

Finger Lakes Trail NEWS

Spring 2021



Inside...

- * ***A Great New Bridge***
- * ***New Staff for the FLTC***
- * ***Trail Days Returns***
- * ***Annual Report of Members and Donors***

FINGER LAKES TRAIL CONFERENCE

Mission Statement

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



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Spring 2020



SPECIAL FEATURES:

The Melveney Bridge at Tug Hollow	4
Dedicated to the Dogs Who Hike With Us	7
Lifetime Members	15
A Growing Partnership	22
First Day Hikes on the FLT	24
Annual Report of Members & Donors.....	26
Forever Society Members	30



VOLUNTEERS:

Call for Nominees - 2021 NCTA Annual Awards	8
Georgeanne Vyverberg Retires as FLT Archivist	25



TRAIL TOPICS:

Trail Maintenance	12
The Sine Qua Non of the Finger Lakes Trail	14
Mini Cats and Alley Cats 2021	18



TRAIL TOPICS:

Miles with Mark.....	10
End-to-End Update	11
Map Updates	16
Trail Preservation Report	17
FLT50 - Christine Reynolds	19
A Naturalist's View	20



DEPARTMENTS:

President's Message	3
Executive Director Report	6
Name That Map!	31

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About the Cover:

Cayuga Trails Club has built a new bridge to replace one repeatedly destroyed by that piddly little stream when it's raging. Note the rock-filled cribs built to raise the bridge above normal water level. See story on page 4.

Photo by Ross Creagan

President's Message

Pat Monahan



Goodbye 2020, hello 2021. We are all quick to dismiss last year because of the pandemic and it was horrible. I learned how to adapt to a new normal in the midst of isolating from others. I don't think that any of us will forget the toilet paper crisis or the mounting loss of life across the globe. On a very positive note, there was much more activity on the FLT and trails across the United States. Trail use, membership, donations, and map sales were higher than they've ever been. We also faced more private property hunting closure issues with new trail users who were not familiar with the expectations to follow the trail reroutes, so we continue to work to educate all users about trail safety and good trail etiquette.

As promised, I want to report to you about Board activity over the winter months including the retreat. In addition to approving the 2021 budget and a review of our 2020 strategic plan, we approved a new leadership model for our paid staff. The Board believes that this model is cost effective and will move us forward to meet the objectives in our strategic plan. The model includes the following full time positions: Director of Operations—Debbie Hunt (oversee the office function and general finances), Director of Marketing and Communications—Christy Post (handle public relations, communications, and events, and increase membership and donations) and Director of Trail Development—Michaela Aney (oversee all aspects of trails). Michaela was hired in this new position and began work on February 1st. We will continue to have a part time Executive Director—Quinn Wright (oversee staff and all aspects of the FLT) and an Office clerk—Gary Buchanan. We hope to grow the organization, by growing memberships and donations, through great service, quality communication, and a premier footpath across New York State.

As we continue to move forward in 2021, many of our customary activities will be adapted to a restricted public health environment. The Board continues to meet virtually. The County Hike Series will begin in June rather than April, and will be adapted slightly for participants' health and safety. Chainsaw training will continue in person with safety precautions. Our Spring Conference will shift its focus to drawing in new trail users and celebrating our entire FLT community in a revival of the Trail Days Celebration, to be held at Steuben Brewing Company on June 5th. The Fall Conference, which is focused on our members and will include our Annual Membership Meeting, will hopefully be held in person at Greek Peak from September 17-18. The FLT 50 will be expanded, as will FLT Connect, our popular series



Larry Blumberg

of online workshops and presentations. Keep a watchful eye on Facebook, our website, and *FLT Footnotes* for future dates and details.

I want to wrap up this message with a big thank you to everyone who became a member or renewed your membership to the FLTC in 2021. **You are important to us.** More importantly, we are important to you. There are many options for your time, talent and treasure. Your commitment to the FLTC helps us to build, protect, enhance and promote a continuous footpath across New York State for the enjoyment and health of residents and visitors... Forever!

So put a spring in your step and “Go take a hike!!” 🍁

The Melveney Bridge at Tug Hollow

Ross Creagan, Cayuga Trails Club



For a few years, before the Cayuga Trails Club had to adjust its trail maintenance routines due to the coronavirus, David Priester, Gary Mallow and I would begin our trailwork days at Panera with coffee and carbs. The fate of the most recently destroyed Tug Hollow Bridge would frequently come up during our discussions. Gary and David had seen a few Tug Hollow Bridges wiped out by the perennial floods which channel through that drainage to Seneca

Lake. The first time I accompanied David and Gary to Tug Hollow (which is part of the Finger Lakes Trail just to the west of Logan Rd. in Burdett), we went out to search for the scattered bridge sections from the most recent flood to see if we could recover any usable materials. We found pieces of 24" wide pressure-treated decking screwed to 2x8x12' beams, which were almost completely buried in the creekbed gravel. It was then that I started to imagine what kind of flood it would take to stir up that much stone to bury knocked-apart sections of bridge.

That's when we asked Charlie Strohman if he could design a stronger bridge which would be elevated two feet higher above flood waters than previous attempts. In theory, a higher, stouter bridge could deflect tree stumps roaring downstream back into the water and under the bridge. While Charlie worked on his bridge design, David and I sketched the two bridge support piers which would withstand the force of raging Tug Hollow floods. We came up with a diamond shaped pier design, with a 67 degree angle pointing upstream and downstream. The pier would be constructed from eight courses of 6"x6" black locust stock, the first two courses installed below the grade of the existing eastern creek bank, a part of the stream landscape which had not moved much over the past several years. The smaller pier on the opposite, higher bank would be built in a box shape, four courses high. This pier was spotted at the highest point of the stream bank, so in theory, flooding waters would level out at that point, two feet below the bottom edges of Charlie's bridge trusses.

Neal Melveney, who owns the land with his wife Diane, was with us every step of the process, and provided the primary tools needed to do most of the hauling labor. All the material for the piers and the bridge were loaded on Neal's John Deere Gator, and delivered to a point approximately 50 yards from the bridge site. Neal's Kubota front-end loader cleared out the weeds (including



Ross Creagan

masses of toxic wild parsley), filled in the black locust piers with river stones (as ballast against future floods) and eventually raised up each of the 600 lb. trusses onto the two piers.

Charlie's trussed design is not only aesthetically pleasing with its series of A-shaped 2x6 triangular braces, it is very rigid and strong; from an engineer's perspective, it is capable of supporting fifteen 300 lb. hikers over a 36' span.

Our bridge construction crew of Charlie Strohman, Neal Melveney, David Priester, Tom Formanek, Gary Mallow, Polley McClure, John Smith, Roger Hopkins, Myra Shulman, Lucy Gagliardo, Bruce Cutter and I had a great time building the bridge during the summer and early fall of 2020. Charlie had ordered all the necessary quantities of wood and hardware, including the ingenious new fasteners called ThruLOKs and HeadLOKs, which completely eliminated the time consuming task of hand-ratcheting nuts tightly onto bolts. We needed to stack the pressure treated wood in the Finger Lakes Land Trust barn to dry for a while, and are grateful to Jason Gorman for allowing us use of the barn from mid August to mid September.

Roger Hopkins, Polley McClure and David Priester cleared away the honeysuckle brush to open up for the eventual bridge stairs to the Finger Lakes Trail. We also had help the day we finished the large pier from Lucy Gagliardo and Myra Schulman, who gathered stone from the stream, put them into Neal's bucket loader, which were then dumped into the piers for added ballast. Marsha Zgola was always a welcome sight, as she catered lunch during long construction days.

Charlie's final step after the construction was finished, done so "he could sleep at night," was to run two 50' 3/8" steel cables from each pier through the bases of the 4x4 railing supports on both sides of the bridge deck. These cables will prevent the bridge from collapsing even if the trusses were to somehow fail. *{And if the cables are tied off to something sturdy, away from the bridge, all materials won't disappear downstream. Editor}*

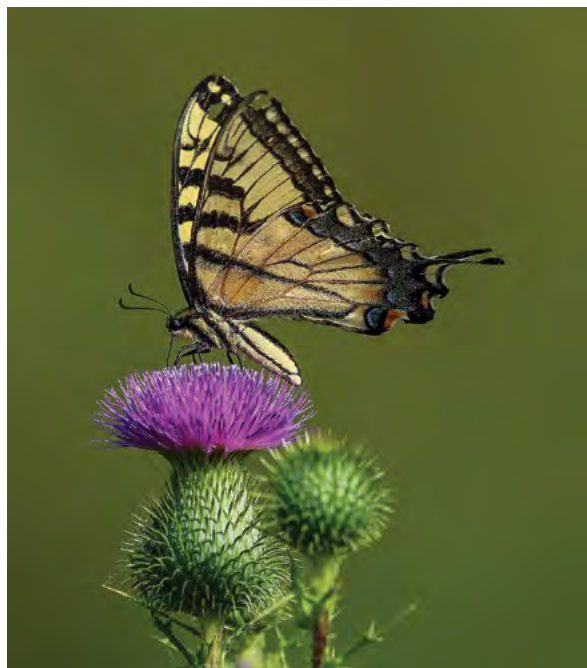
There were several stages of prep work done off site, such as building the truss segments in John Smith's well-tooled garage. John also transported the trusses to the site. Before that John also unloaded the delivery of pressure treated bridge wood to the Land Trust barn with his front-end-mounted grabber tool, so

that we could more readily slide the many pieces into place, spaced for air-drying. Charlie pre-cut all the 2x6's, 2x4's and 4x4's to his engineered specs in his home workshop, and David pre-cut all the black locust decking, including the two-piece, cleated-together treads for the two stairways.

All together the piers and bridge required about 12 days of construction labor, which spanned over a 10 week period due to the challenges of scheduling mostly retired people (who tend to be very busy) to come together on dry days. This was one of the upsides of the drought we had. All the labor added up to approximately 600 hours. The material costs exceeded \$4000.00. The Betty Lewis Fund covered these expenses.

