Sponsor	\$40

Privileges: Individual members receive one vote at member meetings, the FLT News 4 times a year, 20% discount on store purchases, membership card, 1 FLT car sticker. With Regional Coordinator Approval, Trail Stewards/Adopters are eligible for a fee reduction of 50% after each year of acceptable service and Trail Sponsors are eligible for a fee reduction of 100% after each year of acceptable service.

Family \$60

Privileges: Families receive individual privileges for two adults in the same household except only one copy of the FLT News 4 times per year sent to the family address. The family is entitled to two votes at membership meetings.

Lifetime Individual \$600 Lifetime Family \$900

Privileges: Lifetime members receive normal individual or family privileges plus optional listing in the FLT News Membership issue.

Pathfinder (Bronze) \$100 Trail Blazer (Silver) \$250

Trail Builder (Gold) \$251-\$500

FLTC Trail Guide (Diamond) \$501-\$1000

FLTC Trail Patron (Platinum) over \$1000

Privileges: Sustaining members receive normal privileges for either individual or family members except only one copy of the FLT News 4 times a year, plus optional listing with level in the FLT News Membership issue.

Business/Bronze \$100 Business/Silver \$250

Business/Gold \$500 Corporate/Diamond \$1,000

Platinum \$2,500

Privileges: Business/Corporate members receive normal individual privileges for one person plus listing (Name with hyperlink and level) on the Business Members page of the website and listing (Name, Domain name, and level) in FLT News once per year. Additionally: Advertisement (camera ready) in the FLT News as Follows:

Silver - 1/8 page once per year; Gold - 1/8 page 2 times per year;

Diamond - 1/8 page 4 times per year; Platinum - 1/4 page 4 times per year.

Social/Service Youth (i.e. Boy Scouts, Girl Scouts) \$30

Social/Service Organization \$75

Privileges: Organizations receive normal privileges for one adult plus listing (Name and hyperlink) on the FLTC Website.

Trail Topics: Mapping

Greg Farnham, Vice President of Mapping & Jo Taylor

Since the last report, the following maps have been updated:

A description was changed on the back of M27 to clarify the view at 3.4 miles, saying: "Bench and view across field to west (2000'). Located in hedgerow next to the field, about 200 yards south from the northeast corner of the field."

M15 was revised to reflect a link constructed in 2014 between the northern Burnt Hill Rd. trailhead and the intersection of the main trail with the Interloken Trail just north of the Dunham Shelter. The formerly white-blazed trail between the intersection with the Interloken Trail and the northern Burnt Hill Rd. trailhead has become part of the Interloken Trail and is now orange-blazed. The new Rev Date is 11/15.

M16 was revised, with a new Rev Date of 11/15, to reflect the following changes:

- At mile 14.4 the FLT Bock-Harvey Forest Preserve blue-blazed connector trail leads to the new Locust Lean-to, then beyond to re-connect with the FLT on the yellow-blazed Forest Preserve Loop Trail.
- From mile 14.7 to Hines Road, the white-blazed trail is closed. A reroute between these points will be constructed in spring 2016. Currently, the FLT uses the yellow-blazed Bock-Harvey Forest Preserve trail system out to the Rockwell Rd. parking lot. (The Forest Preserve was a gift to the FLT from the Robert & Beatie Bock family.) From the Rockwell Rd parking lot, the trail (unblazed) follows Rockwell Rd east, then Hines Rd. south to rejoin the Finger Lakes Trail.
- In Robert H. Treman State Park, the main FLT is now fully rerouted onto the formerly blue-blazed high-water bypass route.

Map M17 was revised, with a new Rev Date of 11/15, to reflect the following changes:

- The trail between Durfee Hill Rd and Heisey Rd closed in October 2013. The new route between these points is now to walk 0.3 miles further southeast on NYS Rt. 96B to Heisey Rd. then approx. 0.5 mile northeast on Heisey Rd. to its connection with the FLT.
- Also, the hunting closure on the trail (formerly between mile 3.2 and mile 4.7) is now extended, and will be from mile 3.2 to mile 7.3. Use Layen, Jersey Hill, Gunderman and Comfort Roads to bypass.

M12 was updated, with a new revision date of 1/16, to reflect the following changes:

- The map now includes the new Bob Muller Lean-to constructed at Irene's Bivouac Site (mile 17.9).
- A couple of parking and no-parking locations between miles 10.2 and 10.4 were revised.

- M12 was also updated to include the new blue-blazed, 1.9 mile Triad Trail, intersecting the main FLT at mile point 14.0. The Triad Trail turns left (N) on Winding Stair Rd for 0.4 miles before leaving the road to the right (E) and following an abandoned road down into a gully and up the other side, then entering woods and descending through multiple switchbacks to NY 54 and Champlin Beach on Keuka Lake. The Triad Trail is named for a 1911 airplane built by Hammondsport's Glenn Curtiss that was the first seaplane and amphibious aircraft ever made and the U.S. Navy's first plane.

L1 was updated incorporating a short re-route in the trail at approximately mile 3.2, which added 0.1 miles to the trail. The Rev Date was changed to 12/15.

Please remember to check Trail Conditions on the web site prior to every hike. 

Contact: Greg Farnham
FLTmapping@outlook.com


Trail Topics: Alley Cats

Matt Branneman,

Vice President of Crews and Construction

The Alley Cat season is coming up soon. Here are the projects for this year. Dates are not yet confirmed so check the FLT website for updates or call the office at 585/658-9320. The first project is the repair of storm damage on Map M3 at access 12. Dave Potzler will lead this project. It is scheduled tentatively for early spring.

The second project is a new shelter between the Kanakadea and Burt Hill Shelters, map M11 area. The third project is a combination of a new shelter in Hoxie Gorge in the middle of the state and the repair of a small bridge near the new shelter. Mike Tenkate will again serve as the project manager. Dates for this project will likely be scheduled for late summer. The fourth and final project is a bridge on the newly rerouted section in New Michigan State Forest in Chenango County. Please consider volunteering for one of these projects. It is a lot of fun and very rewarding to work on these large projects.

Sign up online on our website, with a direct link right on the home page. 

Contact: Matt Branneman
607/220-7812
mattbranneman@gmail.com

Invitation to the Annual Meeting and Board Nominees

All members of the FLT are invited to the Annual Business Meeting of the Finger Lakes Trail Conference, Inc., on Saturday, June 18th, at 4 PM at the NYS Academy of Fire Science in Montour Falls, 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 2018 Board of Managers

Donna Coon

Kirk Doyle

Roger Hopkins

Barbara Nussbaum

Dave Tuttle

Donna Coon

I am a retired Registered Nurse. I worked 34 years in a hospital setting both at the bedside and in management. Currently I am President of the Bullthistle Hiking Club, a member of the NCTA, The Triple Cities Hiking Club and the Catskill Mountain Club. I also serve as a director on the board of The Adirondack Mountain Club representing its Binghamton Chapter.



Bruce Coon

My love of the outdoors started at a young age fostered by my Dad, now a retired DEC Ranger. My playground was state land in Chenango County. Bainbridge was my hometown. Twenty years ago I became a member of the FLT, enjoying many a Spring and Fall Weekend. In 2010 I decided to pursue my longtime dream to become an end to ender, and became #333 in 2012. Hiking the trail led to a love of the trail and a desire to give back. Thus my husband and I became trail stewards and I became a member of the FLTC Board serving from 2011 to 2015 (an extra year to fill a vacancy). I look forward to serving on the Board again.

Kirk Doyle

I was born in Elmira in 1984, but spent most of my life living in Hamburg, N.Y., where I still live today. As a kid I spent many years camping with my family at Watkins Glen, Darien Lakes, and Letchworth State Parks without ever knowing about the FLT. It wasn't until 2007 when I finally discovered the FLT and instantly fell in love with the trail. My husky Scarlet and I started

working on our end-to-end in 2008 and I picked up my first section of FLT to maintain in Bear Creek State Forest the following year. Since then I have finished the entire FLT (#351) and all the branch trails (#79) with Scarlet. Now we spend most of our time on the trail maintaining the section of the FLT along with an additional ten miles along the Conservation Trail. I have been the archivist for the Foothills Trail Club since 2012 and look forward to the opportunity to be part of this wonderful organization and hope to see everyone out on the trail.



Kirk Doyle

Roger A. Hopkins

I am a Life member of the Finger Lakes Trail Conference and the Cayuga Trails Club, a member of the FLT Forever Society, and a member of the North Country Trail Association. I have served two three-year terms on the FLTC Board of Managers and been appointed to fill a vacancy on the Board left by a retiring member. I have been Chair of the IT/Website Committee, Webmaster and a member of several committees including the Land Navigation Committee. I have also been a member of the Executive Board of the Cayuga Trails Club since 2006 and served as President for two years.



Ruth Hopkins

While I was greatly honored to receive the 2015 Wally Wood award, the greatest reward I have received is working with the Service Center staff, officers, fellow BOM members, and the general membership of fellow hikers and volunteers.

If elected to an additional three-year term, I would continue to work on the website as well as help with technologies that improve our service to FLTC members and the FLT. While my wife Ruth and I are now spending one quarter of our time in Colorado, I believe that I can continue my activities on-line as well as in person.

Barbara Nussbaum

I grew up in a small town near Berlin in East Germany. Hiking with my parents and older siblings on weekends was what we all used to do back then and I loved it. Still in elementary school, I learned how to read hiking maps and to use a compass together with my mom after getting lost a couple of times when we were on vacation in the mountains. During my freshman year in college at University of Technology in Dresden I participated in my first hike leader training. Hiking off trails with a compass only, singing hiking songs, naming trees and flowers along the trail were among the requirements in that class.

After German reunification my husband Michael and I became part of a family group in the German Alpine Club where we hiked from hut to hut in the Alps together with a bunch of children including our own and other adults. We've hiked 11 of the long distance trails in the Alps and Pyrenees, including Tour du Mont Blanc and Alta Via Dolomites #1 so far and we hope that we can continue doing this for a couple more years.

We became members of the Cayuga Trails Club (CTC) in 2001 and members of the FLT in 2002, shortly after Michael started working at Cornell University. We are very fortunate that Ithaca offers so many hiking opportunities on the Finger Lakes Trail, the State Parks and the many Finger Lakes Land Trust Preserves. Michael and I have been maintaining a 3 mile section of trail on the Abbott Loop on M17 since 2010. I have been leading hikes for the CTC and on FLT conferences since 2005 and I have been a Cayuga Trails Club board member since 2011.

