

Finger Lakes Trail NEWS

Summer 2022



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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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Summer 2022



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About the Cover:

Bucking, rearing, shying

Esther Benedict is the artist responsible for this elegant sculpture. Yes, the trail goes right past this gallery! To see where this is, and to learn more about the North Country Trail where this treat appears, see the article on page 4.

Photo by Joan Young.

President's Message

Pat Monahan



I am an addict and maybe you are, too. The 2022 Tompkins County Hike Series kicked off on April 16 – and what a group we have this year!. I woke up at 5:45 a.m. and was in the car at 7:00 a.m. to start my journey from Corning to Dryden. The weather forecast was for middle 40s and rain most of the day. I pulled out my rain gear, pack cover, hiking poles and extra plastic bags for any part of me that might get wet, but I forgot my gloves. I am grateful to a fellow hiker who loaned me a pair. I parked my car about a quarter mile from the start point and met about 125 others waiting for instructions from our County Hike Coordinator and Interim Executive Director, Deb Nero. The bus ride was the last warm oasis before I found my group and started. It was nice to swap stories along the trail. The rest is history.

We are a volunteer-based organization. It would be impossible to build, protect, enhance and promote the FLT without the hundreds of people who volunteer throughout the year. This would include those who are helping with the County Hike Series, trail maintainers, volunteers on our various committees and those serving on the Board of Managers. I thank you for all that you do. I cannot say it enough. Your time and effort matters.

We can always use more volunteers. There are a few volunteer opportunities that I would like to mention here. We are currently looking for Board members with financial, information technology or marketing skills. The Board holds in person and virtual meetings throughout the year. We are also looking for a Vice President of Trail Quality. This Board member oversees trail issues that are related to the quality of the trail, from developing training to assisting with trail projects. Finally, we are looking for a Crews and Construction Coordinator. This person plans for large trail projects and must have construction skills. If you want to know more about any of these positions, please email volunteer@fingerlakestrail.org. New board members are voted in at our Annual Meeting, which will be held during Fall Weekend Festival at 4 p.m. on Saturday, September 17. You may vote by proxy for our new slate of officers (a mailing will be sent to you), but we hope to see many of you in person for our 60th Anniversary Celebration at the Greyhaven south of Ithaca that weekend (see page 12 for details).

You make a difference when you volunteer to support the Finger Lakes Trail in any way. I hope you consider investing some of your time with the FLTC. It is summer. Put on the bug spray and sunscreen and

“Go take a hike!!” 🍁



Peg Fuller



Thank You

Landmax Data Systems, Inc.
5919 E. Henrietta Rd. Rush, NY14543
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www.landmaxdata.com



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

Years' worth of gratitude to Jo Taylor!

Jo was editor of this magazine for ten years, and then after "retiring" from that job to become director of mapping, also agreed to proofread each issue before it went to the printer, when she invariably found all kinds of trash! However, this issue is her last for that task, so in addition to bales of appreciation to Jo for her many episodes of critical help, we also need a new proofreader for future magazine issues. And as you can tell from this slender issue, we need more stories from YOU.

*Editor Irene Szabo
treeweenie@aol.com*

North Country Trail Adventures From Here to North Dakota

Irene Szabo



Many of our members are probably befuddled by frequent references in this magazine to the North Country National Scenic Trail, and the North Country Trail Association, especially those of you who have joined within the last two years. So for the latter, we certainly owe you an explanation!

Joining other more famous national trails, like the Appalachian or the Pacific Crest Trails, the NCT is a relative newcomer at the tender age of 42, and extends from a junction with the Appalachian Trail in Vermont all the way west to mid-North Dakota. Much of that trail is hosted by thirty-some Chapters of the NCTA, while other portions, like our hundreds of miles, are hosted by the FLTC or other preexisting trail organizations. The NCT enters N.Y. at the Pennsylvania border within Allegany State Park, then stays with the FLT main trail until Map M22, where one of our branch trails, the Onondaga, carries the NCT north and east.

Parts of it are forested, like much of N.Y., Pennsylvania, and lots of Ohio, where the route dips south into a large U-shape to capture the hills and forests of southern Ohio. Major portions of Michigan (which covers the most NCT miles of any state, with its two big peninsulas) are also in forests and off roads, as are northernmost Wisconsin and Minnesota. North Dakota offers its own unique charm with gently rolling prairie and very few trees, and that's where it ends at Lake Sakakawea, a huge impoundment of the dammed-up Missouri River.

The official length of the NCT is 4000-some miles, while those who have hiked it disagree, and swear it's over 5000. And yes, a very few people have walked the whole thing. One delightful local couple, Ruth and Dan Dorrough of Canandaigua, who look like the stereotypical little old white-haired couple, had become bitten by the hiking bug hard enough that they wondered what to do with themselves once they had completed the FLT. Well, the NCT in Pennsylvania beckoned, so began their long journey. They backpacked as little as possible so normally took two vehicles, one a van they could sleep in, but did break down and endure backpacking for a very few short weeks across "impossible" places like trail through wilderness in the far north of Minnesota, where road crossings were scarce. And there are indeed some areas up there that are seldom seen by any humans!

