

Finger Lakes Trail NEWS

Fall 2019



Inside...

- * Two New Shelters
- * Trail Days in Bath
- * NCT Awards For Our Members



Mission Statement

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

FINGER LAKES TRAIL NEWS

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COVER: Autumn on Map M24 over in Bullthistle country. Photo by Warren Johnsen

THIS PAGE: Photo by Vinnie Collins

President's Message

Pat Monahan

Never take things for granted. I thought a lot about that as I drove two hours from Corning to South Otselic for the July 20 county hike series in Chenango County. My thoughts were about the highly organized county hike leader, Donna Coon and all of her crew, to the busses finding us on time at Ridge Road, to the trail work done in advance to showcase the beauty of the area and the list goes on just for the county hike series. More recently, I have thought about this same issue on a broader perspective with the Finger Lakes Trail Conference in mind. We have a concentrated effort to increase trail easements, people willing to contribute to our endowment and the Sidote trail preservation fund, volunteers from office helpers to Board members and officers, sawyers (chainsaw operators) who take safety training courses, financial policies written and reviewed to protect our assets, relationships with other clubs and like-minded organizations to a dedicated staff focused on customer service, a map crew and magazine editorial group that sets the bar high for others to reach. Never take these things for granted. These aspects exist because of our and your commitment to the FLTC. Never take things for granted.

On a separate note, if you didn't make it to Finger Lakes Trail Days in Bath at the Steuben County Fairgrounds, you missed out on a great event. We missed you. It was designed for young and old, first timers and old timers to explore the great outdoors. There was music, food, drink, outdoor vendors, camping, hikes and more. Thanks go out to the Steuben County Visitors and Conference Bureau and the FLT for collaborating on the event and the 45 plus volunteers who made this a reality.

I'd like to continue my discussion through this column about our 2020 strategic plan that the Board adopted at its May 11 Board meeting. It is a phased plan that is designed to enhance our current position and build upon it to reach a broader and wider membership and partner base. As we prepare for 2020, we need to do the research to find out how many like-minded organizations currently exist in New York State and the northern tier of Pennsylvania. We need to have a fully functional website and database.



Peg Fuller

Finally, we need to determine a value proposition statement for the FLT. In other words, what does the FLT provide to its users? With these elements in place, we will be able to move forward strategically to our exterior public to grow the FLT. This will be a fulltime task and cannot be done solely by volunteers. The Board has approved a job description for a fulltime Director of Marketing and Communications. This person will be tasked with developing economic relationships with like minded organizations and launching adventure tours on the Finger Lakes Trail. This would be an all inclusive package with tour guides, meals, lodging and transportation to visit some of the best sites and attractions along the trail. You may wonder how are we going to pay for this. We have the financial resources to invest in ourselves with the expectation that this position will pay for itself and eventually generate income for the FLT. I will continue to keep you updated regarding the strategic plan in my future columns?

“Go take a hike!!” 🍁

Join the FLT Googlegroup E-Mail List

The Finger Lakes Trail Conference's e-mail list is a discussion group hosted by Googlegroups.com. Its purpose is to allow the subscribers (approximately 850 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 oversee the use of this electronic mailing list and offer help with questions are: Larry Blumberg (lblumberg@stny.rr.com) and Scott Geiger, (scott.geiger@gmail.com).

To join the group, send a note to lblumberg@stny.rr.com requesting that you be added to the FLT HIKING Googlegroup. If you have any problems or questions, contact one of the co-moderators.

My Continuous End-to-End Hike of the Finger Lakes Trail

Phil Cihivsky #460

Known as Hickory on the trail, I'm originally from the Binghamton area but moved to Colorado to follow my job there almost 25 years ago. Retired now, I enjoy getting out into the great outdoors, backpacking, and the challenge of hiking long distance trails.

After thru-hiking the Appalachian Trail two years ago I began thinking about my next big hike. Did I really want to tackle another 2000+ mile trail, or accept that I was getting older and look for something a little shorter (I turned 65 this year).

While researching shorter trails I came across an online review of the Finger Lakes Trail. At first I thought I'd probably never hike it, but after visiting the FLTC website my mindset changed. It seemed to have everything I was looking for, shorter distance, magnificent scenery, diverse terrain, abundant wildlife, uncrowded conditions, and solitude. The search was over. My next hike would be an FLT thru-hike, or in FLTC parlance a continuous end-to-end hike.

I made plans, completed preparations, and before long was standing at the FLT western terminus in Allegany State Park. OK, things didn't happen quite that fast so let me take a step back. To reach the western terminus I followed the North Country Trail for about a mile from the Rt.346 trailhead in Pennsylvania and entered Allegany State Park through the back door. Hiking from there the white blazes took me through the Seneca Nation reservation in Salamanca, gigantic rock formations in Rock City, past Keuka Lake where I caught only a glimpse of it from a vantage point high above Hammondsport, past gorges and waterfalls galore, past Seneca Lake as I walked along the shoreline; past the lowest point on the trail at the inlet to Cayuga lake (430'), past the trail's northernmost point near DeRuyter, to Cannonsville Reservoir and the Catskill mountains where the FLT begins stringing together a series of DEC trails with orange, red, yellow, and blue disc markers until finally reaching the summit of Slide Mountain, the highest peak in the Catskills (4284') and the eastern terminus of the FLT.

I saw more wildlife on this hike than I did on any other. I guess there are fewer hikers on this trail to scare wildlife away. Some of the more memorable encounters were seeing a bald eagle flying low over Cannonsville Reservoir, a doe and her fawn crossing a creek shortly after dawn, a grouse that faked being injured and acted like easy prey to keep my attention off her baby chicks as they scurried away, and believe it or not, saving a crow from almost certain demise after it had flown into a barbed wire fence and had become entangled in the barbs.

Yes, there was more road walking on this hike than I would have liked, some poorly marked areas of the trail that made navigation difficult at times, plenty of blow downs to bushwhack around, long stretches of trail with thorns and prickles pressing in from the side, pools of water left by heavy rain to walk around, and copious amounts of shoe grabbing mud.

Setting minor difficulties aside, I had fun hiking this trail and it felt good to be back in the eastern woods. For 588 miles the FLT

put on a show and provided magnificent scenery, diverse terrain, and more wildlife than people. Wow, it doesn't get much better than that!

Stats for the curious backpacker:

- Start date: June 3, 2019
- End date: July 10, 2019
- Total miles: 588 {official length is 585.8 miles, so his GPS added a little}
- Hiking days: 34
- Typical miles per day: 18-22
- Longest day: North Hornell to Bath 28 miles; not enough camping options in this stretch.
- Pack base weight: 13 lbs.
- Max pack weight (with 4 days food, 2 liters water) : 25 lbs.
- Shelter type: Hammock and tarp
- Food resupply: Salamanca, Ellicottville, Portageville, North Hornell, Bath, Watkins Glen, Ithaca, Marathon, DeRuyter, Bainbridge, Downsville. I kept my pack light by resupplying frequently and with only 2-4 days of food.
- Filtered water carrying capacity: 2 liters

Thanks and acknowledgements:

To my wife Sharon, thanks for putting up with my wanderings. When I'm away for weeks, sometimes months, you take up the slack at home and handle my chores in addition to yours. And, when there's no phone service I know I leave you wondering if everything's okay until I can check in again. To my good friend Ray, thanks for saving my hike by coming out and taking me into town to buy a new pair of hiking shoes when my first pair prematurely failed and needed to be replaced. To Jacqui, thanks for all your help and support of end-to-end hikers. And finally, to all the people who create and maintain trail maps, update trail conditions, build new sections of trail, build new shelters and bridges, act as car spotters, blaze, clear and maintain 588 miles of trail, and to the trail angel who left a jug of water at a dry section of trail— you're all amazing and collectively it's awesome what you do. Thank you! 🍁



Phil Cihivsky

Land Donation Secures Scenic Stretch of Finger Lakes Trail

The Finger Lakes Land Trust (FLLT) announced that it has received a donation of 138 acres in the town of Caroline, Tompkins County, from Dr. Anne Boyer. Dr. Boyer also donated a conservation easement on an adjacent 15-acre parcel where she maintains a private residence.

The Land Trust intends to establish a public conservation area with the property which boasts stunning 30-mile views of the surrounding landscape from a hilltop field accessed by a section of the Finger Lakes Trail (FLT). Protection of this property safeguards approximately 3,000 feet of the FLT, which runs along its eastern edge. David Priester of the Cayuga Trails Club says this tract borders on Blackman Hill Road on Map M18. Heading east, the trail crosses Blackman Hill Road leaving Potato Hill State Forest, heading toward Rt. 79. The new land carries the FLT across the southern edge of a large field with great views. At the eastern end of the field the trail goes into the woods on an old road and soon enters Cotton-Hanlon Lumber property.

Protection of both parcels, which feature a mix of fields and woodlands, enhances habitat connectivity in an area of conserved lands, including Potato Hill State Forest, Robinson Hollow State Forest, the Land Trust's Goetchius Wetland Preserve, a natural area owned by Cornell University, and three properties already protected by FLLT conservation easements. All of these lands are located within the watershed of Owego Creek, widely regarded as one of the region's premiere trout streams.

Protection of the property expands the network of conserved lands known as the Emerald Necklace. The Emerald Necklace is an ambitious effort to link 50,000 acres of existing public open space that extends in an arc around Ithaca – from Finger Lakes National Forest in the west to Hammond Hill and Yellow Barn State Forests in the east. These lands host 78 miles of the Finger Lakes Trail, two Audubon-designated Important Bird Areas, and several dozen Tompkins County-designated Unique Natural Areas.

During the coming year, the Land Trust will complete a natural resource inventory of the site and develop a management plan to guide future use of the land. The organization is raising funds to contribute to the Land Trust's Stewardship Fund to cover costs associated with long-term management.



Chris Ray

The wooded portion in late fall.

For information about making a contribution to this effort, please contact Kelly Makosch at kellymakosch@fllt.org.

The conservation easement donation ensures that no additional homes will be constructed on the land to be retained by Dr. Boyer. Conservation easements are legal agreements that limit future development while allowing land to remain in private ownership and on the tax rolls. Landowners who donate conservation easements may be eligible for both state and federal tax benefits. "We're grateful to Dr. Boyer for this incredible gift," said Land Trust Executive Director Andrew Zepp. "The views from this property are impressive and it is truly one of the jewels of the Emerald Necklace." 🍁



David Priester

Part of the view from the hilltop, from the trail.

Executive Director Report

Quinn Wright

The Finger Lakes Trail Conference (FLTC), like any non-profit, typically goes through five life cycle phases or stages. Those stages are:



Photographer Unknown

Wally Wood at a Board meeting in Geneva in 1967.

The “idea” or “invention” or “imagine and inspire” phase or stage. This stage occurred in 1961 when Wally Wood thought about the idea of a trail from Allegany State Park to the Catskills. According to Tom Reimers’ *History of the Finger Lakes Trail* “a meeting of 12 people was held in Rochester in November 1961 to discuss the idea of a trail system.” The second “start-up” or “incubation” or “found and

frame” phase began with the actual formation of the FLTC which was formalized in 1962 and trail construction began.

The third “growth” or “adolescent” phase began with the first strategic plan of the FLTC to build trail. Sometime in 1997 the trail was officially completed to the terminus in the Catskills. Branch trails had been added also. Along the way all of the administrative functions of the FLTC were handled by a small core group and headquartered out of the basement of Wally Wood (1975-1976), Erv Markert (1976-1984), and Howard and Dorothy Beye (1984-2001). By 1963 membership was 121 people and a few organizations; almost all of them were involved in building trail. A small newsletter was routinely published and annual social gatherings were held. The minutes for this period of time typically had two major focuses: the state of the trail and what happened in the office. There were rather cursory mentions about the finances. Beginning in 1977 and slowly going forward there were small donations to designated funds. By 1997 total savings were around \$50,000 and the annual budget was balanced and typically around \$30,000. The organization was well managed around the stated purpose of building the Finger Lakes Trail.

The fourth is typically called the “mature” or “produce and sustain” phase. In 1990 Jean Rezelman, an early member of both the FLTC and the Cayuga Trails Club, wrote “walking and seeing is, however, what hiking is, and the whole reason for the Finger Lakes Trail.” This very statement leads to what I believe is the fourth phase of the FLTC which had its infancy in 1991. In 1991 Ed Sidote recognized that the FLTC needed to promote the magnificent trail system that the FLTC was building and began the cross-county hike series; that first series was concluded in 1997. As the trail was mostly completed, the focus of the organization then switched to maintenance of the system with occasional trail building as reroutes occurred. This is the time period (1997 to 2019) that the second strategic plan was started; a formalized strategic

plan was developed during the tenure of President David Marsh. In addition, the management of the organization became much more business-like with the adoption of financial policies and procedures. Now the focus of the volunteers had to shift from building to maintaining (certainly a much less romantic objective). Accurate data is not available in the archived minutes to present to the reader a detailed record of income and expense until 2003.

The organization continued to be well managed, but at the expense of a heavy volunteer time commitment. This transitional phase which began around 1997 really was defined in 2001 when the administrative functions were moved from Beyes’ basement to a facility leased to the FLTC for its

use as an office by the U.S. Army Corps of Engineers. In addition, the FLTC recognized that the complexity of the administrative functions had become so demanding that a decision was made to hire two part time employees, an Executive Director and an office manager. Later a database clerk was added. Those three positions exist to this day. Simultaneously the Treasurer at that time, Peter Wybron, made the very responsible decision to make the accounting process more modern and adopted an accounting program to track all income and expense. This resulted in a historical record being available on demand.

Membership over the years has remained fairly consistent (floating between over 1000 and less than 1400.) Remarkably even with that relative consistency, member donations have been on a steady rise and have more than tripled over the last 16 years.



Jacqui Wensich

Board President David Marsh at Cazenovia in 2008.



Photographer Unknown

Celebration of our new office at Mt. Morris Dam. Left to right, Gene Bavis, our first Executive Director, Ed Sidote, our promotor extraordinaire, and Irene Szabo, then our Board President.

Volunteer hours, both for trail management and administration, have remained fairly consistent over this 16 year period at around 20,000 hours. However, the demand for administrative services has increased and there are insufficient volunteer hours available to meet that increased demand. Evidence of that is the nearly three year vacancy that was experienced trying to find a new VP of Trail Maintenance and a VP of Membership and Marketing, two years without a Treasurer, a too frequent presence of vacancies on the Board of Managers, and many unfilled committee positions. The possible conclusion is that people have decided that it is easier to support the organization with money rather than time and I think that position is supported by the history of diminishing availability of volunteer time. The loss of those volunteers has placed an added burden on the paid staff.