"Betty Lewis was a longtime CTC member and member of the board. She was Editor of our Guide to Hiking Trails of the Finger Lakes for several editions. On her passing, she left a gift in her will, a bequest to be used for trail maintenance and improvement in the Tompkins County area. Much trail work, including the Melveney bridge expenses this year, has been funded with resources granted by the Betty Lewis Fund. It was a very generous, and living gift that has helped us fund trail work for several years." (Gary Mallow)

Our final get together to celebrate completion of the bridge was The Golden Spike Ceremony on October 22, hosted by our CTC President, Polley McClure, who drove in and tightened the last piece of hardware. Polley then treated us all to the best cold bubbly refreshment, from South Hill Cider, and toasted our completion of The Melveney Bridge. We capped off the afternoon with a group hike into the sunset (literally), where we enjoyed hazy views of sunset over Seneca Lake from Satterly Hill Rd. 🍁



Unknown

Eastern Tiger Swallowtail on a bullthistle

Welcome Michaela Aney

Hello, my name is Michaela Aney, and I am the new Director of Trail Development for the FLTC!

I grew up in southern Herkimer County and learned to love and appreciate nature with my Grandma as she would take us hiking regularly in and near the Adirondack Park Preserve. This love of the outdoors manifested itself into my desire to be a part of creating a sustainable future for the planet.

I attended SUNY Cobleskill to study environmental and energy technologies and I concentrated in renewable energies and waste management. After completing my degree in December 2015, I set out as an inaugural member of the Student Conservation Association's Excelsior Conservation Corps. I joined under the guise of completing renewable energy projects for New York State Parks. Although that never actually happened during my term of service, I fell in love with the work we did instead – trail work. I loved carving out a space for people to enjoy natural spaces safely, I found solace in being covered head to toe in dirt for days at a time, I felt empowered by serving the state of New York with the skills that I was carefully learning. Even more, I loved being a part of a team, accomplishing projects, and helping each other learn and grow. After completing my 10-month term of service I accepted another AmeriCorps term of service with the Texas Conservation Corps as a Disaster Response Crew Leader.

I spent seven months in Austin, Texas, leading a variety of crews through different conservation projects across the entire state of Texas until I was offered a job back in Central New York as a project leader for the Excelsior Conservation Corps (ECC). I stayed with ECC and moved throughout the state until January 2020 and left after holding the positions of interim manager as well as logistics coordinator.

Outside of work, I spend more time outside! I enjoy hiking recreationally, volunteering for a nature center doing trail work, snowshoeing, and doing all the above with my dogs, family, and friends. I also enjoy growing my own food and raising my small flock of hens.

I am extremely excited to lend my knowledge of trail work and leadership to the FLTC and look forward to learning from all the wonderful members and volunteers who contribute to the trail's prestige!

michaela.aney@fingerlakestrail.org



Cheyenne Aney

Executive Director Report

Quinn Wright



In my last column I discussed how the FLTC has evolved and transitioned over the years. The organization has evolved into the “**ENHANCE**” phase which is improving and maintaining the trail. When the Long Term Planning process was completed two years ago one of the major evolutionary areas identified was how the trail would be managed. We faced the reality that over the next few years key management positions such as the VP of Trail Quality would need to be replaced. Our extremely valuable Trail Management Team member, Lynda Rummel, has indicated a desire to reduce or stop her time commitment to the organization. Losing the person responsible for the quality of the trail and for training would place an enormous burden on the organization. Realizing that situation could occur at any time in the other key trail management positions (mapping, maintenance, crews and construction, and material and tool management, digital mapping) the Board of Managers decided that a new management structure was required. In the new management structure the Executive Director position has been reduced to part-time and the new management team now includes the following full-time positions:

1) Michaela Aney was hired on February 1, 2021, in the position of Director of Trail Development. Look for her introduction article on page 5. She will work closely with the Trail Management team and submit the annual trail budget to Director of Operations. The Trail Management Team is listed below:

- a) Jon Bowen - VP Trail Maintenance
- b) Lynda Rummel – VP Trail Quality and Training
- c) David Newman – VP Trail Preservation
- d) Jo Taylor – Director of Mapping
- e) Mike Schlicht – Director of Crews and Construction
- f) Peter Wybron – Quartermaster
- g) Roger Hopkins – Digital Map Manager

- 2) Christy Post was hired last year in the position of Director of Marketing & Communications to address the “**PRO-MOTE**” phase. This year has been very trying because of the coronavirus and Christy will report on her efforts in other communications.
- 3) Debbie Hunt, our Office Manager, has been promoted to the position of Director of Operations. In that position she will assume much of the **financial** responsibilities of the Executive Director.



Quinn and Jewell

Roger Hopkins

This new management structure will ensure continuity in the trail management function and result in higher membership, map sales income and much higher donor revenue, while we all will enjoy a more uniformly high quality trail. 🍁

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

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.

Dedicated to the Dogs Who Hike With Us - Update



Jacqui Wensich

Moss Hill Lean-to on Map M13 (Doggie Shelter) 2017:

This shelter was built by the contributions of dog hikers and completed in 2017. There are over 24 dogs mentioned on the dedication plaques. In the future, to add your dog(s) please contribute a minimum \$25.00 initially and \$10 per extra dog.

This money will add to future shelter building projects. The dedication plaques will be added at Moss Hill. Also send one or two full resolution photos to me (jwensich@rochester.rr.com) for display on the bulletin board.

The next plaque will be placed in the shelter shortly by Bill Meehan with five new hiking dog dedications. The new plaque design will allow for single additions in the future.

Options: Call the office (585-658-9320) and contribute directly or online with a note to the Dog Shelter but email the information to me. jwensich@rochester.rr.com

Newest additions:

Ikki Bear by Gunther and Geraldine Keil

Lou Lou by Eileen Loh-Fontier

Zorro by Terri and Bill Dempksi

Mi'ya by Tom and Michelle Bryden

Andy, Peg, Trip, Bo and Stanley by Peg and Mike Fuller



Mi'ya



Zorro



Ikki Bear



Lou Lou



*Andy, Trip,
Bo, Stanley*

*Thank
You!*

Call for Nominees - 2021 NCTA Annual Awards



Larry Pio, Chair of NCTA Awards Committee



We are a major partner with the North Country Trail Association, since the 420-mile portion of our main trail that the North Country National Scenic Trail utilizes is nearly ten percent of that longest of our national trails. So we certainly hope to garner some of the national awards for our own valued volunteers, but that means we have to nominate them! Any of us

may send in a nomination, whether we are members or not, of the North Country Trail Association. Editor

With the NCTA Celebration being held the first week of August 2021, we will open up for nominations beginning January 15 and ending May 1, to get all the awards ordered by late May. We have many volunteers, and others, who should be recognized for their activities on behalf of our Trail, and this is our big chance to do just that.

Please don't get discouraged if your nominee didn't receive the award last time, and submit them once again, with maybe a little more information. The Committee is allowed to select 3 nominations in each category for recognition, except for Trail Builder and Trail Maintainer, which now have up to 5 recipients. I have noted, with almost 40 Chapter and Affiliate entities possibly

having a nominee in each category, it would take 13 years to honor one from each Chapter / Affiliate. So, beat the rush, and get your nomination in this year.

Who are you thankful for in your local chapter, state or region, someone who is special in their commitment and enthusiasm for the NCT, volunteering their time, money, materials and energy to further our mission but also meets the criteria for one of the following award categories?

Nominations are due May 1 and can be completed online at northcountrytrail.org/members/awards, via the e-mail form sent to all chapter, affiliate and partner leaders or by sending the following information to Nalcoman1@aol.com or awhittington@northcountrytrail.org: Chapter/Affiliate/Partner name, award category nominated for, nominee's name, address, city, state, zip, phone and e-mail as well as your name, address, city, state, zip, phone and e-mail. Include a one to two page statement that explains the reason why this person should receive this particular award.

Anyone can make a nomination but be sure you give the NCTA Awards Committee enough detail to adequately compare your nominee to others in the selected category. Give us details, examples or stories to support your nomination. To make your nomination more complete, get help from others, even from the nominee, to give a complete picture of your nominee's contributions.

Categories:

Boots on the Trail:

A volunteer who regularly leads hikes that are well advertised and promoted to the public (non-NCTA members) as a way of building NCTA membership and support for the trail. A nominee would typically lead more than one hike per year and make them interesting by sharing their knowledge with groups or being helpful to new hikers, or organize and lead a whole series of hikes like cross-county or even cross-state events, **over a 3 or more year period.**

Vanguard:

A legislator or other public official whose leadership, actions and advocacy have substantially benefited the North Country Trail over a chapter/affiliate/partner's area or larger, not just a short segment.

Trailblazer:

A business or foundation for far-sighted vision and support, demonstrated by significant contributions to the Trail or the NCTA.

Thomas L Gilbert Lifetime Achievement:

An individual, in recognition of **fifteen (15) years or more** of true dedication, exceptional service and outstanding contributions towards the dream of the North Country Trail **or the success and growth of the NCTA, not just local service.** Service may be performed in a voluntary or paid capacity.

Distinguished Service:

An individual, in recognition of exceptional volunteer service in furthering the goals of the NCTA, and outstanding contributions toward the dream of the North Country Trail. Individual should have made a **significant commitment and accomplishments over eight (8) or more years.** Not more than one of these awards may be granted each year to an individual who is not a member of the NCTA or an Affiliate.

Trail Builder:

A volunteer, whose work in Trail planning, landowner negotiations, layout and design, and/or construction, have resulted in the development of outstanding new trail or facilities over a three (3) or more year period.

Trail Maintainer:

A volunteer, who has demonstrated exceptional dedication or achievements over a **three (3) or more year period** in **maintaining or restoring pre-existing Trail segment(s)**.

Leadership:

A volunteer, who has demonstrated exceptional leadership **over a three (3) or more year period leading to significant local achievements** or highly successful events.

Outreach:

A volunteer, whose efforts to build coalitions, partnerships or other forms of local support have contributed significantly to the ongoing success of the Trail.