Right now a woman from Michigan is in the midst of her SECOND end-to-end hike of the whole NCT. Joan Young's first trek took her twenty years to finish, accomplished mostly in three-week sessions with a childhood friend from N.Y., Marie Altenau. However, Joan knew that many major sections of trail had been improved over the years; she wanted to see it all again, so embarked in December of 2021 on a supported hike designed to walk it all in one year.

The project has required a lot of organization; Joan moves her self-renovated tiny fiberglass trailer from location to location, parking near enough to hosts' homes to afford her electricity. Hosts often help her by spotting her car or even hiking with her, some of them for up to a month at a time! So as this year draws to a close, we'll all be watching her progress toward her goal of finishing this year.

For those of us interested in sampling the NCT in N.Y., it follows the main Finger Lakes Trail from the Pennsylvania border for over 300 miles. The NCT departs the main FLT on Map M22, then heads northeast into the Adirondacks on trail that is still being built in some places. Best of all, the DEC has included the trail in their plans, a critical necessity. When Joan Young first tackled that region, the NCT route had not even been designed and permitted yet, so she had to figure out her own way through, including one spot where she had trained her dog to utilize the ladder up a rock face.

Our front cover for this issue features a wonderful metal sculpture of life-sized horses, a display new to me. This is one of many artistic renderings and sculptures within the Stone Quarry Hill Art Park (SQHAP) located just outside of Cazenovia, N.Y. Some pieces are created for the ages, for example the bronze and steel statues; other creations will have much shorter lives, like the "buildings" in the woods built entirely of twigs. The Art Park offers quite a mixture of high art and strange eruptions in the woods. It is difficult to miss since the NCT route utilizes the SQHAP's peripheral trail. At the top of the open field section,



Mark Wadopian

Each to the other / Dorothy Riester

there is also a long view toward Tug Hill. Whether you're hiking the whole North Country Trail, or just stopping for a fun day, relaxing in the SQHAP is well worth the time spent, AND the place changes all the time!

Free maps from the North Country Trail Association will keep you on the route once you're off the FLT, aiming north and east gradually. You'll even walk along the Old Erie Canal State Park towpath for a while, a section relatively un-fancified, offering a mere dirt path, not paved. The Erie Canal Museum in Canastota is another diversion of interest.

As you pass eastbound through Rome be sure to take note of the reconstructed 18th century bastion of Fort Stanwix, a US National Park Historic Monument. If there is time, it is well worth touring and observing "living history" demonstrations. From there, the eastbound trail heads north along Rome's Mohawk River Walk into highly varied countryside, aiming for the Adirondacks. 🍁



Joan Young

This is Joan's little fiberglass trailer, Sunny, which is giving her a mobile home during her second end-to-end along the North Country Trail; yes, even though she is hiking, she can still fill orders for either one of her great fun books about her first end-to-end there. Just email her at jhyshark@gmail.com



Mark Wadopian

Spruce Echoes / Emilie Brzezinski



Mark Wadopian

Steps / Ilan Averbuch

For very specific information about artwork shown in the photos, please search the address below.

It gives the artist and some "thought" they have expressed about their work.

<https://express.adobe.com/page/ykXw8ZMpYxWES/>

Executive Director Report

Deb Nero



The first workday was held on May 7 on the Costello property in Lincklaen to begin building new trail. The workday was organized by affiliate clubs ADK-Onondaga and Bullthistle Hiking Club with support from FLTC Director of Trail Development Michaela Aney. Forty-three enthusiastic volunteers turned up to help! They cleared the corridor for the future trail and began the tough work of benching the trail route on the hilly portions. Work will continue on this project throughout the summer.

Another workday is scheduled for National Trails Day on June 4. The volunteers who attend this workday will build new trail on newly acquired property in Tompkins County. Two sections of land were bought by the Finger Lakes Land Trust (FLLT) and will be sold to New York State to be added to the adjacent State Forest. A third property was donated to the FLLT. The FLLT has worked with the FLTC to re-route the trail through these properties, leading to a major re-route of the FLT that will avoid a fall hunting closure. The FLLT has also contracted to build 3 new parking lots at various FLT trailheads on land owned by the FLLT. Thanks to the FLLT for enhancing the hiking experience on the FLT!

I attended the FLTC Trail Council meeting at Upper Buttermilk Falls State Park in Ithaca on April 30. The meeting was chaired by Director of Trail Development Michaela Aney. This was a great chance to meet Regional Trail Coordinators from the central N.Y. area. I got to put faces to the names and listen to their concerns and plans for future trail projects.

The search committee continued to interview candidates for the Office Manager position. Offers were made to two different candidates but unfortunately they were not accepted for reasons including changed personal circumstances and the difficulty of finding housing in the Mt. Morris area.

In the interim FLTC Treasurer Willa Powell has been covering the financial tasks in the office. She recently applied for the Office Manager position. The search committee interviewed her, offered her the job and she accepted!! Willa will become the new FLTC Office Manager as of June 1! Thanks so much, Willa, and Gary Buchanan, existing office staff, for all your help

during this difficult job search. The FLTC now finds itself in need of a new Treasurer. Please contact me if you would like more information on the duties of the Treasurer or if you would like to suggest someone for the Treasurer position.