Having completed the main FLT in September 2015 (#388) I have started to hike the branch trails. Other memberships include Triple Cities Hiking Club, Adirondack Mountain Club, American Hiking Society and the German Alpine Club.

I run for the FLT board because I am an enthusiastic hiker and I am prepared for more volunteering beyond maintaining our 3 miles of trail, hoping I can contribute with something where mathematical and finance experience is needed.



Michael Nussbaum

David A. Tuttle

My first term as a FLTC Board member is coming to an end and I would like to continue to serve another term in support of the FLTC. I am a lifelong resident of New York State, except for two years in Tucson while attending the University of Arizona. I grew up in Rochester, spent most summers at a family cottage on Conesus Lake, and have strong ties to the Finger Lakes region and its wonderful lakes, trails and other recreational resources. I am a licensed engineer in New York State with an emphasis in civil/highway transportation engineering. In addition to my own company, Pittsford Traffic and Radar, I consult on numerous NYSDOT highway projects, from Niagara Falls to Long Island. I completed the Allegany County hike series in 2015 and plan to finish outstanding hikes from the 2014 Steuben County Hike series. I have enjoyed participating on the Board, contributing time, effort and consultation to FLTC board projects and most especially I enjoy the fellow hikers on the trails. I look forward to Cattaraugus County this upcoming season!



Debbie Tuttle

Join the North Country Trail Association

A Special Deal for FLT Members!

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

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

Finger Lakes Trail Conference

Proposed Bylaws change for membership approval
2016 Annual meeting (June 18 Montour Falls Fire Academy)

The Finger Lakes Trail Conference membership in good standing is asked to consider the following change to the Finger Lakes Trail Conference Bylaws:

Current:

Article VII – OFFICERS

Section 1. Officers:

The officers of the FLTC shall be President, Vice President of Finance, Vice President of Membership and Marketing, Vice President of Trail Maintenance, Vice President of Trail Quality, Vice President of Trail Preservation, Vice President of Mapping, Vice President of Crews and Construction, Secretary and Treasurer.

Proposal 1:

The officers of the FLTC shall be President, Executive Vice President, Vice President of Finance, Vice President of Membership and Marketing, Vice President of Trail Maintenance, Vice President of Trail Quality, Vice President of Trail Preservation, Vice President of Mapping, Vice President of Crews and Construction, Secretary and Treasurer.

Rationale: The Finger Lakes Trail Conference is growing in complexity as it continues to focus its efforts to remain true to its mission. It is responsible for an approximately 1,000 mile trail system and nearly \$1 million dollars in assets. The current organization chart for the Board of Managers includes a president and several vice presidents focused on various operational areas of the organization. In the case of an unplanned departure of the president in the current model, the Vice President of Finance would execute the president's duties until the position is filled. This creates unnecessary pressure on the vice president and the organization in the situation. The Executive Vice President position will alleviate this situation as well as prepare another person to assume immediately the president's responsibilities. This proposed change will create a seamless transition to the next president.

Note: This is a first step in reorganizing the structure of the Board of Managers. Additional changes will be recommended at the 2017 Finger Lakes Trail Conference annual meeting.

Current:

Article VI - Board of Managers

Section 5. Structure:

The President shall preside at all meetings of the FLTC and the Board. In the absence of the President, or his/her inability to act, the Vice President of Finance shall perform his/her duties. In the absence of the President and Vice President of Finance, or their inability to act, the Vice President of Membership and Marketing shall perform their duties. In the absence of the President, Vice President of Finance, and Vice President of Membership and Marketing, or their inability to act, the Vice President of Trail of Trail Preservation shall perform their duties. In the event that none of the above can perform, the Board, by a majority of those present, shall elect a President Pro Tempore.

Proposal 2:

Section 5. Structure:

The President shall preside at all meetings of the FLTC and the Board. In the absence of the President, or his/her inability to act, the Executive Vice President shall perform his/her duties. In the absence of the President and Executive Vice President, or their inability to act, the Vice President of Finance shall perform their duties. In the absence of the President, Executive Vice President, Vice President of Finance, or their inability to act, the Vice President of Membership and Marketing shall perform their duties. In the absence of the President, Executive Vice President, Vice President of Finance, Vice President of Membership and Marketing, or their ability to act, the Vice President of Trail Preservation shall perform their duties. In the event that none of the above can perform, the Board, by a majority of those present, shall elect a President Pro Tempore.

Rationale: The Executive Vice President position has been established with these bylaw changes. It has been added into the succession structure in the absence of the president or his/her inability to act.

The Board of Managers recommends concurrent approval of proposals one and two as one vote.

Gifts in Memory of

Ken Loan

from

Anonymous

Christina Carfagno-Buck

Anne DeMore

Judith Janaushek

Barbara Milligan

Katherine Naples

Caroline Potter

NORTH COUNTRY TRAIL CELEBRATION 15-17 SEPTEMBER FARGO, NORTH DAKOTA

Okay, so you know the North Country Trail goes all the way to North Dakota, but do you have a clue what it's like in those final hundreds of miles? It is indeed another country, very different from our hills, forests, and frequent streams, but it's also charming and worth a visit! It's big sky country, with miles of lightly rolling prairie grasses and crops visible in all directions, or in nearby western Minnesota, where we'll hike, too, it's still wide open but dotted with patches of woods and increasing numbers of waterways.

Our hiking territory for this celebration will stretch from the Tamarac Wildlife Refuge on the east, with its forests and ponds, all the way into the grasslands of southeast North Dakota. Busses will transport us from our central hotel in Fargo to hike locations. Check out plans on this website: <https://northcountrytrail.org/get-involved/special-events/2016-celebration-fargo-nd/>

Perhaps the most fun for us Yorkers, as Senator Moynihan used to call us, will be that our very own Ruth and Dan Dorrough will finish their quest to walk the entire 4600-mile NCT during the celebration! They have barely 600 miles to go, as of this winter, and we are all invited to hike the last six miles with them! After that, Ruth and Dan will provide the evening program by telling us about their multi-year adventures. Ruth's wonderful wit and Dan's pictures are sure to be captivating.

I'll be there. Will you?

Irene Szabo



Joan Young

Dan and Ruth Dorrough, FLT end-to-enders from Canandaigua, on the North Country Trail in Michigan. Their NCT end-to-end quest will finish next September in North Dakota during the NCTA celebration. Please come celebrate with us!

HIKE 100 CHALLENGE LAUNCHED JANUARY 1 Amelia Rhodes, NCTA Marketing/Communications Coordinator

If you haven't heard already, the North Country Trail Association is having a year-long celebration in honor of the National Park Service's Centennial Anniversary in 2016. Anyone who hikes 100 miles on the North Country Trail in 2016 will receive a commemorative patch and certificate. 100 miles for 100 years of National Parks!



Amelia Rhodes

You can hike the 100 miles all at once, or one mile at a time over the course of the entire year. You can hike the same miles over and over, or you can hike 100 different miles. You can hike, snowshoe, or cross-country ski the miles. How you complete the challenge is up to you. The only requirement is that the miles all be done on the North Country National Scenic Trail.

If you haven't signed up yet, please visit www.northcountrytrail.org/hike100challenge for details and to sign up.

A number of NCTA chapters and individuals started on January 1 with New Year's Day hikes. We are enjoying hearing the stories of your adventures with the Hike 100 Challenge. Please keep the stories coming and spread the word about the challenge.

Share your Hike 100 Challenge photos and stories with us by using #hike100NCT on social media. You can also e-mail arhodes@northcountrytrail.org.

The FLT Cattaraugus County Hike Series this year will offer 96 qualifying miles toward your 2016 100 miles, as will any hike on the FLT Main Trail from Allegany State Park east to the junction with the Onondaga Trail, or on up the "O Trail" or onto the miles hosted by the CNY Chapter to the east.

New Office Hours

Monday-Friday

9:00 to 3:00

585/658-9320

debbieh@fingerlakestrail.org

joecaputo@fingerlakestrail.org

A Walk on the Wordy Side

Marla Perkins

Spring is nearly upon us, the time of year when the wildflowers begin to emerge and the FLT begins to look like a garden path. Any trip down something that might be a garden path reminds of some of the many ways in which language can fail to communicate adequately, including garden paths, which is a technical term for ambiguities that arise because of syntax, or word order or arrangement. Here's an example: "To John Harrison was a great musician" (John Harrison or John and Harrison). We have intonation patterns and commas to resolve the potential difficulty: "To John, Harrison was a great musician". This is one reason that I object to the recent editorial preference in many publications to minimize the use of commas. I'm sure our illustrious editor will let me keep my commas.

I've done a lot of hiking wherever I could, and even hiking terms can vary from place to place. In New York, I hike on trails (with the caveats introduced a few issues ago for walking and backpacking). In New Zealand, I tramped on tracks. People who tramp are not tramps, however, which would have been entertaining, but trampers. Different ways of communicating are not limited to the words (lexical items), however. Trails there are most commonly marked with plastic orange triangles rather than with white rectangles; the first time I encountered one, I assumed it was some sort of warning.

Ambiguity can be at any level of language at which two or more interpretations are possible. Vagueness is a lack of specificity. These can overlap, but the distinction is useful. When a woman told me, "This is my last day here," did she mean "here" tramping on a multi-day track, "here" in Queenstown, "here" in New Zealand? I couldn't be sure. Her sentence was both ambiguous because there were multiple interpretations and vague because it did not provide enough information to resolve the ambiguity.

There are many word-level possibilities. Pronunciation introduces many, as I've been reminded in places where the vowel variations have occasionally introduced misunderstandings between me and others. "Here" and "hear" are homophones, which are words that sound the same, even if spelled differently. "Bank" meaning a place or organization that stores and manages money, and "bank" meaning the edge of a body of water is an example: both spelled the same and sounding the same. Many people use "homonym" and "homophone" interchangeably, to the extent that our descriptive dictionaries often reflect the overlap in use, but there is a distinction, if we care to make it. Those two words, because of their similar pronunciations and word-level meanings are another source of ambiguity, a semantic ambiguity, caused by meaning drifts.

There are aspects of misunderstanding that can occur at levels of language beyond words or sentences, at the level of discourses, and these often have names that reflect the genre or type of

discourse in which they occur. Unreliable narrators are an example. Are they lying or are they not? If we decide they're lying, how do we know? This kind of thing keeps people busy at literature conferences.

