

# Finger Lakes Trail NEWS

Summer 2016



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- ★ ***What's Next on the Adirondack NCT?***
- ★ ***The FLT Goes to Congress***



# SUMMER 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!

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## **FINGER LAKES TRAIL NEWS**

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### **A Walk on the Wordy Side**

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Vinnie Collins

**COVER:** *Becky and friends, by Warren Johnsen. This red pine plantation is on Map M24, just off Chestnut Rd, and is a typical 1930's planting by the agency that became the DEC in order to reforest abandoned farm lands. They didn't create ideal forests, but were a useful quick measure to prevent erosion. Wildlife isn't crazy about red pine plantations, plus the trees tend to fail prematurely in the often shallow soil available. See how each tree is slightly humped out of the ground? That is an early sign that they have stopped growing, which is the beginning of the end for these pines. They may well be harvested before they die.*

# President's Message

Pat Monahan

Over the last several months, I have taken advantage of the wonderful weather leading into summer. The mucky spring spots were much smaller to traverse on the trail. The river was low enough to kayak on a sunny day. The Lackawana Trail offered a great view of the Chemung River on my bike. Need I say more for those reading this and wondering why anyone would live in Upstate New York? Even though I work only part time, there is never enough time to enjoy the beauty of the great outdoors in my own backyard.

As president, I have been intensely involved with two issues in addition to my normal duties. First, the Search Committee has been actively working to fill the executive director position. The Board approved a new job description for our first full time executive director last fall. Our new Executive Director will focus on advocacy, membership and marketing. As of this writing, the Search Committee continues its work to identify the best candidate for Board approval. Second, our five year Memorandum of Understanding with our partner, the North Country Trail Association (NCTA), has expired. The North Country National Scenic Trail (NCNST) is a guest on our trail for approximately 420 miles from the New York/Pennsylvania border in Allegany State Park in the west to the end of the Onondaga Trail near Syracuse. We clearly want to maintain and protect our trail so that it is mutually beneficial to the FLT and NCTA. Negotiations continue to attain this result.

Our annual meeting is scheduled in Montour Falls at the N.Y. Fire Academy on June 18, 2016, at our spring weekend hosted by the Cayuga Trails Club. Many thanks to the club and all of the volunteers involved in the weekend event. I also want to thank the Class of 2016 Board of Managers for their years of service to the FLT, Cate Concannon, David Drum, Donna Flood, Roger Hopkins, and David Tuttle. I also would like to welcome the Class of 2019 new Board members Donna Coon (returning after a one-year absence), Kirk Doyle, Roger Hopkins (returning member), Barb Nussbaum, and David Tuttle (returning). We are a not-for-profit

organization that relies on volunteers to carry out its mission "to build, protect, enhance and promote a continuous footpath across New York State. Forever!" All of the board members are volunteering as leaders to fulfill our mission.

Finally, I want to thank all of our returning members who have responded to our membership drive. I also want to thank our freshman class who have become members for the first time. Your membership and donations help us to accomplish our mission. Please take the time to renew your membership if you haven't done that yet. I challenge each of you to find two others to join the FLT in 2016. It may seem inconsequential to you but it matters.

Time is wasting. Get away from your computer. Step outdoors and **"Go take a hike!!"** 🍁



Tony Rodriguez

*Rose-breasted grosbeak*



Vinnie Collins

## 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@yahoogroups.com](mailto:fingerlakestrail-subscribe@yahoogroups.com) and follow the instructions for subscribing. If you have any problems or questions, contact one of the co-moderators.



# Cattaraugus County and the 2016 Cross County Series – Update

*Marty Ruszaj, 2016 County Hike Series Coordinator*

It was early April and just nine days from our first hike of the 2016 Cross County series. In western N.Y. the temperature was in the 20s with morning snow. An email was sent to all who registered for the series providing information about our April 16<sup>th</sup> hike. It opened with “Think Spring.” I knew we had inspired hikers in our group with a drive to become end-to-enders. What I now realize is that they are also great thinkers. The combined thoughts of 176 individuals brought us exceptional weather that Saturday morning. Sun and 50 degrees greeted us as we were bused from Kingsbury Hill Road to the Cattaraugus / Allegany County border. We have 96 miles on the FLT to cover this season as we make our way to the western terminus in Allegany State Park in September.

We started our day with a moment of remembrance for all men who participated in the Civilian Conservation Corps (CCC). This depression-era New Deal Program was called FDR’s Forest Army after its creator, President Roosevelt. The CCC was organized like a military camp, offering young men discipline and wages as our country battled through the Depression in the 1930s. A half million men were responsible for reforestation on U.S. lands and the infrastructure in many parks. The trails that we enjoy hiking on today have mature forest as a result of the efforts of the CCC. As part of the 2016 Series, we walk through 8 state forests that have origins from these CCC projects. April’s hike featured Farmersville and Bush Hill State Forests.

The first hike of the Cross County Series is always one of our best attended. This places a strain on the trail as over 100 hikers descend. Our goal is to try to keep groups in the 5 – 15 range, so getting hikers teamed together at the proper pace is the challenge. Hopefully by this reading all hikers have found their desired speed group, from “nature appreciative” to fast paced.

Many hikers took advantage and purchased merchandise from the FLTC Store. Debbie Hunt was on hand to distribute ordered maps and shirts. The clothing commemorates the 2016 series showing the County and the path of the FLT.



*Nick Good and family.*

One of the pleasures since joining the Cross County Series has been to see families who hike together. Our best example has

been the Good family. In September we celebrated the birth of Jennifer and Nick’s son Dominick. Now 7 months old Dominick is ready to hit the trail. He will be hiking with Mom, Dad, his brothers Brandon and Marcus, and grandparents Kathy and Paul. This could be an FLTC record for the youngest participant to earn a Cross County badge. At this point he is well on his way to being an end-to-enders before his 9<sup>th</sup> birthday.



Gail Tremblay

*Hikers Janice Miller, Lisa Weismiller, Martha Harder, and Donna Vergason meet up with trail caretaker Tony Orisini (with shovel in hand) near Boyce Hill.*

Special thanks goes to the efforts of the FLTC affiliate, the Foothills Trail Club. Club President Donna Flood has organized a half hike series to accommodate hikers who like to keep their outings in the 7-mile range. Our first sag wagon was hosted by Club members Gary Borek, Annette Brzezicki, Claudia Lawler, and Dee McCarthy. The sag was a welcome sight since the mid-day temperature approached 70 degrees. Water was at a premium with the unexpected heat for our spring hike.

Finally many thanks go out to the trail stewards for their outstanding work. The trail was well-blazed and in exceptional shape. From my meeting with the stewards, it is obvious that they take ownership and have real pride in maintaining the trail. May’s hike will feature trail steward extraordinaire, Tony Orisini. Tony is responsible for the development of a section near Franklinville where the trail crosses Bakerstand Road. This is a meticulously landscaped section that follows Boyce Run Creek. It is complete with a creekside resting area that includes a bench and a fire ring. The trail winds its way through an old apple orchard. Prior to Tony’s efforts this section was a hard road walk on Bear Creek and Tug Hill Roads.

See you on the trail! 🍁

# Executive Director Report

Quinn Wright

It has been eight months since I accepted the assignment to become the Executive Director of the Finger Lakes Trail Conference. I can only describe the adventure as fun (mostly), challenging (always), rewarding (intellectually and emotionally), and very time consuming (supposed to be part time, but I average 141 hours per month). For those of you who volunteer to help no matter whether a lot or a little, a **GREAT BIG THANK YOU!** My job would be impossible without your contributions.

Historically the FLTC membership has been extremely generous in donating time, resources and money to enable the FLTC to meet half of its mission “to build, protect, enhance, and promote a continuous footpath across New York State. Forever!” On April 30<sup>th</sup> I pre-hiked the section of trail that will be hiked on the May 21<sup>st</sup> Cattaraugus County hike. I would be remiss in not acknowledging the amazing quality of the Map M4 trail section immediately before and through Boyce Hill State Forest. Tony Orsini has built a magical section of trail parallel to Bakerstand Rd. His nearly one mile section of trail has been transformed from an open field and overgrown streamside trail to literally a walk in the park. He has spent thousands of dollars and hundreds of hours building and stoning trail, installing both wooden and stone steps, building and installing (alone) a five foot wide and twenty foot long bridge across a stream, built a fire ring of stone and benches for a bivouac area, cleared a parking area for trail access and made the path to the trail. In addition he has secured donations to plant trees and placed those trees so that the trail that is currently in the field will in the future be in the woods. After a hiker leaves Tony’s section heading west and enters Boyce Hill State Forest he will encounter a magnificently maintained section of trail that passes through evergreens. The trail is so well maintained by Dave Potzler that it feels like walking on carpet for almost three miles. There is a beautiful lean-to that was built two years ago. I mention these two trail sections as illustration of how superbly the FLTC has met the challenge of building and enhancing the trail.

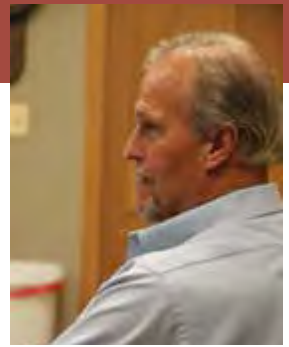
Regrettably I have to sound like a broken record now. We are **not promoting the trail** as our mission statement requires. In the Spring 2016 edition I asked some of you to step forward to volunteer in an effort to advocate for the trail but **not one person contacted me!** Now two situations have occurred which demonstrate how critical advocacy is.

First, the proposed New York State budget included a provision to permit ATV usage on most NYS parks and lands. Imagine what would have happened to the trail if that had happened. Thanks to efforts by a few FLTC people and other hiking organizations this proposal was removed from the budget. However, the same legislation has been introduced as a new bill in both the State Senate and Assembly. A well-organized advocacy committee can do a lot to keep our message in the ear of the local representatives. **I urge and plead** with you to step up and volunteer to help keep both our membership and our elected officials informed about the trail and issues that affect the trail.

Second, when we became aware of the ATV situation I realized that there was no way to **contact** you **quickly** to advise you of the possible legislation and to ask you to contact your representatives if you chose to do so. I am certain that some of you know local, state and national officials and would be able to keep our message presented to them. But, if we do not have your permission to contact you about issues that affect our trail, then you won’t have the information necessary to give to those officials. So, not only do we need your help in advocacy, but also we need your permission to send the information to you by means of your email addresses. If you will permit us to use your email address to notify you of significant issues (**your email address will NEVER be given to anyone**), please send an email to the office or me.

On another promoting front I have become incredibly aware of how lacking the FLTC is in knowing the economic benefit of the Finger Lakes Trail to New York State. We need to be able to quantify many things. First, the annual trail census that tabulates volunteer hours for trail maintenance, administration, and trail usage must be as complete as possible. When we seek money from external sources such as private and public grants, the source always wants to know what our matching contribution is. The hours have monetary value; a typical year reports more than 20,000 hours, so even at minimum wage **that is \$175,000 of “sweat equity.”** And federal agencies assign a far higher value per hour to volunteer contributions, which would put our hours past a half million dollars! Beyond that sweat equity, and even more important to possible grant sources, is the economic benefit to the community. Here is where we are virtually without data.

We have trail registers that for many years have not been collected. We need volunteers to collect these register books and record the information that is necessary to be able quantify trail usage by area in the state. In addition, we need to know how much money hikers spend when they go out for hikes. As a first step, we will be sending surveys to the 176 Cattaraugus County Hike Series participants to ask them anonymously to tell us what they have spent on food, refreshments, lodging and other items. Others of you could send a summary to me or the office about your hiking activity expenditures. For example, last year I took two hiking trips on our trail. I do not backpack. I stayed in motels for twelve nights, bought food for breakfast and dinner every night, bought gas and other minor expenditures. A friend hiked with me and he stayed in campgrounds and bought his meals. I ask if you would be willing to complete a form on-line, that would be available on our website and anonymous, that would quantify your expenses while hiking. I am sure that trail maintainers stop for food and drink after a day of work. When I maintained a section on the Conservation Trail I always stopped at a Subway store for a sandwich and a root beer. All of these expenditures are considered



Irene Szabo

tourism dollars and are invaluable data to be used when seeking external funding.

**THE FLTC needs your help in these two efforts at advocacy and promotion.** To sum up we need:

1. **Volunteers for advocacy work**
2. **Data showing trail usage**
3. **Data showing tourism dollar expenditures**

**Thank you in advance for your anticipated participation in these efforts. And, thank you for allowing me to represent you.** 🍁

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716-826-1939

## 2015's New Life Members

### Family Life Members

**Don Gorozynski**

### Individual Life Members

**Robert Kremens**

**Jill O'Hara**

**Debra Nero**

**Robert Meiler**

## Helen Brooks' Gift to Us

**Quinn Wright**

**HOLY COW!!** Helen Brooks died and left the FLTC \$320,000 and there may be another \$180,000. Helen Brooks, a long time member from the formative years of the FLTC, certainly loved the FLTC and shared a small percent of her estate with us. She lived in Rochester, was a lone woman lawyer working for the Lawyers' Cooperative Publishing company, yet still gave of her time doing office projects to help Dorothy Beye when the whole FLTC office was in Howard and Dorothy's house for seventeen years. Even Dorothy didn't know that Helen had such an estate, remembering only that Helen and her brother would go to Europe to attend operas.

I hope that there are more people like her who plan to help the FLTC when they do their estate planning. She has designated the funds to be placed into the Sidote Stewardship Funds and the Endowment Funds. What an amazing, unexpected and extremely generous action on her part. I wish that the FLTC had the opportunity to thank her in person! All that we can do is to manage her funds in the most responsible way that we can and **this we will do.**

**"Wow, I don't need to make a donation to the FLTC! The FLTC has lots of money"** I have heard that said to me and that has been relayed to me by others. **Nothing could be further from the truth.** As I have mentioned before, historically the FLTC members have been very generous with their time, energy, resources, and money. It is that generosity that enables the FLTC to be in the enviable position of now having over a million dollars of assets and no debt. The FLTC has always operated with a responsible budget and lived within the means of its annual operating income. The Helen Brooks bequest has already placed \$251,250 into Sidote Funds. As I am certain you are aware, Sidote Funds can be used only for **trail protection**; they cannot be used for the operating budget. There is now \$485,250 in the Sidote Endowment Fund. N.Y. law requires non-profit organizations to use a portion of endowment funds in their annual budget. FLTC By-Laws require

that our budget include using at least three percent, but no more than five percent of the average fund balance in the prior twenty quarters. This year's budget includes using about \$7222 of the Endowment Fund Balance which is about \$267,000. Helen Brooks' bequest has added \$68,000 to the fund and will raise the average to be used, but the impact on the mandated withdrawal will result in changing the withdrawal amount by only \$212.