Phase four has been plugging along for about twenty years. The Board of Managers has been addressing the changes in our culture and in technology. There is ample evidence that people are much more inclined not to commit to organizations with their time, but to commit their money. There is ample evidence that the changes in the technology of communication have created a cultural expectation of rapid gratification of needs: people want their maps sent, their emails answered, and trail repairs made immediately.

The fifth phase of “review and renewal” or “turnaround” began around 2015 when the Board of Managers decided that a full-time Executive Director was needed. Added to this communication pressure and need for quick response, there is an ever broadening pool of events and activities in which people can be involved. If the FLTC wants to be in the forefront of people’s options for recreation or attention, it must promote itself more effectively. The Board of Managers attempted to address that issue by updating the FLTC website. However, keeping the website current and appealing to people who access it requires much more time than our volunteers have available. Coupled with that issue is the need to have a modern, professional approach to marketing the Finger Lakes Trail; there is no one within the organization with both the time and skill to accomplish the marketing. These two issues, communication and marketing, are the primary reasons why the Board of Managers recently completed a new Strategic Plan for the next 7 years of the FLTC. These very actions by the Board of Managers clearly reveal that the FLTC has evolved from a “build a trail organization” to a “maintain and market the trail organization.”

By the end of 2018, thanks primarily to several generous bequests, the FLTC had accumulated a sizeable asset portfolio, including real estate, investments, and cash, valued at almost \$1.8 million dollars. However, most of that money is not available for use in the annual budget. About \$1.0 million of that money is tied to real estate that the FLTC owns or funds that can be used ONLY for trail preservation. About \$338,000 is in the Endowment Fund and by action and by earlier Board action must stay invested in perpetuity; the only money that can be used is earnings on that fund. N.Y. State law requires that non-profit entities should use around three percent of the earnings for the annual operations and we have done that for quite some time. There is still available about \$400,000 that can be used for operational needs. For example, this year we are applying for a grant from N.Y. State/ US DOT to purchase greatly needed trail maintenance equipment at a

cost of \$90,000. We need to pay for the equipment in full before we can apply for a reimbursement of \$72,000. Further, we are in the midst of a massive overhaul of our database which has been becoming less useful as it exists. The cost for that will be around \$50,000. Our Financial Policies and Procedures require that we keep approximately six months of operating revenue in reserve for emergency events; that is a little over \$100,000. That leaves about \$160,000 that we can use for other significant projects.

The first significant project is to fund the implementation of the strategic plan in 2020. This action will enable the FLTC to start the fifth phase. As it moves from what was essentially a trail building organization to marketing the use of that magnificent outdoor recreation product the FLTC will be simultaneously maintaining and protecting that trail. To market the trail effectively will require more revenue to pay for a professional with the expertise to promote our trail system. That person will be charged with two primary tasks. First, the professional will be developing an economic relationship with like-minded organizations (meaning outdoor recreation groups) where we expect new memberships to be realized. Second, the marketing person will develop a tourism focused product for sale to vacationers. That product is currently called “Adventure Tours on the Finger Lakes Trail.” The tours will be marketed as taking people on a daily hike from 3 to 7 miles in length on sections of the trail that have eye appeal, led by a DEC certified guide, partnered with nearby tourist attractions such as wineries, breweries, restaurants, Corning Museum of Glass as an example, and places to stay. The income from these marketing thrusts is expected to pay for the marketing professional and marketing efforts which will cost around \$100,000.

The FLTC is about to embark on a new journey that is very exhilarating and when the plan is successful the benefits to the FLTC will be:

- An expanded membership base
- Greater partnerships with affiliate organizations
- An expanded base of volunteers for management of the organization
- An expanded donor base for revenue
- A new revenue source that can potentially reduce the pressure on our membership for monetary donations or purchases 🍁

Quinn toasting the many FLT volunteers who built the two timber frame lean-tos displayed indoors at the multi-day International Trails Symposium held at the OnCenter in Syracuse last spring.



Roger Hopkins

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

Annual Awards from the North Country Trail Association

Based on nominations from our members and the deliberations of a hard-working Awards Committee chaired by Larry Pio, it was exciting to announce and present the 2019 awards to our best and brightest at the Celebration. Here are the FLTC members who received awards.

Boots on the Trail (for those who lead others onto the Trail)

Donna Noteware

For decades Donna and Tom led weekly hikes on the Trail, promoted both the Finger Lakes Trail and the NCT with those who attended, added speakers who could talk about geology or wildlife or photography, and arranged the logistics, and Donna still does this herself since Tom died. She has added a few others to her list of hike leaders, so is spreading the joy of and enthusiasm for the Trail to people who can carry on. Her “pick up” informal group attracts people from a wide area, and continues to be known as the “Nowhere” group. Because they both taught in the Hammondsport school system, they knew everybody, and gradually grew into jobs other than leading their hike group, including Donna’s ability to arrange several permanent trail easements in a very rural area, a real blessing.



Laurie Ondrejka

Outreach

Deb Nero

Her recent retirement has given the Trail and the organization a big boost. She mans our display at several outreach events a year and is always looking for new events where the Finger Lakes and North Country Trails should be represented. She also keeps track of other events where our members present and makes sure that they have pertinent and up to date materials to distribute.

One of the materials used for promotion is the Passport Booklet. The booklet has simple sample hikes, designed to introduce new people to the Trail. Hikers do a rubbing on periodic metal plaques. If they get rubbings from four different hikes they can send in for a patch. In the process of updating the booklets and securing sponsorship to reprint the booklets she came up with the

idea to number the booklets, thus providing a way to track which events lead to hikers on the Trail and new memberships through the Passport program.

This year the FLT sponsored, with Steuben County Tourism, their first ever Finger Lakes Trail Days, a spectacular two-day event at the County Fairgrounds with the purpose of attracting a large and varied group of people. Deb spearheaded this event, organizing programs, vendors, and volunteers.

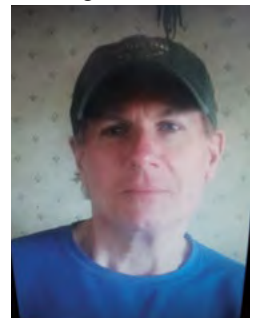


Laurie Ondrejka

Trail Builder

Mike Schlicht

Mike takes trail work vacations. He had been doing this for several years through the American Hiking Society. It gave him the opportunity to visit many states including Alaska. Through his participation in these working vacations he learned many trail building techniques. First he adopted his own section along a branch of the Finger Lakes Trail system, then started joining the several project work weeks all over the FLT in N.Y., and by now has become the Director of Crews and Construction, in other words the guy who runs all of the special projects. While there is usually a local project leader, Mike does all the planning, making sure each project has materials and people arranged.



Mary Domanski

Michael has become an expert in smart trail construction and a driving force in these matters. This year he has crews working on managing erosion, building several shelters and a bridge, and cutting a switchback trail into a steep hillside.

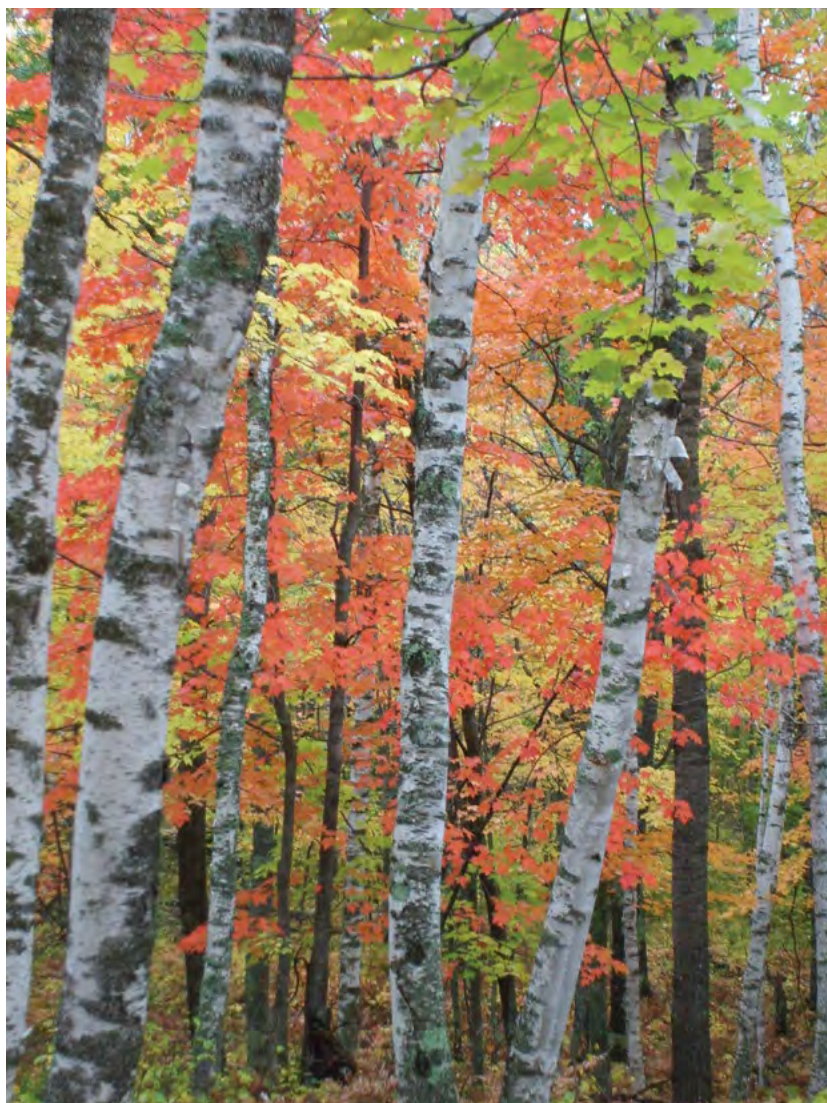
Blue Blaze Benefactor Roger and Whitney Bagnall

Roger and Whitney Bagnall are two longtime members of the Finger Lakes Trail who live in New York City, far from even the eastern end of the FLT, which is part of the reason I noticed their names several decades ago when I saw their annual generosity on our donor lists. Even better, in recent years they have sent donations to the Finger Lakes Trail often more like \$10,000 at a time.

It turns out that they like upstate N.Y., even though most of their walking is within New York City, or else on vacations in France or England. Nonetheless, when the FLT's Sidote Preservation Fund was announced, with the purpose of protecting the Trail, they were most excited. Roger said, "The FLT is our best opportunity to support walking in a part of the state that we're much attached to." Also, since the FLT is at least 50% private land, more than most trails have to negotiate through, they are rooting for us. 🍁



Bystander



The picture of the birches with the red maple background was taken by Patti Prusilla during a fall fun hike in the Mirror Lake area in northern Wisconsin, Chequamegon Chapter territory.

SUPPORT THE NORTH COUNTRY TRAIL AND GET A FREE MEMBERSHIP

For **first time supporters** of the North Country Trail we have a special program. Make a gift of \$20 or more to the North Country Trail Association and you will automatically receive full member benefits for one year. Benefits include a subscription to the full color *North Star* magazine, discounts in the NCTA Trail Shop, email updates about special events on the trail in your area and more. You can also join a local NCTA chapter if you wish and receive updates about their activities.



Your Adventure Starts Nearby.

To make your donation, please complete this form and send it with a check for \$20 or more to:
North Country Trail Association
229 East Main Street
Lowell, MI 49331

You can also join online at: northcountrytrail.org

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Phone (____) _____ Email _____

Please Choose a Chapter Affiliation if You Wish (Check One)

☐ Chapter Name _____

☐ Assign Me to My Closest Chapter

☐ Member-at-Large (Not Affiliated with a Chapter)

☐ Make Me Paperless! Send Correspondence and Magazine to Email Address

Comments _____

The NCTA is a 501(c)3 nonprofit organization and all donations are tax deductible to the fullest extent allowed by the law. **Thank You for Your Support.**

A Very Important Hike, Sidote Hike August 3, 2019

Peg Fuller

Every year the Finger Lakes Trail Conference announces "Named Hikes." These hikes are important to participate in and remember the individuals the hikes are named for. Ed Sidote was instrumental in getting the FLT through Chenango County. He went to land owners and requested permission for the trail to enter their property, he helped build the trail, and he was a constant proponent endorsing the FLT and hiking. His name is well known in Chenango County, not just for hiking, but he is also known throughout the state because of all his work with the FLTC, building trails



Larry Blumberg

Bullthistle Club trails have many charming and decorative signs.

On August 3 hikers met for the annual Ed Sidote Hike. The threat of thunderstorms did not deter 22 hikers. The weather was beautiful and only an occasional cloud passed over. The hikers met at Hoag Childes Rd. and Fred Stewart Rd. in East Pharsalia. Everyone was all smiles as we paid tribute to Ed Sidote, posed for a picture and began to hike. Julie Thompson, Bullthistle Hiking Club Vice-President and FLT member, led the long hike, and Peg Fuller, BHC President and FLT Board Member, led the short hike. The long hike had 13 hikers, a favorite number for Julie as she



Peg Fuller

Stone walls are a prominent feature of Chenango County hikes, because it's a rocky area, but also because early farmers made fences of that abundant resource.



Larry Blumberg

Nice sign, except that it should say Sandbergs' Pharsalia Woods Lean-to, since Art and Sharron have both labored here, keeping this campsite pristine and special. Remember? Two of them, so the s, with the apostrophe after the s.

and helping hikers. He was the End to End coordinator for years and many who completed that amazing feat were met by Ed at the end and given well deserved acknowledgment and their official End to End number. I hope people who walk the FLT remember individuals like him every day, not just during the named hikes. As new trail maintainers, trail builders, and daily ambassadors of the trail emerge, they can all be successful if they remember what Ed did for hiking and follow in his footsteps. The Bullthistle Hiking Club is happy to host the Ed Sidote Hike and remember his words "Happy Hiking."

led the hike. The short hike had 9 hikers. Both hikes went to the Sidote Bench and stopped at the Sandberg Pharsalia Lean-to. BHC members Art Sandberg, Larry Chesboro, and Mike Fuller were ready at the lean-to with hot dogs cooking. Everyone enjoyed hot dogs, chips, water, and cookies. With full bellies, the hike continued on the FLT and back to the cars.

Along the way, hikers observed butterflies, very large fungi, stone walls, listened to a resident Raven, and enjoyed many other scenes along the hike. The short hike ended with a total of

5.2 miles and the long hike completed 8.6 miles. The hike from the lean-to back to the cars was the bonus walk to work off all those hot dogs!

Special thanks to BHC members Art and Sharron Sandberg, Mike Fuller, Larry Chesboro, and Pete and Colleen Stapleton for setting up the cookout, cleaning up, hauling everything in and out, and the continued great trail maintenance.