There are even aspects of misunderstandings that occur between people when the implied (pragmatic) message is not adequately conveyed, often because conversational participants assume that something can be understood from what is said. "It's hot in here" meaning "go open the window" is an example of pragmatic communication. This kind of information varies greatly between individuals and groups, and definitely across language communities. When I asked a hostel owner if there was a city bus that went to the national park, he answered, "It's an hour away." The distance to be covered did not, in my mind, have any connection to the availability, or lack thereof, of public transportation. I've taken public transportation over an hour to other national parks.

These are all technical difficulties that arise from the language itself. The more fun possibilities arise because of interactions between people who might not be catching all of the possibilities, or catching more than were intended.

"Mondegreen" is a misunderstanding of a poem or song lyric that is reinterpreted to have a meaning that is different from the intended or even stated meaning. Lady Mondegreen emerged as a character thanks to a misunderstanding of "...lay them on the green", a line from a Scottish ballad, "The Bonnie Earl O' Moray." Another term for this is "soramimi," whose Japanese origins indicate that the phenomenon is not limited to English.

When misunderstandings are turned into understandings between languages, such as "cockroach" from "cucaracha," the phenomenon is a Hobson-Jobson, which is a term that's fun to say, whether tramping or not. And when people who have been corrected insist on their misunderstandings, that's not fun, but a "mumpsimus."

Most misunderstandings that are not commissions of mumpsimus can be resolved. Context is useful, as in learning about being a trampler tramping on tracks. Requesting more information can help, as in figuring out where "here" might be and whether an hour is outside of the range of public transportation in a locale. Thanks to online lyrics services, we no longer have to suffer from mondegreens and soramimis because we can look up the lyrics to all of the songs we have on our playlists. But who needs a playlist when we have all of the local birdlife to listen to? The possibility of bird and other animal language(s) will be left for another day, however. Meanwhile, the FLT garden paths call. 🍁

End-to-End Update

Jacqui Wensich, End-to-End Coordinator

Main Trail:

Our first end-to-ender for this year: #397 Martin Turner, Rochester
1/2/16

Marty, already #71 to walk the Branch trails, hikes with the Adirondack Mountain Club's Genesee Valley Chapter.

Who will be #400?

Updates:

Daniel Gehl and his ten-year-old daughter of Ithaca have started their main trail hike this year. Addison Goff will start his thru hike in Mid-April. #361 Michael Maue has started his branch trail hikes. Military veteran Josh Brewer plans to complete a thru hike this spring. He is part of the *Warrior Hike off the War Program*. Although the FLT is not yet on their official list, hopefully we will have a chance to support this wonderful cause. Updates will be sent out via Facebook and the yahoo group. Check out: <https://www.facebook.com/warriorhike>

Comments:

This season, several hikers have asked car spotters to help them far beyond the maps the spotters agreed upon. Please do not ask spotters to take long trips. Ask other spotters according to the list and maps listed. If you need a longer ride, join the yahoo group to see if someone is willing if you do not have a friend or family member available.

#345 David Rothrock has already assisted thru hikers since completing his main trail hike in 2012. He now has a very useful blog: <https://hikelighthikehappy.wordpress.com/> "I hope that by doing this I can share and provide an easy way for potential hikers to gain some knowledge about hiking and long distance hiking. Please feel free to pass this along to those that may be interested. I am preparing for the A-100, which is a challenge to hike 100 miles of the North Country Trail through Allegheny National Forest in 50 hours. I have tried twice before, failing on each attempt." We wish you luck, David.

TIPS for aspiring end-to-enders: 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 new MAPS (remember FLT members receive a 20% discount for all purchases). Waypoints are also available. 4. Check trail conditions online frequently. 5. If you are not already a member, join the FLT. Membership supports this wonderful trail. 6. Let me know about when you plan to complete the main/branch trails to receive the correct number. 7. Email captioned photos as you hike and keep trail notes so you can write your E2E article.

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 to apply or use the form directly from the website. This includes the Branch Trails.

Please use the *most recent* car spotter list to avoid disappointment. Please let me know if a number or email is no longer in service.

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



David Rothrock

David Rothrock during his 2012 end-to-end hike, with his dog Csaba.

Contact: Jacqui Wensich
jwensich@rochester.rr.com
585/385-2265



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

Cattaraugus County Hike Series - The Ice Stops Here

Marty Ruszaj, 2016 County Hike Series Coordinator

The 2016 Cross County series will cover 96 miles as the FLT Main trail travels a diagonal across Cattaraugus County. Hiking the two ends of the FLT can be a logistical and physical challenge. Members of the FLT may need to travel cross state significant distances to get to this part of the trail. In addition, the hilly terrain of both the eastern and western termini can be physically demanding to hike. So it is our goal this year to be accommodating. Our regular hike series will include 8 hikes. In order to minimize travel, this will include 2 weekends, one in June and the other September, where we will hike both Saturday and Sunday. Hikers can spend the night in Ellicottville in June and Allegany State Park in September. Our "half-hike" option will offer 14 hikes to be covered over 10 weekends. These relaxed hikes will average 6 ½ mile distances. Finally, for those who like to push their limits of a day-hike experience, we offer the "marathon package." This will take on the June hiking weekend in a single 24.6 mile day. A similar outing is planned for September in ASP.

Details of the Cross County Series, including registration, are available at the FLT web site <http://fingerlakestrail.org/trail/cross-county-series/>. Since all 96 miles of this series are also North Country Trail, hikers can almost attain their Hike 100 patches for this centennial year of the National Park Service, too. See article on page 15.

A listing of the 2016 Hike Series follows:

8 Hike Option		14 Hike / Half Hike Option	
April 16	July 16	April 16 and 23	July 16 and 23
May 21	August 20	May 21 and 28	August 20 and 27
June 11	September 17	June 10 and 11	September 16 and 17
June 12	September 18	June 12	September 18



Donna Ruszaj

Two pictures of the same pond on trail in Boyce Hill State Forest on Map M4 within Cattaraugus County, one taken in fall of 2015 and the other in winter 2016.

In an effort to highlight some features of this year's series I was surprised to find the origin of Cattaraugus comes from the Seneca Gah-ta-ra-ke-ras, meaning "foul smelling river bank," not very appealing. As it turns out this likely came from the creek that shares the county name 20 miles to the north of the trail. The odor comes from natural gas that is said to ooze out of the creek bed. It was just off this creek bed in Fredonia where, in 1825, William Hart discovered the first U.S. natural gas well. As a young lad I swam, hiked and fished this creek, but unless I am nose blind, I never encountered these "smelly banks."

As we know this county is at the western terminus of the FLT where the North Country Trail crosses the Pennsylvania border. Major portions of this year's series will take us on the High Allegheny Plateau region, which marks the southern terminus of the last glacier that covered all of Canada and most of N.Y. This last ice age occurred in the relatively recent geological time of 10,000 years ago. The Wisconsin Glacial episode and its retreat are responsible for much of the geographical features in the state. They include the deepening of the Finger Lake valleys, the pooling to form the Great Lakes and the erosion to carve out the Letchworth and Niagara gorges.

It is believed that the ice-bridge that formed at this time over the Bering Strait was settled by mammals including mankind who originated in Asia. With the retreat of the glacial ice these

dwellers traveled south east and populated the North American continent. Now that's a good episode!

However, the ice stopped here at the High Allegheny Plateau. We see as we approach this plateau the geographical change. It is of higher relief and of more rocky terrain relative to its northern glaciated neighbor. Cattaraugus County lists 44 hills of greater than 300-feet prominence or greater. Elevation changes are evident as one travels from the Erie or Ontario basins. While Interstate 390 takes a route through the scenic Genesee River valley, U.S. highway 219 takes the plateau head-on. From a base at 18 Mile Creek (800'), it cuts through Rice and Brown Hill, then reaches its highest point in Erie County (1700') prior to diving into the Cattaraugus valley at the county line. Rte. 219 then travels in a valley paralleling Gooseneck Creek, climbs Irish Hill and then passes along the base of Poverty Hill (2321') near where the FLT crosses.

Sedimentation in the rock outcrops in this region reveal evidence of an ancient sea bed. This can be observed on the trail in the stone monsters in Little Rock City and hard rock top of McCarty Hill State Forest. This seabed once covered all of N.Y. but is often difficult to observe in the glaciated regions.

The rugged terrain of the plateau produces the picturesque hills and valleys explored on the FLT. So during the series don't blame your hike leader or your series coordinator as you climb your third 600' ascent of the day. The blame goes to the Wisconsin Ice Sheet and the Allegheny Plateau where the ice stopped here.

If you have any questions about the series, please contact the hike coordinator, Marty Ruszaj, at msruszaj@gmail.com. See you on the trail! 🍁



Donna Ruszaj

TERRY GIARROSSO

Terry Giarrosso, Wally Wood Awardee in 2000, died December 26 at age 91. Ever cheerful Terry was always fun to be around, because she radiated a positive attitude about everything. I got to know her in 1989 when a bunch of us were building new trail on what is now northwest map M13, the main trail around Birdseye Hollow in Steuben County, the next to last gap in the main trail. Even though she lived in Syracuse, she travelled down there every weekend for months, as did Ed Sidote from way east in Chenango County. Always crisp and clean in an ironed blouse, and, later in the season, in a pink jacket and hat, she produced trail-clearing work far in excess of what her tidiness would indicate.

Moreover, prior to any trail clearing, Terry had worked her magic on a few landowners to help us bridge a gap between state forests at the south end of Aulls Rd. When that sweetly smiling "little old white-haired lady" came to their door, landowners were quickly charmed into listening to her make a pitch for the trail to go through their property. As Ed Sidote once said, "Terry Giarrosso... had a smooth introductory speech, and none of the private landowners turned her down. I just listened and never said a word." Apparently she had been serving well in negotiating with landowners for years up in the ADK-Onondaga territory near Syracuse, always well prepared with tax maps and aerial surveys, and then afterwards worked with others to clear new trail. Mt. Tego was one of her pet projects.

She also served on the FLT Board of Managers back in the early 90's, and was famous there for one impassioned speech about a proposed book addition to our library, the truly useful book *How to Shit in the Woods*. "Absolutely NOT!" was pretty much her message, so the library waited a few more years before that book was added to the list, because we all adored her.

Irene Szabo

► Terry ready to do trail work, crisp and clean as always, in 1989. Photographer unknown.

▼ Terry Giarrosso with her Wally Wood Award.



George Zacharek

HIKE IN THE HEART OF THE FINGER LAKES

Gary Mallow

You might have skipped the spring weekend in years past. Don't make that mistake this year!

The dates are June 17th through the 19th and the location is the Academy of Fire Sciences in Montour Falls, N.Y. If you're a veteran of past weekends, you already know that the reconnection with hiking friends, and the camaraderie that comes from shared time on the trail, is the main attraction for this affair.