It is evident by this analysis that the FLTC still needs regular and steady operating income from its members. Our typical budget always is balanced. The FLTC has decided that it needs a full time Executive Director. That decision has a huge impact on our cash flow **and mandates that we increase revenues by higher dues, more members, higher donation levels and better success in securing public and private grants and even more planned giving occurrences such as Helen Brooks' gift. Thank you, Helen!** 🍁

## 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](mailto:FLTinfo@fingerlakestrail.org) or 585/658-9320.



# Welcome New and Returning Members

August 2015 - April 2016

Donald Ames	Montour Falls	Jerome Gentry	Batavia	Jill O'Hara	Union Springs
Eileen Anderson	Attica	Renee and Daniel Gietz	Grand Island	Jason Oliver	Rush
Rebecca Andrew	W. Henrietta	Janette and Joe Glaus	Attica	Ed O'Shea	Camillus
Christine Auria	Lancaster	John Greene	Binghamton	Daven Oskvig	Amherst
Alicia Austin	Middleport	Robert Guagliardi	Lancaster	Dennis Petraske	Binghamton
Anne Ayers	Eden	Elysia Gudas	Binghamton	Suzanne Phillippi	Freeville
Brian Bell	Niagara Falls	Martha Harder	Corning	Marnie Phillips	Arlington
Donald Bergman	N Tonawanda	Patricia Hart	Manlius	Patty Pikul	Hamburg
Matt Bertrand	Rochester	Pamela Henderson	Moravia	Don Powell	Endicott
William Bezouska	Astoria	Joyce Hodgson	Alden	Carol Quinn	Rochester
Diane Brule	Rochester	Rene Hoover	Akron	Whitney and Michael Ramsey	Elma
Cindy Buerkle	Cincinnati	Brent Houston	Willseyville	Jo Ann and Jack Ratajczak	Lancaster
Michelle Campanelli	Elmira	John Hudson	New castle	Richard Repp	Fairport
Eva Capobianco	Ithaca	Todd Johnson	Hammondsport	Chris Rounds	
Robert Chau	Amherst	Michael Kaiser	East Patchogue	and Allyn VanDeusen	Johnson City
Michael Collison	Sayville	Joanne Keim	Phoenix	Maureen Rowley	Lockport
Patrick Connolly	Amherst	Tom King	Lockwood	Chris Rubeck	Geneseo
Winanne Conway	Grand Island	Wendy Knipps	Hamburg	Kenneth Rubeck	Hamburg
Serena Cooke	Leicester	Merridy Knips	Hamburg	Bruce Rutherford	Hamilton
Jason Costello	Corning	Bernard Kois	Macedon	John Schupp	Bronx
Emmett and Patricia Creahan	Buffalo	Susan Kolasz	Williamsville	Andy and Ryan Sciarabba	Trumansburg
Mary Lee Crosby	Hammondsport	Mary Ann Kostusiak	Orchard Park	Jeremy Sedlack	Watkins Glenn
Andrew Croucher	Rochester	Kathryn "Ryn" Lasher	Binghamton	Tammy Sessanna	Cheektowaga
Joan Daigler	Elma	Deborah Lavin	Springville	Paul Shultz	Livingston Manor
Lisa D'Angelo	Leicester	Bruce Levine	Amherst	John Simmons	Binghamton
Mary Davis	DeWitt	Rocco Longo	Tully	Darress Snodgrass	Williamsville
Mike Dean	Claryville	Dan Lopata	Henrietta	Dennis Stadelman	Cicero
Kelvin DeHaas	Horseheads	Joyce Lovelace	Freeville	Mare Steiniger	Buffalo
Marie DeRosa	Prattsburgh	Karen Macomber	Canandaigua	Sheila Stone	Ithaca
Mark Deuble	Grand Island	John Malec	North Syracuse	Craig Summers	Olean
Joanne Edsall	Hammondsport	Sandra Manca	Chittenango	Bruce Sweeney	Syracuse
Jim Eichinger	Williamsville	Vincent Manzione	Wingdale	Stephen Szopinski	Mount Morris
Dean Ellerbrock	Orchard Park	Connie Mather	Locke	William Trondsen	Horseheads
Colleen Ellis	Horseheads	Patricia Maxwell	Walworth	Tyson Turner	Auburn
Tonya Engst	Ithaca	Demar McClain	Amherst	Donna Vergason	Erin
Robert and Shana Feissner	Rochester	Kathleen McDonough	Cortland	Brian Vezina	Buffalo
Charles Feldman	Springville	Mary Merkel	Rochester	Lynn Waite	Dalton
Mark Field	Fulton	Andreas Metzger	Binghamton	Tony and Robert Walsh	Skaneateles
Suzanne Fillippi	Freeville	Jacob Miller	Horseheads	Beth Watkins	Elmira
Chris Flaherty	Churchville	Lee and Cheryl Miller	Marathon	Wallace Weigert	Vestal
Kathryn Foegen	Buffalo	Janice Miller	Hyde Park	Kerryellen Willard	East Aurora
Thomas Formanek	Waverly	Jane and Joe Mock	Great Valley	Amy and Ryan Wisniewski	Allegany
William Gaske	Canandaigua	Nancy Moen	Mount Vision	Desiree Wlodarek	Buffalo
Bud and Nancy Gearhart	Webster	Russell Moll	Cayuga	Daniel Zilliox	Warsaw
Dan Gehl	Horseheads	Mary Nichols	Branchport		
Scott Geiger	Binghamton	Joanne Noack	Orchard Park		

## FINGER LAKES TRAIL

# New York's Premier Footpath

# #396 to Hike the FLT

Joyce Ermer

I started hiking as a child when my Girl Scout troop would climb a mountain near Camp Little Notch in the Fort Anne, N.Y., area where we went troop camping. I also did some hiking with my family near our camp in the Berkshires, and on a weeklong trip to Baxter State Park in Maine. My sister Gail and I climbed Mount Marcy on my first backpacking trip in 1968. We wore plastic bags over white cotton socks, stuffed into white Ked sneakers. Our parents wouldn't allow us to have any type of work boot or hiking boot; I had a hard time getting my mother to let me wear blue jeans. One of us had a knapsack (no pack frame) and the other had an old army pack board. We had cotton flannel sleeping bags, flashlights with big batteries, cans of food, Mom's old saucepan; anything heavy we could possibly need was packed for that overnight spent in Lake Tear of the Clouds lean-to. In the middle of the night Gail woke me because the mice were in our food. We scared them away but they were soon back. Before long I pulled the sleeping bag over my head and tried to ignore them scampering over me.

I got married shortly after I turned 20 and my husband and I did some hiking for a few years when we lived up in the Adirondacks but then we moved to the Southern Tier and there weren't the High Peaks to climb for an occasional hike. My husband became an avid hunter and fisherman. While I went with him some of the time, before too long, I became a mother. I went back to college to become certified to teach. When I finally got a teaching job, it required additional certification and then a master's degree. It seemed that I was always taking care of someone else's needs, including elder care as the years went by. I didn't learn how to say what I wanted to do. And to be fair, I don't think I realized that I could hike long distances or that I even wanted to. In my 40s I was the driver for the local Boy Scouts, dropping them for an 11 mile hike in Allegany State Park, never thinking that I could make that hike.

I was talking to a woman one day, complaining about various things, and she suggested I find a hiking group. I looked in our newspaper and found a listing for "Greenway hikers," locally organized by Marilee Patterer. One night a week, from spring through fall, she would hike a section of the Genesee Valley Greenway or another local trail. This was fun and I was hiking



*A picture from the day that I finished. From left to right - my son, Nate Ermer, Gary Brouse, Joyce Ermer, Diane Bradshaw, my son, Alex Ermer. My husband Mike is behind me, Dan Bradshaw is taking the picture. Gary has one E2E done and is working on his second. Diane and Dan are working on their E2E hikes, too.*

*Joyce and her husband have now adopted a piece of trail on Map M4.*

did. But I must admit I was very busy, working full-time, making a monthly weekend trip to the Albany area to help my parents, along with other responsibilities. Also I had to get a knee replacement the second year of the Conservation Trail hikes. But I managed to get it all done.

So the next thing to do was to begin the FLT series. I started in Schuyler County with my friend Pat. Pat had plans to hike the Appalachian Trail so we went backpacking for an overnight. Pat was hooked and wanted me to hike the AT with her. I knew that wasn't going to happen, but I thought I can hike the FLT. So I continued and did Steuben County the following year. I retired, my parents had passed away, and most of the work from building our new house and moving was finally finished. At this time I met Deb Nero and Laurie Ondrejka and do you know, they hike EVERY weekend! I started hiking with them where and when I could. I went to the fall weekend at Chatuaqua and then the spring weekend at Norwich. I met more people to hike with ... Gary Brouse, Charles Culp ... and I did a lot of hiking this past summer. Many weeks, I was hiking twice a week. Charles' list of hikes he needed to finish and Gary's asking me if I had a plan made me realize I could finish this end-to-end faster than the county series would get me there. My goal began to change: finish the FLT before hunting season.

I took advantage of any hike I could find or organize. After Charles left to go south in the early fall, Gary and I pounded out more miles. Gary had finished his FLT hike in May and was working on a second E2E. Most hikes I needed, Gary was ready to go. I also had a lot of fun meeting and hiking with Barbara

again. I signed up for the 9 mile hike at Ridgewalk, a big hike in Wellsville. I told my father I didn't know if I could hike that far and he said of course I could. That experience encouraged me to organize an extended family backpacking trip into the Grand Canyon, which we have now done four times.

One day Marilee forwarded an email telling about organized hikes on the Conservation Trail. I had never heard of it, but it was only one Saturday a month in western New York. You would receive a special 50<sup>th</sup> Anniversary patch after you finished hiking both years; I liked the idea of a unique patch. There was no other way to get that patch but to make the hikes. I could do this and I



Nussbaum, Karen Serbonich, Diane and Dan Bradshaw, John Andersen, Mark Field, Scott Brooks, Jim Pomeroy and lots of others. When I really needed someone to help out, my husband Mike was there to hike with me.

I had all but 36 miles of the trail finished when Mike and I went to Montana for two weeks in late October/early November. When we returned, I started walking on my road to get in shape. The third day I was by myself walking up my driveway when my unoperated knee exploded with pain. I couldn't move; it hurt too much. I didn't know what to do. After five minutes I moved my parallel feet in a zigzag fashion and managed to get inside. A cortisone shot helped a little but the last five hikes I did were very difficult. It turned out I had torn my meniscus in two places; I am getting surgery soon.

Hiking the FLT helped me realize that I can go out and accomplish a project just for me. It doesn't have to help anyone else; I

don't need to get approval to go hike. I feel that in some ways I have finally grown up; I can make my own plans. It was a very liberating feeling.

I enjoyed the scenery along the way. I embraced the skills I learned, including contacting people, planning hikes, learning to look up the GPS hike coordinates, and entering them into an old Tom Tom. It was so much fun visiting with my fellow hikers as we trekked along. Completing a 12 mile hike, along with completing the whole FLT, gives you a lot of confidence.

Thanks to everyone who helped make the hikes possible. To anyone I left out that I hiked with, I so appreciated hiking with you. Thanks to the organization, the trail maintainers, hike leaders and sweeps, the landowners who let us hike on their property, all of you, thank you so much! 🍁



Lois Judd

*Did you ever grumble about building switchbacks on our hills? This should relieve your backache. Bright Angel Trail goes from the rim down to the bottom of the Grand Canyon in Arizona. This picture shows the upper portion as it drops below the rim, and was taken from about a mile and a half away across a big wiggle in the Rim Trail.*

# A Walk on the Wordy Side

Marla Perkins

In the previous issue, I noted a number of ways in which people can miscommunicate and misunderstand. But how might such mismatches arise?

A possible explanation arose when I was recently hiking the Queen Catharine Marsh Loop Trail. Those of you who have been following this series for a while might remember that I usually enjoy hiking alone. However, on this particular hike, I was with my brother and sister-in-law, both of whom are fairly new to the Finger Lakes Trail because they live in different states.

Even though I was a through-hiker back in 2004, the QCMLT was new to me. I have had the maps for it for a long time, but because it was flat, not much forested, and along, near, and on roads, I had not made the opportunity to explore it. Yet when my family members wanted to walk that part of the trail system, my usual preferences for hiking away from the road more traveled were a lower priority than taking people for a hike they wanted to take. My sister-in-law likes to keep herself in good physical condition, and we'd been exploring sections of the FLT on Connecticut Hill during our time together in upstate New York. It was time for a new segment for her, and because she had never done much on the trail other than the sections on the hill, the QCMLT was a good introduction to the variety available from the FLT system: anything from wilderness management areas to a loop trail that is accessible from a main road and is always within walking distance of a Wal-mart.

My brother is interested in transportation and history, particularly in railroads and trains. He was interested in walking the QCMLT because he wanted to see the ways in which the canal and the old

## *Looking across Queen Catharine Marsh*



Jacqui Wensich

Pennsylvania Railroad right of way were situated. The trail provides a good look at some of that history of the area, including a stretch of walking along the right of way.

We each had different reasons for hiking the trail: playing tour guide for people I like on part of a trail system I

like, checking out some of the trail diversity available in central New York, and exploring local transportation history: same trail, same time, three different hikes. Our intentions for hiking provided different ways in which to think about the same basic material, the QCMLT. Words are analogous: people's intentions in using any given word can be as individual as the people who are using those words. Words have a basic set of semantic content (meaning) that needs to be agreed upon (same trail) in order for people to communicate successfully: cats and broccoli are not the same things. Beyond that agreed-upon semantic content, words are flexible within the contexts in which people use them (different reasons to hike the same trail). When people talk about cats, they often imagine a particular cat, for example, even though common nouns label categories until those categories are narrowed down by context. When I use the word "cat," I begin by imagining a mostly black cat that I had for twenty years, even if I end up talking about someone else's non-black cat. When I talk about hiking, I begin by imagining the Finger Lakes Trail, even if I end up talking about a trail elsewhere.

My brother and sister-in-law and I did not have any major miscommunications or misunderstandings, in part because we were all familiar with our varying intentions prior to the hike. When we returned from the hike, though, we each spoke about the hike quite differently: a listener who was not familiar with the total context of the hike might have mistakenly understood that we had not been hiking together along the same section of trail. I talked about how fun it was to explore a new segment of trail, even though it wasn't what I would have looked for in a hike. I enjoyed the waterfall and the section of trail on the right of way and the views of Seneca Lake as we arrived at the parking area and returned to the car. My sister-in-law appreciated the fact that I had kept us all on a nearly four-mile-per-hour pace for the duration of the hike; she felt like she'd had a worthwhile workout even without significant altitude changes. My brother once again bemoaned the fact that rail travel is no longer available without a significant commute to a major hub; we cannot get on a train in Watkins Glen and go anywhere. Public transportation just isn't what it used to be when rail travel was commonly available even in relatively small communities. He also noted the ways in which goods could be moved on land and water in the central New York area, thanks to rail and canal.

What people do with hikes, and with words, depends greatly on their intentions, and when those intentions are not clear, either because the context does not make them clear or because people have not explained their intentions, what looks like the same hike or the same word can lead to misunderstandings because the hikes or the meanings behind the words are in fact not the same. Individuality makes the hike and the meaning.

As always, please feel free to contact me with comments or questions, and please note the new email address: dr.marla.perkins@gmail.com. Your feedback might become material for future articles. 🍁



## WALLY WOOD HIKE, APRIL 30TH

Twenty-seven hikers led by Debra Nero and Laurie Ondrejka completed 11.2 miles on our annual Wally Wood Hike. This stretched covered the entire Interloken Branch trail on map I1. We had two hikes, the long one that covered the entire trail and a shorter hike of 7.3 miles that started at the Blueberry Patch Campground. These hikes went south to north on the trail. The weather was in the mid-50s range, partly cloudy, and the trail a

little muddy in spots. A big congratulations to one of our new FLT members, Karen Macomber, for completing her first 11.2 mile hike. The blossoms on a few trees welcomed us along the way along with the beautiful views over Seneca Lake. We were very fortunate that we did not experience any rain.

Laurie Ondrejka



Laurie Ondrejka



Vinnie Collins

### 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.)

<i>Youth (under 17)</i>	\$15	<i>Sustaining:</i>	
<i>Student (under 24)</i>	\$15	<i>Pathfinder (Bronze)</i>	\$100
<i>Limited Income</i>	\$30	<i>Trail Blazer (Silver)</i>	\$250
<i>Adult</i>	\$40	<i>Trail Builder (Gold)</i>	\$251-\$500
<i>Family</i>	\$60	<i>Trail Guide (Diamond)</i>	\$501-\$1000
<i>Youth Organization</i>	\$30	<i>Trail Patron (Platinum)</i>	over \$1000
<i>Lifetime (Individual)</i>	\$600	<i>Lifetime (Family)</i>	\$900
<i>Business/Corporate:</i>			
<i>Bronze</i>	\$100	<i>Diamond</i>	\$1000
<i>Silver</i>	\$250	<i>Platinum</i>	\$2500
<i>Gold</i>	\$500		

# What is Next for the Adirondack North Country Trail?

Mary Coffin

After nine years of scouting, ground truthing, evaluating and GPSing the Adirondack route jointly proposed by North Country National Scenic Trail and New York Department of Environmental Conservation (DEC), all the various levels of bureaucracy within the Adirondack Park right up to the Governor finally approved the route in October 2015. Various routes had been discussed since the 1980s! The approved route crosses the central Adirondacks to Crown Point and the Lake Champlain Bridge to Vermont.

So where do we go from here and what is next to get this 158 mile section on the ground? Most of the route is on highly regulated N.Y. State lands, the Forest Preserve, and protected by the State Constitution. These Forest Preserve lands are classified as Wilderness or Wild Forest and 81 miles are on existing trails on State lands. But these trails are not yet connected. We need to fill these gaps, located mostly deep in the forest, with 38 miles of new trail. Most of the new trail is on State land or timber company easements. The balance of 39 miles is for now temporarily on roads to avoid private lands. See the full 2015 Final Plan at [http://www.dec.ny.gov/docs/lands\\_forests\\_pdf/ncnst001.pdf](http://www.dec.ny.gov/docs/lands_forests_pdf/ncnst001.pdf).