A heavy quick rain started after everyone was safely in their cars heading home. 🍁

Hot dogs for all were welcome when hikers reached the Sandburg shelter.



One of many large fungi on this hike.

Surprise Meeting on the Trail

Roy Dando

A chance meeting of old trail friends occurred last May near Ashville, North Carolina, on the Appalachian Trail. Four FLT members were in the middle of a weeklong series of hikes when they came across a work crew building water bars on the trail. The sign placed there stated they were working with the Carolina Mountain Club. There was also a large contingent of younger folks with the Appalachian Trail's Konnarock Trail Crew doing a weeklong work project with the CMC. As the four of us (Roy and Laurie Dando, Kathy Cronin, and Scott Lauffer) chatted with a few from the group and thanked them for their service to the trail a familiar face walked back to us from the larger group. Ron Navik was the leader of the project!! Ron was VP of Trail Preservation at the FLTC for years before retiring to North Carolina with his wife Barb. What a small world it is to be able to run into an old friend on a trail in the middle of the woods in the middle of the country and totally by chance, too! 🍁

Apparently there is something about hiking trails that brings about amazing chance meetings anywhere in the country. I was walking on a trail in southern Arizona and ran into a woman I'd met just once before on the Bristol Hills Trail. Editor



A Long Time for "LongTime" on the FLT

Michael Goodwin #456

Let me begin by explaining that title. I thru-hiked the Appalachian Trail in 2011 and my trail name, "LongTime," was bestowed on me for a couple of reasons. Firstly, because when I finally got around to it at age 55, I had wanted to hike the AT for a long time, ever since a friend hiked a portion back when we were only 18. Secondly, for the first month or so of our hike, my daughter Melissa and I, hiking together, were just about always the last each day to arrive at a lean-to or other campsite. We hiked steadily and covered a lot of miles, but it always took us a long time to reach our day's end.

The name took on a new significance for me over the years that it took to complete my end-to-end hike of the Finger Lakes Trail. Eager for another big adventure by 2013, I bought a complete set of FLT maps, and told Susan, my wife, that I'd be much more quickly done with the 580 or so miles than I was with the nearly 2200-mile AT. To put it a tad mildly, that plan didn't go over well at all. I guess I'm happy to say she missed me and was worried about me for the long time that I was away before, but I recognized that I had been rather selfish by being gone for such a long time on the AT. We agreed it would be better if I'd do this one in pieces. Thus, an FLT end-to-end took a long time for "LongTime."

I covered the roughly 585 miles in 53 days of hiking from June 2013 to June 2019 (with no hikes at all in 2017), averaging 11 miles per day. These 53 days were spread out over a total of 19 outings; six single-day hikes and 13 backpacking multi-day hikes. The longest outing (my final push to the terminus in the Catskills) was 91.4 mostly rainy miles over nine days, and the shortest, a wee day-hike with an arthritic old college friend, was just 3.5 miles.

I started at the western end in Allegheny National Forest, planning to cover the entirety eastbound and in order, that is, beginning each outing where my last one ended. I broke with that plan in June 2014, when my sister and her husband were visiting from Colorado, touring a bit of New York State, and wanted Susan and me to plan an easy ten-mile hike for the four of us. "Ten miles only! We don't do more than ten miles a day!" was the order. As they had spent the previous day in Cooperstown, we met them in nearby Norwich, and hiked 11 miles (okay, maybe even close to 12) between two access points, enjoying a nearly flat and very pretty stretch that included Bowman Lake State Park. They loved it, but though I hadn't given them the details ahead of time, they knew it had been more than they ordered. No real complaints, though; the extra miles

gave them more opportunities to enjoy some less-familiar wildflowers and mushrooms and red efts they don't see in the Rockies. When I reached that section again in 2018 during my pieced-together end-to-end, I skipped over it.

So, I did those 11 or 12 miles out of order, and (to make logistics simpler) I later hiked a bit over 37 miles westbound. Having ended an outing at Watkins Glen in August 2014, I started my next leg there in July 2015, and hiked eastbound into Burdett, stopping briefly at a friend's house on Main Street. He drove me back down to Watkins Glen to retrieve my car, which I then left in his driveway, and shuttled me ahead to the eastern end of Robert H. Treman State Park, dropping me off for two-and-a-half days of westbound hiking back to my car in Burdett. I've heard of section hikers who decide which direction to hike each section based on elevation gain and loss, choosing whenever possible to hike more downhill. I sure had no such advantage, starting my westbound hike from the lowest elevation (432') of the entire trail and hiking a net uphill to Burdett!

I car-spotted myself six times, by parking the car at the end of the hike, bicycling to the start point, hiking the trail to the car, then driving back to get the bike. One snowy January, I pushed my bike through thigh-deep snow up a steep, unplowed seasonal road to get to the start of my hike. After all the struggle, I netted just four-and-a-half trail miles that day.

I decided that the bicycle scheme was not to be repeated, so I'm grateful for the car-spotters who helped me along the way. These FLT volunteers are a very valuable resource. Though none accepted gas money, I always offered. Susan car-spotted me a couple of times, and my friend Bill in Norwich was very helpful with that when I was anywhere near his area. An AT hiking friend Emma, a.k.a. "Sprout," joined me once for three days of hiking. After we placed her car more than 40 trail miles ahead, we drove my car back to the start, where, just before setting out on foot, I stashed a few valuables under the floor mat, taking with me just my door and ignition key. Sprout thought that was a great idea (after all, we wouldn't need those things while we were hiking) and added her car keys to the mix. It was with shocking relief that she suddenly realized, only about a half a mile into our hike, that we'd need those keys when we reached her car! It would have been the biggest mistake of the entire trek.

My biggest real blunder on the trail was in June 2018, when I stood up after a lunch break, having been leaning against

the most perfectly comfortable (and carefully selected) tree, and hiked off in the wrong direction. The day was overcast, and all the other things that should have tipped me off that I was going the wrong way went right over my head (or through my brain without triggering anything), and I hiked the wrong direction for one-and-a-half to two miles before I was jarred into good sense. That turned what should have been a nice fourteen-mile day into seventeen

or eighteen. Oh well, bonus miles happen! Without embarrassing myself further with the details, I think I hiked a total of about six-and-a-half accidental bonus miles during my end-to-end.

I'll share a few other statistics. My longest single day was 20.4 miles, and my shortest, from the final tent site to the eastern terminus, was just 2.9 miles. I ended the 53 days of hiking in my tent 20 times, in lean-tos 11 times, back at home 17 times, in a cabin once, at a friend's house twice, in a motel room once (where I quite happily dried out my rain-soaked tent and other gear), and once at my daughter's house in Brooklyn after the final few days of hiking together with her.

I encountered just four other backpackers, including my daughter Melissa and my earlier hiking partner Sprout. I met countless day hikers, including one Cross-County Hike group in 2014. I met just one bear, in 2018 crossing Houck Drive southeast of Bainbridge. I'm not sure if the bear saw me. One of my more astounding wildlife sightings was that of a fox chasing a deer at full speed across the trail, through the woods, and out of sight in no time. I'm pretty sure it was Bambi and a woodland friend out having some fun. Most remarkable of all was a multitude of fireflies, all flashing in synchrony outside my tent one night. It was stunning. I had wakened in the middle of the night in my tent at a bivouac area on map M3, and even through the tent walls, I could see the flashing. I grabbed my glasses before



I went out and enjoyed the show for a little while, then got my camera and tried to shoot a bit of video, but the light level, though intense in the night's blackness, wasn't bright enough to record.

It was a long-time hiking; six years and thirteen days between my start and finish. Each time that I thought the trail was too steep, the road walk too long, the rain too hard, the path too muddy, the nettles too stinging, or the blackflies and mosquitoes too vicious, I turned my thoughts to the positive – the astonishing wildlife, the splendid scenic vistas, the warmth of the sunshine, the abundance of refreshing shade and water, the friendly hiker encounters, the dedication of the trail maintainers and the bridge and lean-to builders, and the overall healthiness of the challenge. I may be a bit older and slower than I was when I started this adventure, but I'm happier to have done it, and I'm sure I've got another big trek left in me. I think I shouldn't wait a long time. 🍁

Gift In Honor of

Don Bergman

from

Mary Jean Taylor

The Big Event...Finger Lakes Trail Days Festival

David Newlun

Where did the idea for this event come from? About three years ago Kevin Costello, the incoming President of the Steuben County Conference & Visitors Bureau (SCCVB) and Quinn Wright, Executive Director of the Finger Lakes Trail Conference, met on the FLT to hike the Mitchellsville Gorge section so that Kevin could become aware of one of the outdoor recreation assets of Steuben County. During that hike Kevin talked about a trail celebration event in Virginia at a town through which the Appalachian Trail passes, Damascus. Kevin wondered if such an event would work in New York to promote the Finger Lakes Trail. Quinn agreed that it was a good idea and each passed the idea through their respective Boards and received an endorsement to proceed. After two years of intense planning work, the first of what is hoped to be an annual event was held on July 26th and 27th at the Steuben County Fairgrounds in Bath. To accomplish the task the Steuben County Conference and Visitors Bureau underwrote the majority of the cost of putting on the event as a strategic investment in working toward growing the outdoor recreation tourism market. The North Country Trail Association committed over \$4000 to help fund an event planning intern, Lacie Tryan, and the FLTC committed to provide key committee members (Dave Newlun, Debbie Nero, Anna Keeton, Donna Flood) and all of the volunteers (45 individuals over the course of the weekend). Another key planning committee member was Jim Pfiffer, Executive Director of the Chemung River Friends organization.

The weekend was a glorious success in spite of a lower than hoped for attendance. In conversation with several vendors, the attendance was in line with other first time events in which they have participated in the past. Long term the goal is to have at least 1000 attendees. The benefit of the event is threefold. First, tourism revenue will be generated for Steuben County. Second, promotion of the Finger Lakes Trail will occur and identify its contribution to the wellness and enjoyment of the users of the trail. Third, a new revenue source will be developed for managing the FLTC.

So for those of you who did not attend this outstanding event, what did you miss?

- The **EXPO** – The unbelievably diverse collection of outdoor exhibitors rivaled, perhaps exceeded, what one can find at the New York State Fair. There was an assortment of hiking organizations (ADK, Bruce Trail, Catskill Mountain Club, FLTC, Foothills Trail Club, Genesee Valley Greenway, Great Eastern Trail, Pennsylvania's Midstate Trail, Bullthistle Hiking Club, North Country Trail), Government organizations (DEC - three information tables staffed and the Fish Hatchery, NYS Parks – two information tables staffed), Nature Centers and many trail using groups. In addition, there was a full day of talks on a variety of varied outdoor activity topics. Deb Nero's planning and organization of this Expo was absolutely incredible and left many of us in awe. The new FLTC Strategic Plan places a significant emphasis on developing formal relationships with like-minded outdoor recreation entities and this type of event will help develop those relationships.
- Hikes – There was an assortment of pleasant introductory hikes and a tour of the Fish Hatchery. I heard not one negative comment and only effusive to almost giddy enthusiasm when I asked how the hike experiences went. Kudos to the hike leaders and sweeps for a job well done. Good weather helped.
- Music- On Friday night Steep Canyon Rangers provided the entertainment. Wow, I can say I saw the Steep Canyon Rangers in an intimate setting. This band is a top notch, Grammy award-winning group in the bluegrass genre, and as smooth as there is. Their sound check is worth the price of admission. I count myself lucky to have watched an incredible show with some of my best friends on hand. This will not be my last Steep Canyon Rangers concert.

Saturday's music entertainment was provided beginning at noon and lasting until 9:45 PM. Having the NY musicians play was a real treat...Joseph Alton Miller (a local musician),

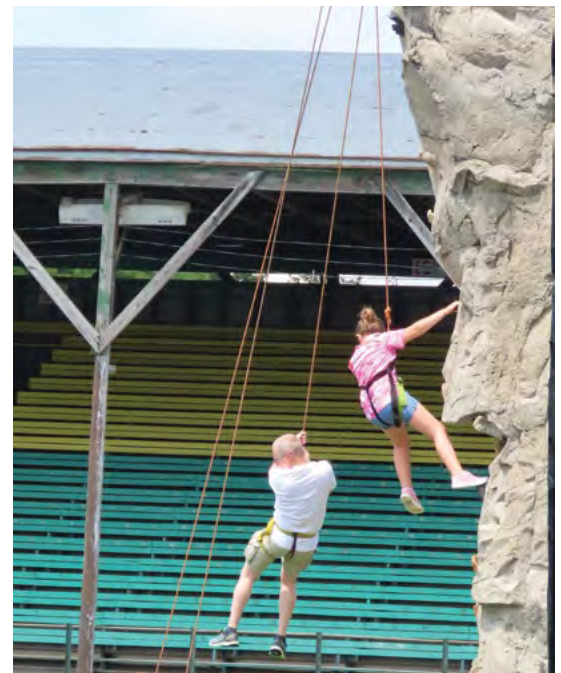
► Heather House-keeper's presentation in another building was well-attended. Everybody wanted to learn what she ate that grew along the trail during her long hike of our whole trail system.





Jacqui Wensich

▲ The DEC responded wonderfully to our request for displays, including this one on the jobs performed by their Rangers.



Peg Fuller

▲ Yes, there was even a rock climbing wall. Love how the wall leans out over the abyss near the top, so how does anyone except Spidey stick with it?



Peg Fuller

▲ Jacqui Wensich flying on the zip line.

my favorite, was fantastic. Lacie Tryan, our event planning intern from NCTA, texted me and said Miller was “really cool.” I texted back that “he was the personification of cool.” The night ended with Sawyer Fredericks, winner of *The Voice* competition in 2015. He has some of the most passionate fans I’ve seen. He played a great set and the meet

and greet line went well into the night after the conclusion of his show.

- The outdoor activities arranged by an assortment of people were incredible and very child friendly. These activities included: Rock Climbing Wall from Niagara Climbing Center, a Zip Line provided by Adventures in Climbing, a pool to try out kayaks provided by Friends of the Chemung River, a Rope Climbing activity provided by Bristol Mountain Aerial Adventures, hang gliders provided by the Rochester Area Flyers. In addition there were some excellent vendors: Merrell Shoes, Liquid Shoes Brewing, Bell’s Coffee (great coffee), and food trucks from Milliner’s southern smoke Barbeque and Global Taco (I heard only great comments about the food quality). Many children had a great day and left with smiles.