If you've been to a weekend at the Fire Academy, you know they've got the right kind of meals for hungry hikers just off the trail: you'll be treated to great food, presented in buffet fashion at dinner, including vegetarian choices. In the morning, you'll have too many options to choose from at breakfast, and your lunch will be a delicious bag lunch, just enough to keep you going. The Fire Academy offers basic but comfortable dorm-style rooms with adequate bathroom facilities, and good meeting facilities. Or you can book a room at any of a wide range of local B&Bs or motels. Camping is available nearby, too.

Cayuga Trails Club's Robin Carlisle Peck and her committee have lined up 20 good hikes in Schuyler and Tompkins Counties to some of the most interesting and challenging sections of trail within reasonable driving distance. There is a good mix of shorter, slower paced nature appreciation hikes, several reasonable, moderately paced hikes, and then the more challenging long hikes of 9 to 11 miles for the hard core hikers. You'll have some tough choices when it comes to picking your hikes for this weekend.

Although hiking is the main attraction, the speakers are worth the stay after dinner. Our featured speaker Saturday night is Heather Houskeeper, who will talk about herbs and medicinals found in our fields and woods (she's also leading two hikes to discover what Mother Nature offers right along the trail). Heather is a published author on herbs and medicinals. She also happens to be the only hiker to complete the entire FLT, including all branch and loop trails, in one continuous hike in 2015. Our speaker Friday night is Linda Spielman, who will introduce us to the identification and interpretation of animal tracks and signs, nature's clues to what goes on in the woods when humans aren't around.

On top of the hiking, a wine and brewery tour, the speakers, the great food and good accommodations, you'll be treated to the Annual Meeting for the Trail Conference. Led by the FLTC Board President, the program includes annual awards, reports, election of members to the Board of Managers, and other events. The FLTC Board of Managers will meet on Sunday while the rest of us are on the trail.

Hikers (left to right): Sheila Stone, Charlie Strohman, Tom Formanek and PJ Peterman on the FLT off Blackman Hill Road, Town of Caroline, Tompkins County, home territory for Cayuga Trails Club. Photo by Gary Mallow

Our Featured Speaker Heather Houskeeper is a long distance hiker, Certified Herbalist, and published author. Last spring she set out to chronicle the edible and medicinal plants of the Finger Lakes Trail, incorporating them into her backcountry meals and first aid. She chronicled her experience in her blog: The Botanical Hiker. Her experience and research has culminated in her newly published book, *A Guide to the Edible and Medicinal Plants of the Finger Lakes Trail System*, a book specifically crafted for the hiker which will be available this spring.

In addition to being the first person to thru-hike the nearly 1000 mile Finger Lakes Trail and its six branch trails in one continuous trek, she has thru-hiked the Appalachian Trail and North Carolina's 1200 mile Mountains to Sea Trail twice. She is also the author of *A Guide to the Edible and Medicinal Plants of the Mountains to Sea Trail*.

When not wandering in the woods or cooking up wild edible meals, she leads hikes, plant walks, and workshops teaching people about their local plants throughout the North and Southeast.



Irene Szabo

Finger Lakes Trail Conference – 2016 Annual Meeting

**June 17 to June 19, 2016 – Hosted by the Cayuga Trails Club
The New York State Academy of Fire Science, Montour Falls, New York**

Schedule of Events

Friday, June 17

NYS Academy of Fire Science

12:00 – 5:00 PM Registration – Classroom 9
12:00 – 2:00 PM Gather for Scheduled Hikes – Classroom 9
4:30 – 5:30 PM Social Hour – Lounge
5:30 – 6:15 PM Buffet Dinner – Cafeteria
7:00 PM Special Presentation – Auditorium. Linda Spielman will introduce you to identifying and interpreting animal tracks and signs, nature's clues to what goes on in the woods and fields when we're not around.

Saturday, June 18

NYS Academy of Fire Science

7:00 – 7:45 AM Buffet Breakfast – Cafeteria
8:15 – 9:00 AM Registration – Classroom 9
8:30 – 9:00 AM Pick up Trail Lunches – Cafeteria
9:00 – 9:30 AM Gather for Scheduled Hikes – Classroom 9
4:00 – 4:45 PM FLTC Annual Membership Meeting, election of Board Members
4:30 – 5:30 PM Social Hour – Lounge
5:30 – 6:15 PM Buffet Dinner – Cafeteria
7:00 PM Awards and Presentations
7:30 PM Special Presentation – Auditorium. Heather Houskeeper, "The Botanical Hiker," completed the first thru hike of the FLT and all the branch trails in 2015. She will present her story as well as a description of edible/ medicinal plants along the way.

Sunday, June 19

NYS Academy of Fire Science

7:00 – 7:45 AM Buffet Breakfast – Cafeteria
8:00 AM All Guests at the Fire Academy must be checked OUT at this time
8:15 – 9:00 AM Pick up Trail Lunches – Cafeteria
8:30 – 9:30 AM Gather for Scheduled Hikes – Classroom 9
10:00 – 11:30 AM FLTC Board of Managers Meeting-Conference Room

Directions – The NYS Academy of Fire Science, 600 College Ave, is located at the intersection of Rt. 14 and College Ave in Montour Falls. www.dos.state.ny.us/fire/acadmap.html

From the North, NYS Thruway – Exit 41, take Rt 14 South or Exit 42, take Rt 414 South to Rt 14 South. Both exits are ~ 40 miles from Montour Falls

From the South, I-86 (old Rt 17) – Exit 52, take Rt 14 North ~15 miles to Montour Falls

From the East, Ithaca, Rt 13 South, 16 miles to Alpine Junction, turn Right on Rt 224, 9 miles northwest to Montour Falls, turn left, Academy will be on your left

From the West, I-86 (old Rt 17) – Exit 46, take Rt 414 North ~20 miles, turn Right on Rt 14 south to Montour Falls

Conference parking is available ONLY behind the Academy. PLEASE FOLLOW THE SIGNS!!

**Questions? Contact Paul Warrender 401-439-8285, email 607hikingtrails@gmail.com
or Robin Carlisle Peck, 607-227-7413, email rjcp019@aol.com**

FLTC Spring 2016 Annual Meeting – Hike Schedule

Gather for all hikes in Classroom 9 located just off the back parking lot.

Friday, June 17th

1. Excelsior Glen, FLT Map M15

Leader: Charlie Strohman

Sweep: Roger Hopkins

Distance: 2.6 miles

Pace: Moderate **Terrain:** Steep

This short hike features at least three delightful waterfalls while hiking along the rim of beautiful Excelsior gorge. You also get a glimpse of a panoramic view of Seneca Lake on this one, and there is an interesting shale rock formation that you walk right under, too. This is an out-and-back hike beginning and ending at the Jolly Road trailhead. You climb down into the gorge on the way in and have steep climbing most of the way out, but it's worth the effort.

Gather at 1:00 p.m.

2. Lick Brook, FLT Map M17

Leader: Carol Mallison

Distance: 3.2 miles

Pace: Moderate **Terrain:** Steep

The Lick Brook Preserve is one of over 30 nature preserves and a part of over 17,000 acres of natural areas owned or protected by the Finger Lakes Land Trust. It is one of the hidden gems of the Ithaca/Tompkins area and the FLT runs right through it. On this hike you will experience dramatic waterfalls and cataracts as you hike up the steep trail that roughly parallels the gorge. As you approach the top, stop for an inspiring view of the Inlet Valley through the trees. Narrow trail follows steep sided, nearly vertical gorge wall. Not for the timid. This is a loop hike beginning and ending at the parking area off NY State Routes 13/34/96. **Gather at 12:30 p.m.**



Jacqui Wensich

Eagle Falls at Havana Glen, just south of Montour Falls.

3. Forest Walk In Texas Hollow, FLT Map M15

Leaders: Peter Marks and Don Wilson

Distance: 3 miles

Pace: Slow

Terrain: Moderate with steep pitches

Cornell Professor Emeritus Peter Marks from the Department of Ecology and Evolutionary Biology along with Don Wilson will lead a modest hike to explore differences in the structure and species mix of local forests. You will hike approximately three miles in the Texas Hollow State Forest area, noting variations in the forest along the way and talking about their causes. Peter will point out interesting species and some of the local geology. There will be many stops to observe and discuss what you find. This will be a car-to-car hike which requires carpooling and a car shuttle. Drivers will be expected to carry passengers. Hike begins at the Texas Hollow FLT trailhead on Texas Hollow Road. **Gather at 12:30 p.m.**

4. Queen Catharine Marsh Trail, FLT Map QCML

Leader: Tom Reimers

Distance: 4 miles

Pace: Moderate **Terrain:** Easy

Also known as the, "Willow Walk Wild Wander," this leisurely bird and wildflower hike is led by Tom Reimers, an excellent birder. The open fields and water on the Marsh Trail attracts a variety of species of birds, which should make for an interesting afternoon of discovery. Participants should bring binoculars and field guides for birds and wildflowers if they have them. Plan two to three hours for the "wander." The hike will start by the gate on Airport Road at the south end of Rock Cabin Road. **Gather at 1:00 p.m.**

5. Western Approach to Watkins Glen Park, FLT Map M14

Leader: Sigrid Connors

Distance: 5.6 miles

Pace: Moderate **Terrain:** Moderate

Hike starts just east of Ebenezer's Crossing and proceeds mostly downhill and across Glen Creek, then passes through Watkins Glen State Park. The trail runs parallel to Glen Creek and you will experience dramatic views of the cataracts, pools, small lakes, two dams, and an active railroad trestle. The primary natural feature of this hike is the Glen Creek gorge, where erosion of the sandstone and shale walls of the gorge over millenia has beautifully sculpted the rock. For much of the way, you hike about 90 feet above the creek and have an excellent view of the gorge. Man has provided a wonderful set of rock walkways along the gorge and bridges spanning it. Watkins was once known as the 8th Wonder of the World.

Gather at 12:30 p.m.

Saturday, June 18th

6. Seneca Wine Trail, Seneca Wine Trail Map

Leader: Self-directed, maps provided

Distance: to be determined

Pace: Slow Terrain: Easy

If your interest runs to wine as opposed to hiking through woods and fields, then this self-directed tour is for you. Finger Lakes wine country features over 30 wineries, small and large, obscure and famous. Many wineries feature tastings and discounts on purchases of case lots. There are also breweries and two cideries on the tour. Some of the tasting rooms are elegant, offering lunch and panoramic views of Seneca Lake. Take a break from the trail and support New York's vintners!