Only 38 miles of trail sounds easy to build right? Well, each of the eight units (Wild Forests and Wilderness Areas) must have a Unit Management Plan (UMP) and General Environmental Impact Study (GEIS) or amendment to the UMP that includes the North Country National Scenic Trail. Fortunately several are already complete and that is where we start. For the others we work with the DEC Supervising Foresters to complete the UMPs and amendments and, where necessary, DEC Trail Easements.

Soon after the State's approval of the Final Plan we began flagging some of the new route and promoting the easements and UMP amendments. Since the gaps are located deep in forests it requires a bit of hiking just to start flagging. For example on one trip we needed to hike 10 miles round trip to flag a little over a mile of potential new trail. This is typical. The gaps are in old, thick forests with much blowdown and understory so it is slow going. We follow our GPS tracks from previous scouting and look for the driest (the Adirondacks are very wet) and most sustainable and scenic route, the best stream crossings and where minimal structure will be required. As in all wildernesses, no motorized tools will be permitted. Since the trail in this six million acre Adirondack Park is a highly regulated area, we need to work directly under the supervision of the forester in each unit.

Another immediate step we are taking is working with the Adirondack Mountain Club (ADK) and the DEC to establish a trail adoption and steward program. Volunteers can adopt an existing trail on the NCNST route now and in the future new trail as it is completed. If you or your group is interested in becoming a steward and maintaining a section of Adirondack NCNST and can check it out 2-3 times a year contact me at [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com). 🍁



Mary Coffin

*High Peaks From Jones Hill*

## Adirondack Bushwhacking Defined Mary Coffin

In my many Adirondack NCNST PowerPoint presentations over the past few years I have referred to bushwhacking in a forest where there is no trail. A question arose at a recent presentation that made me realize that some have conjured up an image of us in the deep woods with machetes or loppers cutting and hacking our way through the thick brush, briars and saplings. *Au contraire!*

So I am remiss in not defining just what bushwhacking involves. First of all, those scouting a potential trail route are not permitted to cut or disturb anything within the Adirondack Forest Preserve. Our form of bushwhacking is merely walking off trail where there is no tread, no markers, just trees, brush and saplings. The only whacking is by our hands as we move through the thickets to find a potential sustainable trail route. But we do whack black flies and mosquitoes with intent to do damage.

Once we have a possible route GPSed, a DEC forester will help us flag it first, then we will apply for a permit to construct new trail. Even then only trees with a diameter less than 3 inches at breast height (DBH) can be cut in the Forest Preserve. But since the trail tread is 18-24 inches within a corridor 4 feet wide, few if any trees really need to be cut.

So when scouting, our bushwhacking is very gentle on the environment. 🍁



# Hike the Hill

Quinn Wright

During the week of February 6<sup>th</sup> I had the privilege of representing the Finger Lakes Trail Conference (FLTC) and the North Country Trail Association (NCTA) by participating in the Partnership for the National Trails System's annual "Hike the Hill" effort during budget and appropriations time in Washington, D.C., to advocate for all trail endeavors. Trail groups representing hiking, biking, horse riding, etc., assembled to share common issues and objectives. There were two days of briefings and reports (Sunday and Monday) and three days of meetings with Representatives and Senators. I learned a lot about how this works.

I anticipated the halls of Congress to be cluttered and busy; instead I found them broad, stark, undecorated (except for State, U.S. and an occasional flag of interest to the congressperson) and mostly empty of people. The Representative's offices on the other hand really reflected the occupant's personality and interests. For example Congressman Collins' office has a BSA Flag in the hall outside of his office and his office is full of Boy and Girl Scout memorabilia.

I anticipated some difficult communication; instead I met with Congressional staffers who were very pleasant, welcoming and very inquisitive in order to learn what was important to us and our members who are constituents in their districts. Most of my appointments were pre-arranged around two weeks before my trip by the NCTA. The visits are typically fifteen minutes or less **unless** great interest is sparked in which case an audience of thirty minutes or more might happen. Or, conversely, if the communication is not effective the visit might be over in five minutes.

Bruce Matthews, Executive Director of NCTA, and I made several joint calls in an effort to get Representatives to become Co-Sponsors of the Land and Water Conservation Fund that creates a revenue pot in the Federal budget for National Parks and



Bruce Matthews

*Quinn, left, and Bruce Matthews, executive director of the North Country Trail Association, along with the Capitol dome under repair.*



*Bruce, left, Quinn, and N.Y. Representative Chris Gibson, from District 19 along the Hudson River. Picture by a Gibson staffer.*

Trail maintenance. We were successful in gaining Representative Gibson's support and ultimately, very recently, the Senate version has passed and we are waiting for the House version to be passed. Individually, I carried the same message to other N.Y. Representatives, but was able to focus more on the Finger Lakes Trail's importance to New York State. As I mentioned in another article in this publication, the more people that we have involved in these kinds of advocacy efforts on a local, county and regional basis, the more effective will be this kind communication. Having the usage and economic data that I also mentioned will make these kinds of communication even more effective. **Nothing resonates with public officials more than data** that shows the number of constituents affected by the cause and the economic impact of those people's efforts. Bruce and I had excellent handout material that had some national data, but we did not have the drill down data that related to the individual Congressional Districts that would have made our calls even more effective.

Follow up with the Representative's key people is critical. Getting local, county, state and national elected officials to hike or to work with us on National Trails Day or any other day should be an objective of the FLTC and its members every day. The relationship development work is a long-term investment and will take a concerted and well-planned effort. 🍁

## NEW Office Hours

Monday-Friday: 9:00 to 3:00

Saturday : 9:00 to 1:00

585/658-9320

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

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

### NEW YORK STATE: NORTH COUNTRY NATIONAL SCENIC TRAIL DAY, SEPT 24, 2016

We will be celebrating North Country National Scenic Trail Day and National Public Lands Day with several hikes along the trail where it is coincident with the Finger Lakes Trail, on the NCTA CNY Chapter section and on the Adirondack section. These hikes will present an opportunity to complete your "Hike 100" in 2016 on the NCT.

There will be an Adirondack hike offered to **Pillsbury Lake Lean-to in West Canada Lakes Wilderness**, 7 miles. The trailhead is north of Speculator. The group will be hiking on the former tromping grounds of famous guide and character, French Louis. Lunch will be at the lean-to on picturesque Pillsbury Lake. If interested contact [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com).



Mary Coffin

ADK-Onondaga is also sponsoring a hike on Map O2, **NCT/FLT Onondaga Trail**, in the New Woodstock area, Smith Rd. to Fairbanks Rd., 4 miles. Most of the hike is in mature hardwood forest, over a scenic ridge and across an open valley. Contact [missy.ethridge@hotmail.com](mailto:missy.ethridge@hotmail.com).

FLTC is offering a hike at the western end of the NCNST in N.Y. from Allegany State Park Road 3 (ASP3) to Bay State Road, map M1 Access 8 to Access 4. This is a nice hike, 11.5 miles with a rise of 500 feet over the first mile, meandering around 2000 feet in elevation until we near the end where we have a steep downhill descent of 800 feet to the end. Contact Mike Schlicht [pageazi@yahoo.com](mailto:pageazi@yahoo.com)

We will be meeting at 8:30am at Map 1, Access 8 (Bay State Road) and carpooling to Map 1, Access 4 (ASP3). Bay State Road is exit 19 off of Interstate 86 in Salamanca. Bay State Road will be immediately to your right as you exit the off ramp from exit 19. Look for the trail access point on your left about ¼ mile down the road.

Check the website as other trips will be planned and posted.

### HEATHER HOUSKEEPER'S GUIDEBOOK

Heather Housekeeper

I am pleased to announce that the Finger Lakes Trail now has its very own guide to edible and medicinal plants found along its corridor.

On my thru-hike of the main and branch trails last spring and summer, I chronicled the plants I encountered along the way, when possible incorporating them into my backcountry meals and medicines, and blogging about my experience as I hiked. I then spent the next nine months compiling my notes and further research to bring fellow Finger Lakes Trail and plant enthusiasts a field-friendly guide that is thorough, yet lightweight enough to drop in your pack for a day, section, or long-distance hike.

*A Guide to the Edible and Medicinal Plants of the Finger Lakes Trail* is appropriate for both the beginning plant enthusiast and the botanical expert. It is not a map to locating the edible and medicinal plants found along the trail but rather a means to understand better and foster a relationship with the botanical world. Additionally, the guide's scope is much larger than the trail. Many of the plants one may encounter on the Finger Lakes Trail may also be found throughout the state of New York and the Eastern United States.

Whether you're hitting the trail for a couple hours or a couple months, the guide is specifically crafted with the hiker in mind. Harvesting and processing techniques require little more than a small knife or a good pinch. Recipes take into consideration limited fuel, water, and cookery, and incorporate foods typically tossed in a backpack, such as tortillas, pasta, cheese, and peanut butter along with some tips and tricks using less common backpacking ingredients to spice that wild meal up. The medicinal plants featured alleviate common ailments that the hiker may encounter, such as bug bites, cuts and scrapes, and sore muscles. Good-bye Ramen noodles and Ibuprofen! Instead, after a hard day of hiking, kick back in a lean-to and fill your belly with a bowl of Miso Noodle Soup with Spicy Mustard for dinner and to ease your aching legs, a cup of Better Me Birch Brew!

The book may be purchased from the FLT Conference online store at [www.FingerLakesTrail.com/trail/store/guides](http://www.FingerLakesTrail.com/trail/store/guides), my blog at [www.TheBotanicalHiker.blogspot.com](http://www.TheBotanicalHiker.blogspot.com), in various bookstores and outfitters in towns near the trail, or in person at one of my book signings or plant walks. Stay tuned to my blog and facebook page at [www.Facebook.com/TheBotanicalHiker](https://www.facebook.com/TheBotanicalHiker) for upcoming events near you.

Gifts in Memory of

**Terry Giarrosso**

from

**Susan Yee**



## TERRY GIARROSSO MEMORIES

Your notice about the death of Terry Giarrosso in the previous issue of this magazine evoked many fond memories of her.

Back in the 1980s, Ed Sidote recruited me to become a trail steward. For my training he assigned me to help Terry. "Do whatever she tells you," he admonished.

So I did. She insisted that any deadfall picked up from the trail be placed parallel with the trail, not just tossed aside. I still try to do this, because it helps define the trail.

But of all my memories, here is the one that really stands out. In Otselic we were building the trail over Truman Hill (Map M22). We encountered a dead tree trunk, about 6 inches in diameter and about 8 feet tall. Without hesitation, Terry gave it a strong, swift kick and knocked it down.

"Hey!" I yelled in protest. "That was vertical habitat." Terry gave me a stern, silent glare. We continued on as I tried to explain the ecological value of vertical habitat. We soon encountered another dead tree, similar to the previous one. Terry sidled up beside it, pointed to it, looked at me and said "Behold. Vertical habitat." I was happy to see that she understood my explanation.

But then she suddenly gave it a brutally strong kick and knocked it down. Then she stood with one foot on the fallen log and proclaimed "Now it is horizontal habitat!"

To this day, every time I encounter a dead tree still standing, I think of Terry and fondly remember her emphatic approach toward clearing a trail.

Donald A. Windsor

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## WHEN YOU MOVE...

PLEASE remember us when you change your address! The post office now charges \$4.60 for every magazine that comes back, and there are dozens every issue, since we send to both landowners and dues-paying members.

**\$4.60!!!!**

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## STATE FAIR FLT DISPLAY

During the annual State Fair, this year August 25<sup>th</sup> through September 5<sup>th</sup>, the Finger Lakes Trail will again have a display in a DEC log lean-to shelter at the fairgrounds. Debbie Nero is organizing staffing this year for us, and wants to start lining up volunteers. Shifts are four hours, 10 to 2 and 2 to 6 daily, and volunteers are provided with free parking passes and free entry to the State Fair for the day on which they tend our display. Please contact Debbie at [dn13@cornell.edu](mailto:dn13@cornell.edu) as soon as possible to help her cover all shifts for those many days.

## UPDATES FROM YOUR SERVICE

### CENTER

## ???Could this be your last issue of the *FLT News*???

Don't forget to renew! Remember to renew your membership for the 2016-2017 membership year. If your membership is not renewed, you will no longer receive the *FLT News*, FLT member discounts, FLT voting rights and FLT privileges. Renew today to continue to help maintain our nearly 1000 miles of trail.

### Membership Rocker Patches

Do you need your rocker patch if you are a 5, 10, 15, 20, 25, 30, 35, 40, 50 or Life member? Please contact the office to receive your patch today! 585-658-9320.

### Address Changes??

Are you moving or have you already moved? Remember to notify the office of any address change so you can continue to receive the *FLT News*.

### FLT 50<sup>th</sup> Anniversary Ornament Drawing

We are currently selling raffle tickets for a chance to win one of the few remaining 50<sup>th</sup> Anniversary Ornaments. Only 50 were originally made. The Ornament is made of glass, is 4" tall and 2 1/2" wide, and has a gold colored clasp for hanging. Tickets are \$5.00 each. The drawing will be held on December 1, 2016, at the office. Winners will be mailed their winning ornament and will be announced in the *FLT News*. Enter today for your chance to win an FLT heirloom!



Debbie Hunt

Please contact Debbie Hunt at 585/658-9320  
[debbieh@fingerlakestrail.org](mailto:debbieh@fingerlakestrail.org)

# "Not Just Another Hike!"

Peg Fuller, BHC Vice President

## BULLTHISTLE HIKING CLUB POKER RUN FEBRUARY 20, 2016

The Bullthistle Hiking Club is based in Norwich, N.Y., and was formed by Mr. FLT himself, Ed Sidote. Our club leads hikes all over Chenango County and we enjoy the typical hikes like most readers of the *FLT News* enjoy – taking in the beautiful sights and getting some exercise. One of our members, Art Sandberg, decided that we needed to do something fun and also do some good. So he set out to plan our first ever BHC Poker Run Hike. Art, with encouragement and support from his wife and fellow hiker, Sharron Sandberg, folded up playing cards, separating decks of cards into water proof containers and also made a trophy for the winner. Next they set up the route along the FLT on M23 in Pharsalia with five checkpoints where participants would pick up a folded, stapled shut playing card. As for the “do some good” part, all the participants of the hike were asked to bring non-perishable food items for the local food pantry (Roots and Wings Catholic Charities Food Pantry on Berry St., Norwich).

February 20th was a beautiful winter day for a hike, sunny with bright blue skies and temperatures in the high 40's. As a side note I sit writing this on a spring day that began with almost blizzard conditions with at least 4 inches of snow on the ground and wind chills below zero on April 3<sup>rd</sup>. Most of our N.Y. winter was beautiful for hiking, but today I passed on our club's Sunday hike because the driveway and road were too nasty to venture out.

We had 14 hikers: Donna and Bruce Coon, Warren Johnson, Carrie Williams, Peg Fuller, Kip and Regina Pylinski, Colleen Townsend, Pete Stapleton, Art and Sharron Sandberg, Anne Althuster, John Carhart, and Larry Chesebro. The participants were given the game instructions by Art and Sharron. At each of the five checkpoints, a card is retrieved from the container. The cards were not to be opened until the end of the hike. Hikers would end with five cards each. At the end of the hike the cards would be opened and points totaled; face cards were worth 10 and the Ace equaled 11 or 1, participants' choice. The winner would be the one with the highest total score (we opted for that instead of a traditional poker hand which would be an option for the game). A second “winner” would be the low score. So off we went to enjoy a hike with a twist.

We started at Fred Stewart and Hoag Childes Rds., Pharsalia. We hiked the FLT, Truck Trail 5, and some section of the new trail that was built by the October 2015 Alley Cat 3. We stopped at the Ed Sidote Bench where we were pleasantly surprised by two hikers, Tom Bryden (the BHC Trail Chairman) and his dog Mia, who is big enough to count as an additional hiker. They joined us for a short way. We circled back on trails and truck trails, crossing streams, then ended the official part of the Poker Run at the Pharsalia Lean-to. Cards were opened with care to avoid dropping staples on the ground. Sharron carefully calculated the winners. Warren Johnsen had high hand and Carrie Williams had the low. Warren proudly accepted his custom made trophy which had a hiking whistle/compass/rope combo as the topper of the trophy. Carrie received a box of granola bars. Both prizes were compliments of the Sandbergs.