I have been deepening my understanding of the duties of an Executive Director. I learned a lot about advocacy on a national level when I attended the Hike the Hill ZOOM meetings organized by the American Hiking Society. This annual event allows



Colin Parrish



Jacqui Wensich

If you have never walked through Little Rock City on Map M3, it is no exaggeration to name the hilltop thus. Glaciers ended their southward grind here, so just dumped immense rocks. It IS a fun trail area!

hiking organizations from across the US to hear from different federal organizations and Congressional staffers about possible upcoming legislation that impacts outdoor activities and allows hiking organizations to let officials know about topics of interest. This year the American Hiking Society organized sessions with officials from the House of Representatives Natural Resources Committee, the House Agriculture Committee, and the Senate Appropriations Committee, as well as National Park Service and the US Department of Agriculture. These meetings are of interest to the North County National Scenic Trail (NCNST) and therefore to the FLTC as we host 340 miles of the NCT in New York State.

I have attended various webinars organized by NYCON (New York Council on Nonprofits) on topics involving Board Leadership, Resource Development, and Strategic Directions.

Monthly NCTA Affiliate meetings allow me to see how other similar organizations handle their business of building and maintaining hiking trails that host the NCNST. The NCTA NYS Volunteer Council meetings allow the groups that support and host the NCT in New York to discuss issues around building, maintaining and hosting NCNST in our state.

In 2018 and 2019 the FLTC developed a 5 year Strategic Plan (SP) and Financial Sustainability Plan (FSP) with a consultant from Center for Professional Development at Canisius College. The Board of Managers is currently assessing how closely the organization is adhering to the goals laid out in the SP and FSP. Christy Post showed that, in spite of the unexpected COVID pandemic, actual income over the last 3 years has closely aligned with the projections in the SP and FSP. Now a working group headed by Board member Tim Holahan is investigating the alignment of actual expenses over the last few years with the expectations laid out in the SP.

A big shout out to Eva Capobianco, an Ithaca based artist and hiker who donated a portion of the proceeds from her recent show at the Geisel Gallery in Rochester to the FLTC! The show, "Exploring the Trail: Art Inspired by the Finger Lakes Trail," displayed multimedia art based on hiking the FLT! For a look at some of Eva's amazing work visit her web page at www.evasculpture.com. And in her spare time this summer Eva is organizing the volunteers who do sign-in and sag wagon duties at the Tompkins County Hike series!

On a volunteer level the Tompkins County Hike series is progressing. The weather for the first hike in April was terrible, high of 37 degrees with rain that turned to snow in the afternoon. Congratulations to the 122 intrepid hikers who started the hike! Some people wisely decided to "sag out" at the sag wagon, but most of the hikers completed the 10.8 mile hike. As I write this the next hike is 5 days away on May 21 and the weather forecast is for temps of 93 degrees and rain. From one extreme to the other... The two smaller hiking series that I am leading, Hiking 101 and Five Notable hikes On the NCT, both began in May. The first NCT hike in Little Rock City on Map M3 was a great success! Beautiful weather, 13 hikers and lots of spring wildflowers made for a very enjoyable day. 🍁

Contact: Deb Nero
fltcexecdir@fingerlakestrail.org

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.

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.

End-to-End Update

Jacqui Wensich, End-to-End Coordinator



Main

#514 Jennifer Reidy, Larchmont

#515 Susan Perciasepe, Larchmont

Branch

none

Updates:

Louis Therrien has inquired about a main trail hike. Tim Campbell of Warrenberg is making plans for a thru hike. Dane Edgell is hiking the Bristol Hills Branch Trail. David Arkin of Greene has been using the 50 mile challenges to complete his main trail hike. Experienced hiker David Paul of Holliston, Massachusetts, also plans a thru hike. Mary Lawrence and Katy Elder plan to head out in May for their thru hike. Gianna Palemo and friend plan to thru hike this season. David DeLeon plans to complete the main trail this season and Tom McGraw will continue his main trail hike. Tom Markel (#486) is well on his way to receiving his branch trail patch. April Miller and Denise Williamson continue on their main trail hike.

Comments:

A fond remembrance to Alfred P. Dog, the only canine to write (well, dictate) his own end to end article. He will receive his plaque at the Map M13 Doggie Shelter. (Alfred's owner was thru hiker #407 Marnie Phillips) #402 Willa Powell, FLT Treasurer, adds her dog to the list. Contact the office if you wish your dog to be honored this summer and/or email me.

Car Spotters:

TEN-time main trail end to ender, JOE DABES has retired from the car spotting and hiker assistance duties after over thirty years. He has sold his N.Y. property and lives in Florida all year except for B&B stays near the Dryden property.

Joe says, "The two easements (one for main FLT and second for Lithuanian Loop and none for Irish Loop) I think are not important any more as the State of NY bought the 71 acres from me in 2019 and the parcel is now state forest land. They wanted this parcel to connect the two parcels of James Kennedy State Forest and also have access to Babcock Hollow Rd (their previous parcels were pretty land locked east of that road). I don't recall the dates but the first easement was ~2000 and the second was ~2012."