Communicator:

A volunteer, for exemplary work in **promoting the Trail or the NCTA** through a communications medium (newsletter, web site, brochure, etc.) or personal contacts **over a three (3) or more year period**.

Rising Star:

An **NCTA member between the ages of 8 and 25**, who has made significant contributions to the Trail **and seems likely to continue**, and whose dedication to the Trail and the NCTA sets an example to other youths and shows exceptional promise.

Sweep:

A volunteer, for tireless work and achievements **behind the scenes** on behalf of the Trail or the NCTA **over a three (3) or more year period**.

Friend of the Trail:

An employee of a unit of governance or an organization whose leadership, accommodations and active collaboration have substantially benefited the North Country Trail or the NCTA, not working solely in the capacity of an NCTA member.

Outstanding Private Landowner:

A private landowner whose leadership, accommodation and active collaboration have substantially benefited the North Country Trail.

Blue Blazes Benefactor:

An individual or household demonstrating vision and generosity through significant monetary or in-kind contribution(s) to the North Country Trail or the NCTA.

Trail Protector:

A volunteer working to protect the Trail by gaining permission to build our Trail, and additionally, gaining easements to protect our Trail, **over a 3 or more year period.** 🍁

WAYS TO GIVE

Annual Fund

Unrestricted gifts to the Annual Fund provide necessary flexible funding for the organization. Gifts to the Annual Fund support all aspects of the FLTC's operations—trail work, group hikes, training for volunteers, special programs and communications. When you make a gift to the Annual Fund, you are supporting the work we are doing right now to fulfill our mission to build, protect, enhance and promote the Finger Lakes Trail.

Gifts to Restricted Funds

The Finger Lakes Trail has several restricted funds that support specific needs within the organization. The **Sidote Stewardship Fund** is restricted for the use of trail protection and preservation projects; the **Endowment Fund** ensures the long-term viability of the organization, with earnings used for general operating costs; the **Lean-To Fund** helps us meet our goal of having a lean-to every 10-15 miles along the trail; and the **Capital Equipment Fund** is used for large equipment purchases. You can make a gift to a restricted fund using the enclosed envelope or by visiting our website.

Gifts of Stock and Planned Gifts

For information about making a gift of stock or including the Finger Lakes Trail Conference in your estate planning, please contact Christy Post: cpost@fingerlakestrail.org.

Membership

Your membership with the Finger Lakes Trail Conference is a powerful way to support the organization. Membership demonstrates your commitment to protecting and enhancing the trail, helping to ensure it remains accessible and available for future generations. We offer Membership at many levels, including Individual and Family (\$40/\$60), and Sustaining Memberships: Trail Blazer (\$100), Trail Builder (\$250), Trail Guide (\$500) and Trail Patron (\$1,000). You can join or renew your membership online anytime, or make a one-time gift of \$600 for an Individual or \$900 for a Family Lifetime Membership.

GREAT EASTERN TRAIL PAST PRESIDENT DIES

Long time trail advocate and past president of the Great Eastern Trail Association Tom Johnson passed away doing what he loved, hiking in the woods on December 5, 2020. He was a longtime member and past officer in the Potomac Appalachian Trail Club. He was President of the Great Eastern Trail Association (GETA) for more than a decade. He and his wife Sharon ran a shuttle and boarded many long distance hikers from the Appalachian Trail in their home in Front Royal, Virginia. Although hundreds of miles separated Tom from the FLT, he frequently commented about the FLTC organization to Irene Szabo, David Marsh and Pat Monahan. He last visited New York for the Great Eastern Trail Association at a Board meeting several years ago at Watson Homestead. Tom and the Board hiked to the northern terminus for the Great Eastern Trail also known as the Crystal Hills Trail in New York at the intersection of the Crystal Hills Trail and the FLT main trail at the Moss Hill Lean-to in Steuben County. Tom's leadership will be missed. His vision for the Great Eastern trail has inspired the GETA Board to complete the trail from New York to Alabama.

Miles With Mark

Mark Valites

A trail runner who also volunteers as a trail caretaker, photographer, and our magazine's correspondent from the running world.



When I run longer distances (~20+ miles) on the FLT, the two most common questions I'm asked are "What do I wear or carry?" and "What do I eat?"

Please keep in mind that what is described below is what works for my experience and comfort level and is what I use for trail running the FLT during relatively warm weather.

Clothing-wise, I wear a pair of running shorts, non-cotton wicking shirt, thin socks, brimmed hat, non-waterproof trail running shoes (currently Inov-8 RocLite 290) and lightweight gaiters to keep debris out of my shoes (Dirty Girl offers cheap and creative designs). One wrist sports a Buff (a wicking sweatband) and the other a Garmin Fenix Pro GPS watch. Occasionally, I'll wear headphones, but I've found myself several times now carrying them the full length of even 100 mile races, yet not using them.



Shawn Weishaar, running past Spruce Pond in Morgan Hill State Forest on the Onondaga Trail.



Shawn Weishaar running through water coursing down the trail on the Crystal Hills Trail. Perhaps a slight reroute would change the water's route?

I don't wear a backpack, but instead a lightweight, form fitting running vest (often the Ultimate Direction Ultra Vest). The vest offers quick access to nutrition and other frequently desired small items on the front, as well as larger storage on the back. Mine also includes an integrated whistle and front attachment points for trekking poles. The poles I'm currently using are very lightweight carbon fiber and collapse into thirds (Black Diamond Distance Carbon Z. Once you've tried nice poles like these, there is no going back!). I keep Leukotape wrapped around one, adhesive tape that retains its beneficial stickiness even when wet. It prevents blisters. The poles are kept on the front of the vest the majority of time and primarily just used for hill climbing. I don't find them necessary on most of the FLT, but put them to use for training for runs that do and to have on hand in case of an injury. While most vests will accommodate a water bladder in the back, I prefer two "soft flasks" on the front for multiple reasons: to quickly gauge how much fluid remains in them, ease of removal/refilling, and to allow for two different types of fluid and redundancy, should one fail.

The less visited items in the rear of the vest include a pared down first aid kit (fire starting materials, band aids, toilet paper in another bag for carry out, a \$20 bill, credit card, small Swiss Army Knife, water treatment tablets), a Garmin InReach Mini Satellite Communicator and headlamp (Petzl Reactik) in a quart sized Ziploc bag. A separate gallon Ziploc includes a lightweight rain jacket (Outdoor Research Helium II) or windshell (Patagonia Houdini). For water, I rotate between a Steripen (ultraviolet), Katadyn BeFree or Salomon XA cap style filter on the soft flasks or even a traditional pump filter if dividing weight amongst several others. The water treatment tablets are only for backup.

If I'm carrying physical versions of the FLT generated maps, laminated printed copies will ride flush against my back. I keep all the FLT maps I've downloaded in an offline Google Drive folder on my phone and use the Avenza Maps application to take advantage of their geospatial information with the phone's GPS. I load the relevant tracks from the FLT provided GPX files onto the Fenix watch as well. If I have to resort to navigating, the watch is used first, Avenza second and the maps only as a last resort, but all are slow and ideally I can just follow blazes and go by "feel." Blazes go by quicker when you're running though and it's unfortunately not uncommon to encounter rough, poorly marked sections or inaccurate distances, so the navigation aids get used more than I'd like. My phone rides up front ... and slows me down with the number of pictures I take!

For fluids, I carry one soft flask of water and lately have been enjoying Skratch Labs sport hydration drink mix in the other. If it's hot out or I know it may be difficult to refill water, I will carry another soft flask of water in the back of my vest. I've found the single serving sized packets of the Skratch mix to be extremely handy and may carry three extra. My primary "food" is Gu Espresso Love gels, which also provide a bit of caffeine. I'll eat one every 45 to 60 minutes. (During really long races, I've found my stomach will only tolerate about 20 in a day.)

I supplement all this with mint chocolate, fig bars and salmon or beef jerky. All totaled, I try to consume roughly 250 calories an hour. Longer runs include more of the above, plus some of what's referred to in the ultra running world as "real food" (non processed, non primarily sugar based) and sometimes a stop at a store along the way, if the trail allows. Rarely is anything foraged off the trail, but I do occasionally grab fruit or berries.

All of this typically weighs under ten pounds.

Follow along at <https://www.instagram.com/buffalotrailandultra-runners> for more. 🍁



Jeffrey Adams on the Crystal Hills Trail. We hope the maintainer gets out here soon before the path disappears into the jungle.

End-to-End Update

Jacqui Wensich, End-to-End Coordinator



Main/Branch Trail: none

Updates:

Lian Nelson of Syracuse, an ultrarunner, plans to attempt running the main FLT. Clay Johnson of Rochester is continuing his main trail hike, Theresa (#310) and Jay Evans of Syracuse have sixty-three miles to finish her second and his first main trail end-to-end hike. They plan to vacation next June and complete their journey. Karen Seward and Kelly Ireland of Clifton Park have begun their main trail hike. Steve Stirling is starting his main trail hike this fall. Desiree Wlodarek of Niagara Falls has begun her FLT system hike. A FLT system hike includes the main, loop, spur and branch trails as a long-term goal. Jennifer Montgomery and friends have completed their first 100 miles of the main trail. Ryan Levering, cousin of Kimery Levering #482, plans to thru hike in record time.

Comments:

Several hikers have asked about re-routes. Do they have to re-hike a new section or a hunting or logging closure? NO, *you do not have to re-hike a section once you have completed it.* Changes to the trail occur every year, but hikers do not have to re-hike them. Please continue to inquire if you have any questions. I add aspiring main trail hikers to my end-to-end files. Love to receive updates and photos. For example, Steve Stirling has sent in his backpacking segments with a few photos and hike overview. Karen Seward and Kelly Ireland also have been sending in regular hike reports with photos.

Car Spotter News:

Joanne Ratajczak has recently retired and is able to assist hikers all week. (M1-4/CT1-4).