We enjoyed our break at the Pharsalia Lean-to with a fire and hotdog roast. We then continued our hike back to our cars to end a beautiful spring-like day under blue skies. We completed 5.6 miles. The end temperature was 51 degrees. The



Larry Chesebro

*Hot dogs on the fire. Left to right, front row: Donna Coon, Bruce Coon, Warren Johnsen (with trophy), Carrie Williams, back row: Peg Fuller, Kip Pylinski, Regina Pylinski, Colleen Townsend, Pete Stapleton, Sharron Sandberg, Anne Althuster, and Art Sandberg.*



Peg Fuller

*Carrie Williams, holding the box of granola bars, “won” last place while Warren Johnsen, holding the trophy, “won” first place.*

*continued on page 17...*



# A Tour of New York

Harold J. Herring, #394, aka Pickle

The Empire State tour, the Island to Island trek---a couple ways to characterize my tour across the State of New York on the Finger Lakes and other trails.


The adventure began in 2008 in the Big Apple, with a walk across town from Coney Island to the George Washington Bridge. Quite a unique beginning to a long-distance hike, walking in the shadows of skyscrapers instead of trees! Certainly not the wilderness experience that most hikers would expect or crave, but I found it to be an agreeable change of pace. My hike took me through Brooklyn where I passed a parade on St. Paddy's Day, across the famed Brooklyn Bridge onto Manhattan Island, and up Broadway and other notable "paths" past iconic features of the great city.

...continued from page 16



Peg Fuller

woods had a couple inches of snow, while the roads had some bare spots and some ice. Fun was had by all and we look forward to the next "Poker Run Hike."

Watch the website for details, [www.bullthistlehiking.org](http://www.bullthistlehiking.org) 

On the other side of the Hudson, heading north from Fort Lee, I was pleasantly surprised to find an actual dirt path through a (narrow) corridor of trees. However, the traffic noise from the nearby Palisades Parkway reminded me that this was not yet a wilderness experience, far from it. I was on the Long Path (LP), a trail in need of TLC in many places. But it is an established route; it even has a guidebook and has its enjoyable moments.

I took the full "ride" on the LP to Albany (west of the city; there is talk about extending the trail further north), then returned south into the Catskills to the junction of the FLT with the LP. From there I began my westbound trek across the state, to Ithaca in 2008, then on to the Niagara Frontier in 2010. The culmination of that later trek was Goat Island, a pleasant little park that separates the awesome American and Canadian cataracts of the Niagara River. Arriving in Niagara Falls was somewhat of a homecoming; I called this city home briefly back in the 1960s. I have vivid memories of standing over the edge of the cataract and fully sensing—seeing, hearing and feeling—the water relentlessly flowing over the precipice and thundering down into the river below. It was a mesmerizing sight, and this day was no exception. It's a humbling and awe-inspiring demonstration of nature's power and glory.


My treks through the bucolic countryside of upstate New York resonated with me, having spent my early years in the rural surroundings of southeast Pennsylvania. I enjoyed the mountains, the forest walks (especially when in autumn color), the encounters with water... waterways, waterfalls and lakes, the geology, the farms and fields, the small, tidy towns with Victorian houses set back in landscaped yards, and the ski areas where I once skied. I also enjoyed the local folk who were always friendly and helpful, as were the people associated with the trail. I especially appreciated the support and friendship of Ed Sidote while I was making my hiking plans.



H. Herring

*Harold Herring on the Wonderland Trail, which encircles Mt. Rainier.*

I returned last autumn (2015) to complete the main trail into Allegany State Park and the Pennsylvania line. But for me, the "main" route needed to include the hike into Niagara, since my best memories of New York include many from that area. The trail itself was friendly and accessible overall; my thanks to all those who made that possible.

This adventure added to my memories of a state I have come to enjoy, while old memories enriched an already enjoyable hike. 

# Trail Topics: New Trail Sponsors

Steve Catherman, Vice President of Trail Maintenance

## New Regional Trail Coordinator

The Genesee East Region of the FLT has a new Regional Trail Coordinator. Former FLTC Treasurer, sponsor and current Quartermaster **Peter Wybron** has agreed to oversee the trail and its sponsors from Portageville to Bath, covering all of Maps M7 through M11. Peter has hit the ground running, already working to move trail off road, and having to deal with several temporary trail section closures and the loss of one of his sponsors. Peter takes over this region from me, where I have been filling in on an interim basis since former RTC Ron Navik relocated a couple of years ago. Irene Szabo will continue to coordinate maintainers on the Letchworth Trail, also a part of the Genesee East Region.

## New Trail Sponsors

The **Genesee Valley Hiking Club (GVHC)** from Rochester is back in the fold, maintaining a seven mile section of the Bristol Hills Trail in Yates County on Map B2 between Access 7 at Brink Hill Road and Access 8 at Italy Valley Road. The GVHC was responsible for the original building of the main trail from Portageville on Map M7 to Hornell on Map M9 and had sponsored this 50 mile section of trail from its inception, along with the Letchworth Trail, until 2014. Regional Trail Coordinator Donna Noteware and Ann Bayley from the GVHC are currently working on moving approximately three miles of the newly adopted trail off road to restore it to its original length of about four miles. Welcome back, GVHC!

Also on Map B2, a little further south in Steuben County, **Marie DeRosa** and **Cathy Ahern** from Prattsburgh are the new sponsors of the three miles of the Bristol Hills Trail at the tail end of this map between Tuttle Road and Access 12 at CR 75. Last August, I had the pleasure of working at an aide station for the Twisted Branch Ultra Marathon at the end of Patch Road on this section of trail that was hosted by the very gracious and entertaining Ville family (on whose property we have a trail easement). Thank you, ladies, for volunteering; please stop and say hello to the Villes when you're out on the trail! Thanks also to retiring sponsor Paul Schnipelsky for his years of service!

**Dave Newlun** from Horseheads is the brave new sponsor of five miles of the main trail on Map M13 from Access 5 at Monterey Road to Access 6 at Switzer Hill Road in Schuyler County. This fairly rugged section of trail begins on the eastern edge of Steuben County, then ascends and descends on switchbacks over two hills in Goundry Hill State Forest where it reaches a maximum elevation of 1970'. Dave is taking over this piece of the trail from Gary Brouse, who has offered to help Dave transition into the job. Hope you enjoy the work, Dave, and thanks to Gary for your efforts and time as sponsor!

## Trail Sponsors Needed!

We are in need of a new sponsor for the northernmost 3 miles of the Bristol Hills Trail beginning on Map B1 in Ontario County Park and ending at County Rte. 33. This section includes a spectacular view from the Jump-Off in the Park, the highest point on the Bristol Hills Trail, Gannett Hill, at 2250', and the Beaver Pond Lean-to on FLTC property. Please contact RTC Donna Noteware

at [noteware@empacc.net](mailto:noteware@empacc.net) if interested!

Mike Granger would like to give up his section of trail since he has moved and is going to be the new Vice President of Crews and Construction. His section is on Map M6, from access point 2 to state Rte. 19. 4.6 miles of woods plus blazing the blue high water bypass. Contact Marty Howden, Regional Coordinator, to volunteer or ask questions: [howser51@yahoo.com](mailto:howser51@yahoo.com)



Tammy Catherman

## Pleasant Valley Trailhead Dedication

With the addition of three sitting benches and dozens of daffodils in bloom, the trailhead located at the town hall on CR 88 on Map M12 just south of Hammondsport has been completed and officially dedicated to the Town of Urbana. The *Friends of Hammondsport Area Trails and Parks* presented the *Pleasant Valley Trailhead* to town officials on April 23<sup>rd</sup>, the Saturday following Earth Day, 2016. The ceremony included a brief history of the conception and building of the trailhead by the President of *Friends*, Dave Oliver, recognition of the project by FLTC President



*Pleasant Valley trailhead dedication on Map M12, south of Hammondsport. Photo by Mary Farmer, Town of Urbana Clerk*

Pat Monahan, and a short acceptance speech by Town Supervisor John Webster. Also in attendance were County Legislator Mike Hanna and a representative from U. S. Congressman Tom Reed's office.

Prior to the dedication, Donna Noteware and M13 trail sponsor Pete Nye led a 2.5 mile hike on the FLT along the rim of the Mitchellsville Gorge from Access 5 at CR 13 to the trailhead. On a chilly and misty morning, about 85 participants completed this walk, the third in a series of hikes offered by the *Friends*, featuring short family-friendly hikes in the town and near the village. The previous two hikes were on the June Bug and Triad Trails, the former an FLT spur trail leading to the Curtiss Museum, and the latter a new town spur trail connecting the FLT to Champlin





Tim Timbrook

*Engineers do it with stile. NYSATE member John McCumiskey tops the new stile, after building it with Tim Timbrook.*

Beach on Keuka Lake. Hot dogs, a ribbon cutting and cake rounded out the day's activities.

### **NYSATE Sponsors Erect New Stile**

I knew we signed up a bunch of engineers to maintain 26 miles of trail for us over two maps in Allegany County for a reason. One of these recently retired New York State Association of Transportation Engineers, Tim Timbrook, stumbled upon a collapsed stile over a live electric fence in a farmer's field just north of Access 7 and Friener Road on Map M8. Because there was no way around the fence, we had to temporarily close this section of trail and immediately post a warning to that effect on the Trail Conditions portion of our FLT website.

Tim offered that he could build a new stile at the site if he had some specifications (engineers always need specs!) and another set of hands. Newly appointed RTC Peter Wybron provided a photo and some information for a typical A-frame stile, and fellow NYSATE engineer John McCumiskey (that's John cresting the top of the stile in the photo) volunteered to help Tim construct it. Within a week from the day the trail was closed, Tim and John had built the new stile, complete with handrails at the top (an engineering add-on to the original design) and reopened the trail. They expect to replace a second stile on the same section of trail, just down the hill closer to Friener Road before the snow flies. 🍁

**Contact: Steve Catherman**  
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## **Ann Bayley on New GVHC Trail Adoption**

*Two years ago it was a great shock when the club that essentially founded the FLT and had been so active for fifty years abruptly gave up many miles of trail, the Letchworth Trail and the main trail from Hornell to the Genesee River. So we are very happy that some Genesee Valley Hiking Club members have reinstated our relationship on the Bristol Hills Trail. Welcome back! Editor*

I belonged to the Genesee Valley Hiking Club when Ron and Barb Navik were still here and active. I actually went on a few maintenance hikes with Ron years ago.

Doing trail maintenance has been on my mind for quite a while and when I read in the FLT magazine about this 3 mile piece of trail that needed a maintenance crew, I thought, "It's only 3 miles. Let's try it." I went on a hike with the Springwater Trails group where one of their members put me in touch with Donna Noteware, the Regional Coordinator for the Bristol Hills Trail. I contacted Donna and last December she led me and Jim Moody down that trail. We learned something about the challenges of building a trail through private land, some of which has complicated ownership. Donna lives near that area and commits a lot of her time to communication with the landowners.

We went down the trail again at the beginning of April removing dead wood with 4 volunteers from GVHC. Donna got 2 certified sawyers to saw through large trees that had fallen or were threatening to fall any minute. On May 14 we will make a second maintenance trek down that trail. I imagine that we will have two groups. The first group will be the blazers who will mark trees with an orange painted blaze where appropriate and a disk blaze on another portion of the trail that is on private land. The private land owner has blue blazes on that trail for his private use so we can't use paint on that portion.

Since April, Donna has had to move the first part of this piece of trail. So we will clip and blaze a new section of about 1/2 mile. We will also put nice markers at the trailheads, one at the top of the hill going down into Italy Valley and one on the bottom of the hill next to the road going through Italy Valley

A second group of our party on this trip will try to reduce mud. There are many long sections of pretty deep mud. The trail is steep and, naturally, there is runoff. We may try doing a corduroy section or making use of the many, many, many rocks along the trail to lift the trail above the mud. I am looking forward to learning some better ways to do this at a later Maintenance Class.

I appreciate our club volunteers because I am a mature women, very mature. The physical work is really beyond me and needs strong, healthy young arms. One of our volunteers tells me that she has recruited 17 people to help on this next trip. I am really excited about that. GVHC has agreed to support this and to include it on our local hiking website. I do so appreciate that because I hope we can renew and strengthen this bond between FLT and GVHC and continue it after we are not around anymore.

This has been an adventure for Jim and me. We have hiked some of the FLT and become aware of how much work other people and groups have put in to make hiking the trail safe and more comfortable. We want to give back. 🍁

Ann Bayley

# Trail Topics: The FLT/CT/NCST in Allegany State Park

*Lynda Rummel, Vice President of Trail Quality and VP-East, NCTA*

*Lynda was asked to write this for the internal newsletter for Allegany State Park, so, with their permission, we are sharing this fascinating historical background of the western end of our trail system. -Editor*

The heroes of this story are named Wally, Mabel and Tom. The first two were responsible for launching the Finger Lakes Trail (FLT) and the Conservation Trail (CT), respectively; the latter was the very first, and until 2012, the only, Superintendent of the North Country National Scenic Trail (NCNST). Although you may have heard of none of these paths or perhaps only one, these three history-making foot trails share the same tread through Allegany State Park. This is the story of how these trails grew together to share 68 miles of trail in the Southern Tier of New York State.

## Wally and Mabel

In 1961, Wallace D. “Wally” Wood, an engineer-physicist who headed the Standards Laboratory at Rochester’s Taylor Instrument Company, was fresh off the Appalachian Trail (AT). One day, when musing about the joys of his recent long-distance hike and thinking about the fellow who had started the AT, he was hit by a “Big Idea.” Why don’t we build a long-distance hiking trail *across* New York State, below the Finger Lakes?! Wally, a skilled organizer with seemingly boundless energy, contacted state and local officials, as well as hiking and trails clubs locally and nationally, Boy and Girl Scout councils, state environmental conservation and parks administrators and foresters, and everyone else he could think of to get their opinions. A few said such a trail would not attract long-distance hikers and would be very difficult to build; others said it was a great idea and wondered how to get started.

One of those who was willing to help was Mabel James, a spirited, indefatigable outdoors woman, avid hiker, trained botanist, and ardent conservationist and environmental educator who founded Buffalo’s Conservation Club and eventually affiliated with the Buffalo Museum of Science. Mabel had already started building a hiking trail in the Holland area (it’s now called the Mabel James section) and was hoping it would lead south to Allegany State Park, one of the state’s true gems. Mabel’s trail, the Conservation Trail (CT), would eventually become a branch of the Finger



*Wally Wood in 1967 at a board meeting in Geneva.*



*Mabel James*

Lakes Trail System and run all the way from Pennsylvania north to the New York/Canadian border where hikers can access Ontario’s Bruce Trail. The first miles of the CT coincide with the main trunk FLT, which runs east for 550 miles from the Pennsylvania border to the far reaches of the Catskills, where it connects to the Appalachian Trail via the Long Path.

Ironically, however, when Wally and Mabel got together to join up their trails, Wally was working on

the Bristol Hills Trail, which was to run from Ontario County Park atop Gannett Hill in the Bristol Hills southwest of Canandaigua down to Naples and then swing east to the west side of Keuka Lake and then south to Hammondsport. It’s not surprising that Wally started at Ontario County Park: he had studied astronomy at the local Mees Observatory and owned property nearby, and one of his dreams was to be able to hike from the Jump Off in Ontario Country Park south and then east to the Appalachian and then...to the entire eastern seaboard.

So the two branch trails were developed more or less simultaneously, with the plan to connect their southern ends and then run the main trail further east. Now stop for a moment to remember that these trails were built in the Digital Information Dark Ages. There was no GPS, and tax rolls and records were kept in notebooks and on index cards in the County Clerks’ offices. Planning the route required paper USGS topographic quad maps, compasses, and a lot of field work, including bushwhacking, flagging, and then re-working many possible routes. The work was full of mosquitoes and black flies, rain and humidity, and sometimes, deep snow. Yet these “average” working middle class folks and a bunch of their friends who loved “tramping” did it, weekend after weekend.