...continued on next page



Roger Hopkins

- A final thank you to the planning committee, the many volunteers who worked the weekend (all day Thursday setting up the Fairgrounds, all day and night on Friday and Saturday making sure that everything went as planned,)
- Below is a copy of an email sent to the FLTC “Hiking” page by Patti and Glenn Owens. I heard many similar compliments and so much appreciated the email that I thought any reader would enjoy it as well:

“My husband and I just wanted to say thank you, to all the volunteers and committee members who worked untold hours to provide a great event. We LOVED the concerts on Friday night. People really missed out if they weren’t there. The bands were excellent!!!!

The Saturday morning hike was a nice little hike. Everything was well organized and from our view point, ran smoothly. The little string packs with snacks and water were a nice touch and appreciated. The weather was hot but beautiful and the trails were in nice condition.

Back at the fairground, we enjoyed learning more from the vendors and presenters. Being new to the organization, it was nice to put faces to names I’ve seen in emails or articles. It was also nice to get to understand a little bit about how the organization worked.

We look forward to future Trail Days events and watching the whole thing grow and blossom.

Kudos! You guys did a great job!!!” 🍁



Peg Fuller

Outside, there was a display of hang gliders. Just imagine: people leap off cliffs hanging onto only those wings.



Jacqui Wensich

There was even a display of kayaks in water.



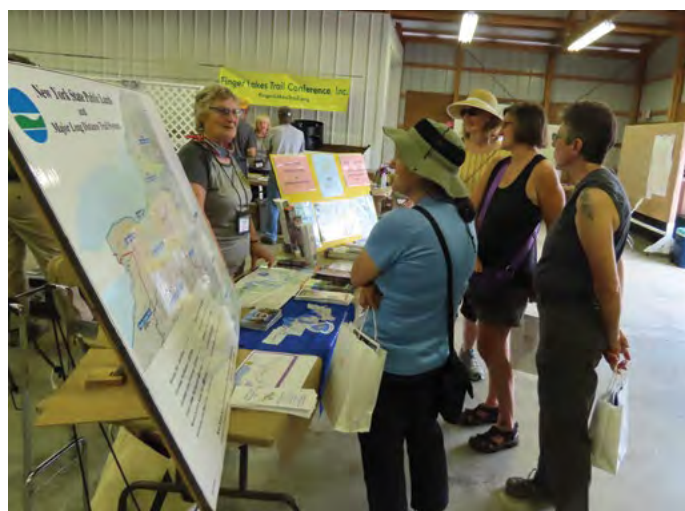
Inside the Expo there was a wide variety of displays, including these exquisite butterflies.

Jacqui Wensich



Jacqui Wensich

One of the most riveting displays inside the Expo featured animal tracks in different conditions.



Peg Fuller

Mary and Bill Coffin staffed a display for the North Country Trail.

Trail Topics: The FLT - Your Personal Path To Health

Lynda Rummel, VP for Trail Quality

A while ago, the Schuyler County Public Health Department asked us to identify a couple of trail sections appropriate for younger children to use. Getting children hiking was part of their initiative to address childhood obesity, a great project that I jumped on because through it, more younger folks could be introduced to hiking and the FLT. I suggested the Queen Catharine Marsh Loop (map QCML), which circles around the Queen Catharine Wildlife Management Area on the east side of Watkins Glen (M 15), and the Buck Settlement Loop, which traverses the plateaus and hills above and west of The Glen between Glen and Van Zandt Hollow Creeks (M 14). The QCML utilizes dirt roads and a section of the Catharine Valley Trail that runs on an old railroad grade, so is relatively flat. The Buck Settlement Loop, Passport Hike #8 in Wegman's Passport Central Region booklet, begins off the end of Locust Lane (M 14, seasonal access), loops north on old Locust Lane, then heads east on a horse trail that I improved to hold foot traffic, to connect with the main FLT. (From that point, it's just a short side trek to the Buck Settlement Cemetery, which has been refurbished by a local Scout troop, and the falls at Ebenezer's Crossing.) Then north again on the FLT to and past the Buck Settlement Lean-to, down along the creek and then up to the passport rubbing station; then back to the beginning via old Locust Lane. I allowed Schuyler Co. Public Health to publish elementary maps of these two very different hikes in their free program materials

Fast forward to 2018 when Chenango County Public Health partnered with Chobani Yogurt to run a 12-week challenge. As it had done previous summers, the Bullthistle Hiking Club, which maintains trail on M22-M23, formed a team of club members to take it on. The challenge was rigorous and well organized, with goals and activities, including hiking on the FLT, designed to get participants moving more and eating healthier. According to club president, Peg Fuller, the team members had an enormous amount of fun and their 11th place finish earned \$75 for the club's coffers. What a great way to increase the club's visibility, possibly find new members, and promote public health and an upstate business success story.



Four of the five-member Bullthistle Hiking Club (BHC) team accepting their prize from Isaiah Sutton, Director of Environmental Health Services, Chenango County Public Health, co-sponsor of the 2018 Chobani Challenge. L to R: Julie Thompsen (Vice President, Bullthistle Hiking Club), Sutton, Peg Fuller (President, BHC), and Bullthistlers Barb Bida and Maryann Weiss.

For its 100th year celebration, Steuben County Public Health held a fundraiser for which the Finger Lakes Trail Conference was the designated recipient. This connection was cemented by Steve Catherman, who tends a trail section near Hammondsport (M12) and formerly served as the FLTC's VP-Trail Maintenance. Steve helped develop a large display map of the County that showed all the trails on it, including, of course, the many miles of FLT, and FLTC members explained the map and handed out FLTC materials including promoting the health benefits of the trail and advertising for trail maintainers that were needed for a nearby section. The celebration, which included a silent auction of baskets of goodies and other donated items, tastings of local wines and beers, and healthy food nibbles, was held at the Finger Lakes Boating Museum (a beautiful venue in Hammondsport) and yielded about \$5000 for the FLTC. Thank You, Steuben County Public Health!

And thank you to the public health offices in Chenango and Schuyler Counties for recognizing the value of the FLT System as a resource for improving the health of their communities. As I said on the cover of a handout I made for the Steuben County celebration, the FLT can be "Your Personal Path to a Healthy Lifestyle and [Your] County's Path to Improved Community Health." I hope that the Public Health departments of other counties will replicate these ideas and **use the FLT to encourage an active outdoor lifestyle and an appreciation of the natural environment.** 🍁

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

New Life Members

Nigel Dyson-Hudson
Newfield, New York

Wanda Shirk
Genesee, Pennsylvania

Trail Topics: Trail Maintenance

Jon Bowen, VP of Trail Maintenance

I have assumed the position of VP of Trail Maintenance. Although I am still very involved with ADK, my responsibilities have decreased and Larry Blumberg realized I had some extra time and he made a couple suggestions concerning FLTC needs. I emailed Lynda Rummel for more information and now, here I am.

In the past I was very active within FLTC: a Board member for 6 years, Program Chair, helped coordinate two FLTC Spring Weekends (Cazenovia College and Tompkins Community College), coordinated the first Delaware County hike series and Chenango County hike series about 10 years ago, maintained a section of trail and led hikes at various FLTC weekends. My wife and I live in central New York where Tony Rodriguez and his crew keep our trails in excellent condition.

I completed my E2E a few years ago. My wife completed some of the hikes with me and shuttled me around but she had no interest at that point in completing the entire trail. After I finished the E2E, she realized she had completed more than half the trail. Since then she has been working at completing the E2E. As I write this, she has 8.6 miles remaining, 4 miles over Mary Smith Hill and 4.6 on M2. We are seeing firsthand the trail maintenance issues.

I would like to see much better trail conditions on some sections of the FLT. I have frequently heard that this year has been exceptionally wet. I am tired of hearing the next phrase but "this is the new normal." I've hiked sections of trail that are underwater or have deep mud. These sections need to be drained, or if not possible, rerouted to higher ground, or some puncheons or water bars constructed. Major reroutes or puncheons/water bars need landowner permission. If your section of trail is open and covered in grass, weedwhacking or mowing needs to be done at least by the end of May.

This is on-the-job learning for me and I'm grateful there are many people willing to help me through the learning process. We hope you will continue to report trail issues to us.

New Sponsor Needed!

On Map M6, Marty Howden reports a trail sponsor opening. JC Sawyer needs to give up her section, from Access 2 in the west to where the trail returns to road walk on CR 3 on the east end. Great sections of mature forest, with two short blue trails, need your loving attention. Call Regional Coordinator Marty to offer your help. Howser51@yahoo.com

Chenango West (Cortland Co.), Peter Dady, Regional Coordinator

Due to retirements, 3-4 new trail maintainers are needed. The trail sections are on M20 from Hoxie Gorge Rd. to Baker School House Rd. These are in the neighborhood of McGraw. Current sections are 1-3 miles in length but can be modified based on interest of the maintainer. Most sections have grassy areas that need weed eating. One section from McGraw Marathon Rd

to Baker School House Rd. has a good hill but the hilly section is mostly open woods. The starting area off M-M Rd. needs weed eating. dady@toast.net, 315/729-4322



Jet Thomas

Chenango County

(Bullthistles), Tom Bryden, Regional Trail Coordinator

We have two new trail stewards for the blue-blazed Plymouth Loop Trail (M-23) in Pharsalia Woods, Ted Robinson, moving to Oregon and Joel Cummings, having given up their positions. Julie Thompson will take over Ted's 1.5 mi. N-S route, from Coy St. to the main FLT, near 9 Mile Truck Trail. Dave Sadler will take over Joel's route, also approx. 1.5 mi from the main FLT, E-W crossing Stewart Rd. to Coy St.

The aforementioned E-W blue trail underwent a slight re-route on National Trails Day. DEC recommended it as less wet, and to avoid a logging operation. BHC members (15 participants), completed this as part of a Trails Day work effort.

Also completed on National Trails Day was construction of a small footbridge, at a stream crossing west of Pharsalia Woods Lean-to. Much appreciated by County Hike Series participants, I'm sure.

Another footbridge was constructed on private property (M-23), south of Stage Rd., a troublesome crossing thereby improved greatly by BHC volunteers Pete Stapleton, Colleen Townsend, Larry Chesebro and Mike Fuller.

Letchworth Trail, Irene Szabo, Regional Coordinator

The northern 3 miles of Map L1 have been adopted by Dave Marchner, hurray! Thanks to Don Maryanski for the time he did give us.


While we wait for the engineering people at Letchworth State Park to evaluate our proposals for a new exit from the south end of the park, now that the gorge wall is slipping downward seriously, we do keep trying to make a better temporary route. So now, instead of leaving the park where the Parade Grounds Rd. hits NY 436 and walking that uncomfortable highway, we turn a sharper right at that intersection onto dirt Portageville Rd, a quiet country walk except for when a freight train is directly below us. The road ends after the last house by turning to cross those tracks (pay attention!) then descends to a T intersection. Turn right to go under the new railroad bridge and end there, or turn left to exit

the park. A private landowner has enabled us to stay above an unstable hillside there also; for now follow striped plastic ribbons down to the tiny parking spot where route 436 crosses the river.

Fall Maintainers' Regional Meetings

Every year we offer regional meetings for local trail maintainers, and bring one of these to YOUR neighborhood every other year. Not half of our maintainers show up, so what are they missing? Recently one trail sponsor I know asked me what "puncheon" meant, so I reminded him that he might know if he paid attention to Lynda Rummel's Trail Tenders' newsletters AND attended this one meeting every other year. So how many of you have found you don't know what trail solutions we're talking about, yet you don't come out to learn. C'mon!


This year these meetings return to the western half of the state: on Nov. 2, we'll be at the Bath firehouse and on Nov. 9th, we'll meet at St. Paul's Episcopal Church on west Main St. (NY 39) Springville, from 10 to 3. Bring lunch, but morning snacks will be provided, as usual. Precise instructions will be in the next *Trail Tenders' News*.

And my personal thanks to Jon Bowen for stepping up to this job! Now I don't have to write this whole column myself, and we'll have an experienced person overlooking the whole Trail Management project! Editor 

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FLTC Tool Storage Shed

Peter Wybron, Regional Trail Coordinator - Genesee East, FLTC Quartermaster

The FLTC was granted permission by the US Army Corps of Engineers and Steuben County DPW to install a tool storage shed at the Steuben County Kanakadea Park, Map M9. The storage shed is located alongside the County's maintenance buildings at the campgrounds on Almond Lake. The purchase of the storage shed was made possible with funds from a North Country Trail Association (NCTA) Field Grant and FLTC matching funds. The tool storage shed is a 12'x16' skid mounted prefabricated vinyl sided shed with an overhead door at one end. The shed will be used to store a DR mower on a trailer, along with other trail tools which can be used by local trail maintainers. By having a DR mower and other trail tools stored at a central location within Steuben County, trail maintainers will have easy access to the equipment needed to maintain the FLT/NCT properly. This project would not have been possible without the partnerships that the FLTC has with the US Army Corps of Engineers, Steuben County, and the NCTA. 



Peter Wybron

Gift In Memory of

Horst Schwinge

from

FLT Bullthistle Hikers Club

William S. & Mary Coffin

Susan S. Collier

Doris B. Houghton

Pat & Mary Ellen Monahan

Sigi Schwinge

Gift In Memory of

Dr. Collins

from

Kim & Terry Meacham

Gift In Honor of

Ken Breiner
avid hiker,
for father's day

from

Erin Breiner

Trail Topics: Map Updates

Greg Farnham, VP of Mapping

Sixteen maps were updated since the last issue including M7, M17, M19, M22, M23, M24, M26, M27, InL, L2, SpL, SwL and the initial releases of M34 and EL. We also (still) have a change to M14 in process.

The reasons for these changes may be found on the Trail Conditions page.

The M34 map is the inaugural edition, reflecting the movement of the FLT's eastern terminus to the summit of Slide Mountain, the highest peak in the Catskills. EL is a new map describing the new English Loop, a part of M19. Because there are so many loops and interesting, well-cared-for connections in this area, creation of an EL map was required to allow space for all the descriptions.

The remainder of the Mapping input to this edition of the *Finger Lakes Trail News* shares one feature with the rare but imminent phenomenon occurring July 31 in the Americas but August 30 in the rest of the world. Perhaps all Mapping articles in the *FLT News* share the same characteristic, because the new (black) moon occurring is unobservable.

It may be of interest to the membership to know about other invisible chores that the mapping team undertakes. Regular maps updates are completed at the request of the Regional Trail Coordinator (RTC). Our RTCs "own" their maps, and the mapping team keeps the maps looking the way the RTC requires. However, we do quite a lot of other mapping work which is generally unobservable by almost everyone.