Let's welcome a new carspotter, Varya Siegal Maps M14-20, weekends. She is also willing to offer thru hiker assistance and hike along. Taylor Zimmer has also joined

the car spotters list. He has a guest lodge near Bowman State Park with many amenities for day and thru hikers. Joanne Finch has updated her information including assisting thru hikers. Christine Gregoire (M22-26 weekends) has also joined the list. THANKS to Peggy Fuller and Bullthistles for encouraging more car spotters. It is greatly appreciated. It is very important to use the most recent car spotter list!

When contacting a car spotter, have your map in hand when you call to make arrangements. Offer to pay for gas after your ride. Take the spotter's photo so we can recognize them in the *FLT 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 me at jwensich@rochester.rr.com for the application. You are a vital part of hiking our trails.



John AX Morris

Joe Dabes and Pumpkin on occasion of his 10th end-to-end.

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 “spot” for designated areas. It is not a 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 Hiking email group to see if someone is willing, if you do not have a friend or family member available. 🍁

Contact: Jacqui Wensich
jwensich@rochester.rr.com
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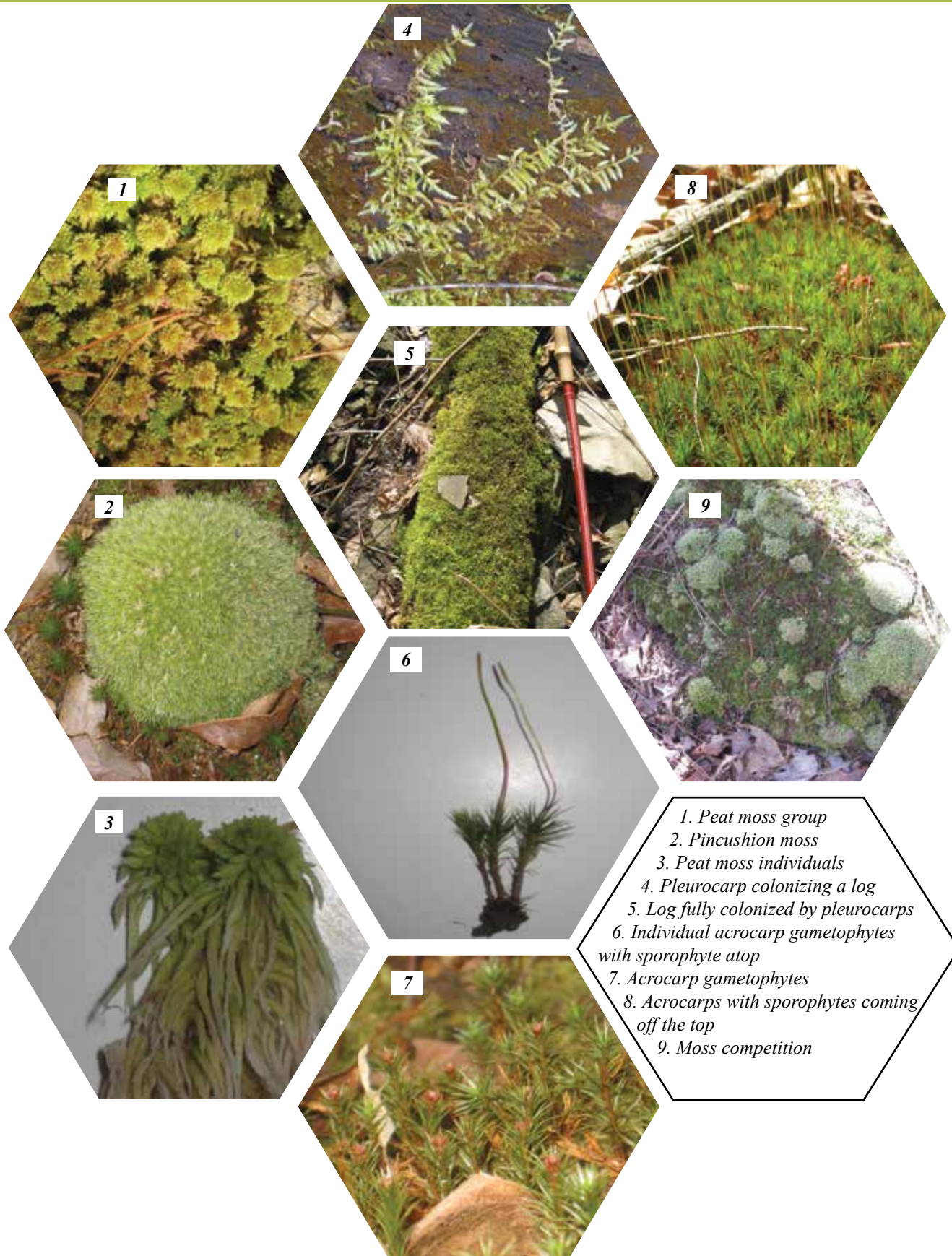


Jacqui Wensich

Jennifer Reidy #514 and Susan Perciasepe #515 (sisters from Larchmont)

A Naturalist's View

D. Randy Weidner



1. Peat moss group
2. Pincushion moss
3. Peat moss individuals
4. Pleurocarp colonizing a log
5. Log fully colonized by pleurocarps
6. Individual acrocarp gametophytes with sporophyte atop
7. Acrocarp gametophytes
8. Acrocarps with sporophytes coming off the top
9. Moss competition

As one hikes over the varied terrain of the Finger Lakes Trail, it is obvious that the forest is not the same everywhere. Besides the obvious difference in primarily deciduous woods versus conifer woods, there are distinct changes in the forest over time. Additionally, the lay of the land, direction of slope exposure, underlying bedrock, soil moisture, soil pH, and other factors are important determinants of what trees are found in a given location.