A warm welcome to Desiree Wlodarek of Niagara Falls. She fills a needed gap in our car spotter list. (CT 1-12, L1-2, M1-7) She is also willing to bring a meal, take a hiker into town and be a food drop. She works full time but is available on the weekends. Desiree can be contacted in the evenings.

The car spotter list is fluid...it changes. Have your map in hand when you call to make arrangements. Offer to pay for gas after your ride. Take the spotters' photos so we can recognize them in the *News*.

We need more car spotters for the Branch Trails and **M1-5, M27-34**. Please consider signing on as a car spotter. Just email at jwensich@rochester.rr.com for the application. Spotters are a vital part of hiking our trails.

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 high resolution as you hike and keep trail notes, so you can write your end-to-end article.
8. Car spotters offer to help in designated areas. It is not a long-distance shuttle. Longer rides must be arranged on your own.

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 FLT email discussion group (see page 6 on how to join) to see if someone is willing, if you do not have a friend or family member available. 🍁

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

Trail Topics: Trail Maintenance

Jon Bowen, VP of Trail Maintenance



During this part of the year, not much trail maintenance occurs, although this year, due to lack of early snow, some projects have taken place. We also have some retirements recently where we need volunteers to take over some of the work load. Plus we can still use more volunteers for our roving trail maintenance crew. Not a trail maintenance comment, but Bill and Mary Coffin are working on adding the FLT to the US Forest Service website DiscovertheForest.org. It's an interesting site with information on all forests across the country. Check it out.

Marty Howden RTC Maps M4-6 (Genesee River to nearly Ellicottville)

NEEDED: A new RTC, so Marty can retire.

GOOD NEWS! David Malinowski, a DEC wildlife technician, has agreed to take on Marty's job.

So what does the RTC do? He or she oversees the maintainers of a stretch of trail, in this case from the Genesee River west to the junction with the Conservation Trail. The RTC makes sure there are volunteers assigned to all of the trail, trains new volunteers when needed, makes sure all of the region's volunteers know everything important to them, like keeping a record of trail work hours, accident insurance availability, trail quality standards, policies, etc., and helps each with either agency partners, like state foresters, or private landowners. It's a nice way to share all you've learned after years of trail work with other people. This particular area has no hiking clubs to adopt the trail, so all sponsors here are individuals or couples.

NEEDED: M5, Maintainer for Access 2 to County Line Road, approx. 9.5 miles, 2.2 road, 7.3 off road.

MORE GOOD NEWS! Lynda Chudy had volunteered to take care of this long section, and will be counting on help from Katy Carrier and Lisa Oun to get it all done. Meanwhile, we thank Kevin and Debbie Fridman for taking good care of their trail for the last dozen years.

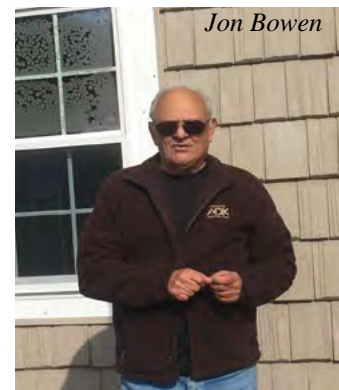
Bill Meehan RTC Maps M12-14 and QCMT, MFHLT (Watkins Glen area)

Winter arrived late this year enabling Bill Meehan, Dave Moyer and Aaron Havill to do trail work later into fall. Bill says "These guys have been my helpers all summer and fall. We have been doing projects almost every week. We reopened the trails on the Queen Catharine Marsh Loop, the June Bug trail in Hammondsport and did a bunch of trail trimming on Map M13. And occasionally we hike just for fun." Thanks for all your great work.

Most recently they have been gathering material for puncheon across a gloppy spot outside Watkins Glen.

Bullthistle Hiking Club News from RTC Tom Bryden

Two new trail maintainers have joined the BHC crew of workers. On Map M22, Julie Simoncic has taken over the section of FLT from State Rte. 26 in the Otselic Valley to Partridge Hill DEC Rd, traversing the grueling Truman Hill. She replaces



Jon Bowen

Kathy Bowen

► *Finished puncheon to render a sloppy spot nicer for walking near Watkins Glen. The alternating dark rectangles are shingles, which will reduce slipperiness when the wood is wet.*

▼ *Pile of puncheon material, ready for construction.*



Bill Meehan



Bill Meehan

Larry Chesebro on this section. Larry will continue to maintain two other FLT sections near State Rte 23 and as caretaker superb of the Bullthistle Bridge.

Steve Ellsworth has agreed to maintain the “Kopac Trail North.” Bruce and Donna Coon were the previous maintainers of this section. The two year project on M24 west of Bowman Lake is now complete, or will be with signage and blazing improvements in the spring. Through efforts of the Bullthistle Hiking Club, in cooperation with the DEC, a much dryer enjoyable hike is now possible. This blue blazed loop trail around Bowman Lake now connects with a refurbished spur DEC Ski Trail (yellow blazed) to scenic Whaley Pond.

Special thanks to DEC foresters Chris Sprague and Andy Goeller, and the DEC Operations Crew, for helping to engineer, redesign and clear the reroute for this project. Steve Ellsworth has jumped in vigorously, and will keep this great reworked trail in terrific shape.

Maps M9 through M11, Pete Wybron RTC

Welcome to Don Lowe from Spencerport. He has volunteered to use the DR Mower stored at the Kanakadea Park to mow the fields in the Hornell area, maps M9 thru M11. This should greatly improve the trail in these areas. Thank you, Don! 🍁

Contact: Jon Bowen
325/638-8749
jkbowen@gmail.com



Cari Shiel

If you've never walked our trail all the way through the west, back end of Watkins Glen State Park, there is a dam in there, purpose unknown, but it sure looks different in winter.

Thank You

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

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.

Trail Topics: The *Sine Qua Non* of The Finger Lakes Trail

Irene Szabo



Have you ever run across this wonderful Latin phrase? It says a lot in only three words, meaning that magic thing without which something bigger couldn't exist. See how many words English required? Anyway, on these pages, it means some essential element without which the Finger Lakes Trail would never have evolved.

Ed Sidote was one of them for sure, and even though I never met Wally, I'm betting our founder Wally Wood was one, too. Ed was downright nutty in his obsession with the trail, promoting it, sharing written material with hundreds of people, doing speaking engagements, and leading hikes until near the end of his long life. Ed even began the Forever Society of donors, about which you'll learn more in the next issue. Ed was also a lifetime bachelor, so his family of aunts, etc., thought we, the FLTC, should clean all of the trail stuff out of his house! The trip across the state filled my full-size crew-cab truck!

Howard Beye, our longtime trail management guy and *de facto* executive director even before we had any, was certainly the *sine qua non* for this trail during a period of roughly fifteen-plus years ending with his abrupt death in 2008. When I complained to his wife Dorothy about Howard's late evening phone calls, starting at, say, 9:30, she understood perfectly. And once Howard got talking, he'd still be saying, famously, "Oh, one more thing..." even at 10:30 or later! Dorothy told me he'd be working on trail stuff down in their basement office until as late as 1 or 2 a.m., and then would get up again at 5:00 in order to finish a few tasks before he went to work. The volume of his correspondence was enormous, yet he was a two-fingered typist.

Howard tried to take care of EVERYTHING related to our trail at the paper end of things, plus organized trail work training sessions AND ran at least one Alley Cat construction project per year, if not more. Weekends often disappeared into meetings all over the state and beyond, especially once the FLT became more of an active partner with the North Country Trail. So you can see why many of us who were active during the Howard Years realize that he was an absolutely necessary ingredient in our growth, even though more than a spoonful daffy himself.

The most recent *sine qua non* hero I celebrate here is Lynda Rummel, and, as we usually discover, she'll be hard to replace! To cover everything Howard tried to do, within a few months of his surprise death we had invented four new vice-presidents just to cover HIS "jobs," while a couple more were added to relieve others. Since we cannot keep inventing more vice-presidents to take on our trail management jobs, let us consider what Lynda has done for us for over twenty years now and search for that next perfect volunteer. Yes, Lynda wants to retire.

The next Lynda has to be capable of consuming passion and great absorption in sometimes mentally challenging puzzles, because her "job" as VP of Trail Quality can include organizing exciting

projects, convincing both landowners and state agency people of the righteousness of the trail's passage HERE, and spreading the gospel of building QUALITY trail through training, communications, and Come-to-Jesus exhortations to well over a hundred trail-care volunteers.

Ironically, Lynda started trail volunteering with Howard! While he was GPSing our trail for the first time with huge borrowed National Park Service Equipment, she accompanied him. In the 80s she did her first trail work, then retired young in 1998, after which she jumped in with both feet. Howard was just in the process of inventing our first Regional Trail Coordinators, so Lynda volunteered to be one, AND she listened to him for hours while hiking with the early GPS unit. That was it. She was cooked. One of the first projects they concocted was the set of revisions to the Holland Ravines on the Conservation Trail; Lynda organized that big Alley Cat!

Meanwhile, trying to save Howard from combusting from overwork even after he retired, Lynda took over some trail-building training while then-President David Marsh convinced Ron Navik to undertake the job of VP of Trail Preservation, which was a successful beginning. Lynda's quarterly *Trail Tenders News* first came out, and Lynda took over the fall trail worker training sessions from Howard.



Irene Szabo

Lynda teaching trail maintainers.



Irene Szabo

After the Holland Ravines reconstruction, Lynda's next big project was to move the trails west of Watkins Glen State Park off old roads to newly built real footpaths. Obviously it took several years and even two grant applications, but new trail was built on both state and private property, and the Buck Settlement lean-to was built

in the neighborhood. Lots of volunteer crews worked on these improvements, but don't think that the VP of Trail Quality has to spearhead trail-building projects! These tasks are more often handled today by the Director of Crews and Construction, Mike Schlicht. These stories are being shared mostly to tell you how Lynda grew into her eventual role with the FLTC. For those of us who love trail maintenance and building, this is often how it happens.