Dave Newman, our VP of Trail Preservation, does a lot of work to try to preserve the trail, which usually means securing easements or ownership for private lands on which the trail exists. This really is critical, because a single loss of landowner permission can cause huge work-intensive re-routes or unpleasant road walks. When Dave is working on securing a permanent easement (which means that if the land changes hands, the trail continues in perpetuity to have permission to stay where it is,) he needs a detailed map of the parcel granting the easement. Other times, private land on which the trail exists, or could exist, is offered for sale. Sometimes it is in the best interest of the FLTC to facilitate purchase of that land by a trail-friendly organization, such as the State or other non-profit organizations. In order to get through all the legal red tape involved, a map of the area must be provided, and it must meet strict criteria. A typical "easement" map needs to show the entire parcel, the outline of the trail and/or intended trail route, roads, etc. Depending on the municipal jurisdiction other criteria for the easement map must be met, and can be quite unique. We are always glad to work on these unique requests, because it usually results in helping Dave obtain the objective of securing that part of the trail.

Other special requests can be much more challenging. How about a computer file to generate a map for an 8' high by 12' long mural? Sometimes we have a need to show the entire trail,

which reaches almost all the way across NYS from west to east. Or a map that shows all the other long range trails that the FLT connects to, including the North Country National Scenic Trail, the Bruce Trail, the Great Eastern Trail, the Long Path, trails maintained by the New York New Jersey Trail Conference, and through some of those to the Appalachian Trail.



Our map database is very complex and contains our FLTC Proprietary Information. Our GPX tracks are the only accurate documentation of the actual, up-to-date Finger Lakes Trail. From that data, we can also use our very complex mapping software (ESRI's ArcMap) to generate all sorts of reports that may be useful to others. We can provide information for our advocacy officers to show the NYS or federal government how much of our trail exists in which municipal districts. And from that data, our officers can inform government regarding how much tourism funding is spent by hikers and other trail users. This data frequently helps the government determine how much funding they will provide for trail maintenance and other work. 🍁

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Send **address changes** to
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Mt. Morris, NY 14510
or FLTinfo@FingerLakesTrail.org

End-to-End Update

Jacqui Wensich, End-to-End Coordinator

New Main Trail Completions:

- #455 Oliver Sugarman, Trumansburg, continuous to Slide Mt.
- #456 Michael Goodwin of Rochester, backpacking 6/24/19 (did Slide in 1998)
- #457 Second time! Joyce Ermer (#396)
- #458 Luke Cain of Syracuse, continuous, Slide Mt.
- #459 Nathan Kiel of Penn Yan, continuous hike including Slide Mt. June 26, 2019
- #460 Phil Cihwsky

Branch Trails:

- #121 Anna Keeton, 7/6/19 (#383 main)
- #122 Bodhi Rogers, 7/6/19 (#384 main)
- #123 Karen Serbonich, 7/7/19 (#412 main)
- #124 Barry Erickson, 8/2/19 #421 main)

Updates:

Douglas aka Happy Mullins originally from Elba plans a thru hike. John Kiczek plans to finish another extensive backpacking trip this June. He completed about half of the main trail in last year's backpacking hike. John says he was too fast and didn't stop to look around like he wants to this season. Dennis Rakin plans to complete the Branch Trails this summer. Jim Bridgen plans to backpack the main trail in the next several years (using his Garmin to keep track). Dave (#146) and son Michael (#147) Marchner are making good progress on their Branch Trails. As usual we will have several more main trail end to enders finishing at the 2019 Fall Campout/Chenango County Hike Series.

Comments:

NEW FLT Terminus

There will be an alternative Eastern terminus on M34 for the main FLT. At this time no one will be required to use the new terminus on top of Slide Mt. or make it up or re hike it unless they wish to do so. If you have hiked M33 before December 31, 2019, you do not have to hike the new M34. The new terminus will be required for those hiking M33 after December 31st, 2019. After this date you must complete M34 to qualify for your main trail end to *end award*. Email me if you have questions. The Slide Mt. trail is beautiful, challenging and interesting. You will also learn more about John Burroughs and the history of this area on this hike.

Car Spotter News:

Deb Nero added the Crystal Hills Branch Trail to her M15-20 car spotter responsibilities. THANKS!! We *always* need more car spotters for the Branch Trails and **M1-4, M27-34**. Please consider signing on as a car spotter. Just email at jwensich@rochester.rr.com for the application. You are a vital part of hiking our trails.

Active CTC/FLT members and main and branch trail end to enders Anna Keeton and Bodhi Rogers are no longer car spotters as they are moving to Colorado. They will be missed.

TIPS for aspiring end-to-enders:

1. Review the End-to-End Hiking section on the FLT website.
2. Join the FLT egroup: hiking@fingerlakestrail.org (often find more spotters and specific location hints.)
3. Purchase new MAPS (remember FLT members receive a 20% discount for all purchases). Waypoints are also available.
4. Check trail conditions online frequently.
5. If you are not already a member, join the 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 in full resolution as you hike and keep trail notes, so you can write your E2E article.

HIKERS-PLEASE ASK FOR THE MOST RECENT CAR SPOTTER LIST TO AVOID PROBLEMS. (Just like our maps, things change). Let me know if phone numbers/emails are incorrect or no longer working. 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. 🍁



Warren Johnson

While our new trail comes up to the summit of Slide Mountain from behind this huge rock, those who walk around to the other side will see this bronze plaque.

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

Trail Topics: Simply Put, Ticks

Mike Schlicht, Director of Crews and Construction

This past spring, I had the opportunity to attend a short but informative presentation on tick prevention in Boston, N.Y. The event was hosted by a mother and daughter who both contracted Lyme disease. The daughter spoke at length about her symptoms that continue to this day and the effects she endures on a daily basis. One that I hadn't come across on information pamphlets or web sites is forgetfulness. There were many times in her presentation she had to ask her mother to help her recall what she was speaking about and related to the audience that this was an ongoing issue for her. It was very sad to see a young woman in her mid to late 20's experience so many ailments as she and her mother had a lot of challenges obtaining the correct diagnosis within the medical community in western New York.

In her situation, she had to educate the physicians she encountered during the many months it took to get the correct diagnosis as the majority of those she met with had come to conclusions that she suffered from other issues not related to Lyme Disease. The mother and daughter spent a lot of time educating us that if you suspect that you have Lyme Disease don't expect that you will get the correct diagnosis from your physicians. In their opinion and experience, the physicians they encountered throughout western New York are not keeping current on the disease and symptoms patients encounter.

One of the misconceptions presented is that a person will see a "Bull's Eye" rash when you are bitten by a tick. In reality, only 9% of people encounter the rash as presented in the session and provided on an information brochure provided by the Lyme Disease Association. There are a lot of symptoms that a person can encounter, but various categories presented are: Musculoskeletal, Reproductive, Cardiac/Pulmonary, Neurological, Neuropsychiatric and Gastrointestinal. The bottom line is, if you suspect you have Lyme Disease, educate yourself on the issue and make your case with your physicians to get the proper medication as soon as possible. The good news is that a two to four-week treatment of oral antibiotics can properly treat Lyme Disease although some effects can linger for 6 months or longer afterwards.

At various trail events I have come across in recent years, some have made available a small plastic pair of tweezers for tick removal. While these are helpful, I purchased a ten-dollar kit of supplies they recommend a person take with them. Inside I was impressed with the items found within such as Band-Aids, alcohol swabs, a small card with a photo on how to properly remove a tick, and a pair of tweezers with a magnifying glass. The tweezer is made by Magnum Medical and if you perform a search for "tweezers with magnifying glass" you will see them listed in the \$4 to \$10-dollar range.

The tweezer was impressive as ticks come in all sizes and shapes and that little spot on your arm may not be a bit of dirt from your hike, but a nymph that could pose a problem if it is a carrier of

Lyme disease.

I wish I could write about all the information the women provided, but I will highlight some of the finer points. It is important to have a tick tested if you find one that is embedded in your skin. The most effective way to remove a tick safely is to use your tweezers and grab the tick closest to your skin. Do not grasp, squeeze or twist the body of the tick while you remove it. Just pull it straight out and then save it for identification. One method to save the tick is to place it on scotch tape although most hikers carry duct and/or Leukotape which is likely to be too secure for a lab to remove the tick for testing. A more effective method is to place the tick in an air tight zip lock or similar bag with a moist piece of cotton, paper or grass that does not contain any alcohol.

Testing a tick can be expensive but there is a free option at the moment that was sent out recently on the FLT-Hiking email list. The web site for this option is <http://thangamani-lab.com/free-tick-testing>. According to the web site, the lab asks that you provide the date, zip code, whether the tick is from a human or pet and your email address (for the results). Results can be expected in 7-12 business days.

The package can be sent to:

Thangamani Lab, 4209 Institute for Human, Performance (IHP), 505 Irving Avenue, SUNY Center for Environmental, Health and Medicine, SUNY Upstate Medical University, Syracuse, NY 13210.



Mike Schlicht

A search on tick testing will also bring up a variety of labs willing to test a tick and the pricing available to do so.

How do you best prevent a tick from attaching itself to you? There are different methods we have all likely heard about including tucking your pants into your socks and wearing long sleeved shirts, but some bug sprays and clothing sprays are available to decrease the likelihood of a tick bite. The two presented at the information session were Repel Sportsman Insect Repellent (40% DEET) for hands, legs and face and Odorless Permethrin for clothing. The benefit of the Repel Sportsman was more so for its high DEET composition. DEET is one of those chemicals that some people have a reaction to so you may have to find your level of tolerance for it and purchase an insect repellent that is lower

in its concentration. Permethrin is to be used only on clothing, tents and other non-skin surfaces. Years ago when I heard of this solution to repel ticks, you either had to purchase clothing that was manufactured with it and in doing so, was allegedly to be good for upwards of 100 washes before it lost its effectiveness. Of course, this type of clothing is very expensive and I found YouTube videos of how you could purchase permethrin and place your clothes in a sealed bag and soak them for a period of time that would repel ticks for up to four washings. Thankfully, this process has gotten simpler in that we now have a spray that once applied to clothing and non-skin surfaces is effective for six weeks or six washings. It is a little pricey at \$11 for an 18 oz. can and you have to spray your clothing/equipment for 30 seconds for an effective treatment. The 18 oz. can is recommended for no more than four outfits, so tents, backpacks and other gear may need more treatment to be effective.

Finally, if you contract Lyme Disease and are looking for other people in a support group setting, there are groups across the state you can reach out to for help and assistance. You can start your search for one in your area by going to lymewny.com. 🍁

THANKS TO OUR TRAIL LANDOWNERS

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

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

Also, the trail is CLOSED on private land on the first Monday in February, just to reassure you that we do not establish a permanent right-of-way on your land by walking there every single day of the year.

Bucks Brook SF Lean-to Construction, June 18, 19

Tony Rodriguez

Adk-Onondaga Chapter/Bullthistles Participants
Map M22

Rick Bates
Scott Bowen
Gary Bustos
Richard Frio
Richard Harper
Bruce Holloway
Michael Loftus
Michael Ogden
Tony Rodriguez
Anthony Rodriguez, Jr
David Sadler
John Scollan
Colleen Stapleton
Peter Stapleton
Michael Tenkate
John Vormwald



Tony Rodriguez

The shelter is the one erected at the symposium, which had previously been erected at Mike Tenkate's prior to that, so essentially it has been erected three times, and that may have something to do with how it was erected in only two days. But the real reason was the skill, enthusiasm, and dedication of our crew, helped by the fact that Mike Ogden has been involved with the Alley Cat crew on prior such projects. It also helped that after the symposium the materials were hauled to Scott Bowen's place for storage which is just about 20 minutes away from Bucks Brook State Forest. However, the absolute ultimate motivating factor

was that we were aware it was going to storm the third day, and it certainly did that.

The site is just up from a beautiful stream. The trail steward for that section is an environmental studies professor at nearby Morrisville College, Rebecca Hargrave, and she is thrilled about the lean-to.

We still have to return to install the fire pit since it was not delivered to the site at the time of construction, and make modifications to our privy to make it more accessible for anybody. 🍁

Trail Topics: A Discouraging Alley Cat Season

By Mike Schlicht, Director of Crews and Construction

It has been a year of ups and downs in respect to Alley Cat season. We had great crews for all the work needed to build the two lean-tos for the International Trail Symposium and erect them at their permanent locations in Bucks Brook and Little Rock City State Forests and we will also have the assistance of Allegany State Park personnel for the roof replacement later in the month of August for the Stoney Brook lean-to. Unfortunately, none of the other scheduled work parties took place this year. The Onondaga Alley Cat may still take place in September. This will be a trail improvement project involving benching and drainage work along the Onondaga Trail. Interested parties should contact Mike Ogden at mogden317@gmail.com to volunteer.

The volunteer vacation scheduled for the Catskills had to be cancelled. The state contacted us late in the spring to let us know they were doing work on the plumbing and electrical at Little Pond campground and while they expected the work to be done by opening day, I could not find an alternative campground in the area that provided the accommodations needed to house and feed the volunteers in the event the work was not completed. A lack of volunteers also hampered the other Alley Cats scheduled for the year. We asked a lot this year from our base of volunteers with all it took to prepare for the symposium and erect the lean-tos on site, but I need to find other ways to get people involved with the

necessary trail work that is requested. Several Alley Cat proposals made for the 2019 schedule had to be postponed to 2020, so there will be a lot of work to be done next year.

I'll try again to schedule the volunteer vacation for the Catskills and another project that is starting to take shape in Letchworth State Park. The volume of running events there is taking its toll on the trail and blue access routes to River Road. A lot of trenching, knicks and armoring will be needed to drain the water off the trail and harden the hiking surface for these events. The good news is that Letchworth State Park has been voted the "Best State Park in the Nation" several times in the past five years. That should be a big draw for the volunteers from the American Hiking Society and Wilderness Wonders should one or both organizations choose these two projects to be showcased in their schedule.

The North Country Trail Association also has a program to encourage members to visit other parts of the trail in various states to perform trail work. It's listed under "You're Invited" in their magazine, *North Star*. The Coddington Road Trail Reroute Alley Cat was the one I had hoped to get listed in this year's offerings but when I learned that volunteers were not showing any interest in building switchbacks, I decided not to do so.

There are many organizations I can contact and reach out to as I will be working with the board to see what possibilities there are and where I can draw them from. While many organizations have to compete with Meetup.com and Eventbrite.com to list events and identify volunteers, there may be an opportunity for us to use these social media platforms for Alley Cats and small projects that various skilled and non-skilled trail work can suffice for. If you have other suggestions to identify and get people involved in the joys of trail work, please send them on to me at pageazi@yahoo.com or give me a call at 716-316-4388. 🍁

FLT MEMBERSHIP FORM

Name _____

Address _____

City/State/Zip _____

County _____ Phone (____) _____

Email _____

Make check payable to the Finger Lakes Trail Conference

Mail to 6111 Visitor Center Rd., Mt. Morris, NY 14510 along with this form.