If we were to generalize forest succession, the change in dominant tree species over time, the scenario would be something like what follows. Starting from scratch, caused by a severe disturbance like fire killing everything down to the ground, the first five years would yield a variety of herbaceous plants and maybe some sumac. The next five years would bring the establishment of sun-tolerant seedling trees like birch, poplar, and White Pine. Over the next ten years, saplings of hemlock, ash, cherry, maple, and oak will move in. From then on, those latter trees, along with perhaps beech, hickory, and Yellow Birch, will persist as the pioneer species die out. Sometimes among the dominant trees, there is major tree loss from disease or invasive species, like the die-off of our ash from the Emerald Ash Borer.

The death of so many ash trees, which may have been 35% of all the mature trees in our forests, ultimately results in many standing snags, which gradually lose limbs, and ultimately get shaken by strong winds, snapping their trunks and causing them to fall. These falling ash sometimes take down other nearby trees. The result, as can be seen in many places along the Finger Lakes Trail, is a forest floor littered with fallen tree trunks. When these logs lie across the trail, posing a hazard or inconvenience to hikers, those volunteering to provide trail maintenance get busy and clear their sections of trail.

Notice that I did not refer to the logs as “dead” trees, because nothing could be farther from the truth. To the layer of living things generally unnoticed on the forest floor, these logs are like the disturbed forest described above, a barren landscape waiting for colonization. This situation provides an opportunity to observe succession at another scale.

Wood boring insects, wood rotting fungi, and bacteria get to work quickly, digesting the edible parts of the log. Salamanders, snakes, ground-nesting birds, and small mammals may take shelter under or alongside the log. It can be argued that there is considerably more diversity of lifeforms, and greater numbers by far, in a log on the forest floor, than there ever was on the live tree.

As insects create channels and cavities, and logs absorb more and more moisture, fungal mycelium crumble a log lying on the forest floor, and opportunities arise for colonization by plants. Leading the way are mosses. And much like with the trees at the grand scale, there tends to be a predictable succession of moss colonizing a forest floor log. These logs offer an excellent natural laboratory to start observing and appreciating mosses.

Different from vascular plants like ferns, conifers, and flowering plants, mosses lack any specific structures to transport water throughout the plant. To be able to accumulate the water essential for life, the structures of the moss have evolved to absorb water directly. Moss leaves are only one cell thick. Moss leaves overlap each other, without a true stem, to provide maximum surface

exposure to moisture. Moss cells readily absorb environmental moisture, and are adapted to withstand even prolonged episodes of drying without dying. However, while dry, the moss cannot photosynthesize, and so the size of moss plants is rather limited.

Mosses also differ by existing as two primary forms: gametophytes, and sporophytes. What you see when looking at a clump of moss is primarily gametophytes, some female shoots with specialized archegonia at the tip, the others male shoots with antheridia at the tip. These structures are very tiny, seen only with magnification. Antheridia produce sperm and archegonia produce eggs. Sperm and eggs are released into a water droplet where they hopefully unite and ultimately grow into the sporophyte, coming off of the top or side of a gametophyte. Sporophytes have a stalk with tiny capsules that form and release spores, which is how the moss is able to spread to distant areas. Looking horizontally over the surface of a bed of moss, the tiny hair-like structures sticking up are the sporophytes.

Mosses grow in three general forms: acrocarps, pleurocarps, and peat moss. Acrocarp moss grows as an upright stem with the overall appearance of a little conifer tree. Pleurocarp mosses usually grow horizontally over the surface, branching freely and repeatedly. Peat mosses grow upright in clusters, with a concentration of multiple, tightly packed branches at the top. Beyond that, identifying and naming a given moss is very difficult, requiring a good guide and often the use of a microscope.

Back to the colonization of a log. It is usually a pleurocarp moss from the forest floor that creeps onto the rotting log first. Sooner or later, other moss forms find this rich environment and try to outcompete the original colonizer. Just what moss and in what order is variable. Some species favor deciduous logs, while others favor conifer logs. Knowing just which moss is not as important as appreciating the various and competing forms.

Once a log is well colonized, the variety of tiny lifeforms multiplies. One gram of a typical moss mat, about the size of a cupcake, may yield: 150,000 protozoa; 132,000 tardigrades (water bears); 3000 springtails; 800 rotifers; 500 nematodes; 400 mites; and 200 fly larvae. Assaying moss for these microscopic animals is done by placing the moss in a funnel, repeatedly rinsing with sterile water, then examining the filtrate. Everybody's favorites are the water bears, oh my!