Meanwhile, Lynda became the VP of Trail Quality, which means that I nag her every quarter to write that job's column for our magazine. She kept helping various sections of trail to flourish, like Tom and Donna Noteware's Bristol Hills Trail sections where new bridges over mucklands were needed, and a couple trail easements she arranged paved our way.

Even in "retirement," she still plans to help Jon Bowen, our VP of Trail Maintenance, with training sessions when asked, and to review Unit Management Plans and other state agency documents that affect our trail, at least until we get a new VP of Trail Quality. She'll also help RTCs with projects where they request her help, and provide our new staff Director of Trail Development with as much help as she needs. Many of us hope there is another super-volunteer aborning out there, one who is so enthused about trail stuff that he or she will be thrilled to get this job. If I myself weren't so damned old and crotchety, I'd LOVE this job. For instance, just this past week I dreamed about undertaking some new trail building, until I woke up and remembered I simply cannot do the work any more. Ironically, after I went back to sleep, I went back to dreaming about trail work! Now when does any of us get to go back to pleasant dreams?

Please contact Lynda if you are interested in this job. ljrassoc@roadrunner.com 315/536-9484. 🍁

TRAIL QUALITY POSITION OPENS THIS SPRING

Our current and longstanding Vice President of Trail Quality, Lynda Rummel, will be "retiring" from this leadership position after many years of volunteer service. This creates an opportunity for someone with a love of being outside and teaching others to work side by side (remotely) with Lynda. This is a Board officer position and an integral part of the Trail Management Team.

Responsibilities include organizing training in trail design, building, and maintenance. This person will manage trail tread, corridor, signage, marking, and use standards, policies, practices and protocols, will monitor and facilitate responses to trail condition reports, and manage data-sharing Memoranda of Agreements. It requires an average of ten hours of service per week over the course of a year. This is an excellent way to dive deeply into the FLT.

Contact Lynda at ljrassoc@roadrunner.com or 315/ 536-9484

Lifetime Members

Lifetime memberships demonstrate strong support for the Finger Lakes Trail, and we extend special thanks to the individuals and families who have made this commitment. Lifetime members have made a one-time gift of \$600 for individuals or \$900 for families.

* Deceased

John Abbott
Dianne & Olin Anderson
John M. & Luanne Andersson
Michael Baker
Joseph Baldino
Juanita Ball
Bill Bancroft
Mark Banker
Gene & Liz Bavis
Donald Beattie
Lyman Beecher
Joe & Diane Bell
Dawn Bennett
Judith M. & Jeffrey Bennett
Thomas Berryman
Georgiana & Eugene Binder
Susan Black
Joanna Bock
Jon & Kathy Bowen
Kevin Breiner
Joe Dabes and Kathy Brennan
Jeffrey Brisky
Gary Bustos
Frederick Carranti
Stephen & Tammy Catherman
Jan Chadwick
Jack Chaney
John Joseph Cobb
William S. & Mary Coffin
Margaret Coleman
Susan Collier
Jeffrey G. & Betty Lou Constable
David & Adele Cook
Louise Cook
John Cooley
John C. & Nancy P. Crowley
Carolyn Crump
Charles Culp
Mike Cunningham
Steven & Beth Czajkowski
Sue DeGeorge
Jeff DeMerit
Jane DeRensis
Anthony & Marilyn Destefano
James DeWan

Joseph Donovan
Alexander Dorman
Caralea Dougherty
Mike & Jan Douglass
David, Nancy & J.T. Drum
Mark Dye
Thomas & Clarice Dziekonski
Jeffrey Ehlinger
Marjorie Elder
Herb Engman
Charlene Elite
Theresa & Jay Evans
Bill Fair
Gregory Farnham
Beverly Feindt
Kenny Fellers
Merwyn & Frances Fenner
Sheila Ferrari
John & Patricia Fey
Adam & Janet Finley
Dolores Finley
Donna Flood
Norman Foley
Virginia Ford
Paul L. & Theresa V Gaeta
James Gagnon
Sharon L. & William A. Galbraith
Lewis & Kathleen Gersh
Teresa Giarrosso*
Gladys Gifford
Mark Goldfield
Jennifer Grant
David Grotke
Herbert Haake
Helen & Chris Haller
Richard Harrington
Thomas Hawkins
Lane & Edith Hemaspaandra
Ruth Herzog
David Hiebler
Mark & Susan Hittle
William J. & Nancy J Holland
Don Holman
Roger & Ruth Hopkins

Chris Hotchkiss
Theodore Hullar
Catharine Ackerson & Susan Illes
JEK Revocable Trust
Robert Jeuck
Linda & Bradley Jones
Milton Jones
Sigrid & James Connors, Jr.
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Penelope Wickham and Tom Kather
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Harold Kyle
Scott Lauffer
Mary Leary
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Luise Levine
Colleen Liggett
Richard Lightcap
Edwin Lindscoog
Barbara Lobb
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April Miller
John A-X. & Carol Morris
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August Mueller
Joshua Naylor
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Debra Nero
David Newlun
Susan Newman
Glenn Nixon
Donna Noteware
Jill O'Hara
Patrick O'Mara
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Ernie Patrikis
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Mark J. Reist
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Rev. David & Patricia Robinson
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Margaret & David Waterman
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Jacqui Wensich
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Timothy & Nancey Wilbur
Carrie Williams
Jennifer Wilson
John R. & Judy Wint
Quinn & Jewell Wright
Nancy Yates
Susan Yee
Ann Young
Joan Young
Cynthia Zacharek
Lynda Rummel & Rolf Zerges
Mary Zuk-Domanski
Daan Zwick

Trail Topics: Map Updates

Jo Taylor, Director of Mapping



The Mapping Team (and that includes YOU, too)

The FLTC's mapping team, which maintains the organization's trail maps, has grown since Greg Farnham wrote his last mapping column for the Winter 2020 issue of the *News*, in which he announced that he was stepping down as Director of Mapping and asked readers interested in helping with mapping work to contact him or me. Greg remains very much a part of the team, but I have taken over as Director of Mapping for the FLT. Swapping roles was easy because for the last five years I have been engaged in FLT mapping projects, working with Greg, and all along, Greg has involved me in mapping tasks. The FLT community owes Greg a vote of thanks for his dedication to providing excellent maps over his nearly ten years as mapping director and for insisting on sustainable, well-documented processes which will enable us to bring on new volunteers seamlessly to help with the work.

Even before Greg's article appeared in print, we were very fortunate to recruit April Miller for our team. Her name may be familiar to you as a frequent contributor to the FLT hiking email group. April has a strong commitment to the FLT and her technical skills are an almost ideal match for our team. Already she has made great strides in getting up to speed on our process and the software tools we use. April was responsible for producing the recent update to map M5 for the reroute in Swift Hill State Forest.

Since April joined the team, Greg's appeal for helpers and a more recent one from Roger Hopkins for help with the website end of FLT mapping (including, importantly, the online interactive map) have produced another very promising lead to potential volunteers that we will be following up on soon.

Within the FLT organization, maintaining the online interactive map and other online map-related functions (map store and trail condition notices) are considered part of the website management function. On the other hand, the job of collecting mapping data from the field and incorporating it into the PDF maps and GPX files sold by the FLT fall under the aegis of the Director of Mapping. However, **"mapping is mapping"** and all the volunteers who carry out the FLT's mapping function work together. In future issues of the *FLT News*, Roger Hopkins, representing the website side, will be collaborating with me on this column.

The FLT mapping team involves many individuals beside the four of us, including Deb Nero and Joe Dabes on the Passport hikes, Regional Trail Coordinators, GPS volunteers, trail maintainers, and hikers who report trail conditions. Hikers: before setting out to hike on the FLT, check the Trail Condition notices on the FLT website for any closures, map updates, or other changes since you purchased your FLT map. The most recent map and the current TC notices together represent everything the mappers and the relevant trail coordinator know about conditions on that section of trail. If



RWW Taylor

Jo Taylor working with the FLTC's GPS equipment to remap a reroute.

what you find on the ground during a hike does not correspond with our maps or TC notices, or if the map is confusing, please report the issue by email at trailreport@fingerlakestrail.org. We thank you for this help, and we will respond.

A look ahead: In future issues of the *FLT News*, we will talk more about the above-mentioned extended mapping team, in addition to providing information on how you can most effectively use the various map resources the FLTC provides. 🍁

You can't use an old map to
explore a new world.
-- Albert Einstein

Contact: Jo Taylor
jhtaylor@frontiernet.net

Trail Topics: Trail Preservation Report

David Newman, VP of Trail Preservation



Collaboration Works!

Readers with a good memory may recall the project that we the Finger Lakes Trail Conference, Inc. (FLTC) did with the Finger Lakes Land Trust (FLLT) back in 2016 and early 2017 where FLTC agreed to lend up to \$250,000 from our Sidote Trail Preservation Fund to FLLT so that they could acquire a key property at the intersection of Heisey Road and Eastman Hill Road in Tompkins County, Town of Danby, from Mr. Vaeth. The plan was for FLLT, who can move faster than the NYS Department of Environmental Conservation (DEC), to purchase the property from a willing seller using loaned funds from FLTC, and hold it until DEC's acquisition process could purchase the property and add it to Danby State Forest. DEC eventually closed on the property and the loan from FLTC was repaid to us. Along the way we received a permanent easement for the trail (not that we necessarily need an easement on DEC lands; after all, there are hundreds of miles of trail on State lands with no easement, but we wanted to be certain the trail would be forever allowed and not somehow get caught up in a Unit Management Planning process delay.)

At the time of the initial loan for the Vaeth property, we identified a desire to acquire a permanently protected route east to Coddington Road and later in 2017 our friends at FLLT, working with DEC, came to us with an opportunity to acquire a parcel leading down (DOWN being the key word: it IS steep) to the road. Once again, DEC agreed to attempt to purchase the property when their funding allows but could not move quickly. In this case, we at the FLTC loaned another \$62,000 to FLLT and they bought the property from the Susquehanna Land Company and granted a permanent easement to FLTC.