The general idea was to seek official permission to route the FLT through as many public lands as possible, while tackling private landowners with teams of “white haired older ladies in tennis shoes” who would go door to door, securing “handshake agreements” (verbal permissions) from farmers with large holdings who would not mind a footpath running through their back forty or along an old fence line. There were many large landholdings, then, and the most generous of the private landowners were the farmers who had been on the land for quite some time and did not have the proprietary impulses of today’s hunting clubs or the fears that former city dwellers or suburbanites living on smaller plots now seem to have. Several of those who have inherited these farms have continued to host the trail and have even provided permanent trail easements.



## And Tom

From the beginning, the FLT was envisioned as a system of north/south branch trails jutting off a main east/west spine, with loops and spurs along the way. Consistent with the FLTC's mission, the trail was (and is) for foot travel only. By the early 1980's, the routes for the main FLT, from the Pennsylvania border east deep into the Catskills, and the Conservation, Letchworth, Interloken (Finger Lakes National Forest), and Onondaga (southeast of Syracuse)

branches had been firmed up, gaps in the routes were being filled in, and many sections had been built (all by volunteers), including the stretch of Conservation Trail/main FLT in Allegany State Park, the western anchor for the whole FLT System. The FLT System was growing and the FLTC was strong and thriving, exactly the kind of partner that was needed by the infant North Country Trail Association, which had come into existence in 1981 to support the development of one of a half dozen new national trails which had been authorized by Congress in 1980, and its federal partner, the National Park Service. The new North Country National Scenic Trail was to run across the northern tier of the United States, from Lake Sakakawea in North Dakota northeast through Minnesota into Wisconsin and south through Michigan, then south and east through Ohio and Pennsylvania to New York to an eastern terminus at Crowne Point, on Lake Champlain. Many hoped the NCNST could go into Vermont, but this extension would have to wait till legislation was proposed in 2014.

In 1971, nine years before authorization, the feasibility study for the NCNST was staffed by a young trails specialist named Tom Gilbert. Tom, a Parks and Recreation Resources graduate from Michigan State, was working on the concept of a national trails system for the Bureau of Outdoor Recreation (later part of the National Park Service) and held countless meetings with citizens and agencies across all the northern "Red Plaid Nation" states. This new national scenic trail was **not** to disrupt landowners or have the power of eminent domain (in fact, it was not even allowed to buy land from a *willing* seller until two years ago). Tom realized that the only hope for ever having a *continuous*, scenic but physically challenging NCNST was to ride on existing hiking trails as much as possible. In 1983, after much debate to assure that the FLTC did not lose control over its trail, the FLTC joined the NCTA as an affiliate partner and agreed that the NCNST would coincide with and run on the FLT between the Pennsylvania border, in Allegany State Park, and the eastern end of the Onondaga Branch, under the management auspices of the FLTC. Since the FLTC did not own the land on which the main or branch trails ran, it was understood that the FLTC would have to negotiate with private land owners



*A very young Tom Gilbert, addressing the assembled members at an FLT spring or fall weekend years ago. Scanned from an equally young FLT News, with no photographer listed.*

for permission for the NCNST, like they had for the FLT, to cross their lands and establish agreements with the land managers who oversaw the public lands.

## Entering the 21<sup>st</sup> Century

It was also understood that early trail that became part of NCNST was grandfathered in terms of trail quality. This was important because in the first decades of the FLT (and nation-wide, at that time), trail standards were not those of a really sustainable trail and some segments, often constructed by over-eager scouts or volunteers, were built on the fall line or across wet spots or along deer trails at grades sometimes as steep as 45%. In the 1990's, the FLTC and NCTA agreed that all new trail segments would be built to sustainable standards. In the early 2000's, the FLTC began a systematic push to rebuild old trail to grades of approximately 10% with out-slopes of maximum 5% and to add puncheon or causeways across persistently wet areas, while keeping the trail overall as a "primitive" back-country footpath, built on native soil with a narrow tread of  $\pm 18"$  in a 3' wide corridor.

Efforts to build new trail and rebuild old to sustainable footpath standards continue more vigorously today than ever before. According to Dave Potzler, Trails Chair for the Foothills Trail Club which maintains the main FLT/Conservation Trail in ASP, his trail crews have added over 175 feet of puncheon on the 20.4 miles of trail in the park in just the past few years. The FLTC has developed a trail construction and maintenance training program that includes two Saturday trail maintenance meetings every fall (alternating between the western and eastern halves of the state), and two chainsaw sawyer certification weekends and a Saturday meeting for club trail chairs, FLTC Regional Trail Coordinators, and construction enthusiasts every spring. The FLTC's Vice President for Trail Quality oversees training, writes a newsletter focusing on trail maintenance and management techniques three times a year and a column for the *FLT News* magazine, and travels (along with several other volunteer trainers) to sites anywhere on the trail to train volunteers and help (re)build stretches of trail. Marty Howden, the FLTC's Western Regional Trail Coordinator, also coordinates the chainsaw training; both Marty and Dave are frequent and regular contributors to all these activities.

Special training sessions, such as the 2012 weekend with rigging guru Lester Kenway, from whom FLTC volunteers learned how



J. Coupal

*Photographer father and son Chris are camping at Willis Creek within Allegany State Park.*



Photographer Peter Shambo at Stoney Brook shelter in the park.

to move car-sized rocks and transformer-sized utility poles, may also be organized. (For the rigging training weekend, the volunteers and Kenway stayed in the Anderson Loop cabins at Allegany State Park and trained at the old Seneca CCC Camp in nearby Rock City State Forest.) The FLTC produces a *Safety Handbook* and a *Field Maintenance Manual*. The

*Safety Handbook* has been adopted as a model by the NCTA and accepted by the NYS DEC. FLTC materials are supplemented by materials produced by the NCTA, available from their website.

Trail construction, maintenance, and preservation is managed by a team of volunteers. In addition to the VP for Trail Quality, the FLTC's Trail Management Team consists of a VP for Trail Maintenance, who oversees the work of nine trail/hiking clubs, five scout troops, about 120 individual trail maintainers, and 12 Regional Trail Coordinators, located all across the state, and is the lead volunteer for negotiating service agreements with public land agencies; a VP for Mapping, who oversees updating the FLTC's maps and trail centerlines; a VP for Crews and Construction, who organizes the three or more annual "Alley Cat" work crews who build handicapped accessible permanent facilities (lean-to's, privies, bridges) all the way from *Allegany SP* through the *Cat-skills*; and a VP for Trail Preservation, who is busy negotiating permanent trail easements with landowners. (It is estimated that around 700 private landowners are generous enough to allow an FLT pathway to cross their properties; about 80 have given the FLTC permanent trail easement, and under the current VP for Trail Preservation, that number is growing as rapidly as can be managed.) Clubs like the Cayuga Trails Club, the Onondaga Chapter of the ADK Mountain Club, and of course, the Foothills Trail Club, maintain substantial lengths of trail in the FLT System. In their roles as Foothills' Trails Chair and the FLTC's Western Regional Trail Coordinator, respectively, Dave and Marty work closely with Allegany State Park administrators.

### At the Western Door

For years, the FLT/CT/NCNST left ASP and entered Seneca Nation land by way of Old Park Entrance Rd. This route used the old NYS Rt. 17 "Red House" bridge to cross the Allegany River. According to the *Salamanca Press* (April 1, 2012, p. A1), the bridge, built in 1930, was last maintained in 1980 and over time deteriorated to the point where the decking had multiple potholes

and chunks of asphalt were beginning to fall into the river below. Shortly before 1 a.m. on March 30, 2012, two persons fell from the bridge and one, a 47-year-old woman named Patricia John, an enrolled member of the Seneca Nation of Indians, the Wolf Clan, drowned.

Later that year, Marty and Dave met with ASP officials to find a new way out of the park and then met with staff at the Seneca Nation Salamanca Office to find a new route east. As Marty described it, "The Senecas were extremely helpful and after some talk and further exploration we came up with the current route" which relocates the trail to the east side of I-86 by leaving ASP 2 and going north for 5.3 miles on Seneca Nation land before jogging under the expressway and crossing the river in Salamanca. The trail then turns west and north for another 3.8 miles before leaving the reserve. Of note to hikers, the new route goes by the Seneca Nation's fish hatchery near Old Bay State Rd.

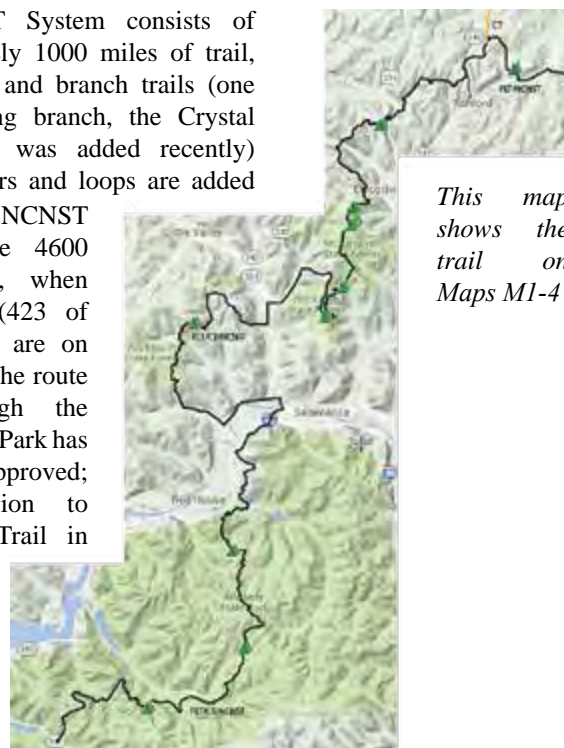
About two miles north of Seneca Nation land, the FLT/NCNST runs through Rock City and McCarty Hills State Forests. In 2014, the FLTC (actually, Dave and Marty) and the Western New York Mountain Bike Association (WNYMBA) each built one mile of new trail so that bikes and pedestrians could be separated in these state forests. These efforts allowed WNYMBA to continue to have a 26-mile mountain biking trail system and the FLTC to regain control over four miles of continuous, pedestrian-only trail.

### The Trail System Today

Today, FLT System consists of approximately 1000 miles of trail, when main and branch trails (one south-running branch, the Crystal Hills Trail, was added recently) and the spurs and loops are added up. The NCNST aims to be 4600 miles long, when completed (423 of those miles are on the FLT). The route east through the Adirondack Park has just been approved; the extension to the Long Trail in

Vermont a w a i t s approval by the US Congress but the trail will

get built regardless; and a relocation (to avoid a huge wetland) in Minnesota also awaits Congressional approval, but is being built already, anyway. A new long-distance hiking and backpacking trail, the Great Eastern Trail, which runs roughly parallel to the Appalachian Trail but on the western side of the mountains, has its northern terminus at the main FLT/NCNST to the southeast





of Bath, in South Bradford State Forest, and runs south to Pennsylvania on the Crystal Hills Branch trail.

As you can see, the Finger Lakes Trail System is *the* central network that links the East Coast with Canada and the northern states, making thousands of miles of footpath available to serious long distance hikers and common folk alike. The trail system serves trail runners, strolling walkers, day hikers, and multi-night backpackers, bird watchers, botanists, geologists and photographers, hunters, letter-boxers, orienteer-ists and geocachers, friends and families enjoying the outdoors together, Scouts, young children and grandparents, and anybody else who wants to enjoy the benefits of walking in the woods. By accessing any part of the FLT System, it really is possible to hike west to the

middle of North Dakota or north to the woods of Ontario or east to the Long Path in the Catskills and the AT in southeastern N.Y. and then north to Maine or south to Georgia, or south along the Great Eastern Trail to Alabama. Wally's dream has been *more* than realized, and well into 50 years later, the FLTC remains committed to "Building, maintaining, protecting, promoting, and preserving a continuous foot path across New York State. Forever!" 🍁

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## ATVs on Public Lands and Public Roads

Mary Coffin

Thanks to all of you who responded by contacting N.Y. State legislators regarding a proposed part of the budget bill to open all public lands and roads to ATVs. We had an 11<sup>th</sup> hour close call. Our State Senators and Assemblypersons are under heavy lobby not only from ATV riders but also the manufacturers. And this issue will reoccur.

Environmental groups other than the Adirondack Mountain Club (ADK) lobbied for protection in only the Catskill and Adirondack Forest Preserve, State Parks and Unique Areas like Labrador UA. ADK, Neil Woodworth and the ADK Advocacy Department expressed concern regarding the State Forests through which the FLT and NCNST pass and took the initiative to inform our membership and lobby strongly in Albany on our behalf. Membership vocal support was crucial.

If the proposed bill had passed the following would have been supported: ATV use on public roads with speeds up to 55mph and riders a young as 12 years of age, ATV use in State Forests and Wildlife Management Areas, increased allowed ATV weight to 1500 pounds and the DEC charged with regulating ATV use much like OPRHP regulates snowmobile use. This would have placed DEC in a very awkward position since they have completed studies indicating ATV use is not compatible with its mission of protecting the environment and managing forests. So ATV use would run counter to the NYS DEC Strategic Plan for Forest Management.

We as hikers, trail designers and trail maintainers have observed firsthand the destruction and environmental devastation resulting from normal ATV use and frequent ATV trespass. Consider the potential lasting environmental damage in the 67 state forests and Wildlife Management Areas hosting the Finger Lakes Trail (FLT) and North Country National Scenic Trail (NCNST) as well as other major trails such as the Long Path. We have witnessed the deep ruts, wide mud holes, trees damaged by winches, saplings mowed down, rocks dislodged and erosion straight down hillsides.

At least snowmobiles have a cushion of snow below, a short season and fewer accidents than ATVs. It is anticipated that ATV use will only increase as winters become milder and the snowmobile season shortens. Both devices are motorized and incompatible with our non-motorized, non-mechanized foot trails like the FLT and NCNST in N.Y. I would hope that private land might become landscaped and managed for these motorized uses much like downhill ski slopes, golf courses, dirt bike and race courses are maintained for those specific sports on private land.

Naturally, immediately after the ATV provision was stripped from the budget bill, a new stand-alone bill was introduced, Senate bill S6408-B, Section QQ. Already the ADK has publically strongly opposed this bill, which includes every threatening scenario outlined above. In the Adirondack Mountain Club Memo of Opposition, they concluded:

*In 2011, DEC prepared the Strategic Plan for State Forests, and carefully studied the potential impacts of permitting ATV use on those public lands. DEC concluded that except for very limited trail connections, ATV use should not be permitted on State Forests because of the likelihood of severe damage to the natural resources, conflicts with existing trail users, potential for increase in ATV trespass and the concerns of many landowners whose properties adjoin these valuable public lands.*

Please heed Quinn Wright's call for advocacy volunteers elsewhere in this issue! 🍁



Jennifer Hopper

# Trail Topics: Alley Cats

*Matt Branneman, Vice President of Crews and Construction*

Dave Potzler says of the first Alley Cat, which will happen after this issue's deadline, in western Cattaraugus County locations: "An astounding 25 volunteers signed up for the season's first Alley Cat, which will run from Saturday, May 7 to Wednesday, May 11. Six folks plan on laboring all five days with the rest putting in one or more days. What a nice predicament to be in! We hope to have a 24 foot king-post bridge and 80 feet of bog bridges completed by Sunday night. This ravine is really a mess and I know the cross county hiking contingent is really going to appreciate what the Foothills Trail volunteers have done."

The second Alley Cat project this season is a new log style lean-to shelter located between Kanakadea and Burt Hill shelters on Maps M9 and M10. We will be camping near the easily accessible building site. Kenny Fellers is the construction manager and I am the project manager so please contact me, Matthew Branneman, 607-220-7812, mattbranneman@gmail.com, if you have any questions or would like to volunteer. The dates are not set yet but we are considering mid-June.

Unfortunately, the Hoxie Gorge Lean-to has been taken off the schedule. But the good news is that Mike Tenkate has been in touch with the Taylor Valley forester about the possibility of a shelter in Taylor Valley State Forest or in Hoxie Gorge State Forest. This seems to be a viable option, according to Mike. The bridge will still be going in this year as a smaller Alley Cat

project. Mike Tenkate is the project manager so you can contact him at 607-543-1803 or mike\_tenkate@yahoo.com. Dates are not set yet but early August is the target.

As a replacement for the Hoxie Gorge project, Jacqui Wensich has orchestrated a privately-funded shelter for the Finger Lakes Museum on their property near Branchport. The museum will have a permanent FLT exhibit to display FLT photos, maps, and brochures. Mike Ogden will be the project manager, working with Jacqui and Rob Hughes. The dates are TBD.