Often on a very old and mostly decayed log you can find large, tightly packed “pincushions” of moss. Several species form pincushions but a light-green acrocarp moss, *Leucobryum glaucum*, is the true Pincushion Moss. As tempting as it may be to collect one of these pincushions, it is better to leave them be, as it takes decades of growth to attain a good-sized cushion.

As you hike the trail this summer, given the great number of logs for substrate, stop to admire some moss. Bring a hand lens along to see the intricate structural details. But be respectful of these forest floor plants of ancient lineage. Many other small lives depend on them. 🍁

FLTC Fall Weekend

Christy Post



The Finger Lakes Trail Conference's Annual **Fall Weekend Festival** is a decades-old event that is both a reunion for old friends and an opportunity to welcome new members and friends of the Finger Lakes Trail! In fact, for many years we had enjoyed both spring and fall gatherings, sometimes truthfully the "campout" the autumnal name indicated, but these two annual weekends have been events many of us looked forward to all year... until, of course, the coronavirus caught up with us. So this September's weekend is extra special, our first gathering since 2019.

The weekend features your choice of more than a dozen area hikes on Friday, Saturday, and Sunday. We'll gather for a Friday night social hour followed by a catered BBQ dinner. Enjoy live entertainment and socializing around a bonfire. More hiking on Saturday, followed by our Annual Membership Meeting in the afternoon and an evening celebration of all things FLT. We'll be honoring some individuals and groups who've made special contributions to the FLT, recognizing End-to-End finishers from the last few years, and celebrating with more than 100 hikers who completed the County Hike Series through Tompkins County this year.

Our Fall Weekend Festival isn't just about hiking, though there is plenty of that! It's about connecting with the FLT and our amazing trail community. We are particularly excited this year to be celebrating our 60th Anniversary with you at our first Fall Weekend Festival in three years! Mark your calendar now! If you can't join for the entire weekend, we hope you'll come for the hikes and any of the gatherings!

The FLTC's first ever "Fall Campout" was held in Ithaca in 1962, and we are thrilled to be returning to the area for our 60th Anniversary Fall Weekend Festival September 16-18!

Everyone is welcome for this weekend of hiking, running, eating, and celebrating our FLT Community! Complete information is available on our website:

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

Hiking begins Friday morning, followed by a barbecue dinner catered by Feast and Company Catering (vegetarian options available), with live entertainment and a bonfire at the Grayhaven. Alcoholic and nonalcoholic beverages will be available for sale with dinner. BYOB for the evening bonfire.

Saturday hikes begin early! A full schedule will be on our website closer to the event dates. The Finger Lakes Trail Conference will hold its Annual Membership Meeting Saturday at 4 p.m. at the Grayhaven. The meeting will be held as a hybrid with a Zoom option available for those who can't attend in person. At night, join us for another special catered dinner (vegetarian and vegan options available) followed by the FLTC's 60th Anniversary Awards Ceremony, at which we will recognize people who've

made and are making significant contributions to the Finger Lakes Trail, as well as End-to-End Finishers from the last few years and our 2022 Tompkins County Hike Finishers.

Sunday morning hikes begin early as the Board of Managers assembles for their Fall Meeting. Feel free to sit it on the meeting or hit the trails again.

You will breakfast on your own each day of the weekend (the Grayhaven does include a continental breakfast). Boxed lunches will be available for your hikes Friday – Sunday but they **MUST** be ordered in advance.

You must register for the weekend and purchase meal tickets in advance. Registration will open in July and will be open through September 1.

Pricing

Member Registration*	\$50
Nonmember Registration*	\$90
Boxed Lunches (Fri, Sat, Sun)	\$12/each
Friday Dinner (Catered BBQ)	\$30
Saturday Dinner (Catered Buffet)	\$35

*Registration includes participation in scheduled hikes and trail runs. All meals purchased separately. Alcoholic and nonalcoholic beverages will be available for purchase for all meals. BYOB for evening bonfires. All events and activities at the Grayhaven will take place outdoors. Relax: we're renting a huge tent!

About the Venue

Sitting on 11 acres that back up to the Finger Lakes Trail just minutes from the trailhead of the FLT at Robert H. Treman State Park, the Grayhaven Motel is a lovingly restored vintage motor lodge offering 16 rooms that accommodate individuals, families, and groups of all sizes.

The Grayhaven has been hosting vacationers and travelers for more than 100 years. You'll find classic and spacious mid-century rooms as well as fully equipped cottages and suites with kitchenettes. Rooms have been thoughtfully restored with period fixtures and modern amenities to ensure a comfortable, unique, and sustainable stay. The Grayhaven is dog friendly! Ask for details when you make your reservation.

Book your room at the Grayhaven (link on website), or plan to stay at any of the other nearby hotels, motels, or camping facilities (a list is available on our website). Registration, meals, and evening gatherings will all take place at the Grayhaven. We are sure you will enjoy this charming venue!