Late in 2020, FLLT, finding their finances able to do so, repaid the \$62,000 zero percent interest rate mortgage to FLTC. Recent discussions with DEC indicate they are proceeding with their acquisition and it may close in 2021.

The task of building a trail across the upper reaches of the Susquehanna parcel goes to David Priester and the Cayuga Trails Club. There is a nicely graded and dry woods road for most of the way. But then it gets steep... very steep... ladder or stairway kind of steep, and it was going to be quite a challenge for our Crews and Construction Director Mike Schlicht to direct Alley Cat Projects on loose, unconsolidated soils. Mike had begun the process and while we were going to get a connection to the road, it was going to be work, and likely one of those steep sections that was going to need ongoing heavy maintenance forever.

You'll recall from a more recent *FLT News* that once again our Finger Lakes Land Trust friends and DEC are coming through for us and a combination of a parcel donated to FLLT by the Eberhard family, which FLLT will hold as a nature preserve, and a parcel purchased by FLLT, which DEC will acquire, is going to allow us to route the trail permanently down to Coddington Road without needing

Ed Sidote, one of the pantheon of Finger Lakes Trail demi-gods, started the fund that bears his name with the donation of some stock, asking others to donate in a similar fashion, instead of thinking up presents for his 93rd birthday. The idea grew legs, and today that fund thrives at plus or minus a million dollars, depending upon projects we use it for. As a fund to protect or improve the trail, it has enabled the Finger Lakes Trail Conference to buy properties ourselves, or helped the Finger Lakes Land Trust protect vulnerable and critical properties that also protect the trail. Donations are always cheerfully accepted!

to go down the steepest part of the Susquehanna parcel. David Priester and Cayuga Trails Club volunteers will be constructing the necessary link trail, not steep, to complete this route, probably in 2021. We expect our FLLT friends are going to ask FLTC's Sidote Fund to assist with some costs, perhaps an off road parking area and informational kiosk or perhaps sharing some of the closing costs.

If you've followed this far you'll have counted two FLTC loans to FLLT, three parcels purchased by FLLT to be transferred to Danby State Forest (one already has been), and a fourth parcel acquired by FLLT where FLTC may yet assist in some trail friendly improvements.

My notes on this start back in 2015. Six years of focused work with FLLT help has insured a permanent link for the trail. Our loans to FLLT have been repaid to our Sidote Fund. When it all settles out, our costs will be the closing and survey costs we shared on the first project, plus any improvements we agree to pay for on the latest project.

Our friends at Finger Lakes Land Trust have surely helped us to establish this protected route from Heisey Road to Coddington Road. It's mutual, as their master plan wanted to protect the ecosystem on Eastman Hill from development and without the loans from FLTC they may not have been in a financial position to acquire these properties at the point in time when there was a willing seller. We look forward to doing additional projects together. Thanks to the generosity of our FLTC Sidote Fund donors we have the resources to move when the opportunities come up. So future donations are encouraged, in order to help us stay nimble. 🍁



Bodhi Rogers

Look at the picture on the back cover. The picture is looking northward. The trail will come across road at the bottom from the flat valley on the right and start to climb the woods on the left side. On the Eberhard property, the trail's climb will be much more gradual than it would have been further north. In this picture, we can see the steeper hill further north. Whew.

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Trail Topics: Mini Cats and Alley Cats 2021

Mike Schlicht, Director of Crews and Construction



The Alley Cat schedule is taking shape and the following is what the calendar looks like at the end of January.

- Letchworth State Park – August 2-6
- Holland Ravines – August 23-27
- Catskills Lean-to and Trail Clearing – After Labor Day
- Bean Station Retaining Wall – TBA
- Ludlow Lean-to

In the last issue I mentioned that a local hiking challenge was increasing the number of people on the trail in Western New York. The organization called WNY Hikes is also running a winter challenge that included the Holland Ravines again. Annette Brzezicki who is a trail steward for two sections of the ravines has met a number of folks on the trail and there has been a lot of interest in assisting with the Alley Cat this summer. Annette has also spoken to Michael Radomski who runs the hiking challenge who has also expressed interest in helping to promote the Alley Cat and has mentioned how hikers have expressed to him how much they enjoy that section.

The American Hiking Society (AHS) notified us that they are not listing any work projects that include indoor lodging or dining at this time. They will be re-evaluating that decision this June pending the status of the pandemic. The Letchworth Alley Cat will be held this August with or without the AHS crew. At this time, it will be a day event where the FLTC provides boxed lunches to the crew if the status of the pandemic is not favorable to indoor dining and lodging. While I could locate a campground to host the crew, AHS's decision was very wise and something I should have taken into account as some states do not have the same standards as New York when it comes to the pandemic. While I am not ruling out this Alley Cat to include AHS and out of state volunteers, I also will be waiting until June to see where we are.

Tom Rice who saw the listing of the Ludlow Lean-to "mini-cat" sent me an email expressing an interest in being a part of the crew that takes care of the graffiti. In our email exchange over a few weeks, Tom mentioned that he will donate the stain for the project and after visiting the lean-to a short time later, stated he would take care of the whole project. These are the kinds of community that I enjoy in my role of Director of Crews and Construction especially in the era of COVID. In my day job I work in the Information Technology (IT) field, working in medical settings, and am very aware of the perils of COVID and that all of us need to stay healthy until we receive our vaccinations. Even in these difficult times, we can still find community to get involved in helping to "build, protect, enhance and promote" the trail as our mission statement states.

In my last article I wrote about the upcoming policy on the use of roofing shingles and that policy will appear in the next issue of the *Trail Tenders News*. I would like to thank Cynthia Hill from the New York State Department of Environmental Conservation Region 7 and Stacy Russel from the Cortland County Soil and

Water Conservation District for all their help on the Solon bridge project. I am sure my emails get tiring after a while, as I experience the same thing in IT when I get a phone call, text or email from someone I would rather not hear from, but your help in this endeavor has been invaluable.

I have included some photos of bridges and other structures that I have stumbled upon while I took on the WNY Hike challenge that have merit when it comes to how any significant bridge on the FLT may be constructed. There is a lot of variety "in the woods" when it comes to how folks get hikers from point to point. The viewing platform pictured is located in the Genesee County Park and Forest in Bethany and has an aluminum frame that caught my attention. The frame is welded together and bolted to a series of aluminum legs that extend into the wetland. The ground is frozen solid so I couldn't see how significant the abutment is, but appears to be just a piece of pressure treated wood that is of a type that can be used in wetlands and two aluminum legs are bolted to it that extend into the soil.



Genesee County Park and Forest Bridge

Mike Schlicht

The bridge pictured here is made of fiberglass and is one of two that are a part of the Black Snake Mountain Trail in Allegany State Park. The fiberglass is very solid and I didn't venture to crawl underneath it but the structure partially sits on a cement stump which



Black Snake Mountain Trail Bridge

Mike Schlicht

cannot be used in wetlands. Fiberglass and aluminum, while more expensive than pressure treated wood, have much longer life spans and are better for the environment. 🍁

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The FLT50 - Christine Reynolds

Christy Post



For more information about the FLT50 Challenge, including registration and mileage submission, visit our website: <https://fingerlakestrail.org/whats-happening/hiking-programs/flt50-2/>

2020 was a hard year for so many of us. It was several months into the pandemic when the FLTC launched the new hiking challenge FLT50, which inspired and encouraged hundreds of people to explore the FLT in ways they never had before. By the end of the year, more than 400 people had logged nearly 30,000 miles on the trail. Just over 412 of those miles were logged by Christine Reynolds, who took this challenge as an opportunity to explore and bond with her sister.

A long-time ultrarunner, Christine came into 2020 a little discouraged. 2019 had been a tough year for her in terms of running. She had missed several key races, including the Twisted Branch, which runs entirely on the FLT, because her 20-year-old cat—her best friend—was having a lot of health issues. “My priority was to be with her,” Christine says. “I can run any time, but I knew our time together would be limited.”

“So 2020 rolled around and my girl was doing well and I was looking forward to getting back out to the races. I registered for them early so I wouldn’t get shut out. And then COVID hit and one by one each race was cancelled.”

Christine lost all motivation. She tried a virtual race across Tennessee and quickly lost interest in just logging miles for what seemed like no reason. “And then the FLT50 Challenge came about,” she says, “and I had a reason to get out there.”

Many sections of the FLT are close to Christine’s home and are easily accessible. Her sister Donna Wakeman isn’t a long distance runner but enjoys getting in longer miles hiking on the trails so the challenge was a great way for them to spend time together—for Christine to show her sister some of the trails that she’d never seen before that are right in their back yard, and for Christine herself to discover sections that she’d never been on. Christine’s husband Joseph is also a runner and was very supportive, acting as crew chief and providing a mobile aid station to fuel them along the way.

“The long miles gave us a chance to solve the problems of the world (in our minds!) and de-stress about things going on in our daily lives,” Christine explains. “We never had a bad day on the trail. Somehow we always had sun and clear skies, except one day where we got caught in a torrential downpour, but even that was good. I was hiking in my trail sandals that day and it was the best feeling in the world to be ankle deep in water with bare feet. We always looked forward to trails where our end point would be near a creek where we could take a dip. I think our favorite section was where the trail comes into Hammondsport. The creeks there were always like an oasis.”

“I’ve run the Twisted Branch 100K four times (twice did not finish...DNFs... two finishes). I was supposed to run it in 2020 and am looking forward to running it in 2021. My sister paced me for the final 5.5 miles at Twisted in 2018. As part of the challenge we completed the entire Bristol Hills Branch in sections and it was such fun to show her the entirety of the race course and relive all of my experiences during the race with her.”



Donna Wakeman

Christine in a downpour on Map M16 at Robert Treman State Park.

Christine trains as much as possible on the FLT, doing most of her running near home on Map M16, but she also loves the Virgil section of the trail, and completed the Virgil Crest 100 Miler, which was mostly on the FLT, in 2012. It is her great hope that the race will be reprised this year.