7. Herb/Medicinal Discovery Walk, FLT Map M15

Leader: Heather Houskeeper

Distance: 1.5 miles

Pace: Slow Terrain: Easy

Our after-dinner speaker will give amateur herbalists a preview of her talk on this hike. Heather Houskeeper will lead you through a section of the Finger Lakes National Forest seeking to discover common and uncommon plants and herbs good for garnishing your evening meal, or for medicinal purposes. This is a short, slow hike with many stops to notice natural wonders that most hikers breeze right by without noticing. Heather is a published author on herbs and medicinals and she will share her knowledge and experience with a variety of plants. This is a loop hike beginning and ending at the north Burnt Hill Road trailhead of the FLT in Finger Lakes National Forest. The loop includes parts of the main FLT and South Slope Trail and includes Burnt Hill Pond. **Gather at 9:30 a.m.**

8. Bob Cameron Loop, FLT Map M16

Leader: Charlie Strohman

Distance: 2.6 miles

Pace: Moderate

Terrain: Moderate with steep slopes

The BCL is a very nice short loop trail of the Finger Lakes Trail System, often used by cross-country skiers in winter to access other ski trails in the Connecticut Hill Wildlife Management Area. To access the loop, you begin at the highest elevation in Tompkins County, head downhill, and then back up. Connecticut Hill is one of the largest contiguous natural areas in the Finger Lakes, and the FLT crosses much of it. One feature of this hike is a crossing of an unnamed creek that was severely washed out by heavy rain in June 2015. This is a loop hike that begins and ends at the FLT trailhead on Tower Road. **Gather at 9:30 a.m.**

9. Robert Treman Park, FLT Map M16

Leader: Carol Mallison

Distance: 3.5 miles

Pace: Moderate Terrain: Steep

The primary natural feature of this hike is Lucifer Falls, which cascades through a sandstone and shale gorge carved out by Enfield Creek. Although similar in geology to Watkins Glen, Treman Park has its own charm, including newly repaired stone masonry following storm damage over the past two years. Much of the stone work was completed by the Civilian Conservation Corps in the 1930's and 1940's, but it has since been repaired and supplemented many times by masons of the park staff. It is quite beautiful in its own right. This is a relatively short hike but there are several steep pitches and steep stone stairways.

Gather at 9:30 a.m.

10. Finger Lakes National Forest, FLT Map M15

Leader:

Distance: 4.5 miles

Pace: Fast Terrain: Strenuous

This hike starts in New York's only national forest, the Finger Lakes National Forest, a 16,212-acre ridge between Seneca and Cayuga lakes. Once you leave the Forest, you'll proceed through private property, cross Tug Hollow Creek, cross abandoned vineyards and end at the dramatic "twin tunnels" of Burdett. Along the way, you'll listen to the gurgle of water heading downhill as you hike parallel to Logan Creek for a good mile, a very nice, quiet section of the FLT, and a favorite for Cayuga Trail Club members. You'll cross Tug Hollow Creek and, if the weather is clear, you'll enjoy a nice view of the farms and small villages south and east of Seneca Lake, the largest of the Finger Lakes, along with a glimpse of a panoramic view of the lake itself before finishing at the unusual "twin tunnels." Hike will begin in Finger Lakes National Forest at Access 7 at the north Burnt Hill Road FLT trailhead, **Gather at 9:30 a.m.**

11. Montour Falls Historic Loop, FLT Map MFHLT

Leader: Paul Warrender

Distance: 5.5 miles

Pace: Moderate Terrain: Easy

This branch trail of the Finger Lakes Trail system includes many historic and natural features of Montour Falls. You will pass the Queen Catharine memorial site and the Cook cemetery (Charles Cook was the father of Schuyler County). You'll pass historical markers commemorating the events of Capt. John Sullivan's punitive expedition in 1779 that forced the evacuation of Queen Catharine and her village. You'll also pass several Greek Revival buildings and 22 structures listed on the National Register of Historic Places. The hike will start at the South Genesee Street kiosk. **Gather at 9:00 a.m.**

12. Connecticut Hill, FLT Map M16

Leader:

Distance: 8.8 miles

Pace: Fast Terrain: Strenuous

This is a moderately long, fast-paced hike for fit hikers looking for a workout. You follow the FLT from the summit of Connecticut Hill to the Cayuta Gulf. Along the way you hike in rough, rugged terrain, pass through a small old growth stand of trees of various species, and descend to Cayuta Gulf, mysterious, narrow, usually shrouded in deep shade, and beautiful. Connecticut Hill is a tract of land once claimed by the state of Connecticut, but given to New York in a financial settlement. It is one of the largest contiguous natural areas in the Ithaca area. Hike begins at the Tower Road FLT trailhead and ends at the Gulf Road FLT trailhead. Not appropriate for novice or slow hikers. **Gather at 9:00 a.m.**

13. Texas Hollow, FLT Map M15

Leader: Marsha Zgola

Distance: 9.5 miles

Pace: Fast Terrain: Strenuous

This is a long, fast-paced hike for fit hikers looking for a workout. It will start at the south end of Finger Lakes National Forest at Access 8, the south Burnt Hill Road FLT trailhead, and proceed through the village of Bennettsburg on town roads until you reach private property. Then it's through dramatic and steep Texas Hollow State Forest, ending at the intersection of Carly and Steam Mill Roads. One feature of this hike is the new boardwalk constructed by Cayuga Trails Club members near Texas Hollow Pond. The Texas Hollow bog is nearby and it boasts a rare ecosystem more akin to the Adirondacks than the Finger Lakes. The distance, terrain and pace of this hike is challenging. Not appropriate for novice or slow hikers. **Gather at 9:00 a.m.**

14. Interloken Trail, FLT Map I1

Leader: Anna Keeton

Distance: 11.2 miles

Pace: Moderate Terrain: Moderate

This is a strenuous hike due to overall length, so this one is for experienced, fit hikers who are accustomed to long hikes in which they carry their own gear and rations. Hike all 11.2 miles of this FLT Branch Trail from north to south. There will be a short stop for lunch. Elevation differences from 1300 feet to 1830 feet are gentle, and the trail is mostly downhill from north to south. Drivers will be expected to carry hikers and a car shuttle is required at the beginning and end of the hike. All hikers will wait at the end of the hike to ensure rides for everyone back to the Fire Academy. The Interloken is located in New York's only national forest, the Finger Lakes National Forest, a 16,212-acre ridge between Seneca and Cayuga Lakes. The ridge is also known as the Hector Backbone

or Backbone Ridge. The ridge was populated with many people, farms, and towns as late as the 1900's. The Resettlement Program, part of the New Deal, purchased farms here between 1936 and 1940, and many of the structures were subsequently razed, some land was reforested, and some land was allowed to remain in pasture. The hike will start at the north end of the trail on Parmenter Road and finish on Burnt Hill Road, where the new terminus of the Interloken is located. Not appropriate for novice or slow hikers. **Gather at 9:00 a.m.**

Sunday, June 19th

15. Ornithology Lab

Leader:

Distance: 2.0 miles

Pace: Easy Terrain: Easy

This hike will take you to The Cornell Lab of O, a world leader in the study, appreciation and conservation of birds. The hallmarks here are scientific excellence and technological innovation to advance the understanding of nature, and engage people of all ages in learning about birds and protecting the planet. The 230 acre sanctuary encompasses forested stands, ponds, ferny swamps and abundant wildlife. There are over four miles of trail and many boardwalks, but we will do only a part of them. The dramatic, beautifully designed glass-walled Visitors Center provides tips on where to go and you may even borrow a pair of binoculars, or buy a bird guide or a hat at the gift shop. There is a 45 minute drive to the Lab, located north of Ithaca at 159 Sapsucker Woods Road. **Gather at 9:00 a.m.**

16. Cayuga Waterfront Trail

Leader: Carol Mallison

Distance: 3.4 miles

Pace: Easy Terrain: Easy

The Cayuga Waterfront Trail is an urban walk on a paved walkway. The vision of the trail was to provide Ithaca and Tompkins County residents easy access to the waterfront of Cayuga Lake and its waterways. The trail is designated for multiple use: you are likely to find walkers, runners, mothers with infants in strollers, roller-bladers, and bicyclists on this heavily used trail. Your walk will include parts of Ithaca's Stewart Park, downtown Ithaca, and the Ithaca Farmer's Market. Hikers are welcome to stop at the Farmer's Market to shop for locally produced fruits, vegetables, wine, baked goods, flowers and Ithaca souvenirs. Those who wish to continue will accompany the leader back to the cars. The CWT is a joint project of the Tompkins Chamber of Commerce, the City of Ithaca, and the Cayuga Waterfront Trail Initiative, and it was completed last year after 14 long years of negotiation and planning. There is a 40 minute drive to the trailhead. Hike begins and ends at the Tompkins County Convention and Visitors Bureau on East Shore Drive, Ithaca. **Gather at 9:30 a.m.**

17. Keuka Lake Outlet Trail

Leader: Anna Keeton

Distance: 4 miles

Pace: Slow Terrain: Easy

Enjoy a leisurely “out and back” hike on part of the Keuka Lake Outlet Trail, starting in Penn Yan, Yates County. This is an easy hike on a relatively flat, partially paved surface, so everyone is welcome. The entire trail is 7.5 miles one-way; we will do a portion of the western half of the trail, starting at the beginning at the Penn Yan Sports Complex parking lot on Route 54 A, on the west side of the downtown area. This is a multi-use path, so be prepared to share the trail with bicycles. We will coordinate a carpool; drive time is approximately 40 minutes one-way. **Gather at 9:30 a.m.**

18. Van Lone Loop, FLT Map M16

Leader: Charlie Strohman

Distance: 5.8 miles

Pace: Moderate Terrain: Strenuous

The Van Lone Loop incorporates part of the main FLT with the orange-blazed loop, which is a spur trail of the FLT System. Heading uphill, you'll enter the beautiful, quiet, narrow Cayuta Gulf, which is usually shrouded in shade. Then you'll head steeply up a rough, rugged section through mixed forest, until you discover you're in the middle of a small stand of old growth trees, some of which are at least 150 years old. Find the trail register, turn off the main trail, and head back downhill, part of the way on seasonal roads, and part of the way through rough terrain and along dry creek bed. This is a loop hike beginning and ending at the FLT trailhead on Gulf Road. **Gather at 9:00 a.m.**

19. Herb/Medicinal Discovery Walk, FLT Map M15

Leader: Heather Houskeeper

Distance: 1.5 miles

Pace: Easy Terrain: Easy

For description, see Hike #7, above. **Gather at 9:30 a.m.**

20. Abbott Loop, FLT Map M17

Leader: Marsha Zgola

Distance: 8.8 miles

Pace: Fast Terrain: Strenuous

This is a long, fast-paced hike for fit hikers looking for a workout. The Abbott Loop is named after Cayuga Trails Club leaders Cliff and Doris Abbott, who planned the route and did much of the work to cut the trail. The loop is one of the most popular trails in Tompkins County, and for good reason. Using parts of the main FLT and the orange blazed loop, the well-worn path wends its way through quiet stands of mixed hardwood forest, stands of hemlock, and red pine plantations in Danby State Forest for almost nine miles, offering a good workout, along with

many views typical of Finger Lakes forests, fields and streams. The loop features some challenging climbs, most notable the climb up to The Pinnacles, which, in clear weather, provides a dramatic view of the Inlet Valley for several miles, including a look down into the Lindsay Parsons Biodiversity Preserve of the Finger Lakes Land Trust. There is about a 40 minute drive to the trailhead, located south of Ithaca. This is a loop hike beginning and ending at Michigan Hollow Road. Not appropriate for novice or slow hikers. **Gather at 9:00 a.m.**

Meals

All meals are served cafeteria style and are very substantial. Breakfast is a full buffet; dinners include soup, dessert, coffee, tea, soda and water.