The last Alley Cat is a new bridge on the newly rerouted section in New Michigan State Forest in Chenango County. Please contact Tom Bryden, the project manager, with any questions, 607-895-2225, or snbdodger@yahoo.com. Dates TBA.

I am happy to announce Mike Granger will become the new VP of Crews & Construction this June. Mike has led and worked on several Alley Cats. He comes to the FLTC well qualified for the position. I have mixed emotions over exiting my position. I am sad to leave the camaraderie of the great people who volunteer for the FLTC, but my life is taking some exciting turns and I am looking forward to seeing where they will lead. I have truly enjoyed the dedication, commitment, and enthusiasm I have experienced with everyone involved with the FLTC. I want to sincerely thank everyone who has helped me and has volunteered for Alley Cat projects. Without your support there is no way the FLTC could have accomplished all of these great projects that further continue the organization's mission. 🍁

*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: _____



Jacqui Wensich

*New Crews and Construction guy, Mike Granger, during a 2014 Alley Cat in the Catskills.*

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# Trail Preservation Report

*Dave Newman, Vice President of Trail Preservation*

I've been in this volunteer position for two years now, taking over from my longtime friend Ron Navik. If there is one thing I have learned, it is that Ron is a pretty patient guy!

Our trail crosses over 700 privately owned properties. For 90 of them, the owners have granted permanent trail access easements which provide that the trail may stay, forever. On 7 more, the owners have donated ownership of the property to FLTC. We hope, over time, that more of our owners will be in position to help permanently protect the trail corridor by donating an easement. It is a simple process, FLTC pays the legal filing fees, and there is no expense to the owner.

When Ron handed over the Trail Preservation files, there were two sets, finished easements and "work in process." I was a little surprised just how many "work in process" files I inherited. What I had not realized is just how many times a landowner might be willing to consider donating an easement, might look at the draft easement documents.... and then set them aside for future consideration. There are all sorts of reasons why. Often family inheritance issues complicate the decision for a while. Sometimes it seems to be "I'm getting older and I really don't want so have to screw around with getting that paperwork signed in the presence of a Notary. I'm going to leave that to the kids." Now that I've been in the job a while, I've seen a few of these come back to the surface, and I suspect that there are probably many more cases of owners thinking that "someday" they'll grant an easement. We're ready, to finish off any paperwork that may have been started a while ago, or to show any other prospective easement donor what the paperwork looks like, even if they aren't in a position to do it yet. Maybe someday they will be. Either way, give me a call.

Speaking of patient... the Gonzalez couple has done it again! As we reported in past issues of *FLT News*, Alex and Michele Gonzalez own three separate parcels on the Spanish Loop Trail in Cortland County's Town of Harford (FLT Map M19 or International Loop Map) and they have built the Spanish Loop trail on those parcels and granted easements on all three. Along the

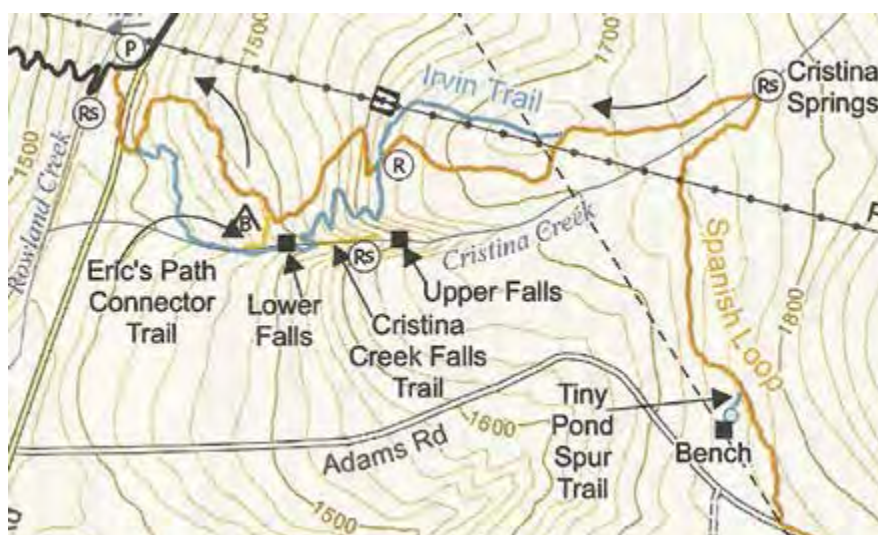
way, while purchasing one of the three, Alex obtained his own easement to use a route across the neighbor's parcel to get to his property. He and Michele routed the Spanish Loop Trail along that easement. As long as he owned the parcel that had the right of way across the neighbor, he could let us use it for the trail. But, what would happen with respect to using that right of way when Alex no longer owns that parcel? There was no guarantee that the FLT would be able to use the right of way. Patience. It has taken Alex and Michele some time to assemble these properties and



*Alex and Michele Gonzalez. Who took this picture?*

create the Spanish Loop Trail, and they had no intent of leaving it anything but fully protected. With their cooperation, and a well spent \$330 from our FLTC Trail Preservation fund to draft the document, Alex has now executed... are you ready for this?... what is essentially a permanent easement to allow FLTC to use the permanent easement that he owns across the neighbor's property. (Surprisingly, the legal document itself is pretty simple.) The trail

from Daisy Hollow Road to Adams Road is now fully protected by easements. Thank you, Alex and Michele, for your year of patient work to assemble this gem of a side trail! 🍁



*Part of Map M19, southwest of Cortland, showing a protected part of the intricate loops Alex and Michele have built.*

# A Naturalist's View

Story and Photos by D. Randy Weidner

Undoubtedly people are motivated to get outside for many reasons. There are the obvious benefits of fresh air, exercise, feeling the warm sun, the chance to see beautiful landscapes and vistas, and perhaps an opportunity to encounter interesting plants and wildlife. Additionally there are the more spiritual benefits of clearing your mind, uplifting your spirits, camaraderie, or just communing with nature. The hikers of the Finger Lakes Trail can readily identify with all these benefits. And the best part is that it is all there for free, no more effort required than taking a walk. And yet there is an increasing tendency among many to want more. The interest in wild foods and herbal medicines is an ever-growing phenomenon.

The pursuit of wild plants for food and medicine raises serious health and ethical questions that anyone considering this practice needs to address. From a health and safety standpoint, the forager had better be certain of their plant identification. Just because something grows wild does not make it safe. There are plenty of poisonous plants in northeastern woods. Many herbal medicinals may be toxic if improperly prepared or taken in inappropriate doses. Medicinal herbs and wild foods can also cause allergic reactions in sensitive individuals, just like patent medicines and store-bought foods. The popularity of several wild foods and medicinal herbs may well place these plants, several of which are rare, at risk of disappearing from the landscape. Rare plants are protected by environmental laws that the forager must know, and avoid picking these protected species. Along the Finger Lakes Trail, much of which goes over private land, one should properly obtain permission to take anything. Be careful not to get so caught up in the benefits and enjoyment of Nature that you lose a rational, considered perspective on what you are doing.

Having properly warned the reader of the health and ethical hazards, let me now turn to a very common wild plant that you can eat in several ways. This waters-edge plant is exceedingly common, nowhere endangered, and even on private property, is often readily surrendered by the landowner who may consider it an unwanted pest. The guru of gathering and eating wild foods, Euell Gibbons, devoted an entire chapter in his book *Stalking the Wild Asparagus* to this plant, which he called the "Supermarket of the Swamp," the Common Cattail (*Typha latifolia*). Native Americans made extensive use of this plant for food. Nearly everyone can recognize a Cattail, and there is nothing else with which it might be confused. Growing just into the water of nearly every pond and swamp, they are ubiquitous to say the least.

The marvelous thing about the common cattail is that it can be eaten at almost every stage of its life. The Common Cattail is a perennial plant that persists as an underwater rhizome. This rhizome can grow as thick as your arm, is brown, and ridged by a series of raised areas representing the extent of the previous year's growth. By May or early June, green sprouts will arise from the rhizome, to grow later into the leaves and flower spikes. These green sprouts are easily broken off and boiled in salt water

for a tasty green vegetable. There is a papery sheath that needs to be removed before boiling, and most people serve them buttered. Within the edible spike is an inedible core, but tender boiled and buttered spikes can be chewed, and the core, about the diameter of a knitting needle, discarded. The taste is not disagreeable and when boiling they smell like sweet corn, according to Euell Gibbons.

Common Cattails have a long blooming period, up to six weeks. The flower, really a mass of individual blossoms, is the thing that looks like a cat's tail. As the flowers mature, they develop a thick coat of yellow pollen. This too is edible, and judging from the zest bees, butterflies, and bats show for pollen, it is quite nutritious. Cattail pollen is easily harvested by bending the head over a pail and rubbing off the pollen with your



*Narrow-leaved cattail*

fingers. You can usually collect quite a bit in a short time. Cattail pollen is very fine, like flour. Gibbons recommends running it through a fine sieve and using it mixed 50/50 with flour in any pancake or muffin recipe, to give them a golden color and enhance the protein and vitamin A content of the food.

The rhizome itself has a core of starch, as does the new rhizomal buds in spring, but it requires considerably more effort to extract that material. The process is described in *Stalking the Wild Asparagus* if anyone is adventurous and industrious enough to try it. Native Americans also used the dried, brown cattail flowers that are left in fall and winter, not as food, but pulled apart as fluffy, absorbent material, ideal for baby diapers.

Even if you do not gather cattails for food, next time you hike past a pond where they grow, take some time to look a little closer at them. Pay particular attention to the leaves and the floral spikes. There are often two species of cattail in any pond, as well as hybrids between the two. The species we have been discussing above is Common Cattail (*Typha latifolia*). This species name, "*latifolia*," means wide-leaved. No cattail has very wide leaves, but look close and you may notice some with even thinner leaves. They would be Narrow-leaved Cattails (*Typha angustifolia*). Now look at the cattail floral heads, especially in June when they are fresh. Notice there is the fat, fuzzy cattail part, actually the female flowers. Above that is a thinner part of the spike, the male flowers.





*Common cattail*

Now notice in Common Cattails the male flowers begin directly adjacent to the female flowers, but in the Narrow-leaved Cattail, there is a clear separation of an inch or more. And one final thing to differentiate the two species, the Narrow-leaved Cattails tend to grow in slightly deeper water than the Common Cattails, which are right at the pond edge.

Now you know something more about a very common plant. You might even be tempted to gather some and get to know it even better by eating it. This plant, the Common Cattail, is easily recognized, not likely confused with another, nutritious, non-threatened, and people may even welcome you taking some to eat. It would be a safe first venture into wild foods. 🍁



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

## Reimer's 27th

*Barbara Nussbaum*

The Cayuga Trails Club maintains not only about 100 miles of the FLT System, but also the 8.5-mile-long Cayuga Trail in Ithaca. Our Annual Earth Day hike on the Cayuga Trail is one of the most popular hikes in the Ithaca area. The reason for its popularity is not only the impressive scenery, but many hikers come because of the hike leader, Tom Reimers. He tells interesting stories along the trail, about strange road names, wild flowers, birds, snakes, salamanders and the many construction projects on the trail. This year's hike was our 27th annual Earth Day Hike and it was enjoyed by 21 hikers. It was a beautiful day for a hike, brilliant sunshine and about 60 degrees. Here comes the remarkable part of it: it has always been Tom Reimers who has led this hike for 27 years, year after year since 1990. His long lasting dedication has inspired others including me to maintain trails, lead hikes, plant trees, and care for wildflowers.

The hike consists of 4.5 miles of sometimes difficult trail, almost all on beautiful natural areas of Cornell Plantations. The hike took participants along the high banks and water's edge of Fall Creek and through hardwood forests, spruce plantations, interesting geological features, and the beauty of very wild areas. Early spring wildflowers were abundant and included hepatica, spring beauty, cut-leaf toothwort, trillium, and amazing patches of trout lily soaking in the sun. Tom caught one garter snake and a red-backed salamander. Another larger garter snake was seen in the dead leaves.

In addition to having led this Earth Day hike for 27 years, Tom has maintained this section of the Cayuga Trail for 30 years! He received an award for this outstanding Volunteer Service to Cornell Plantations at the annual Volunteer Appreciation event of Cornell Plantations in December 2015. The Cayuga Trail is 51 years old and the celebration of the 50th anniversary in 2014 was organized—you guessed it—by Tom.

The Cayuga Trail is not only one of the most scenic trails maintained by volunteers of the Cayuga Trails Club, but Tom's section is also a difficult one. The trail above steep cliffs has broken off and reroutes were necessary frequently to keep the trail safe. Steps were built on steep, hazardous slopes and creek crossings have become safer with steps and bridges. There are sections that require frequent mowing and a section with poison ivy hanging from trees and growing into the trail which is cut by Tom year after year. If anyone new to trail maintenance wants to get an idea of what a well maintained trail should look like, check out Tom's section of the Cayuga Trail. Even the orange blazes are in the right spots and have a neat appearance of exactly 2x6 inches.

Tom mentioned a couple of years ago that this 4.5 mile hike feels slightly longer each year to him and probably for most of us who have been on his Earth Day hikes many times. The good news is that this trail will be even longer very soon. A new section of trail on private property and more land owned by Cornell University will make the eastern half of the trail a complete loop, eliminating the road walk or short car shuttle we have done during the first 27 Earth Day Hikes. Construction of this new trail section will start as our National Trails Day Project on June 4th.

Mark your calendars and join the Cayuga Trails Club for the 28th Annual Earth Day hike 2017 on the Cayuga Trail which will hopefully be led by Tom Reimers again. 🍁



Nicole Mac

*Tom Tree Hugger*

## 2015 Donors

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

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

1. The name of the insurance carrier is Great American Insurance.
2. The cost of the insurance to be paid during February 2015 - February 2017 is \$1300.
3. The indemnification insurance contract covers any person who has been, now is, or shall become a duly elected director or trustee, a duly elected or appointed officer, an employee, committee member, whether or not they are salaried, any other person acting on behalf of the Conference or at the direction of an officer or board of managers of the Conference.

# End-to-End Update

Jacqui Wensich, End-to-End Coordinator

## Main Trail completions:

#397 Marty Turner, Rochester January 2, 2016

#398 Steve Siegard of Clarksville who started in 1992, finished 12-20-15

#399 Max Blenis 2nd end-to-end (#344 first time) March 3, 2016. Max joins his wife Teresa (#284, 380) as second time end-to-enders.

#400 Larry Telle 2nd time (#301 first time) 4-18-2016. (I am pleased that a special person received this number. Larry regularly leads hikes on the FLT and is active in the hiking community. He is also a loyal contributing photographer.)

## Branch Trails completions:

#92 Branch Trail Deni Charpentier (#332) of ADK-Genesee Valley. February 14, 2016

## Updates:

Kevin Kreher plans to complete his thru hike after graduation from high school in June. Craig Summers and Addison Goff should be on their way as is Mark Petrie. David DeLeon, Val Ross, Martin Armitage plan to begin the main trail, while Laura Smith, William Raymond and Joe Baldino are hiking west to east. Maybe they will meet up? #221 Phil and #220 Tammi Metzger of Norwich are officially starting their Branch Trail hikes.

## 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 maps listed on the car spotter list. 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.

Another request is for detailed thru hiking info. The information on the back of each map gives you detailed information. Yes, you have to do some research on the towns nearby and use the car spotter list. Joe Dabes no longer updates a thru hiking manual. One would have to hike the trail almost every year to do so, which is exactly what Joe did for many years. Again, the Yahoo group is very helpful as well as hiking journals. I will send out links to several excellent journals on hiking the main Finger Lakes Trail if you ask.

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 discount for all purchases). Waypoints are also available. 4. Check trail conditions online frequently. 5. If you are not already a member, join the FLTC. 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.

There has been an increasing number of hikers who want information and help but are not members. This is sad. Since they don't receive this publication...oh, well.



Jacqui Wensich

Larry Telle

**HIKERS-PLEASE ASK FOR THE MOST RECENT CAR SPOTTER LIST TO AVOID PROBLEMS. (Just like our maps; things change).**

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.

Welcome Peg and Mike Fuller to our car spotter family. They will assist hikers on maps M22-25. They are active Bullthistle members and work on the Alley Cat crews. David DeLeon of New Brunswick is another new spotter. M21-22 and O1-2.