Annual dues (Membership year runs from April 1 to March 31. Dues paid after Dec. 31 will be applied to the next membership year.)

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

Contact: Mike Schlicht
716/ 316-4388
pageazi@yahoo.com

Trail Topics: Trail Preservation Report

David Newman, VP of Trail Preservation

Another “first” came up this quarter, and it’s worth mentioning. All of the easements that private landowners have given us contain a clause that the easement may be modified if the owner and FLTC agree, with such modifications to be filed with the County Clerk. Surprisingly, with 100 easements on file, we had never actually had reason to modify one. The issue came up because the metal “boardwalk” donated to FLTC after the International Trail Symposium is to be installed on Map B3 south of Bean Station Road, onto a privately-owned parcel where we have an easement for the trail and a lean-to. We needed to modify the easement to include provisions for the boardwalk, and we also wanted it to specifically note who owned the boardwalk (FLTC). This required a different set of legal language and with help from member and attorney Bob Plaskov we now have the template wording needed to amend easements.

On Bristol Hills Map B3 we lost private property permission between CR75, Access 12, and Williams Rd., Access 13. Regional Trail Coordinator Donna Noteware, with help from Twisted Branches Trail Run organizers Scott Magee and Jeff Darling, have explored many possible alternative routes to get this section back off the road. Donna has obtained permission from David Wolf and Richard Marchaesi on Williams Rd., and from the Town of Prattsburgh on CR75 for a trail that will go in from the Town’s ball fields on CR75 and make its way across the Marchaesi and Wolf properties to come out on Williams Rd. Scott and Jeff are arranging a group of trail running volunteers to assist Donna in the actual trail construction once the exact final trail location on the three properties is approved.

At the southern end of Letchworth (Map L2) *FLT News* reported previously that the former trail between the Parade Grounds and Upper Falls was permanently closed due to continued landslide activity creating safety concerns. A temporary reroute down

the shoulder of busy Route 436 has been the less than desirable route. With the permission of private parcel owners Marty Oulton, son Kevin Oulton and daughter Melissa Stermole, a new route has been identified south from Access Point K at the Parade Grounds then west on the old Portageville Road (dirt) to a grade level crossing of the tracks near the top of the new railroad bridge across the Genesee and continuing downhill southward on the no longer maintained portion of the old road to come out at the Rt 436 bridge over the Genesee. A revised L2 map has been released. The Oulton family has granted us permission to cross onto their private property the minimum distance needed to get around the part of that old road that is eroding down the hillside and a route has been flagged. Thank you, Oulton family, for helping us get the trail off a busy highway by letting us walk along the edge of your property. 🍁



Contact: Dave Newman
danewman@rochester.rr.com
585/582-2725

FOR SALE:

Approximately 15 acres on Williams Road, just East of Prattsburgh on the Bristol Hills Branch of the FLT, map B3, featuring mature oaks and pine trees. There is water and electric, a mobile home and a barn. Contact Richard Marchaesi at 585- 582- 6011. Asking price low \$30,000's

Trail is being moved off road onto this property.



Jeff Darling

Many on the Genny and Others

Irene Szabo, Regional Trail Coordinator for FLT's Letchworth Trail

Photos by Eric Eagan

AN EDITORIAL

The Many on the Genny (named for the Genesee River) is one of the footraces that Letchworth State Park permits to run through both Park trails and on much of the FLT Letchworth Trail up the east side of the gorge. This year it was held in late June, and was limited to 125 participants. While trail work wasn't REQUIRED for participation, as it sometimes is in the west, it was constantly promoted, both before and after the race.

Eric and Sheila Eagan are primary organizers of this event, plus they are sponsors of a section of the Letchworth Trail. They had helpers go through the route before the event, to make sure there were no fallen messes to block the way, and then organized serious work parties after their run, currently at 225 hours' worth of contribution. They plan to come back when bugs and gooey dirt are reduced in the fall, plus sent us a donation of \$1000.

This year the Letchworth Park area has had an unusual amount of rain in hard storms, even flooding parts of the Park, while spots not far away are fine. Bad luck.

As you'll see in the accompanying pictures, they are making progress on some of the slurpiest spots, but the blue-blazed access trails remain the worst, and this race doesn't even use them! Thankfully, Mike Schlicht is planning to run Alley Cats on those woebegone sections next season.

However, the slurpiest spots are this bad because there was another footrace in May, the Segahunda Trail Marathon, which

registers over 500 runners! It is organized by Fleet Feet Rochester and Yellow Jacket Racing. We are told they believe they don't damage the trail, and that, as long as the Park administration permits their event, they are covered, so don't offer us any trail repair, and send a donation of a mere \$500. Because they want to make a full marathon out of the east side trail, they have to run out and back on several of the blue access trails, rendering them grossly sloppy. On the other hand, Many on the Genny starts on the west side so runs over our trail only once on the east side, not on the access trails at all.

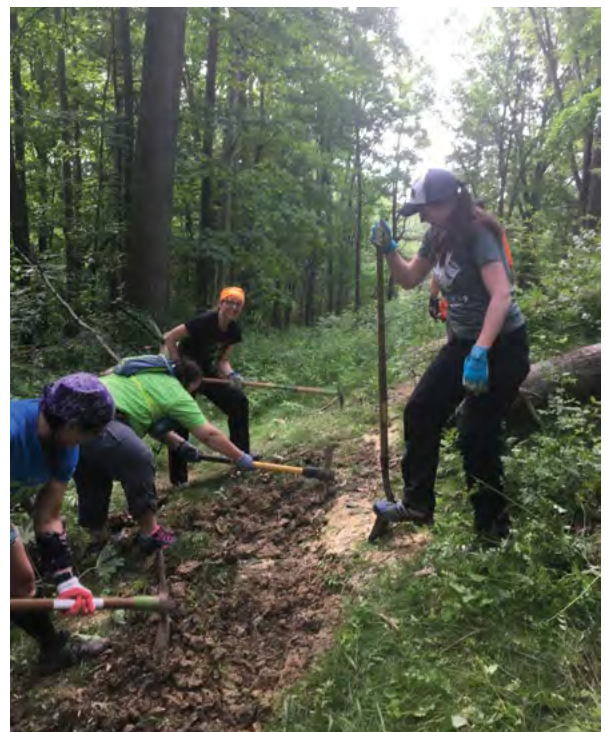
Nobody can cancel these events at the last minute for bad weather, because runners actually do travel from far and wide to participate, and pay hefty registration fees.

There is one more footrace late in summer, the Dam Good Race, run by Goose Adventure Racing, which limits the number of participants, and gives the FLT a donation from their proceeds. We are thankful it is only a half-marathon.

I am hoping that the Park administration, currently led by Doug Kelly, will reconsider their race permissions once they see some of these pictures. Or maybe even run the Shegahunda on the west side strictly using state park trails so state employees can rehab the trail after the race. Give the FLT some time to rest and recover. Our sweet little hiking trail deserves better. 🍁



A sad amount of our trail looked like this by the end of June.



In places the trail had seemed to slide downhill a little, making for bad drainage and bad footing, so these hard workers chiseled a flatter sidehill trail into the slopes.



In numerous wet spots, the trail workers dug drainage ditches to get water off the trail, plus made water bars.



This drainage is "armored" with flat rocks so that the water route stays sturdy even under many feet and especially bicycles. It's gratifying to see this water bar and drainage working so well.

Thank you!

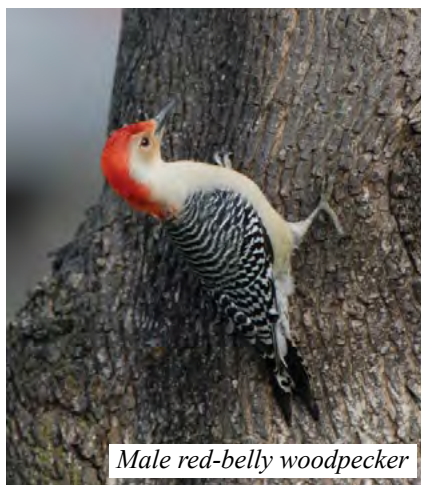


A Naturalist's View

D. Randy Weidner

Hopefully we are all taking full advantage of our great Finger Lakes Trail in every season of the year. Year round participation in hiking the trail gives you the most accurate perception of just what Nature has in store along your favorite sections. As summer's heat diminishes and we move on to fall, one of the biggest changes of which you may be aware is in the different soundscape. After a few nippy mornings, gone are the insect noises. Even more dramatic is the lack of birdsong. Sure, startled chipmunks squeak, wary squirrels chatter, and surprised deer blow, but often the noisiest thing in the autumn woods is the wind blowing around some dry leaves. But there still are birds there, many undergoing their fall migration, so why are we not more aware of them?

In fact, there are a lot of birds passing by in fall. Measurements by bird sensitive radar reveal about 2.6 billion birds cross the US/Canada border in spring, heading north. If that sounds impressive, the same techniques find over 4 billion birds cross that same border in fall, heading south. This should not really be that surprising, because the birds are heading north in spring to breed. The fruits of their breeding efforts swell the numbers coming south. So why are these greater numbers not more evident?



Male red-belly woodpecker

Vinnie Collins

One major reason is that fall migrating birds are not singing as much. In spring, even birds that eventually will nest hundreds of miles farther north are singing, in large part the effect of rising hormone levels in preparation for breeding. Some are trying to form early pair bonds. Others are just practicing the

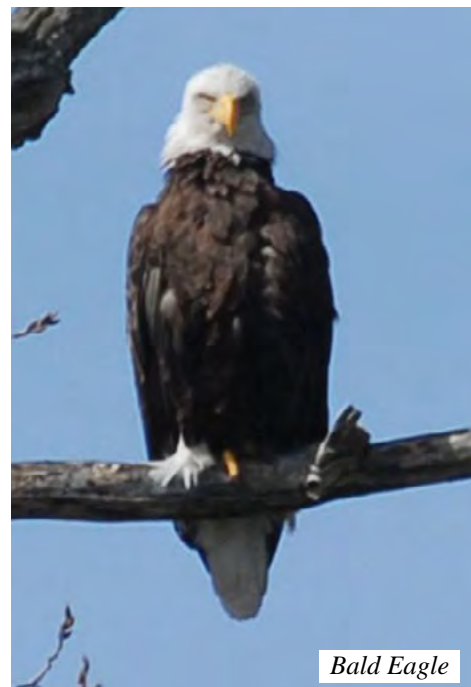
songs they will use to establish and defend territories. Once their efforts at breeding are completed, singing drops off dramatically. But these fall migrants are far from silent. Despite not issuing their breeding season songs, they still call to each other to stay in touch as they migrate. If you can identify birds by their spring songs, that does not necessarily help much in fall. One evening, hearing some unfamiliar bird sounds, I stalked the singers to find they were really birds I knew well, just not by that call. Given all this, our easiest way to detect the presence of birds, using our hearing, is severely compromised in fall.

Another feature of fall migration that increases the challenge of finding birds is the timing of the birds' movements. Many fall migrating birds move at night, often flying at altitudes high enough so land-based observers cannot hear their calls. During

the daytime, when we are most likely to be out on the Trail, these birds may be resting or busy feeding. And while engaging in feeding, fall migrants are not as dependent on chasing insects for food as they were in spring, turning more to seeds and berries, and thus not being as noticeably active. Yet there are birds moving during day-time, and we will discuss some of them later.

There are even more aspects to timing that are essential to consider. In spring migration there is a great rush by all species to get north and secure the prime breeding areas. These motivated spring migrants are more noticeable, many moving day and night, several different species at a time. In fall, considering all the various birds as a whole, the return to wintering sites is decidedly more relaxed. A recent Canadian study using tiny transmitters implanted in birds, confirmed that spring migration occurs over a shorter interval than fall migration. Curiously, fall migrating birds flew faster on average than spring migrants, but the fall migrants stop more often, spending days to weeks at their new locations, before sprinting on farther south. Many that breed just once and finish breeding early, like some shorebirds, are returning south through the area of the Finger Lakes Trail by August. Hummingbirds are gone before the end of September. Other birds, the woodland perching birds in particular, which might have nested more than once, will not peak in their fall migration until mid-September, and largely finish passing through here by October. Many waterfowl species begin migrating in October but may not peak until considerably later, especially the hardy diving ducks.

And then there are the raptors. From the end of August to the middle of September, as you hike the wooded sections of the trail, watch the treetops for families of Broad-winged Hawks moving through the trees, issuing their high-pitched "pip-pee-pee-pee" calls. These are among the earliest migrating raptors, along with Kestrels and Sharp-shinned Hawks. It will not be until late October that Red-Shouldered and Red-Tailed Hawks move



Bald Eagle

Vinnie Collins

through in force. Even later come the hawks of winter, like the Rough-legged Hawk. With more and more Bald Eagles around, you might see them into winter, everything depending on how many unfrozen bodies of water there are available to them, and how easily they are finding food.

And there is one more factor in the timing of autumnal bird migration. Without the internal urgency to breed pushing them, birds seem to take a more measured approach to when they will move. For all birds, they will suffer their greatest mortality during migration. Many cross thousands of miles of unfamiliar territory. Remember, many of them were born this spring. And we now know as well that several species migrate north along one path, and back south along another, completely different route. There are the expected uncertainties of where to find food and shelter that any traveler to a strange land faces.

So birds take utmost advantage of the weather conditions when they decide to fly. While some movement likely occurs every day, if they encounter headwinds from the south, often accompanied by rain, they rest. Birds seem able to detect changes in barometric pressure. They feel the high pressure air-masses coming out of the north and utilize these huge waves of air like surfers. Radar monitored movements are dramatically higher when the birds have a tailwind pushing them. And it is with weather that climate change is affecting fall migration. Fall of 2018 was a perfect example of a year when in late fall, there was a lot of west and southwest wind, likely related to a warm northeastern Pacific Ocean and consequent effects on the jet stream. Fewer opportunities to get that northerly wave of air were experienced by later-migrating waterfowl, and many ducks stayed north or came down rather late. This could be the beginning of a longer trend.

So all these factors help explain why we may not be aware of the greater numbers of fall migrating birds: they do not sing as much; calls they make are less familiar to us; they eat seeds and berries more than insects; their migration is spread over more time with some species going early and others late; and they are in less of a hurry, tending to use only favorable weather. But they are there. Often seeing one bird of a given species in fall means, if you are observant, there are probably several others of that species around, so watch for flocks. When a flock appears, they may stay a while, but when they leave, they do so quickly. And thinking about flocks, recalling that there are some notable diurnally active birds, fall is the time to watch for large flocks of blackbirds, especially over marshes and fields,

where their gyrating flights of seeming fancy provide delightful bird-watching.