Don't miss a meal; buffet service starts and ends on time!

Friday Buffet dinner – Macaroni and cheese OR baked fish (Haddock or Flounder), rice pilaf, veggies, coleslaw and tossed salad. Dessert will be an ice cream bar.

Breakfast – Coffee, tea, juice, fruit, yogurt, eggs, bacon, sausage, turkey bacon, French toast, fusion smoothies, hot and cold cereals, granola, muffins, English muffins, whole grain bread, bagels & cream cheese & Danish pastries.

Trail bag lunches – Fresh fruit, granola bar, cookie, bottled water and your choice of a vegetarian feta wrap, ham wrap or a turkey wrap. All include lettuce & tomatoes.

Saturday dinner – Chicken breast OR stuffed Portobello mushroom, red roasted potatoes, couscous, roasted veggies, spinach salad, and tossed salad. Dessert will be a cake table.

Social Hour – All welcome to bring wine, beer, etc., consumption to be limited to the Lounge, Cafeteria and the Auditorium. ***PLEASE NOTE: NYS Troopers have a substation on premises, NO ALCOHOL can be carried in open containers within their corridor; this will be strictly enforced.***

Lodging

The Academy – all beds include linens, blankets, pillows, towel/washcloth

- Double rooms (each includes a private bath and 2 single beds)
- Single beds in women's dorm room, with nearby bathroom/shower facilities
- Single beds in men's dorm room, with nearby bathroom/shower facilities
- **Rooms and beds reserved first-come, first-serve.**
- **Check out at the FIRE ACADEMY IS 8 AM SHARP**

Montour Falls, New York – distance included from Academy

- **The Falls Motel**, www.thefallsmotel.com 239 N. Genesee St, 1/2 mile, 35 rooms, 607-535-7262
- **Relax Inn**, www.relaxinnny.org Junction of Rt 224/Rt 14, 1/4 mile, 12 rooms, AAA 607-535-7183

Watkins Glen, New York ~ 3 to 5 miles from Academy

- **Anchor Inn**, www.watkinsglenmotels.com 3425 Salt Point Rd, 15 rooms, AAA, 607-535-4159
- **Budget Inn**, www.budgetinnwatkinsglen.com 435 S. Franklin St, 20 rooms, AAA, 607-535-4800
- **Colonial Inn & Motel**, www.colonialinntheglen.com 701 N. Franklin St, 14 rooms, 607-535-7545
- **Echoes of the Glen B & B**, www.echoesoftheglen.com 300 S. Franklin St, 5 rooms, 607-535-2896
- **Watkins Glen Harbor Hotel**, www.watkinsglensharborhotel.com, 16 N. Franklin St, 104 rooms and suites, 607-535-6116
- **Madison Guest House B&B**, www.lightlink.com/madison 413/415 S. Madison Ave, 2 bedroom unit sleeps up to 7 people, a 3 bedroom unit sleeps up to 10, 607-535-9096
- **Longhouse Lodge Motel**, www.longhouselodge.com 3625 Rt 14 & Abrams Rd, 21 rooms, AAA 607-535-2565
- **Seneca Clipper Inn**, www.senecaclipperinn.com 436 S. Franklin St, 15 rooms, AAA, 607-535-2441
- **Seneca Lodge**, www.senecalodge.com Rt 329 near South entrance of State Park, 56 units, 607-535-2014
- **Tudor Rose B&B**, www.tudorrosebnb.com 102 Durland Place, 5 rooms, 607-535-6768
- **Villager Motel**, www.wgvillagemotel.com 106 E. 4th St Rt 414, 42 rooms in 3 buildings 607-535-7159

Or more options are available at www.schuylerny.com and www.watkinsglenlodging.com.

Camping

- **Finger Lakes National Forest**, www.fs.fed.us/r9/gmfl Hector, Rt 414, primitive, 607-546-4470
- **KOA Campground**, www.watkinsglenkoa.com Rt 414 S, Watkins Glen, 607-535-4511
- **Watkins Glen State Park**, Reserve America, www.reserveamerica.com, 10 cabins, 183 campsites

Other Area Attractions

- **Downtown Watkins Glen** has many shops including Famous Brands Outlet, Seneca General Store, Antique and variety stores. The restaurants include Jerlando's for Italian Foods, House of Hong for Chinese food, Roosterfish Wildflower Café and Nickel's Pit BBQ for American foods featuring Rooster Fish Beer, Graft Wine & Cider Bar featuring small plates.
- **Corning Museum of Glass** is a short drive as well as the Rockwell Museum.
- **Ithaca is Gorges** and is home to a great Farmer's Market, Ithaca Falls, and Cascadilla Trail.
- **Trumansburg's Taughannock Falls and Village** are lovely places to visit, plenty of shopping, food and great people. Taughannock Falls State Park has a rim trail accessible with free parking at the Falls Overlook. The Gorge trail is accessible with fee parking in the Park.



She-Qua-Ga Falls, within the village and only blocks from the fire academy, the source of the village's name.

Jacqui Wensich

FLTC 2016 Annual Meeting – Registration Form
June 17, 18, and 19 – Montour Falls, New York

Registration form also available at www.cayugatrailclub.org or www.fingerlakestrail.org

Name(s) _____

Address _____

City/Town _____ **State** _____ **County** _____ **ZipCode** _____

Phone(s) _____

Email(s) _____

In case of emergency notify: Name _____ **Relationship** _____

Emergency Contact Phone(s) _____

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

Any special needs we should be aware of? _____

REGISTRATION FEE - non-refundable and required for any part of the weekend.

FLTC member _____ x \$17.00 = \$ _____

Non-member _____ x \$22.00 = \$ _____

MEALS & LODGING - non-refundable after June 1st

Meals & Lodging all-inclusive: 2 nights and 6 meals. **Choose RESIDENTIAL or COMMUTER**

COMMUTER – Meals only (6 meals) for Friday thru Sunday _____ x \$34.00 = \$ _____

RESIDENTIAL (due to space limitations contact Robin for availability)

RESIDENTIAL – Dorm room (12 beds) and 6 meals for Friday thru Sunday _____ x \$80.00 = \$ _____

RESIDENTIAL – Double room (2 beds) and 6 meals for Friday thru Sunday _____ x \$100.00 = \$ _____

For double room, who is your roommate? _____

INDICATE ANY FOOD ALLERGIES, CONCERNS HERE _____

FRIDAY – PLEASE CIRCLE ONE CHOICE FOR DINNER

Dinner Buffet- Macaroni and Cheese **OR** Fish

Please CIRCLE your hike choice #1 #2 #3 #4 #5

SATURDAY – PLEASE CIRCLE ONE CHOICE FOR DINNER AND TRAIL LUNCH

Trail Lunch Veggie **OR** Ham **OR** Turkey

Buffet Dinner - Chicken Breast **OR** Stuffed Portobello Mushroom

Please CIRCLE your hike choice #6 #7 #8 #9 #10 #11 #12 #13 #14

SUNDAY – PLEASE CIRCLE ONE CHOICE FOR TRAIL LUNCH

Trail Lunch Veggie **OR** Ham **OR** Turkey

Please CIRCLE your hike choice #15 #16 #17 #18 #19 #20

Mail form & check payable to:

Cayuga Trails Club, c/o R Carlisle Peck, PO Box 244, Interlaken, NY 14847

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. I have read the ALCOHOL use guidelines and agree to abide by them.

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

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

Howard Beye Hike Re-cap

Cate Concannon



Carrie Williams

Walking the shore of Lake David on the Bristol Hills Trail after a 700 foot ascent from County Rte 13 at the start of our hike.

On Saturday, January 9th, the sixth annual Howard Beye hike was held. This year's hike was the best attended, with 27 two-legged and six 4-legged hikers enjoying nearly six miles in somewhat mild winter conditions. After five previous hikes on either the Bristol Hills or Letchworth Trail, we decided to branch out to incorporate a couple of miles of the Main Trail along with 3.6 miles of the Bristol Hills Trail for this year's hike.

We met at the Hickory Hill Campground in Bath, where the owner Randy, a friend of the FLT, allowed us to gather inside the warm store and use the facilities prior to the start of our hike. Donna Noteware, a longtime trail steward and member of the FLT, shared some memories of Howard with our group and we headed out. Although a bit chilly and drizzly, one attendee reminded us that any day on the trail is a good day.

With such a large group we spread out fairly quickly and the steep incline right off Route 13 got our blood pumping. We proceeded around Lake David (featured on the back cover of the last issue of this *FLT News* for a recent easement there) and then plunged into the woods. After passing through some nice woods and across a couple of gullies, including one made easier by a bridge and ladder, we emerged at the junction of the BHT and Main Trail where we stopped for lunch. The remaining almost 2 miles on the main trail went pretty quickly. I especially enjoyed the pine-ringed lake near the property owned by the Peaceweaver group, and explained to those hiking near me about the large, round structure we observed that is used during retreats and workshops held by this group. Six or seven hikers opted to continue on foot back to the Hickory Hills Campground while the reverse car shuttles got everyone back to their cars. Thanks to everyone who joined us for this hike! In addition to a number of hikers from the local area, some joined us from the Rochester area and Ithaca, plus hikers from as far away as Attica and Syracuse. 🍁



Carrie Williams

This destination sign points in two directions since it's where the orange-blazed Bristol Hills Trail ends at the white-blazed Main. Steve Catherman and Irene Szabo remember well trying to dig postholes to install this one in this rocky, rooty soil!