Looking forward to seeing many of you in person again! 🍁

Schedule

(Schedule Subject to Change)

Friday, September 16

11 am	Registration Opens at the Grayhaven
12 pm – 2 pm	Hikes Depart
5 pm	Social Hour (beverages available for purchase)
6 pm – 10 pm	Dinner, Entertainment, Bonfire

Saturday, September 17

7 am – 9 am	Pre-Paid Lunch Pick-up
8 am	Registration Opens
8 am – 9:30 am	Hikes Depart
4 pm	FLTC Annual Meeting
5 pm	Social Hour (beverages available for purchase)
6 pm	Dinner
7 pm – 10 pm	Awards Ceremony

Sunday, September 18

7 am – 9 am	Pre-Paid Lunch Pick-up
8 am	Registration Opens
8:30 am – 9 am	Hikes Depart
9 am – 12 pm	FLTC Board Meeting



Jacqui Wensich

Lick Brook next to trail.

Grayhaven Motel

Photos by Gary Mallow





Miles With Mark, End-to-End #503

Mark Valites, a trail runner and FLTC Trail Maintainer



Have you been out along the FLT near Ithaca, come across one of the diamond shaped blue signs pictured here and wondered what they are for?

The signs are indicative that the section of trail you're on is part of a popular running/hiking challenge put on by the Finger Lakes Runners Club (FLRC): the FLRC Challenge.

The challenge consists of a mix of ten road and trail based courses from between 1 to 13.1 miles (a half marathon) with varying levels of hilliness and locations spread across the greater Ithaca region (FLTC maps M16-M19). While the challenge courses change from year to year, this second year of the courses includes portions on the FLT:

Jim Schug Trail

Lick Brook & Treman FLT (This is the longest trail course)

Some of the non-FLT based courses also take place on area trails maintained by the FLTC affiliate Cayuga Trails Club.

While the "R" in FLRC stands for "runners" and part of the challenge includes a competitive component, the challenge is to "run, walk, or hike as many courses as you can." Everyone who completes all of the courses receives a medal and shirt. Prizes are given out as a variety of incentives beyond just completion, for: the fastest, most miles completed, most repeats of a course, and even for the most "social" participants:

To encourage more social running, we're adding the concept of "community stars." Run with a friend or a group, post a picture or report, or support a local business as part of your run, and you'll earn community stars, with prizes to the top ten socialistas.

Details for each course highlight local businesses that would offer a perfect post-run spot for brunch, an ice cream snack, or dinner and drinks.

The challenge need not be done alone either; participants can join up with others to form teams that compete against other teams.

For the ultra runners out there, there is even a special 100K (62 mile) Ultra Challenge, where the requirement is to complete all the courses in a single day. The order of courses and the driving routes between them is up to you. It's the classic "traveling salesman" computer science problem, with a running twist! 2021 even saw one participant complete the ultra challenge twice!

The challenge is the brainchild of FLRC club president Adam Engst, who was looking to create a slightly different take on many of the other virtual running events that sprouted during the pandemic by offering participants the ability not only to compete to be the fastest at a distance, but to share experiences from the same courses at different times, encourage participants to explore the surrounding area and support local business while at it.

There is quite a bit of impressive technology integrated into the challenge, mostly coded by FLTC member Steve Desmond. The website displays the typical mapping info for each of the courses, an online discussion forum and a leaderboard, but also includes some additional neat features: participants can use a smartphone to scan a QR code at the beginning/end of each course to automatically log their travel upon it and turn-by-turn audio directions via smartphone or Apple Watch will be available as well! Neither is required though: those without smartphones can manually enter data.

The inaugural 2021 year drew close to 200 participants, with nearly 90 finishing the challenge. As of April 2022, there were already over 80 participants registered and the challenge runs until August 14th. There's no doubt many will go on to explore more of the FLT.

The Finger Lakes Running Club has long been a supporter of the FLTC as a gold level business member.

To avoid damaging trails vulnerable from spring conditions, the FLRC waits until mid-April to start the challenge and has also temporarily closed sections due to course conditions

Outside of the challenge, the FLRC also puts on additional trail races, many of which take place on the FLT and encourage participants to support the FLTC. Details at: <https://fingerlakesrunners.org/flrc-trail-circuit/>

For more info on the FLRC Challenge, visit: <https://fingerlakesrunners.org/challenge/>

If you sign up, don't hesitate to simultaneously log miles on the FLT toward the FLTC's FLT60 challenge!

For more info on becoming an FLTC business member, visit: <https://fingerlakestrail.org/members/business-members/>

Business members receive member benefits for one individual plus listing on the FLTC website and in the FLT News magazine once per year. Options are available for display ads in the FLT News.

Follow along with Mark at <https://www.instagram.com/buffalotrailandultrarunners> for more. 🍁



Jeff Darling (Trail Maintainer)



Staying Safe on the FLT

Tim Holahan



Our last Staying Safe column introduced **Balanced Outing Goals** and **Safety Bling**, proven tools useful for leading groups, adventuring with friends, or trekking solo.

Balanced Outing Goals

- ☐ Gain a **Wow** Experience
- ☐ Feel **Challenged**
- ☐ Avoid **Injury** and **Illness**
- ☐ Want to **Return**

For me, every outing can check each of the four goals. This Safety Bling checklist recognizes the value of adjusting to circumstances, especially those that might otherwise be disappointing.