Christine and her sister have signed up for the FLT50 Challenge again this year, with Christine’s husband once again serving as their crew. Their goal now is to put together an End-to-End hike.

Christine logged a lot of miles in 2020, but it doesn’t take a lot of miles to fall in love with the FLT, or to find peace and solace there. We hope you’ll join Christine in the FLT50 Challenge in 2021. 🍁

A Naturalist's View

Story and Photos by D. Randy Weidner



Spring at last. An opportunity to hit the trail and experience awakening Nature. On every stretch of our Finger Lakes Trail there are vernal changes filling your senses. The air is warmer, and periodic showers fill the air with petrichor, that satisfying earthy smell that lingers a while after a rain. The warmer atmosphere also allows the songs of frogs and birds to travel farther, to the delight of all who listen. And the green is back, every day more and more, starting on the ground in moss, and spreading into herbaceous plants long before reaching the treetops.

And oh, those spring flowers, surely delights for eyes long tired of browns and grays, or the overwhelming white of snow. Of all the delights of spring, it is hard to beat the allure of vernal flowers. Trilliums and Mayapples, large and gaudy are hard to miss. Hepatica, Spring Beauty, and Anemones, subtler, but easily seen. These flowers insert themselves into your visual attention by contrasting boldly with their green leafy parts.

But let me also draw your attention to another common spring flower that purposely hides under its bright green leaves, the Wild Ginger (*Asarum canadense*). From the height of a hiker, you will almost never see the flower of Wild Ginger. But that does not mean they are hard to notice. Unlike some of the other vernal flowers mentioned, you will never find Wild Ginger standing alone. These plants are gregarious, often spread out along the trail edge, or as a noticeable, irregular patch of deep green on the shady forest floor. The 3-4 inch-diameter twin leaves of each Wild Ginger are distinctly heart-shaped, and rise from a branching rhizome on 4-5-inch pubescent petioles to orient horizontally over the ground, almost appearing like a terrestrial bed of little lily pads, leaf edges touching one another. These green patches might be just a blur to those power hikers, but the more deliberate among us will surely notice the patch of distinctive green leaves.

Now you must stop, and get down to ground level. Carefully spread open the leafy canopy and look at the V-shaped junctions

of the leaf petioles, right down to the rhizome, which may be partially covered with leaf litter. Not at every twin leaf, but not uncommonly, lying there prostrate on the ground, is the fuzzy flower. The blossom is cup-shaped, three-quarters of an inch long, with thin, often recurved, pointy projections off the tip of each of the three petals forming the cup. The outside of the flower is brownish-purple, and the inside of the cup has a lighter-colored lining sectioned off with streaks of that same brownish-purple. If you get real close, you might be able to detect, above the background odor of the ground, a faint aroma of rotting flesh emanating from this little flower.



Wild Ginger Blossoms

The genus name for Wild Ginger, *Asarum*, has Greek origins and refers to a “shelter.” Indeed the flower is sheltered from a view from above. This invisibility, and that distinctive odor of the blossom, should be a clue as to what pollinates the flowers of Wild Ginger. Flowers like these are not pollinated by bees, but by flies and beetles, drawn to the scent of rotting flesh. Not uncommonly you will find a small swarm of midges sheltering from their predators under the Wild Ginger leaves. Many species of beetles roam the forest floor and can find Wild Ginger’s smelly flowers, which are well adapted to pollination by these insects.

Once fertilized, the seeds of Wild Ginger develop an impervious coat. Then the plant surrounds this coat with a sticky substance rich in proteins and lipids, a structure known as an elaiosome. Other vernal wild flowers like Trillium also form elaiosome coated seeds. These seeds are a favorite of ants, which pick them up and carry them to their underground burrows as food. In their chambers, the ants eat the fleshy elaiosome, but are unable to penetrate the hard seed coat. At that point, sister ants, whose function is to tidy up the colony, carry the seeds to the colonial trash heap, inadvertently planting them. After a winter of cold, and soaking rains in spring, the seeds germinate, many close together, accounting for the clusters of Wild Ginger plants we see along the trail.



Wild Ginger Blossom

We all recognize “ginger” as a culinary spice. That spice is the ground rhizome of the cultivated Asian Ginger plant (*Zingiber officinale*). If you take your pocket knife, and cut a small section from our Wild Ginger’s rhizome, then scrape it with the knife blade and take a sniff, you will get the unmistakable aroma of ginger. If you try this, please take just a little, as all our wildflowers are precious. Early European settlers candied pieces of Wild Ginger rhizomes as a treat, or boiled them in sugar as a syrup for pancakes. Native Americans used wild Ginger as a medicinal plant, finding it useful in gynecological maladies, and as a wound dressing. It was reported that while on the Corps of Discovery Expedition, Merriweather Lewis suffered a wound which was dressed with a poultice of Wild Ginger, and the wound healed nicely. Today we know that Wild Ginger does contain aristolochic acid, a toxic organic compound, that is a known carcinogen and can cause renal failure, so consumption of Wild Ginger is not advisable.

This spring as you hike the Finger Lakes Trail, among the obvious blooms you stop to admire, look for those clusters of Wild Ginger leaves. Pause on your journey, stoop down, part the leaves and look for the odd little purplish flower. Maybe cut and sniff a section of rhizome. And then reflect on Wild Ginger’s place in the forest, its interconnections with its insect pollinators and ant farmers, and revel in your expanded understanding of this fascinating relationship. 🍁



Wild Ginger Leaves

SO WHO CARES ABOUT PHOTO RESOLUTION?

WE DO!

Lisa Barrett happened to see this wonderful wind-whipped ice on a blazed post, so took a quick picture with her camera, with no thought as to resolution. As you can probably see, the picture could be better, especially if we could enlarge it. We cannot, because it was taken at very low resolution. Lisa is that rare person who could still find her instruction booklet that came with the camera, so learned later how to reset her resolution, but of course the rime ice was gone even the next day.

So this illustration is not used to embarrass Lisa, but to remind all of you who tote cameras of any kind to learn just enough about them so that you don't blow a great shot. Nor is it a good economy to take most of your pictures at very low resolutions. A photo card for my camera costs \$8-something, and gives me well over a thousand pictures of approximately 4000 x 3000 pixels, which is big enough for one of our covers, which require a lot of pixels.

Editor *Irene the Nag, Nag, Nag*

Rime ice on a blazed fence post along a hayfield on Map M20, just east of Interstate 81 mid-state.



Lisa Barrett

A Growing Partnership

Christy Post



Steuben Brewing Company is a brewer-owned New York State Farm Brewery located in Hammondsport. Since 2014 they have been sourcing the best local ingredients and fostering relationships with the farmers who grow their grain and hops, focusing their efforts on their small and vibrant farm brewery to provide guests with the most fresh and expressive beer possible.

Steuben Brewing Company also seeks to provide their customers with a sense of community. To that end, they host a number of clubs and maintain membership rosters of individuals who are committed not just to the Brewery, but to the community the Brewery has built.

In the last year, Steuben Brewing Company (SBC) and the Finger Lakes Trail Conference have been cultivating a very special partnership. SBC is one of our newest Trail Maintainers, since they adopted the June Bug and Triad Trail loop on Map M12



Steuben Brewery

near the Brewery, and since August we've been co-hosting "Hike/Bike and Happy Hour" events nearly every month. Through these events and activities, FLTC and SBC members have begun to intermingle, and our memberships have each grown thanks to the other.

In August, SBC launched their Trail Town Hazy Pale Ale and committed to donating a portion of the proceeds of each Trail Town 4 pack as well as \$1 per pint of Trail Town during our "Hike and Happy Hour" events to the FLT. In just a few months SBC has generously donated nearly \$1000 from these sales. You can also get limited edition co-branded SBC/FLT merchandise like sweatshirts, t-shirts and hats at the Brewery, and a portion of that purchase will also be donated to the FLT.

"Finger Lakes Trail Town Hazy Pale Ale has been incredibly well received and supported by the community. The partnership with FLTC and the Trail Town Hazy Pale Ale brand has grown significantly in year one and we're looking forward to watching it grow even more," says Chad Zimar, owner and Head Brewer at SBC. "Trail Town Hazy Pale Ale is being distributed from Western to Central N.Y. in small, independent bottle and can shops and will be sold in select Wegmans stores starting this spring. We hope this added exposure will drive more people to explore the FLT."

Building on the success of our partnership so far, we are thrilled to announce that Steuben Brewing Company will be the host and venue for our 2021 Trail Days Celebration on June 5th.

Trail Days was first held at the Steuben County Fairgrounds in 2019 in partnership with the Steuben County Visitors Bureau. The event was not held in 2020, and while many things are still uncertain due to the coronavirus, SBC and the FLTC are confident that we will be able to hold an outdoor event in June that is safe, community focused, and a lot of fun.

Our plans include guided hikes and bike rides around scenic Hammondsport, with

family-friendly activities like a rock wall and zip-lining back at the Brewery. We will invite vendors and sponsors to join us, and will offer a number of presentations on topics related to the great outdoors. We will honor and thank many FLTC supporters with special reception areas for members and donors, trail maintainers, and landowners. And there will of course be good food, AMAZING beverages, and live entertainment in the evening. We hope to engage our membership as well as outdoor enthusiasts from the entire region, and to introduce local residents to the many and varied outdoor resources in the area.

Mark your calendar now for the 2021 Trail Days Celebration on June 5, and keep an eye out for our monthly Hike/Bike and Happy Hour events with Steuben Brewing Company. We hope you can join us. And you are always welcome at the Brewery. We hope you'll give the Trail Towns Pale Ale a try.

Interested in building a similar partnership with the Finger Lakes Trail Conference in your area? Contact our Director of Marketing and Communications Christy Post: cpost@fingerlakestrail.org. 🍁



Aaron Havill, an FLT member

Finger Lakes Trail's Christy Post, center, receives \$720 check for sales of Trail Town Hazy Pale Ale for its first three months. On left is Blaine Mays, Operations and Marketing Manager; on right is Steuben Brewing owner Chad Zimar.