Carrie Williams

Freeze/thaw cycles make for this frustrating footing on two to three inch high crystals underfoot.



The foggy view from the high point of land in this area, at over 1900 feet elevation, in the Peaceweavers' land.



Looking up at our hike group from the sweep position.

Coming this Fall - Don't miss the annual FLT Campout

**Friday - Saturday - Sunday
September 30 to October 2, 2016**

**General Clinton Park
Bainbridge, NY**

One and one-half miles from the FLT / I-88 Exit 8 on FLT Map M26

*** Accommodations ***

Tent Camping at the park

Set up your RV or Camper at the park

Park will be open for those arriving Thursday evening

Many Nearby Motels

*** Catered Meals ***

Friday dinner through Sunday lunch

*** Three full days of hiking opportunity ***

**Bowman Lake State Park in Chenango County to Big Pond Rd in the Catskills
(FLT Maps M24 to M31)**

*** Entertainment ***

Friday evening trivia contest

Saturday evening presentation from the NY DEC

Questions -- please write to Larry Blumberg at LBlumberg@stny.rr.com

HOSTED BY THE TRIPLE CITIES HIKING CLUB

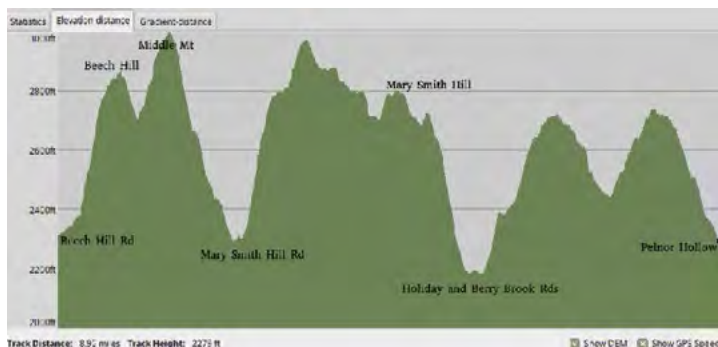
Registration form will be available in the Summer FLT News

First Overnight Hike on the FLT, September 7-8, 2013

Story and Photos by Scott Geiger

Prologue

After I started hiking the FLT in 2010, I decided to make it my goal to hike the entire main trail. I also wanted to do an overnight hike. I planned to start from Beech Hill Road and head west to Campbell Mountain Lean-to. My previous hikes had been 16 - 20 miles, so I expected I could hike the 14 miles to the lean-to. I did not know that the section of trail I was planning to hike was possibly the most rugged on the FLT; I logged almost 4700 feet of climb by the end. Additionally, my pack weighed more because of extra food and water and overnight gear.



Day 1

I arrived at Beech Hill Road and walked up the road a short distance before turning up a logging road. The trail was steep. I checked my GPS: I had hiked only 0.45 miles, but had already climbed 300 feet! I hiked another 0.2 miles and 250 feet of elevation rise before resting again and then continued on to the top of Beech Hill, my pack weighing heavily on me up the steep slope. The trail descended into a saddle between Beech Hill and Middle Mountain. I found a small vista and stopped for a rest. It had taken me over an hour to get there and I had gone only 1.35 miles.

After reaching the top of Middle Mountain the trail descended nearly 700 feet over the next mile to Mary Smith Hill Road. The weight of my pack was bearing down on me and I began to get "charley-horses" in my legs and was short of breath. I paused several times on my way down to rest and ease my aching legs.

I crossed Mary Smith Hill Road and started up the next hill hiking 0.2 miles and 225 feet before resting again. I climbed the remainder of the way to the top of the hill to another vista where I stopped. The trail turned to follow a ridgeline and began a gradual descent for the next mile. My legs were tired and my back and shoulders ached.

The trail took a quick climb of 80 feet before reaching the top of Mary Smith Hill. At the top I rested again. I followed the trail down to Holiday and Berry Brook Roads descending nearly 600 feet over the next mile. My legs strained the entire way and when I reached the road I was tired and sore.



At the road I dropped my pack and sat down to rest. I realized I could not reach my destination, since it was almost 2 pm and I had not gone halfway. A map posted nearby showed that Pelnor Hollow Lean-to was not far.

I set out again and started another climb. I hiked 0.8 miles and another 350 feet up before resting. I thought about finding some trees to hang my hammock, but I would still need to build a fire ring or forego a fire; neither appealed to me.

A short distance later I heard loud crashing sounds. Two black bear appeared, chasing each other. They bolted across the trail before disappearing back into the woods. I hiked on and came to the Pelnor Hollow trail junction and turned off the FLT heading for the lean-to. The trail passed through some small patches of briars that had been mowed clear. Then the mowed path ended in a wall of briars.

I was wearing shorts and a t-shirt and knew I would get some cuts and scratches, but I was close to the lean-to, so I waded in. The trail was overgrown with briars and hard to follow. I had to search for blue trail markers to guide me.

I reached a large rock and climbed up. There were briars in every direction, but I saw a blue marker ahead in the middle of the briars. I waded back in. At times the briars reached above my head. They snagged me and whipped around my legs causing me to yell in pain. After what seemed to be miles, the briars fell away and I was under some small pine trees; I had waded through 0.4 miles.

My arms and legs were cut and scratched, blood had stained my shorts and my shirt had nats where the thorns had snagged it. My legs burned from sore muscles and cuts. I stubbornly decided to push on.

I left the pine trees and the trail led me back into the briars; it had been only a brief reprieve. The trail climbed 200 feet, crossed the top of the hill, began to descend and the briars fell away, this time for good. I had waded through nearly 1.2 miles of briars.

I found that cell signal ended at the edge of the briars. I would have to come back once I had the coordinates of the lean-to and let my friends know where I was.



After hiking 0.7 miles and descending over 400 feet I reached the lean-to. I dropped my pack and rested. I took the GPS coordinates and headed back up the trail without my pack to the edge of the briars and texted my friends the coordinates.

Back at the lean-to I hung my hammock and collected firewood. I sat and listened to the silence as the shadows lengthened and the sun set. Then I started my fire. After dinner I sat and watched the fire. The dancing flames of a campfire have a hypnotic effect and I was tired from a long day. I crawled into my sleeping bag and hammock and was asleep by 9 pm.

Day 2

Before 6 A.M. the sky was beginning to lighten and it was chilly, foggy and damp. I stirred my fire to life and made my breakfast. After cleaning the dishes I repacked for the journey back.

I climbed up to the edge of the briars and texted my friends and then waded into the briars. This time I was wearing jeans and a sweatshirt. I pushed through the briars to the top of the hill and on to the small stand of pine trees. I waded on and climbed over the large rock and soon left the briars behind.

I came to the trail junction and rested. It was still foggy and damp; it had drizzled while I was working through the briars. As I hiked over Mary Smith Hill it began to rain. Although it did not last long, it was enough to make me damp and chilly.

The trail turned on to the final logging road and I could see Beech Hill Road ahead. The wind had picked up and the

clouds had begun to clear; the sun felt nice after the drizzly morning. My feet hurt and my legs, back and shoulders all ached. If I had not been so tired and sore I might have run.

I reached my car and dropped my pack, happy to have the weight off my shoulders. I changed into clean clothes, stowed my pack in the car, signed out of the DEC trail register and started my drive home.

Epilogue

My only regret with this hike, besides wishing I had known how rugged it was going to be, was that I did not take more pictures. I was tired and sore and taking pictures was not a primary concern. My arms and legs were cut and scratched from the briars and for several days I applied aloe gel. A little over a month later I hiked from Campbell Mountain Road to the Pelnor Hollow trail junction, completing the remaining section of the hike that I had planned as my first overnight.

Read more about this hike and others at <https://scottgeiger.com> 

AN NCTA HONOR FOR JET AND SHIRLEY THOMAS

The North Country Trail Association encourages every one of the host groups along the trail to name somebody from their local group annually, somebody who deserves special recognition for their contributions to the Trail. Jackson "Jet" and Shirley Thomas are the 2015 awardees for the Finger Lakes Trail Conference, nominated for their major efforts to get people out on the trail.

Jet and Shirley organized and led two counties' worth of county hike series in recent years, obviously a huge job requiring lots of organizational skill, especially coordinating all the parties needed to bring off these annual undertakings. Ensuring that maintenance is at a high standard on the miles to be hiked, getting a bus company on board, and just plain devising the hike plot are all jobs requiring a ton of work.

In addition, he has contributed editorial work and pictures to the latest two Passport booklets published, the western and eastern versions, yet another big project.

Our thanks and admiration go to Jet and Shirley!



Jacqui Wensich

Jackson "Jet" and Shirley Thomas, 2015 recipients of the NCTA Affiliate Honor Award for the FLT.

Ice Storm Memories

Irene Szabo

Twenty-five years ago this March 4th, the infamous 1991 ice storm began quietly, sneaking up on us. That Sunday afternoon I was outside clearing bushes and young trees from an area behind my barnyard (in late winter, some of us who love trail work just cannot stand waiting any more!). An incredibly light mist wasn't enough to drive me indoors, but I noticed that tools started to feel slimy. That was because the mist was freezing on metal as the temperature dropped imperceptibly. Overnight the rain increased while the temperature didn't.

Before daylight, I lay in bed listening to frequent huge cracks and crashes as branches broke off the trees around home. My heart broke for what this must be doing to the trail. Once early sun's rays touched the bent-over tops of trees, I could see that every twig bore more than ¾" diameter of an icy sleeve, and as the rising sunlight warmed the ice, the bowed tree tops visibly crept back upright as their burden lessened.

Of course I had no electricity, so was grateful for my wood stove and a nearby stream to supply toilet-flushing water. We who live on wells need power to pump the water home. The phone worked, so as I talked to customers I learned that those as near as Buffalo and Hammondsport had no idea what I was talking about, so this ice storm had landed from Rochester down to northern Allegany County, but not very far east or west of that sector. In northern Steuben County, where I tended a lot of trail, the damage was reserved for east-facing slopes that apparently were a degree colder.

There was so much damage in Rochester and its suburbs that some people remained without power for up to three weeks while downed trees were slowly cleaned up. My power came back on Wednesday morning, hurray, and I dared drive down to Mt. Morris to go to the store, since the Sheriff had lifted the driving ban by then. I looked across the open flats between Mt. Morris and Geneseo to the line of trees on the far side of the valley: spears of bright naked wood formed the entire skyline, since every tree had snapped off.