While we always need car spotters, we are MOST in need of those who live near maps M 1-5 and 28-33 and on the Crystal Hills Trail. Please email [jwensich@rochester.rr.com](mailto:jwensich@rochester.rr.com) to apply or use the form directly from the website. This includes the Branch Trails.

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.)



Larry Telle

Deni Charpentier is the second from left holding a Branch Trails patch.

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



## **FLT NAMED HIKE EVENT**

*Saturday, July 30, 2016*

*2016 Summer Ed Sidote Hike*

*FLT Map 23 in Chenango County, rev. 3/14*

### **Hike Leaders:**

Bruce and Donna Coon, [coledonnarn@yahoo.com](mailto:coledonnarn@yahoo.com),  
607-445-4003

### **Hike Description:**

Join us for an 8 mile hike over gently rolling hills through forests of hardwood and pine. The hike passes by the site of an old CCC camp, ponds and stone fences. We'll stop for lunch at the Pharsalia Woods Lean-To and you will be able to pay your respects at the Sidote Bench. The hike starts on John Smith Road and ends at the corner of Stewart Road and Hoag Childes Road. Bring a snack, lunch and plenty of water. The hike will include a **section of brand new trail** slated to open in mid-July which will eliminate road walks along Grover Brown Rd. and State Route 23.

### **Location:**

Meet at the corner of Stewart Road and Hoag Childes Road, Plymouth. From there we will shuttle to the starting point of the hike.

### **Meeting Time:**

Meet at 9 am. Shuttle will depart at 9:15 am.

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

Refer to FLT Map M23. Find your way to Chenango County Route 10, which runs east-west a couple miles north of Bowman Lake State Park. Look for a green Finger Lakes Trail Sign at the County Route 10 / Stewart Road intersection. Go approximately 1/2 mile up Stewart Road to where it intersects with Hoag Childes Road at a sharp right hand turn.

## **FLT NAMED HIKE EVENT**

*Saturday, February 18, 2017*

*2017 Howard Beye Hike*

Save the Date !

### **Hike Leader:**

Wendy Stevenson, [wsteven@frontiernet.net](mailto:wsteven@frontiernet.net)

Western Finger Lakes region, details will be announced in the Fall FLT News Magazine !

## **FLT NAMED HIKE EVENT**

*Saturday, October 8, 2016*

*2016 Fall Erv Markert Hike*

*Onondaga Trail Loop, FLT Map O1, rev. 9/13*

### **Hike Leaders:**

Sigi Schwinge ([sigischwinge@aol.com](mailto:sigischwinge@aol.com))  
Larry Blumberg ([lblumberg@stny.rr.com](mailto:lblumberg@stny.rr.com))  
Mike Ogden ([mogden1@twcny.rr.com](mailto:mogden1@twcny.rr.com))

### **Hike Description:**

Two hike lengths will be offered:

- a) The 12 mile hike will feature 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!
- b) The 7 mile hike will be somewhat slower and will include Tinker Falls, the Labrador Valley view, Spruce Pond, portions of the Fellows Hill Loop, and Shackham Pond.

### **Location:**

Meet at the Shackham Pond trailhead on Shackham Rd.

### **Meeting Time:**

9 am

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

There are a couple of different approaches.

1) Driving north on I-81 from the Binghamton area, take Cortland Exit #11 / NY Rte 13. Turn right onto NY Rte 13, heading away from Cortland to the east and north. In 10.8 miles, in Truxton, turn left on to NY Rte 91. In 3.8 miles, turn right on Shackham Rd and proceed for about 2 miles to the Shackham Pond trailhead.

2) Driving south on I-81 from the Syracuse area, take Tully Exit #14 / NY Rte 80 east. In 4.2 miles, turn right (south) onto NY Rte 91 and go 4.5 miles to Shackham Rd. Turn left on Shackham Rd and proceed for about 2 miles to the Shackham Pond trailhead.

## **Thank You**

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

**LANDMAX**

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

**Finger Lakes Trail Conference – 2016 Annual Fall Campout**  
September 30 to October 2, 2016 – Hosted by the Triple Cities Hiking Club  
General Clinton Park, Bainbridge NY

*General Clinton Park is located in eastern Chenango County along the shore of the Susquehanna River in Bainbridge, N.Y., 1.5 miles from the FLT / Map M26.*

\*\*\*\*\*

**Schedule of Events**

**Thursday, September 29**

4:30 pm                      Campground opens for Thursday night arrivals

**Friday, September 30**

9:00 am                      Registration opens to receive camping instructions / meal tickets  
10:30 am                      Hikes begin departing, see hike list  
5:00 pm                      Social Hour  
6:00 – 7:00 pm              Buffet Dinner  
7:00 pm                      General Interest / Hiking Trivia Contest and dessert  
                                     *Mike Gaston - Select Sounds*

**Saturday, October 1**

7:15 – 8:15 am              Buffet Breakfast  
8:15 – 8:45 am              Pick up trail lunches  
8:45 am                      Hikes begin departing, see hike list  
5:00 pm                      Social Hour  
6:00 – 7:00 pm              Buffet Dinner  
7:00 pm                      Meeting  
7:30 pm                      Special Presentation by Jerry Carlson, NY DEC Research Scientist  
                                     *“The health of NY’s forests and how climate / humans / invasive pests  
                                     shape the forest ecosystem”*

**Sunday, October 2**

7:15 – 8:15 am              Buffet Breakfast  
8:15 – 8:45 am              Pick up trail lunches  
9:00 am                      Hikes begin departing, see hike list  
9:00 am - 12 noon              FLTC Board of Managers Meeting (Park Office Conference Room)

**Driving directions**

- Find your way to I-88 Exit #8, Bainbridge NY 206 / NY 7  
(Bainbridge is approx 35 miles NE of Binghamton, NY and 30 miles SW of Oneonta, NY)
- At end of exit ramp, turn west on NY 206 and go 1/2 mile to NY Rte 7
- Turn right (east) on NY Rte 7 and go 1 1/2 miles to the Park; it will be on your right

**Hike Listings**

- All hikes meet outside the enclosed picnic pavilion at General Clinton Park
- Hike titles are written west-to-east, but hike may go opposite way at the discretion of the hike leader.
- Hike Ratings are “subjectively based” on distance being hiked, type of terrain, elevation gain/loss, and expected pace required to finish the hike in time for dinner!



## Hikes - Friday, September 30

### 1. Bear Spring Wildlife Mgt Area - Horse Campground to Downsville Covered Bridge

Meet at 10:30 am. FLT Map M29

This recently relocated stretch of trail includes a major climb up to the top of the eastern section of the Bear Spring Mtn Wildlife Management Area.

Leaders: Rich and Cathleen Maggi

Distance: 6.5 miles Hike rating: Strenuous



*The covered bridge over the East Branch Delaware River at Downsville...in the rain.*

*All Photos by Warren Johnsen*

### 2. Bowman Lake State Park beach to Stone Quarry Rd

Meet at 10:30 am. FLT Map M24

Trail passes through Chenango County's famed McDonough and Ludlow Creek State Forests. Visit the lovely Ludlow Creek Lean-To.

Leader: Peg Schmidt-Fuller / Jack Sexton

Distance: 8.3 miles Hike rating: Moderate

### 3. NY Rte 8 to Cannonsville Reservoir

Meet at 11:45 am. FLT Map M27

Trail is in Barbour Brook State Forest for nearly the entire hike. Several notable ups and downs with a nice rest stop planned at the Dry Brook Lean-To.

Leaders: Jean Hardik / Sharon Blabac

Distance: 5.2 miles Hike rating: Strenuous

### 4. Cooper School House Rd / Case Rd to Bainbridge Railroad station

Meet at 12 Noon. FLT Map M26

A pleasant hike through forests and farm fields with a number of picturesque stream crossings.

Leaders: Larry Lepak / Scott Lauffer

Distance: 6.8 miles Hike rating: Moderate

### 5. Bainbridge Railroad Station to west end of Butts Rd

Meet at 12 Noon. FLT Map M26

This hike takes us to a viewpoint overlooking Bainbridge and the Susquehanna River.

Leader: Kathy Cronin / Barbara Nussbaum

Distance: 6.6 miles Hike rating: Moderate

Note: portions of the above section of trail will close Oct 1 (thru Dec 22) for hunting.

### 6. Wiley Brook State Forest -- FLT / Puckerville Rd loop

Meet at 1:30 pm. FLT Map M25

This level hike is made into a loop by combining the FLT with parallel country roads.

Leaders: Donna and Bruce Coon

Distance: approx 4 miles Hike rating: Easy

### 7. Walking geologic tour of Bainbridge

Meet at 2 pm. FLT Map n/a

Join Karen, the TCHC's "resident geologist," on this walking tour as she describes the geologic history of the Bainbridge area. We'll also look at the variety of building stone used in the village.

Leaders: Karen Goodman / Susan Blumberg

Distance: approx 4 miles Hike rating: Easy

## Hikes - Saturday, October 1, 2016

### 1. Beech Hill Rd over Cabot and Touch-Me-Not Mountains with return loop

Meet at 8:45 am. FLT Map M31

This hike heads the farthest east of all our scheduled hikes and gets us deep into the heart of the Catskill Preserve. Starting at Beech Hill Rd we'll create a "figure 9" hike by climbing Cabot Mountain (twice) along with hiking the Little Pond Campground / Touch-Me-Not Mountain loop. Quite a challenge with a total ascent of around 2000 feet. Due to the distance from the park, we will maintain a strong pace in order to return in time for dinner.

Leaders: Jeff Oliveri / Luanne Vallese

Distance: 7.8 miles Hike rating: Strenuous

### 2. NY Rte 206 to Holiday/Berry Brook Rd

Meet at 8:45 am. FLT Map M30

This hike, which lies totally within the western portion of the Catskill Preserve, passes over 2760' Brock Mountain on its way to the Split Rock viewpoint, one of the FLT's finest.

Leaders: Karen Goodman / Bruce Coon

Distance: 6.3 miles Hike rating: Strenuous

**3. North end Dryden Rd to Rock Rift fire tower to west end NY Rte 10 via blue-blazed trail**

Meet at 9 am. FLT Map M28

A strenuous climb along one of the newest FLT relocations, but sorry, the Fire Tower is closed.

Leader: Ray Recchia

Distance: 8.8 miles

Hike rating: Strenuous

**4. Downsville Covered Bridge to NY Rte 206**

Meet at 9 am. FLT Maps M29/30

This hike is on the western edge of the Catskill Preserve. Take a deserved rest stop at the Campbell Mountain Lean-To

Leader: Kevin Normile / Barbara Nussbaum

Distance: 7.1 miles

Hike rating: Strenuous



*Rock Rift Fire Tower*

**5. NY Rte 268 bridge to Houck Mountain Rd / Tower Rd**

Meet at 9 am. FLT Map M28

A portion of this hike is on newly relocated trail that follows a long-abandoned railroad grade. Great views from Houck Mountain Rd as you look down into Walton.

Leaders: Scott Lauffer / Kathy Cronin

Distance: 10.5 miles

Hike rating: Moderate

**6. South Oxford Bridge to Cooper School House Rd**

Meet at 9:15 am. FLT Map M25

This hike follows the very scenic Bear Brook and also passes through Wiley Brook State Forest.

Leaders: Sue Thomas / Tim Sweeney

Distance: 10.5 miles

Hike rating: Moderate

**7. Beales Pond Rd to Barbour Brook Rd**

Meet at 9:15 am. FLT Map M27

This hike takes place on rolling, hilly terrain in several state forests, Beales Pond, Arctic China, and Barbour Brook. Be sure to take a rest stop at the Cold Spring Lean-to!

Leaders: Rich Maggi / Jack Vanderzee

Distance: 9.0 miles

Hike rating: Moderate

**8. Oquaga Creek State Park FLT/road loop**

Meet at 9:45 am. FLT Map M27

A side trail connects the FLT with Oquaga Creek State Park. We'll combine that with the FLT and country roads to create a pleasant, slow-paced hike highlighted by a visit to the State Park.

Leader: Mary Vivona / Jack Sexton

Approx 6 miles

Hike rating: Easy

**9. Ludlow Creek Lean-To loop**

Meet at 9:45 am. FLT Map M24

Join trail stewards Roy and Laurie as they take you on an easy loop hike along their section of trail, including a stop at the very pleasant Ludlow Creek Lean-To. It was built about 15 years ago thanks to a Healthy Heart grant procured by "Mr. FLT," Ed Sidote !

Leaders: Roy and Laurie Dando

Approx 5 miles

Hike rating: Easy

**10. Bike Ride - General Clinton Park to Gilbertsville loop**

Meet at 9:00 am

The rolling hills of the Susquehanna River valley should be ablaze with fall colors as we bike up to Gilbertsville for lunch at the old-time Gilbertsville General Store.

Return via some country roads that don't even appear on most maps !

Leader: Kristin Schafer

Approx 40 miles

**Hikes - Sunday, October 2, 2016**

**1. Cannonsville Reservoir to Dryden Rd**

Meet at 9:00 am. FLT Map M28

Hike from one finger of the Cannonsville Reservoir up and over to another finger. Plan on at least 1000' of climbing, and a fording of Loomis Brook; be sure to bring water shoes or flip-flops.

Leaders Rich Maggi / Jack VanDerzee

6.6 miles

Hike rating: Strenuous

**2. Tower Rd to Bear Spring Wildlife Management Area - Horse Campground**

Meet at 9:00 am. FLT Map M28 / M29

Enjoy the mowed, wide pathway once you are in the Bear Spring Mtn Wildlife Management Area.

Leaders: Karen Goodman / Ray Recchia

6.7 miles

Hike rating: Moderate

**3. West end Butts Rd to Beales Pond Rd**

Meet at 9:15 am. FLT Maps M26 / M27

Half of this hike is on roads as you pass through Masonville. The other half is in Beales Pond State Forest and includes a stop at the Getter Hill Lean-To.

Leaders: Kevin Normile / Bruce Coon

6.3 miles

Hike rating: Moderate



#### 4. Stone Quarry Rd to South Oxford Bridge

Meet at 9:15 am. FLT Map M25

This hike includes a short stretch on Fred Wilcox Rd, along with a beautiful section which parallels and overlooks Bowman Creek.

Leader: Warren Johnsen

5.0 miles

Hike rating: Easy

#### 5. Masonville / Getter Hill Lean-To out and back

Meet at 9:15 am. FLT Map M27

An easy, short hike from Masonville to the Getter Hill Lean-to before turning around and heading home.

Leaders: Kristin Schafer / Mary Vivona

4.4 miles

Hike rating: Easy

#### Three-Day Sequences

Complete a continuous FLT section on the listed hikes below.

Friday 1 / Saturday 4 / Sunday 2

Friday 2 / Saturday 6 / Sunday 4

Friday 3 / Saturday 3 / Sunday 1

#### Meals

All meals are served buffet style in an enclosed picnic pavilion and are substantial. Gluten-free, vegetarian, and vegan entrees are included with each meal. Catering services provided by "Catering by David" <http://www.cateringbydavidny.com/>

##### Friday Buffet dinner (\$23)

*Sausage and peppers with rolls*

*Pasta with vegetarian sauce*

*Meatballs*

*Roasted vegetable chili*

*Salads*

*Coffee, Tea, Iced Tea, Fruit punch*

*Brownies, cookies, and fruit (served during the Friday evening "trivia contest")*

##### Saturday Breakfast (\$9)

*Vegetable frittata*

*Bacon and cheese frittata*

*Ham*

*Homefries*

*Oatmeal and toppings*

*Fruit*

*Yogurt*

*Coffee, Tea, and Juice*

##### Saturday dinner (\$24)

*Beef stew with biscuits*

*Grilled chicken breasts*

*Lentil loaf with gravy*

*Macaroni and cheese*

*Salad*

*Coffee, Tea, Iced Tea, Fruit punch*

*Cake and fruit*

##### Sunday Breakfast (\$9)

*French Toast Bake*

*Home fries*

*Sausage (both meat and vegetarian)*

*Oatmeal and toppings*

*Fruit*

*Yogurt*

*Coffee, Tea, and Juice*

##### Trail lunches: Saturday (\$9) and Sunday (\$9)

*Make your own -- meat, cheese, or peanut butter and jelly wraps*

*Fruit*

*Trail snacks*

##### Friday and Saturday afternoon Social Hour

*All are welcome to bring wine, beer, etc.; legal consumption is allowed at the Campground.*



*Autumn reflections in Kopac Pond within Bowman Lake State Park*

## Accommodations

### *Camping at General Clinton Park:*

Tenting is charged per PERSON.