SAVE THE DATE!



2021 Trail Days Celebration June 5, 2021 at Steuben Brewing Company

The Finger Lakes Trail Conference is re-inventing its Spring Weekend event, combining it with a revival of our annual Trail Days Celebration! Trail Days is a festival of all things outdoors. Join us for a day of hikes, bike rides, and fun, family-friendly activities at Steuben Brewing Company. Enjoy food and drinks in the afternoon and stay through the evening for free, live entertainment. All activities will be outdoors, and plenty of outdoor seating will be available at the Brewery. Visit our website for more information, coming soon!

<https://fingerlakestrail.org/whats-happening/hikes-events/>

First Day Hikes on the FLT



Nice idea! Several FLT groups conducted hikes on January 1st, apparently catching the bug from the state's First Day Hikes in both State Parks and State Forests. Some years Parks has given out really nice mufflers on that day, while this year the DEC won our hearts with gloves. Me, I was on the Genesee Valley Greenway south of Rochester, where there were Greenway walks in Scottsville, Avon, Hinsdale, and Cuba, none of them guided hikes this year, in order to keep groups more widely separated. Editor



Bridges on the FLT within Bowman Lake State Park.

Steve Ellsworth

Bowman Lake State Park: there were 33 hikers and at least 3 dogs who joined this Bullthistle Club walk this morning. There were three groups, two of which did the Bowman / Kopac Loop, one clockwise and the other counterclockwise. The third group hiked the ski trails.

At the start we first discovered snow fleas, but throughout the hike there were many wildlife tracks including some impressive fisher tracks. We stopped at the Passport Station where a couple of hikers got their first rubbings. Giant hemlock and cherry trees were like columns on our path. There were many spots where the deer pawed through looking for ground cover to eat.

The considerable amount of snow in the woods made it difficult negotiating some obstacles and balancing on the puncheons. Thanks for the bridge repair crossing the Bowman Creek on the FLT section!

The Kopac Loop was about 3.3 miles and it took about 1hr 49 min +10 min for stops.

-Steve Ellsworth

The Bullthistles' First Day hike at **Rogers Environmental Center** had 11 hikers. We hiked the Farm Tower, Pine Ridge, and Spruce Ridge Trails. We stopped to take in the great view from the tower. We also stopped at the weather station, which I had never seen before. Go to <http://www.nysmesonet.org/mesonow#network=nysm&stid=sher> to get the weather report from that station. We also discussed the American Chestnut trees that are newly planted as part of a project from the American Chestnut organization that is working to save the trees and get rid of the disease that is killing them all.

We saw lots of animal tracks in the snow. Small canine tracks, possible coyote or fox. We also saw tracks we believe were opossum. We hiked approximately 2 miles. We handed out DEC gloves, first day hike buttons, Passport booklets, Bullthistle Club and FLT information.

-Peg Fuller

The First Day of 2021 had 10 hikers on the third Bullthistle Club Hike on the **Norwich Greenway** North. We covered 2.8 miles in 2.3 hours for a speed of 1.2 miles per hour. We parked in the lot on River Street by the Rexford Street bridge and hiked westerly on Rexford, then northerly on the former O&W railroad to the Greenway. We then hiked to the DL&W railroad bridge and backtracked, with a few shorter trails, to our cars.

-Don Windsor

And then on Map M12 north of Bath...

Deb Nero, her 3 dogs, and 9 other hikers hiked the beautiful 4.2 mile long Peaceweavers Loop on the Finger Lakes Trail (map M12 access 2-access 4+) on Friday, Jan 1, 2021. The weather was great for a hike. We had some ice, minimal snow and a terrific view from the top of the Peaceweavers' Sanctuary! The picture with the view is from a previous hike in November 2018, while the group photo includes this year's First Day hikers. 🍁



Deb Nero



Deb Nero

Georganne Vyverberg Retires as FLTC Archivist

Pat Monahan

Did you ever need to know some obscure fact about the FLTC? Did you wonder who led the county hike series 15 years ago? Georganne Vyverberg was the person to ask as the FLTC Archivist. She did not know all of the answers but she could find them in our archives or early on in a stack of papers located in a wall of boxes at the FLTC Office. She won't be doing that any more, at least not officially. The Board of Managers accepted Georganne's "retirement" as archivist, with regrets, at the January 27 Board meeting. Georganne managed the documents that keep the rich history of the FLTC alive. She oversaw the transfer of boxes filled with knowledge and information from the Naples Library to a more secure and climate controlled environment at the SUNY Geneseo Milne Library six years ago. On behalf of the FLTC and all those inquisitive minds who just needed to know something over the years, we say THANK YOU, GEORGANNE! We appreciate your service so very much.



Help wanted: FLTC Archivist

Are you passionate about and love to hunt for the details in our history? Do you want to become part of the FLTC Volunteer Community? We need you! Our archives are stored at SUNY Geneseo Library. You must be willing to access the campus library as needed. You may have institutional knowledge and more about the FLTC. It is not required but helpful. You must be organized to add or delete objects to or from the collection, as well as be very organized to use the current filing system to locate items in the collection. If you or someone you know might be interested please contact info@FingerLakesTrail.org or call (585) 658-9320.

2020 Members and Donors

Annual Fund Donations and Membership Dues

We are deeply grateful to the many individuals, businesses, clubs, and foundations who support the Finger Lakes Trail through donations and membership dues. Your contributions provide critical funding for trail work and construction projects, for our trail maps and member communications, and for the small staff who work to promote and enhance the FLTC. Your gifts help to strengthen our growing trail community, and to strengthen the trail itself.

The following lists include your combined donations and membership dues. Thank you for your support of the Finger Lakes Trail Conference!

Every effort has been made to ensure accuracy of our donor and member lists. We migrated to a newly developed database this year. We have worked hard to ensure that our information is correct, and extend apologies in advance for any errors or omissions in our lists. Please bring any errors you may find to our attention so that we can correct our records. Thank you for your understanding. Donor and member lists include contributions made between January 1, 2020 and December 31, 2020.

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Membership Benefits

- ♦ A subscription to the Finger Lakes Trail News magazine, printed four times per year.
- ♦ A 20% discount on all items you purchase from the FLTC store (except memberships and donations).
- ♦ One vote (two votes for Family memberships) at membership meetings of the Finger Lakes Trail Conference.
- ♦ A portion of your dues may be tax deductible; consult your tax advisor.
- ♦ The satisfaction of knowing that you are contributing to a magnificent recreational legacy.

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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.)

Pathfinder Memberships:

Youth (under 17)	\$15
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Adult	\$40
Family	\$60
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Trail Blazer	\$100-\$249
Trail Builder	\$250-\$499
Trail Guide	\$500-\$999
Trail Patron	\$1000 +
Lifetime (Individual)	\$600
Lifetime (Family)	\$900

FOREVER SOCIETY

The FLT's Forever Society was founded with a gift of \$1,250 from Ed Sidote on the occasion of his 90th Birthday. Ed challenged other leaders and members of the FLTC to match his contribution as a birthday gift to him, thus establishing the Sidote Stewardship Fund and the Forever Society. A group of 32 founding members accepted his challenge, and since then more than 50 individuals and organizations have joined their ranks. To date, the Sidote Stewardship Fund is valued around \$1 million, which is designated for trail preservation and protection.

Membership in the Forever Society and contributions to the Sidote Stewardship Fund represent the strongest possible support of our mission to "build, protect, enhance, and promote a continuous footpath across New York State for the enjoyment and health of

residents and visitors. **Forever!**" The Forever Society includes some of our most devoted supporters, and the Sidote Fund ensures that the trail will be preserved and protected in perpetuity.

Membership in the Forever Society is open to anyone who pledges \$1,250 or more and agrees to pay that pledge within a five year period. All funds are deposited into the Sidote Stewardship Fund. Members of the Forever Society are recognized at our annual Fall Weekend event and in FLT News.

To become a member, contact Christy Post: cpost@fingerlakestrail.org. You can make a gift of any size to the Sidote Stewardship Fund using the enclosed envelope or by visiting our website: <https://fingerlakestrail.org/product/make-a-donation/>

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* Deceased

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.



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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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.**



Answers to the Winter 2020 "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:



David Arkin (selfie)

Correctly identified the John Burroughs plaque at summit of
Slide Mt. Eastern FLT Terminus.

Don Sutherland
Warren Johnsen
Terri and Bill Dempsey
Ian Woods

Mike Ogden
Sarah Stackhouse
Barb Bailey
David Sadler

David Arkin

Barb Nussbaum

New Picture:

Please send your
answers before next
deadline, 1 May.



Patti Mangarelli

Gifts in Honor and Memory

Thank you to our many donors who chose to make gifts to the Finger Lakes Trail Conference in honor or in memory of a loved one. Gifts over \$50 made to the Lean-To Fund in honor or memory of a loved one will be recognized with a plaque in a Lean-To. Donors will be notified of its location once it is installed.

Margaret Johnson	In Honor of Andy & Kait Miller
Krista Muscarella	In Honor of Anthony Muscarella
Martha Pattullo	In Honor of Bob Pattullo, Brian Pattullo and Dee Hertzberg, and Christy Post
Christy Tyler	In Honor of David B. Tyler
Theresa Fondoules	In Honor of Garrett "Shepherd" Fondoules
Erin Breiner	In Honor of Kevin Breiner
Catholic Charities of Steuben County	In Honor of Pat Monahan
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Paul & Kathy Good	In Memory of Robert Linza
David & Laurel Newman	In Memory of Ronald Gunton
Jane Trey	In Memory of Russell D. Sprague
Anonymous	In Memory Ted Anderson, Jim Moody, Ron Gaulton

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

An aerial view by Bill Hecht via drone, courtesy of the Finger Lakes Land Trust, of the Eberhard Preserve that is featured in Dave Newman's Trail Preservation article on page 17. The former Eberhard property is to the left of the road, while the flat valley stretches out of the picture to the right. We are looking northward.