We learned from Ron Navik in subsequent weeks that whole hilltops within state forests to the south had been leveled, and not neatly either! So days and days were spent clawing through jumbled tree trunks and messy tops to saw out a new path through wood of all sizes. Even though this was before we insisted on chain sawyer training, miraculously no one was seriously hurt, although I had to look away from a few heedlessly stupid actions with those dangerous machines.

Ron's Genesee Valley Hiking Club endured the majority of the trail damage, since damage was spotty on the Bristol Hills Branch, although Howard Beye dealt with a lot of damage in Hi Tor near Naples. I worked locally on the Letchworth Branch, which was uniformly smashed, up through the end of April, with many GVHC members. Letchworth Trail co-founder Ed Willis

caught cold doing this work, which turned into pneumonia that ended his life. So many of the messes on that trail were because masses of grape vine high in trees held a lot of ice, so broke off tree tops onto the trail, which required so much work sawing and clipping to eliminate. One such thick heap in late April, which included several white pine branches with their extensive green needles, protected a pile of snow beneath, even that late!

Immense oaks had crashed across the trail, too. These were the descendants of originally logged oaks, which had grown up into two and three major trees originating from the old stump, where even this second generation was well over a hundred years old. Such coppice trees that had withstood many years' bad weather now fell in separate directions, their ice-freighted tops pulling them over, and we had to reroute around or cut through at least one of each coppice growth crash. At the end of that year, Howard's totals of trail work hours from this area's trail sponsors were literally thousands of hours higher than normal.

One black walnut in my side yard had every one of its major branches broken off partway up, except one, so it looked really stupid for some years. One maple split all the way down to the ground. The walnut, however, has put on twenty and thirty feet of new growth upward, so its shape is normal again.

Months ago I asked several people who had been involved in trail cleanup during that era if they had any pictures of the damage, and to my surprise, none of us did! It seems we were all so involved with hard work and amazing messes that not a one of us took a picture, so this reminiscence must remain without illustration. 🍁

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 FLT 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 FLT Service Center: FLTinfo@fingerlakestrail.org or 585/658-9320.

FLT NAMED HIKE EVENT

Saturday, April 30, 2016

2016 Spring Wally Wood Hike

Interloken Trail, FLT Map I1 rev. 11/15

Hike Leaders:

Debbie Nero, dn13@cornell.edu, 607 227 7957

Laurie Ondrejka, Laurie.Ondrejka@ellucian.com, 585-727-6495

Hike Description:

We will hike the entire 11.2 mile long Interloken Trail from south to north. Complete one entire branch trail in one day and hike in the Finger Lakes National Forest, the only national forest in New York State! This trail is easy to moderate as it follows the high land between Cayuga and Seneca Lakes. There are distant views of Seneca Lake from a couple of places along the trail. Please be prepared for muddy, wet conditions! Because of the parking arrangements (see below) it will also be possible to do a self-led shorter hike of 7.3 miles.

Location:

Meet at the Blueberry Patch Campground on Picnic Area Rd (Schuyler County Rte 2) in the town of Burdett. The Campground is in the Finger Lakes National Forest. The parking at the beginning and ending of the hike is very limited, so we will leave the majority of the cars parked at the Campground and on the shoulders of Picnic Area Rd.

Meeting Time:

Meet at 9am. Car shuttles will leave for the both ends of the hike at 9:15am.

The Interloken Trail is between the south ends of Cayuga and Seneca Lakes.

Directions to Meeting Point:

From Watkins Glen, take NY 414 east (and north) to NY 79 east. Once on NY 79, go 2.6 miles to Cty Rte 4 (Logan Rd). Turn left (North) on Logan Rd for 4.6 miles. Turn right (East) on Picnic Area Rd for 1.6 miles to the Blueberry Patch Campground.

From Ithaca, take NY 79 west for about 20 miles to Cty Rte 4 (Logan Rd). Turn right (North) on Logan Rd for 4.6 miles. Turn right (East) on Picnic Area Rd for 1.6 miles to the Blueberry Patch Campground.

In Google Maps, search for Blueberry Patch Campground, Burdett NY, or enter these coordinates into your GPS: 42.4833312, -76.8012964.

Thank You

Landmax Data Systems, Inc.

5919 E. Henrietta Rd. Rush, NY14543

585/533-9210

www.landmaxdata.com



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

www.FingerLakesTrail.org

FLT NAMED HIKE EVENT

Saturday, July 30, 2016

2016 Ed Sidote Hike

FLT Map 23 in Chenango County

Hike Leaders:

Bruce and Donna Coon, coledonnarn@yahoo.com

FLT Map M23 in Chenango County

Pharsalia Wildlife Management Area

Come hike the newly relocated trail segments taken off roads as part of the Fall 2015 Alley Cat Project #3 !

Complete details will be provided in the Summer *FLT News*.

FLT/NCT TRAIL DAY CELEBRATION

Saturday, September 24, 2016

FLT Maps M1 - M21, O1 & O2

Join us as we celebrate the 3rd Annual North Country National Scenic Trail (NCNST) Day on Saturday, September 24, 2016.

422 miles of the NCNST are hosted by the FLT as it crosses NY State along FLT Maps M1 - M21, O1 & O2. If you would like to lead a hike of any length on September 24 to celebrate these premier hiking trails please contact maryccoffin@gmail.com.

It is also annual Public Lands Day and much of our trail is on public lands. Perhaps we can also help some hikers complete their "NCT Hike 100 Challenge" on this day, as well!

See <https://northcountrytrail.org/> for more about the NCT Hike 100 Challenge to hike 100 miles on the North Country Trail this year to celebrate the National Park Service 100th birthday.

FLT NAMED HIKE EVENT

Saturday, October 8, 2016

Fall Erv Markert Hike

Onondaga Trail Loop Hike, Map O1

(Cortland and Onondaga Counties, Map O1)

Hike Leader: Sigi Schwinge (sigischwinge@aol.com)

The longer, 12 mile hike will feature visits to Shackham and Spruce Ponds, the famous Tinker Falls, a million-dollar view over the Labrador Valley, and a lunch stop at the Hemlock Lean-to — what more could you ask for !!!

A shorter, somewhat slower-paced 7 mile hike will also be offered featuring most of these same spots.

Save the date; complete details will be in the Summer *FLT News*.



Answers to the Winter “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

Previous Pictures:

Winter answer:

Map M15 repaired bridge at Tug Hollow, photo by Scott Geiger



Correct answers:

Bill Miller, Cornell: “We camped there in June while backpacking with our Boy Scout troop.”

Terry McConnell, on one of his main trail hikes

Landowners Neal and Diane Melveney: “We have an edge on this quiz as the trail goes through our woods and we helped build the bridge along with some very dedicated trails people.”

New Picture:



Photo by (we're not telling you since that would give away too much)

Can you name which branch trail this *objet d'arte* resides upon?

New Staff In Our Office - Joe Caputo



Debbie Hunt



Jennifer Hopper

Finger Lakes Trail

2016 Calendar of Events

March 12 Board of Managers Meeting, Mt. Morris
 April 9 Trail Management Meeting, Canandaigua
 April 16 First hike of Cattaraugus County Series
 April 30 - May 1 Chainsaw training (full)
 April 30 Wally Wood Hike (pg. 33)
 May 1 Deadline, *FLT News*
 May 7 Board of Managers Meeting, Geneva
 May 14 - 15 Chainsaw training (full)
 June 17 - 19 Spring FLT Weekend, Montour Falls; Annual Meeting
 June 19 Board of Managers Meeting, Montour Falls
 July 30 Ed Sidote Hike (pg. 33)
 September 15 - 17 North Country Trail Annual Conference, Fargo, N. Dakota
 Sept. 30 - Oct. 2 Fall FLT Weekend, Bainbridge (pg. 29)
 October 8 Erv Markert Hike
 November 6 Board of Managers Retreat Weekend

FINGER LAKES TRAIL CONFERENCE

STAFF

Quinn Wright, Executive Director

• Buffalo • 716/826-1939 • wrightquinn@hotmail.com

Debbie Hunt

• 585/658-9320 • debbieh@fingerlakestrail.org

Joe Caputo

• 585/658-9320 • joecaputo@fingerlakestrail.org

OFFICERS

Pat Monahan, President

• Corning • 607/936-8312 • pmonahan@stny.rr.com

David Newman, VP Trail Preservation

• Honeoye Falls • 585/582-2725 • danewman@rochester.rr.com

Steve Catherman, VP Trail Maintenance

• Bath • 607/569-3453 • stevec@roadrunner.com

Lynda Rummel, VP Trail Quality

• Keuka Park • ljrassoc@roadrunner.com

Charles Schutt, Treasurer and VP Finance

Matt Branneman, VP Crews and Construction

• Ithaca • 607/220-77812 • mattbranneman@gmail.com

Greg Farnham, VP of Mapping

Roy Dando, Secretary

• Endwell • 607/785-3141 • rdando@verizon.net

BOARD OF MANAGERS

Terms Expiring 2016

Cate Concannon

David Drum • Hammondsport

• 607/569-2294 • drumdl@gmail.com

Donna Flood • Clarence

• 716/759-6442 • dmflood@roadrunner.com

Roger Hopkins • Lansing

• 607/257-9778 • roger@naturalhighs.net

David Tuttle • Pittsford

• david_tuttle@pittsfordtrafficandradar.biz

Terms Expiring 2017

Michael Ogden • Baldwinsville

• 315/418-0083 • mogden1@twcny.rr.com

Debra Nero • Ithaca

• 607/227-7957 • dn13@cornell.edu

Sigi Schwinge • East Syracuse

• 315/437-6906 • sigischwinge@aol.com

Wendy Stevenson • Springwater

• 585/669-9953 • wsteven@frontiernet.net

Neil Yoder • Painted Post • watsonneil@stny.rr.com

Terms Expiring 2018

Scott Brooks • Rochester

• 585/571-4141 • scottbrooks18@msn.com

Bob Kremens • Pittsford

• 585/248-5834 • kremens@cis.rit.edu

Terry Meacham • Hornell

• 607/324-0374 • tjmeach150@yahoo.com

Laurie Ondrejka • Avon

• 585/727-6495 • laurie.ondrejka@sungardhe.com

David Priester • Ithaca

• 607/280-5074 • dpriester@ithaca.edu

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

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While other hikers kept walking ahead, Mike stopped to create this tiny snowman on a hike just south of the Allegheny National Forest in Pennsylvania. Photo by Mike Ciccone, Butler Chapter, NCTA