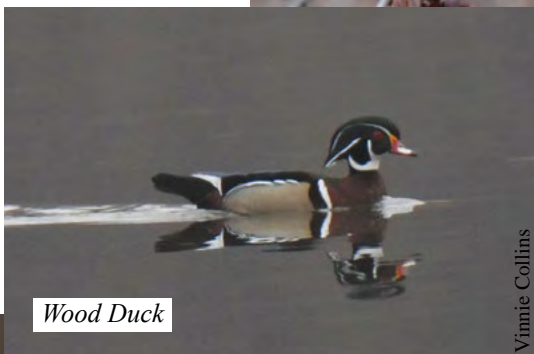
The Finger Lakes Trail provides much to delight the fall hiker. Vegetation colors the landscape. Mushrooms appear along the trail. There is increased visibility of mammals. And there are migrating birds, but you may need to look longer and harder to see them. 🍁

Which of these birds migrate, and which do not?



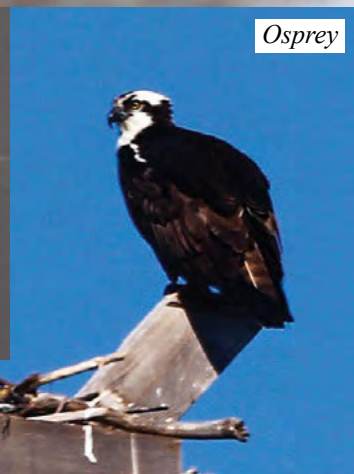
Cedar Waxwing

Vinnie Collins



Wood Duck

Vinnie Collins



Osprey

Tom Reimers



White-breasted nuthatch

Vinnie Collins



Oriole

Vinnie Collins

Taking Girl Scouts to the Trail

Victoria Andruczyk, licensed guide, and Lindsay Cray, Girl Scouts Senior Director of Outdoor Program

As part of the FLTC drive to spread the good word about our trail further and further, we have just begun to offer guided backpack trips for Girl Scouts. We now have four DEC-certified guides, and paid their expenses to get that certification. They are lightly paid for taking young teens out for their first overnights, while the Girl Scout Council involved pays us for the leadership and teaching. The money involved is modest, so our real aim here is to implant the hiking urge in young minds.

I myself would be a very different person had I not gone to Scout Camp from the age of twelve onward, and there I got my first taste of backpacking and lust for trails. So this program will indeed leave indelible marks on young minds. Editor

Girl Scouts have existed for more than a century. We have been creating generations of strong leaders, critical thinkers and compassionate citizens. We've taught kids how to be independent, care for each other, empower themselves, to accept diversity and be inspired by a world of opportunity. We broke cultural barriers and let the kids lead the way to their own success. We did this by introducing kids to their environment and their world through lessons on everything from science to finance. We took all this, elevated it with incredible adventures in the outdoors and we did it with one critical requirement that others' organizations had never attempted: we did it all for girls.

Setting aside the cookies and craft badges, this is an organization of troops who seek sisterhood, winter camping, and some serious wilderness skills. While there is plenty of data telling us that these experiences build character, we also understand that combining outdoor adventure with social emotional learning for girls of any age is a critical stepping stone of development, particularly with girls in adolescence. With activities ranging from something as simple as a walk outside in a city park to extended trips in the backcountry, we know there are plenty of girls who like to mix it up and on some days, we are more interested in making white pine needle tea and carving a rabbit stick than in straightening our hair.

Here in western New York, the Girl Scouts have a crew of nearly 60 women volunteers, all skilled at every level of outdoors. When called, they'll happily take point on a troop trek in the woods. This year in May and June, Tori Andruczyk, 39, volunteered as the lead for multiple trips with girls along the Finger Lakes Trail where it hosts the North Country Trail, too.

On Memorial Day weekend, Tori led a group of 10 girls and five adults from Girl

Scouts of Western New York (GSWNY) council on a Trailblazer trip of more than a two-and-a-half-mile hike into the backcountry of the Finger Lakes to spend the night at the Buck Settlement lean-to on Map M14 of the FLT, just west of Watkins Glen. It was the first time backpacking for all 10 girls from three different troops. Aged 10-16 years, it was their first time getting to know each other and, with a weekend of excellent weather, meeting new people and sharing first time experiences, the forest provided a perfectly even playing field for friendships to take root.

"The hike was kind of hard, but once we got to our campsite, the trip was very rewarding," said Amber Black, age 12.

In another great evolution of Girl Scout culture, the Girl Scouts of the New York / Pennsylvania Pathways council (NYPENN) are always looking for organizational partnerships. Recently the Finger Lakes Trail Conference (FLTC) of New York agreed to provide guided overnight backpacking trips for Girl Scout Troops in exchange for assistance with stewardship projects on the trails. The inaugural trip took place on June 15-16 this year; Laura, Autumn, Ori, Maddy, Alyssa, all seventh graders hailing from Phelps, N.Y., hiked four miles, setting up camp for the evening about halfway at Hickory Hill Lean-to on Map M12, just north of Bath.

One of the best things about seeing these girls taking the lead on their own adventure is that we are giving them a chance to break the stereotypes of meek or needy. In the 2016 *Outside Magazine* article "Ten Ways to Raise Brave Girls," author Katie Arnold suggests that girls "adjust their attitude," explaining that girls are



Victoria Andruczyk

Hikers at an open hilltop view, with the next hilltops fading away into the distance. This is typical Finger Lakes Trail topography.



Victoria Andruczyk

learning that it's cute to be scared instead of practicing bravery. In the same magazine, renowned author Florence Williams wrote a 2017 piece, *The Girl Scouts is Raising our Next Generation of Rippers*, citing a survey of more than 1000 girls by the Oakland, California, nonprofit Girls Leadership showing that half of girls identified as "brave," compared with 63 percent of boys. "A boy is pushed to do things, but when a girl says she's scared, an adult will often intervene." She quotes Caroline Paul, a former firefighter and whitewater competitor, and the author of *Gutsy Girl: Escapades for Your Life of Epic Adventure*. "Boys are taught to persevere, and girls are told that fear will protect them. Fear has become a feminine trait."

For this group of girls, the trek to Hickory Hill meant expanding their world, not a fear of bugs and dirt. Ori Carrasquel age 12 said of her experience, "I liked learning so many new things about nature, and backpacking was fascinating."

Another major component of the Girl Scouts' outdoor initiatives is to teach role-modeling and successive leadership skills to girls as they progress in age and levels. At the Cadette level, girls ages 12-14 years look to troop leaders and older peers such as Seniors (15-16 years) and Ambassadors (17-18 years) to pass them a greater level of responsibility in expeditions. The purpose here is eventually to have girls co-leading or independently leading backcountry trips.

Troops 60123 and 60552 from the City of Rochester's Tekakwitha Service Unit did their own overnight backpacking trip to Kanakadea (Map M9, west of Hornell) lean-to between June 22-23 this year. For the five Cadettes and one Ambassador this was their leadership debut in a non-council-run backpacking trip. Most having participated in the GSWNY Trailblazer trips in the past, their previous experience culminated in this moment, heralding a new generation of backwoods dignitaries for younger Girl Scouts.

Breaking it all down, the girls know preparation comes first, and on a Monday evening the week before their trip, the girls left no stone unturned, running through packing lists, inventorying group gear and packing the meals, discussing shelter alternatives in the event the lean-to wasn't available. This fearless crew was ready.

They met early Saturday morning, and caravanned to the Finger Lakes Trail access point on Karr Road, west of Hornell in Allega-

ny County. Martha, Ani, Angie, Peyton, Amber and Mary divided up the group gear and food, and started the three-mile hike to the Kanakadea lean-to. Although parts of the hike were very muddy, the variety of rolling hills, sunny meadows, and stream crossings maintained a decent workout. So how dogged were they after sun, sweat, bugs and three miles of one foot forward? Peyton Crony, 11, tells us "The hike was good and the mud made it more of a challenge. All the hard work paid off. Hope others get this experience too."

Arriving at the lean-to in time for lunch, the girls relished the break but not for too long. The better part of their afternoon required camp chores, tents to set up, fires to be made, wood to be gathered, water to be purified, two bear bag ropes to be hung for food, trash, and toiletries after dinner. Although Angie Cheng was eventually successful in getting the first bear bag over the first branch, it was inspiring to see her fellow Scouts turn bag number two into a team effort.

As with all things provided by Mother Nature, ideal conditions are a rarity but for those of us who can't imagine life without the woods, we'll take what we can get. The Tekakwitha girls clearly felt the same despite the hills, the healthy layer of mud and a less than ideal latrine. "It was kind of hard, but really fun. The woods are quiet and the food was great. I hope other Girl Scouts get to try it!" explains Martha Kelley, age 11. With the evening sky glittering in stars and bellies full of fire-roasted marshmallows, it became a day with memories well-earned and worth saving.

After the completion of these trips, each girl was able to complete the requirements of some outdoor badges; high adventure, naturalist, primitive trekker, eco-camper are just a few examples. More than that though, these expeditions also emphasize pride, on the part of both the girls and every adult involved. Our "Rippers" (thanks, *Outside Magazine*) embody the meaning of environmental stewardship, leadership and collaboration with a hands-on education. They are familiar with the natural gems like the Finger Lakes Trail and they get how all humans play a role



Victoria Andruczyk

in caring for the ecosystem. It's raising girls like these that makes all of us more confident that this next generation will be able to take care of themselves and is bound to think of new ways to help protect the environment.

Quoting Florence Williams again, "Middle school, researchers have confirmed, is a critical window not only for connecting kids to nature but for changing their brains in ways that will make them more resilient and more confident throughout their lives."

To that end, Girl Scouts USA conducted its own 2014 study including nearly 2000 Scouts, and the results were not wholly surprising: those who have monthly outdoor experiences are stronger problem-solvers, better challenge seekers. Sixty-three percent of teenagers of both sexes cite being with friends and family as the biggest motivators to getting outdoors. But the most important outcome they found? Research has shown that in single-sex programs, girls are more likely to speak up, take on challenges, and step into leadership roles.



Alex Szuba

Classic log shelter along the trail, the destination for these girls.

We have high hopes for this program! And you all should know that Quinn Wright designed most of its features. 🍁

Most of this article was already published in North Star, the magazine of the North Country Trail Association.



Victoria Andruczyk

Oliver Sugarman #455

Today, it has been a week since I finished an end-to-end hike of the Finger Lakes Trail. I collected a lot of amazing experiences along the way and learned a good deal about the region even after completing the trip. Almost all the memories that I have from the trip are best left to be experienced firsthand, so take this with more than a few grains of salt.

My favorite part of the trip was this: the trail is not a place to collect pictures for your Instagram account, and I'm lucky to have gone into the experience with the opposite goal. I took pictures along the way, yes, but if it is instantaneous gratification that you seek on your hike, I would take a trip to the Adirondacks. The classic summit selfie, with Mt. Marcy in the background is what so many people wish for in our current hiking society. Instead, I went into the trail hoping to disconnect completely from social media and the internet and simply enjoy being perpetually surrounded by nature. For most of the trail, you have the option to be connected, and I think that can be reassuring to many, but the best option for me was to keep an arm's length from it.

As a 20-year-old college student, I consider it my job to make mistakes, and I know I'll be able to use them as a lesson for future hiking endeavors.

It's difficult to write this because I have settled back into day to day life at this point, and I find myself wishing that I could be outside for all hours of the day. Even on the trail though, I was able to have at least three walls around me for most of the time; 28 of 35 nights were spent in a lean-to, which was an absolute luxury for me. The lean-tos along the trail were one of my favorite parts of the trail; people had obviously put such huge effort into creating and maintaining them. A few even seemed like locals' personal little projects, which inspired me to visit my local lean-tos more frequently.

Another of my favorite memories was the hike around the Cannonsville Reservoir and the previous town of Cannonsville, now drowned. I think that I would have appreciated the hike a lot more if I had read a little history of the town before hiking through the section. Just remember to take a good look at the first kiosk you see or to check online for some more first-hand experience of what the region means to people.

A lot of the memories that I know I'll keep forever are the ones that led me to a valuable lesson. First and foremost, my shoes and socks were infused with water at least half of the time. This is not something I would consider even attempting to avoid, and if I were to thru-hike the trail again or any other trail for that matter, I would replace my leather boots with Gore-Tex and bring at least 5 pairs of wool socks. If I didn't have the ability to dry my shoes by a fire most nights, I don't think I would have enjoyed the trail as much as I had. Luckily, many of the lean-tos had dry firewood, or were often located in hemlock forests, so making fires turned out to be easy.

The only other part of my hike that I regret was my pacing. Hiking the trail in 35 days meant a lot of high mileage days for me, and I wish I



Oliver Sugarman

had taken the time to stop and observe more often. Some of my favorite hiking was done during a two-day, almost 60-mile race to get to a lean-to before a thunderstorm and not run out of food. I would have liked to spend 5 or 6 days on that section if I could. I wish that I had dropped my mileage in order to enjoy each lean-to and bivouac spot along the way. I regret planning out super long days and not being able to stop at every little creek or view because unlike a lot of the hikes I'm used to, this one didn't have one or two daily destinations. Instead, I found myself surrounded by little pieces of scenery every few miles. Therefore, planning is so unimportant; just bring a lot of extra food and take your time.

Luckily, these regrets won't get in the way of my ability to cherish the trail. As a 20-year-old college student, I consider it my job to make mistakes, and I know I'll be able to use them as a lesson for future hiking endeavors. The FLT is a trail that I would love to hike several times in my lifetime, so I know I'll be enjoying it again soon.

I will always remember the baby fawn that followed me across a field near Chestnut Lean-to, the people I met, the views from the tops of each of the fire towers, the creeks and gullies, all the old stone walls and foundations, taking dips in some very cold creeks, and hundreds more memories. I'll always keep these experiences close to me, I'm so glad that I kept a journal on the trail and took lots of pictures to help me remember every detail from the trip. 🍁

A New Memorial Bench

Jacqui Wensich with Kevin Armstrong

We have all seen, sat on, read the plaque, wondered about and walked by many memorial benches on the Finger Lakes Trail System. They all have a story to tell.