RVs and other units are charged per UNIT regardless of the number of people in the RV.

Tenting -- \$10 per PERSON per night (sites available Thursday, Friday, and Saturday nights)

40+ acres of flat, open land with access to bathrooms and showers.

RVs and other units -- \$30 per UNIT per night (available Thursday, Friday, and Saturday nights)

Complete hookups, including electricity and dumping station.

Questions about camping at General Clinton Park ???

Larry Blumberg, 607-797-0912, LBlumberg@stny.rr.com

### *Motels:*

#### **Algonkin Motel**

2626 State Hwy 7 Bainbridge, NY 13733

[www.algonkinmotel.com/](http://www.algonkinmotel.com/)

607 967-5911

1/4 mile from campground

14 rooms available

\$55 cash / \$57 credit

#### **Bainbridge House B&B**

1648 County Rd 39 Bainbridge, NY 13733

[www.thebainbridgehouse.com](http://www.thebainbridgehouse.com)

607 320-4003

3.5 miles from Campground

5 rooms available plus a cabin or two

\$85-\$155 pp double occupancy

#### **Sidney Super 8**

4 Mang Drive Sidney, NY 13838

<http://www.super8.com/hotels/new-york/sidney/>

607 563-8880

5 miles from Campground

40 rooms available

Rate \$75 per room includes discount when person mentions FLT

#### **The Silo Carriage House**

203 Moran Road Greene, NY 13778

<http://thesilorestaurant.com>

607 656-4377

11.6 miles from Campground

3 guest rooms located in the Carriage House

Approx rate \$99-\$105

#### **Comfort Inn**

1000 Front St, Binghamton, NY

<https://www.choicehotels.com/new-york/inghamton/comfort-inn-hotels/ny302?source=gglocaljn> 607 724-3297

33 miles from Campground 104 rooms available

Rate \$119.95, AAA and AARP discounts

#### **Sherwood Hotel**

25 Genesee St Greene, NY 13778

<http://www.thesherwoodhotel.com/>

607 656-4196

17 miles from Campground

18 rooms available – Currently NO availability night of 10/1/16 because of a wedding block that will be lifted on 8/19.

Rate \$109-\$129 Mention of FLT conference will get 10% discount.

#### **The 1810 Juliand House B&B**

2 Juliand St Greene, NY 13778

<http://www.the1810juliandhouse.com>

607 242-1338

17 miles from Campground

4 rooms available

Approx rate \$105-\$129 based on double occupancy.

#### **Super 8 Norwich**

6067 State Hwy 12 Norwich, NY

<http://www.super8.com/hotels/new-york/norwich/super-8-norwich/hotel-overview>

607 336-8880

20 miles from Campground

Approx rate \$78

#### **Fairfield Inn**

864 Front St, Binghamton, NY

<http://www.marriott.com/hotels/travel/bgmfi-fairfield-inn-binghamton/>

607 651-1000

33 miles from Campground

Rate \$149-\$154, senior and AAA discounts available



## Area Attractions:

Since the Campground is located on the shore of the Susquehanna River, and with easy access provided to the river, be sure to bring your canoe or kayak and fishing gear. And with Fall colors ready to pop out, miles of quiet back roads beckon for bicyclists as well.

You'll find some very interesting and unique shops:

- The Masonville General Store is a community-oriented landmark featuring a small cafe and coffee shop, health food store, and gift shop all rolled into one ! Located at the intersection of NY Rte 206 and NY Rte 8 just off the FLT (Map M27).

- The Frog Pond is a large fruit and vegetable farmer's market. Pumpkins and fall flowers / plants will also be found at Frog Pond. It's on NY Rte 7 just a few miles southwest of Bainbridge.

- The Pine Ridge Store features Amish-style goods and crafts. They carry a large variety of staples including spices and other baking / cooking supplies. Also found is a large deli with many varieties of meats and cheeses. Check out their famous subs for your Friday lunch ! Pine Ridge Store is on NY Rte 206 less than a mile west of Bainbridge.

- The Fly Creek Cider Mill features specialty foods such as home-made fudge, aged cheeses, salsas, apple wines and hard ciders. An on-site restaurant offers fresh lunches, baked goods, and ice cream. Fly Creek Cider Mill is in Fly Creek, south and west of Cooperstown.

The Northeast Classic Car Museum features over 160 classic and vintage cars on display. The Museum is located in Norwich, on NY Rte 23.

Cooperstown is rich in history, the home of the National Baseball Hall of Fame and Museum, Farmers' Museum, and the Fenimore Art Museum. Cooperstown is just under an hour away,  
I-88 Exit #17

There are several state parks in the region, all of which offer ponds, lakes, and hiking or walking trails worth checking out !

- Oquaga Creek State Park, near Bainbridge (I-88 Exit #8)
- Chenango Valley State Park, near Binghamton (I-88 Exit #3)
- Gilbert Lake State Park, near Laurens (I-88 Exit #13)
- Robert V Riddell State Park, near Oneonta (I-88 Exit #17)

### Questions on anything related to the Fall Campout?

**Please contact Larry Blumberg**

**LBlumberg@stny.rr.com**

**607-797-0912 home / 607-206-9016 cell**



*Bear Brook*



*Yet another stone wall within Chenango County, where stone walls are frequent, even deep in what are now state forests. This is a new section of off-road trail on Map M23.*

## Fall Campout - Registration Form

September 30, October 1 and 2, 2016 – General Clinton Park, Bainbridge, New York

On-line registration form and payment available at <http://www.fltconference.org/trail/>

**Please print and list ALL names being registered on this form!**

*(be sure to fill out both sides of the form)*

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

Address \_\_\_\_\_

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

Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_

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

Local Hiking Club Affiliation (s) \_\_\_\_\_

In case of emergency notify:

Name \_\_\_\_\_ Relationship \_\_\_\_\_

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

Any special needs or allergies we should be aware of ? \_\_\_\_\_

\*\*\* Registration deadline Tuesday, September 20, 2016. Fees are refundable until that date. \*\*\*

Registration: \$5 per person = \$ \_\_\_\_\_

Camping Fee: Tenting, \$10 per PERSON per night  
Thursday night = \$ \_\_\_\_\_  
Friday night = \$ \_\_\_\_\_  
Saturday night = \$ \_\_\_\_\_

RVs, \$30 per UNIT per night  
Thursday night = \$ \_\_\_\_\_  
Friday night = \$ \_\_\_\_\_  
Saturday night = \$ \_\_\_\_\_

Meals: FRIDAY dinner (\$23 per person) = \$ \_\_\_\_\_  
SATURDAY breakfast (\$9 per person) = \$ \_\_\_\_\_  
SATURDAY trail lunch (\$9 per person) = \$ \_\_\_\_\_  
SATURDAY dinner (\$24 per person) = \$ \_\_\_\_\_  
SUNDAY breakfast (\$9 per person) = \$ \_\_\_\_\_  
SUNDAY trail lunch (\$9 per person) = \$ \_\_\_\_\_

**Total check enclosed** = \$ \_\_\_\_\_



HIKES - Please CIRCLE your hike choice

**FRIDAY, September 30**

Name \_\_\_\_\_

1 2 3 4 5 6 7

Name \_\_\_\_\_

1 2 3 4 5 6 7

**SATURDAY, October 1**

Name \_\_\_\_\_

1 2 3 4 5 6 7 8 9 biking

Name \_\_\_\_\_

1 2 3 4 5 6 7 8 9 biking

**SUNDAY, October 2**

Name \_\_\_\_\_

1 2 3 4 5

Name \_\_\_\_\_

1 2 3 4 5

**WAIVER:**

**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. I (We), the undersigned, am (are) fully responsible for my (our) own safety and selecting activities that are consistent with my (our) physical capabilities.*

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

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

**Mail complete registration form and check payable to**

Triple Cities Hiking Club  
PO Box 22  
Johnson City NY 13790

# Steve Siegard #398 End-to-End

Steve Siegard

The Finger Lakes Trail was both the beginning to my hiking and a form of going home. I grew up 100 ft. off the trail in South Danby. My grandfather, who lived right on the edge of the trail, would take me for short hikes on it as a child. He also started me hiking in the Adirondacks, and he, my father, and I climbed Marcy when I was 12. He didn't have it quite right, but he told me, when I was 9, that if I hiked one way on the trail, I could go to Georgia, connecting with the Appalachian Trail, and if I hiked the other way, I could hike to Canada (well, maybe as far north as Tully). That got me started.

I formally started hiking in 1990, at age 30. What drove me into the woods, beyond the words of my grandfather, was the usual—a divorce. My first backpack and real experience with the FLT was in the summer of 1991, backpacking from South Bradford, on Map M13 southeast of Bath, the start of the trail in a 1987 guidebook I had for the FLT, to Treman State Park, in Ithaca. I had only one sleeping bag, and that was for winter camping, good to minus 20. I paid for that on the trail at least as much in real sweat as if I had paid cash for a summer bag. Single and broke, I made do. There was a night on a hill west of Sugar Hill fire tower where I woke up to a sound like it was pouring. It wasn't the rain. It was the defecation and mastication of tens of thousands of tent caterpillars. My royal blue bag was camouflage green after this. That was its last trip.

At that time, only three people had ever finished the trail so my hiking partner and I thought we were going to be numbers four and five. Then life happened. Twenty-five years, a family and a career, and I am finally writing my FLT experience. With the help of Ed's cross county hike series and the development of the FLTC, which had no staff back when I started, the number has grown a little beyond five. It is a stronger trail and an organization for all those efforts.

That first trip was the most memorable. There was somewhere that first day, when the trail went within 20 feet of someone's back door. There was a sign to come in for pie. That was the best lemon meringue pie I have ever eaten, and that isn't just because of the heat and being on the trail. There was a horse trail system west of Sugar Hill back then, where all the trails were blazed white. The FLT ran through them. We hiked about 30 miles plus a day the three days we were on this backpack, but that day, we hiked more like forty, but only covered 20, or so it felt, due to going back and forth on the wrong trails. It was at a dirt road crossing, after the horrid night of the tent caterpillars, that we met Tom Engle. He laughed, thought we were crazy trail Gringos,



Steve Siegard at the moment of completion, December 2015.

which we were, and gave us a ride up to the Sugar Hill fire tower to get us going back in the right direction. My wife and I went back to compete the gap a few years ago. We met Tom, again, ten years later, when he helped us spot our car to do Virgil Mountain. He is a true trail angel, though the people with the pie rank as number one.

Back to that first backpack, between Watkins Glen and Treman State Park, there were several points marked on the map as moderately reliable water sources. It was in the mid-nineties, and they were all dried up. My hiking partner had filtered only a half quart, thinking there would be water along the trail. We hiked 40 miles that day, and as there was no water, we had to share my last quart of water for the second twenty. All in all, we went from South Bradford to Treman in 2 ½ days, even with the back and forth on the horse trails.

The entire trail is wonderful, and a real testament to the tremendous efforts of volunteers and the Trail Conference. There were so many wonderful bridges and lean-to projects built by volunteer groups, such as in the Shindagin Hollow area, the many very personalized sign in registers and trail decorations. I remember one section, it may have been in the Virgil area, where every foot of that volunteer's section of trail was lined with rock or logs to spruce up the trail.

Out west was also the most tiring section. It was in November, hiking from Allegany State Park to Ellicottville, about 25 miles in 1992. There was a hill top that had been logged off. I got to the top and couldn't find the trail. With some searching around, I found some old trail markers that brought me right back to where I had gone up the first time. I was pretty tired by then, but I had to do the 800 feet back up, as my car was spotted on the other side. A vulture circled me all the way up the hill. I must have looked like I was about to drop and volunteer to be dinner. Once I got to the top, he floated off.

Back then, the trail through the Cannonsville Reservoir area was all on the road, 20 plus miles. I had the local police keeping an eye on me the whole time I hiked, going back and forth, to make sure I didn't step off the road. As road walks go, it went through some spectacular areas. Probably the second most intriguing spots were the sections east of the railroad grade, near Coddington Road, in the Danby-Caroline section, where people had made rock sculptures, some of which incorporated the trees right into them. The best experiences came from the sections Ed Sidote helped me with, from Oxford to Bainbridge. He would spot our car at one end and then drive us to the beginning in his big, blue, circa 1979

Leslie Siegard



Suburban. Gas was cheaper but still not cheap back then. He would hike toward us, doing trail work and making notes about the trail as he went along. He even let me stay one night at his house before one trip. He was always after me to carry a tape recorder as I went along and to just do a backpack and finish the trail. I deeply appreciated the help.

Another enjoyable experience, both as a hike and for the people on the trip, was from Denning Lean-To down the road through Denning. Ed helped us out with this trip as well, but included was Ron Navik and his wife, Barb, and Frank Bianco, but he was legally blind and had hiked the entire Appalachian Trail solo. He was very fast. His trail name was something like “He hiked backward,” as he would greet people as he passed by turning around and hiking backwards to talk to them, as he sped away into the forest. He had the record for the fastest completion of the AT at that time, all while able to see only a little more than shadows.

After the help of Ed, I am thankful to my wife, Leslie, who hiked most of the trail with me or spotted cars and hiked back toward me and then together back to the car. She gave up more than one vacation and many miles of driving to help me on this adventure. 🍁



*This picture was taken in 1993 by Ed Sidote. In front of his Suburban were Ron and Barb Navik, Steve himself (“when I last remember hair”), and Frank Bianco.*

## Annual North Country Trail Celebration

Come with the rest of us and visit the west end of the North Country Trail 15-17 September, at the NCTA annual gathering of the tribes, centered in Fargo, North Dakota. The organizers have raised local money to pay for luxury bus transportation to events and hikes each day, taking us to Minnesota on one day to savor the very special trail through the Tamarac National Wildlife Refuge, and another day to visit the prairie south of Fargo. Hikes of varied lengths are offered daily, along with non-hiking things to enjoy, too. Drive yourself crazy trying to choose from the menu each day!

We also look forward to sharing the moment when our very own Ruth and Dan Dorrough, FLT End-to-Enders 179 and 180 from Canandaigua, N.Y., walk their last six miles of the whole NCT! That evening they will provide the program, telling about their years’ long adventure; in mid-May they shared their program with the audience at the Buckeye Trailfest in Zoar, Ohio, and everybody loved their presentation, delivered with great warmth and wit.

Go to [www.northcountrytrail.org](http://www.northcountrytrail.org), to see all the possibilities and register. Click on Get Involved; scroll down to Special Events. Lots of us from N.Y. are going, so please join us. Wouldn’t it be fun to add Minnesota and North Dakota miles to your Hike 100 list?



Linda Norland

*A spreading oak in the prairie in North Dakota. Come visit this magic land.*

*Boardwalk through a challenging area for building trail within the Tamarac National Wildlife Refuge.*



Dan Koeck



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

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

### Previous Pictures:



In the spring issue, the mystery was a rusted refrigerator reclining along the trail. Several folks offered guesses, but only Matt Branneman got it right, with this selfie to prove his point. It's on the Spanish Loop on Map M19 or on its own map. Original picture was by Michele Gonzalez, taken on the loop trail that she and her husband Alex created and still tend.

### New Picture:



Anna Keeton

# The Forever Society

We are what we will become

## YOU can become part of our FOREVER legacy.

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

## Our Newest Members from 2015

Kalista Lehrer

Debra Nero

John and Luanne Andersson



# Finger Lakes Trail

## 2016 Calendar of Events

June 17 - 19..... Spring FLT Weekend, Montour Falls; Annual Meeting  
 June 19 ..... Board of Managers Meeting, Montour Falls  
 July 30..... Ed Sidote Hike (pg. 31)  
 August 1 ..... Deadline, *FLT News*  
 September 15 - 17 ..... North Country Trail Annual Conference, Fargo, N. Dakota  
 September 24 ..... North Country National Scenic Trail Day  
 Sept. 30 - Oct. 2 ..... Fall FLT Weekend, Bainbridge (pg. 32)  
 October 8..... Erv Markert Hike (pg. 31)  
 November 1..... Deadline, *FLT News*  
 November 6..... Board of Managers Retreat Weekend  
 February 1, 2017 ..... Deadline, *FLT News*  
 February 18, 2017 ..... Erv Markert Hike

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Even though the beginning of May didn't feel like May, the orioles returned anyway.  
Photo by Vinnie Collins.