I always liked the #61 Mary Years bench because Ed Sidote and I posed for a photo on it during a finish for Joe (9th) & Kathy (1st) Dabes and John A-X Morris (3rd). I photographed it on my first end to end hike. While assisting Ed Sidote with the paperwork for his end to end work, I learned more about Mary in the upcoming years as her daughter #99 Penny Shaw and son-in-law #138 Gary Shaw also completed the trail. Ed also gave me Mary's detailed albums of her county hikes including photos and original patches. More recently I communicated with the Shaws while working on my second end to end hike last fall. They maintain that section of the trail in Birdseye Hollow.

There are many other examples, M21 Randall Brune, M22 Winston Braxton, M24 Ed Sidote and B2 Howard Beye to name a few. They all contributed to the FLT.

I was able to join the Howard Beye bench dedication in June 2009. Kathy's bench was the first time I was given the privilege of starting from square one. My long-time Facebook, hiking, photographer, dog-loving, birding friend Kevin Armstrong lost his beloved wife Kathy this spring after a long battle with cancer. He wanted to build a memorial bench that overlooked Naples valley in her honor.

I contacted Donna Noteware, coordinator of the Bristol Hills Branch trail to ask about the process. Since Kevin has lived in this area for over 35 years and knows most of the landowners personally, he was able to get permission for the bench placement. Access to the placement area is key as no one can lug a bench up those hills. Jeremy Fields, David Hoselton, Louis Abbondaugie, Frank Amering all gave permission. Our wonderful landowners come through again.

Installation details: Louis is the grounds and game keeper for Hozelton's fenced hunting preserve. He was able to give Kevin keys to the gates to bring the bench over the top of the hill on an ATV instead of a 2 or 3-mile (uphill either way) carry. The bench had to cross a few hundred yards of forested ridge owned by Mr. Amering who graciously granted access to put the bench on Mr. Field's corner at the overlook on the blue blazed trail. Mr. Fields is a very busy man and a bit hard to catch up to, but his mother Monica came to the rescue and got permission from her son to place the bench on his property.



Kathy's multi-talented woodworker son Rob made this beautiful bench. "This morning Rob and I got the memorial bench installed on the Bristol Hills Trail between Seaman Rd. and Mt. Pleasant Rd. overlooking the Naples Valley on Map B1," said Kevin Armstrong. A date was set for the dedication hike, Saturday July 6th, meeting at 10AM on Mt. Pleasant Street in Naples, right past famous Bob & Ruth's and just past the cemetery. Fifteen friends and family people attended the hike. Many of his Naples Hiking Group friends were there,

including son, Rob, daughter-in-law, Stacy and granddaughter 10-year-old Sara Jayne.

The hike gained about 600 ft in elevation on a very hot and muggy morning, so several water stops were needed on this steep two-mile climb. We hiked the switchbacks, passed the game fences and used the new bridge. The bench is installed at the overlook. (On the B1 map you will notice an "overlook" icon on the Blue Trail 0.1 miles from mile 10.4 of the Orange Trail.)

Photos were taken, most tried out the bench and everyone enjoyed the view. Kevin read Kathy's favorite poem and eulogy *Nothing Gold can Stay* by Robert Frost.

So, hikers, when you sit on this bench, enjoying the view, know that Kathy was beloved by her family and friends. She was dedicated to helping the local Ontario Humane Society, specifically pitbulls. After retirement she was active in the New York Bowhunters, Inc., gardening, knitting and always with family.

Those benches all tell a story. 🍁

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New FLT Members

Emma Anderson	Homer
Jody Benedict	Newark, New Jersey
Christopher Burdick	Cincinnati
Caleb Cansdale	Cohocton
Phillip Cihwsky	Loveland, Colorado
Amy Degro	Rochester
Elizabeth Downie	Albion
Anita Edgemon	Greer, South Carolina
Johnathan Freberg	Wayland
Daniel Harter	Springwater
David Hessler	Ithaca
Nathan Huckle	Buffalo
Hermant Kale	Manlius
Andre Kessler	Ithaca
Karen Klemmer	Orchard Park
Denise Konieczko	Orchard Park
Jarius Lawrence	Auburndale, Florida
Douglas Lippens Jr	Springwater
Greg Longwell	Bath
David Magin	Wayland
Jim McLaughlin	Hemlock
Jerry Miller	Liverpool
Doug Mullins	Fort Myers, Florida
Naples Public Library	Naples
Kim Newland	East Otto
Amanda Piha	Willseyville
Adam Ross	Scarsdale
Joseph Schrader	Cohocton
Sarah Spengler	Blasdel
Mark Spezzano	Lima
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Leslie Stidham	Montvale, New Jersey
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Julie Thompson	Nineveh
Tami Treutlein	Warsaw
David & Ruth Tyler	Fayetteville
Mary Lynn Vickers	Webster
Jake Weiland	Cohocton
Jud White	Salamanca
Mikel Willis	Springwater
Cecile Wiser	Nashville, Tennessee
William Young	Cohocton
Steve Zelazny	Buffalo
Cody Zigenfus	Cohocton

FLT NAMED HIKE EVENT

Saturday, October 12, 2019

2019 Erv Markert Hike

Abbot Loop, Danby, NY

FLT Map M17 Rev. 2018

Hike Leaders:

Kristin Schafer, kristinhiker@yahoo.com, 607-321-5754

Hike Description:

From “Out on the Trails – Ithaca and Tompkins County” website.

The Abbott Loop in Danby State Forest was planned by Cliff and Doris Abbott and built by the Cayuga Trails Club. It is one of the most popular day hikes in the Ithaca region, offering a moderately challenging wilderness loop hike of 8.2 miles. From the northern trailhead on Michigan Hollow Road we will go northwest on the white blazed Main FLT, crossing the footbridge over Michigan Creek at Diane’s Crossing. Turn left shortly after the creek crossing and follow the orange blazed trail. Follow the trail mostly uphill, cross a stream and cross Bald Hill Road. Follow an old road which starts level, but which climbs steeply to reach a summit (2.1 miles from the start), perfect for a lunch break spot, known as Thatcher’s Pinnacles (1,700 ft.) with a spectacular view of Inlet Valley, the Finger Lakes Land Trust’s Lindsay-Parsons Biodiversity Preserve, and the hamlet of West Danby. The trail continues mostly downhill and crosses Bald Hill Road again (mile 3.1) descending further and follows the floor of a creek. Reach Michigan Hollow Road after 4.7 miles, about 4 miles south of NY Rt. 96B. From here, you can continue on the orange blazed Abbott Loop trail (3.6 miles) or go north (left) on Michigan Hollow Rd 1.6 miles to return to start. Hikers will have both options.

This hike has several steep ascents, one of them can be avoided by not continuing onto the Abbott Loop trail after 4.7 miles, instead returning to the cars on Michigan Hollow Road (total 6.3 miles). Our pace will be easy to moderate, accommodating the needs of the group.

Meeting Time:

9:00 AM. Please wear hiking footwear, and bring your pack with lunch, snacks, and water, your bugspray/tick repellent, and hiking clothing for the weather, including rain gear just in case.

Meeting Location:

Shoulder Parking area where Michigan Hollow Road crosses the main FLT, about 2.4 miles south of NY 96B from Danby, near Ithaca.

Trailhead GPS Coordinates: Latitude: 42.3173 Longitude: -76.4776

Directions To Meeting Location:

From Danby on 96 B turn onto Michigan Hollow Road, drive about 2.4 miles to the shoulder parking area on the right, where the FLT intersects.

Amicus Winnus!

Dave Newman, VP of Trail Preservation

In the Spring 2019 *FLT News* we reported on something new for FLTC, that we had filed an *Amicus Curiae Brief* (commonly known as a Friend of the Court memo) along with the Catskill Mountain Club, Parks and Trail New York, and the Adirondack Mountain Club. At issue was a Supreme Court judge's ruling that while parkland property owned by a government body is subject to a legal doctrine called the Public Trust Doctrine, property on which a government body only owned an easement was not. We went on to explain that, under the Public Trust Doctrine, government bodies cannot give away parkland rights that they own without specific approval by the New York State Legislature. It's a great law; it prevents the local good 'ole boys from doing mischief with our parks and State Forests, while leaving the option of Legislative Approval when a legitimate change to parkland is warranted.

The issue is important to trails, because there are many places where a government may own an easement but not own full title to the land. If the Supreme Court judge's ruling had been allowed to stand, those easements would have been less protected. The Appellate Division of the Supreme Court took their time in releasing their decision, which probably meant they were being very diligent about their review knowing that it was going to establish state wide precedent on the issue which had not been litigated before. When their decision came out it was a total WIN for US (Amicus Winnus!, get it?). The Court found that parklands protected by easements are indeed subject to the Public Trust Doctrine, and that the lower court judge mis-interpreted the law. It's even a little better than that: the Court commented that land used by the public as "parkland" is covered basically whether or not it carries a title of such and such "Park."

Up to here this report has been factual but astute readers are going to ask, so we need to include some speculative opinion to finish the story for you: the specific location in question is a parcel on NY 31, Monroe Avenue in Brighton outside Rochester, where the developer has now torn down the pre-existing structures and is ready to build an Amazon-owned Whole Foods store. The Appellate Division has sent the matter back to the lower Supreme Court trial judge to revisit the issue because the trail crosses the proposed parcel. The developer could argue that the Auburn Line Trail was nor really used as parkland. It seems unlikely they will win that, if they even attempt it, as there is ample evidence that it was heavily used by the public and it even shows on the Town of Brighton's recreational trail maps.

If the judge agrees that it is parkland, it looks like the developer has two options: (1) propose a different site plan that does not build parking lots over the trail location or (2) attempt to get the State Legislature to allow modification of the easement, for example, to relocate the trail to the periphery of the parcel. But, to do that, the local Senator and Assemblyman would need to introduce legislation and this is a hot potato that they may not want to have on their resume as it is contested by a lot of potential voters.

Plus, the Legislature adjourned for the 2019 session in June and will not reconvene until January 2020, adding further delays. Will Amazon get their Whole Foods, drive-through Starbucks and whatever else they were trying to cram into a site that was going to be pretty tight even if they did use the easement area for parking? That's really not our concern. Our issue is that in deciding that question the Public Trust Doctrine applies, the local Town cannot just give up their easement and allow the development where the trail was without Legislative Approval.

We asked if it is likely this will go from the Appellate Division to the ultimate decision level in the State, the Court of Appeals, and the attorney indicated that at this time it cannot be appealed there as the Appellate Division sent it back to the lower Supreme Court trial level for reconsideration, which is going to take time and more legal costs (not that Amazon can't afford that). So it seems unlikely the basic decision about the Public Trust Doctrine being applicable to easement lands will be appealed, and if it isn't, well, the current ruling now stands as established Case Law in the State of New York. Winnus! 🍁



It's such a relief for a trail sponsor to be able to invite one of our certified sawyers to cut through a huge tree like this one on Cate Concannon's section of the Letchworth Trail. Mary Guldenschuh took this picture of her husband Carl after the two of them finished this one.

Little Rock City Lean-to Completed in One Day!

Story and Photos by Donna Flood

The lean to designed by Rob Hughes, a timberframe style, was re-constructed after its take down from the Syracuse Symposium in one day! The site was prepared by Dave Potzler near the Old Salamanca Road in Little Rock City very near the trail in M2/CT2. The privy, screen and related items were also on display at the On Center in Syracuse. Rob and Dave led the crew in siding and roofing the lean to which is within a hard day's walk of the Bucktooth Forest Lean-to. Adding trail enhancements to the FLTC comes under the Director of Crews and Construction, Mike Schlicht. Crew members were Rob Hughes, Dave Potzler, Mark Potzler, Kevin Fridman, Frank Occhiuto, Gus Phillips, Don Bergman, from Foothills, and FLTC members Mike Schlicht and Stephen Marshall from Naples. The crew started work at 8:00 a.m. and finished at 6:00 p.m. with Dave cleaning up the trail left by the tractor.

There was a dedication to Wally Wood and Mabel James in August. Three hikes led by Foothills Trail Club members started the festivities which ended at the lean-to followed by a dedication. Mabel James was the founder of Foothills Trail Club in 1962, the same year Wally Wood founded the Finger Lakes Trail Conference. The celebration was concluded with a hot dog roast for all participants. 🍁



The "skin" of the shelter was not finished at the Trails Symposium in Syracuse so that attendees could better see construction details, so now the crew is putting boards on the roof plus board and batten siding. The roof will be finished with corrugated steel panels. Inside these shelters hikers sleep in a cloud of pure white pine heavenly smell.

Note the gorgeous details of the prepared beams in this style, especially the stepped decorative ends to the horizontal members supporting the roof, each angle sanded smooth. This is a work of beauty!



Answers to the Summer 2019 “Name That Map!” Quiz

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

Previous Location:



Jacqui Wensich

Janet Brooks correctly identified this picture, taken from inside the Balsam Tower privy on map M33, County Hike Series July 2017.

(Many folks did try to identify this photo but could not remember where they had seen it.)

New Picture:



Note:

Jim Morin did have the previous “name that map” correct, but well after the next magazine’s May 1st submission date. Nice job, Jim and friends.

"There was a nice patch of cut-leaf toothwort behind the other pink gate about two weeks ago when we [Jim Morin, Myra Shulman and Beth Lalonde] were there" said Jim Morin.

FLT SPONSORED HIKE, SATURDAY, OCTOBER 5, 2019 -- CATSKILL LARK IN THE PARK

The annual Catskill “Lark in the Park” event takes place from October 5 to 14, 2019. It consists of multiple events like hiking, cycling, paddling, fly fishing, plus cultural activities. This celebration of the Catskill Park brings together folks from across the state to heighten awareness of the Catskill Mountain region.

The FLT organization will be sponsoring a hiking event for the Lark in the Park on Saturday, October 5, 2019, on FLT Map M30, in Delaware County. The 8.7 mile long FLT hike will be from Campbell Mtn. Rd. to Holiday & Berry Brook Rds.

To set up the car shuttle, please meet at 9:45 am at the FLT crossing of Holiday & Berry Brook Rds. To carpool from the Binghamton area or anywhere enroute, please contact the hike leader.

Larry Blumberg (lblumberg@stny.rr.com, 607-206-9016), FLT's 2019 Lark in the Park hike leader



Finger Lakes Trail

2019 Calendar of Events

September 20-22 Fall Weekend, hosted by Bullthistle Hiking Club, in conjunction with final Chenango County Hike

September 22 Board Meeting, Norwich

October 12..... Erv Markert Hike of 8 miles on the Abbott Loop, South of Ithaca, see page 35

November 1..... Deadline for next *FLT News*

November 2..... Biennial Regional Trail Maintainers' Meeting, Bath Fire Hall

November 9 Biennial Regional Trail Maintainers' Meeting, St. Paul Episcopal Church, Springville

November 15-17 Annual Board Retreat at Letchworth Conference Center

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