Safety Bling to help myself

- ☐ 1. Prepare **At-Home Contact**
- ☐ 2. Adjust for **Weather**
- ☐ 3. Listen to **Pain**
- ☐ 4. Train for **Difficulties**
- ☐ 5. React to **Instincts**

Safety Bling to help others

- ☐ 6. Render **1st Aid**
- ☐ 7. Accompany to **Safety**
- ☐ 8. Give away spare **map**
- ☐ 9. Refill **Water**
- ☐ 10. Share **Food**

Most Safety Bling is reactive yet here are some ideas on training for difficulties - Safety Bling #4.

Train for Darkness

It's a good idea to gain experience on trail in the dark prior to some emergency forcing your hand. A common reason NY DEC Rangers are called for rescues is to support hikers who had forgotten headlamps. Plan a hike that starts at night and you'll know exactly where your headlamp is. It'll most certainly be on your head! Another way to train for darkness is to step on trail at two hours or more BEFORE sunrise. With first light about an hour before sunrise you'll have an hour in darkness. Recruit a friend, experience the woods awakening, hike out in daylight, find a diner for a huge post-hike breakfast, and you'll pick up some well-earned Safety Bling.



Tim Holahan

Massasauga Search and Rescue Team with Marion, N.Y., Scout Troop 137 training together for wilderness safety. 100 Scouts were trained for the Search and Rescue Merit Badge.

Train to Avoid Exposure

Could you stay warm and dry with the gear typically in your hiking pack? Here's a test: on a sunny day, bring along a nice book and see if you'd be comfortable relaxing for an hour or more wherever you find yourself. To really see how your gear protects you from exposure, try it again on a cool, rainy day, maybe swapping the book for a magazine that'll likely get wet. I have four must-have pieces of gear in my pack that are there all year in case I need to hunker down for hours: raincoat, jumbo trash bag, winter hat, and a "butt pad" piece of closed-cell foam pad.

Training for Navigation Challenges

Staying put is often the wisest move if lost off-trail in the woods. However, if you have trained for map and compass navigation in the woods you may be able to find your way back. Orienteering is called "the thinking sport" since it challenges participants to find "controls" (flags) placed in the woods to be found one after another.

Safety Story

Massasauga Search and Rescue Team (**MSART**) and Seneca Waterways Council recently partnered to provide Search and Rescue Merit Badge training to 100 Scouts from over 15 troops. Scouts learned to prepare for wilderness hazards, read maps, and use search tactics..

Scouts also learned to constructively review incident reports of actual searches and rescues. MSART facilitators and Scout leaders advised Scouts of the importance to avoid shaming subjects of searches, a phenomenon that has unfortunately blossomed to ill effect in our era of social media. Scouts learned instead to reflect upon their own preparation for outings and to role-play what might be their decision-making should they find themselves in a similar crisis.

I invite you to try this self-reflection and encourage you to follow the "Week in Review" press release by our NY DEC Rangers. Their rescue stories can be found here: <https://www.dec.ny.gov/press/press.html>



Near the FLT are several Orienteering clubs that offer meets that often include beginner clinics:

Buffalo: <https://buffalo-orienteeing.org/>

Rochester: <https://roc.us.orienteeing.org/>

Central NY: <http://cnyo.us.orienteeing.org/>

Try an O-meet and wander some woods. In the relative safety of a county park you'll have a chance to navigate off-trail, become temporarily lost a few times, and reorient yourself. After that you'll never need to admit to being lost; instead you'll simply need to apply your "reorienting" skills. Give it a try this summer - and add another piece of **Safety Bling** to your collections. 🍁

ADK-Genesee Valley Chapter Work Day

Peter Wybron, Regional Trail Coordinator - Genesee East



The ADK-GVC had their first of three work days on the FLT for this year on Saturday April 2nd. This was a joint event with ADK-GVC crew and the FLT Roving Crew. The ADK crew and the FLT Roving Crew each had about 9 volunteers for a total of more than 18 volunteer maintainers. Most of the crew members had to travel 1 ½ to 2 hours to reach the work site.

The ADK-GVC is the trail sponsor for about 8 miles of the FLT on Maps M9 and M10. Beth Wheeler coordinates the maintenance efforts for the ADK-GVC. She schedules three maintenance work days each year.

Under the direction and guidance of Michaela Aney (Director of Trail Development), the FLT Roving Crew, with the help of ADK volunteers, worked on improving drainage along the old road bed south of AP3 (CR70A) which runs off of Beltz Rd on Map M10. They

cleaned drainage ditches and repaired several culverts. There is more work to be done but they got a good start on improving the drainage along this section of trail. The remaining ADK crews performed spring clean-up on their sponsored sections of the FLT on Maps M9 and M10.

We had a good day for trail work on the FLT. The weather was great for trail maintenance, 45 and sunny with no rain or snow! The crews accomplished a lot in about 6 hours of hard work.

Thank you, Beth Wheeler, Michaela Aney and the whole crew for a job well done and thank you Jon Bowen for scheduling the FLT Roving Crew for this project. 🍁

Often where our trail is located along what used to be a road, erosion just eats up the original road, as it did here. So the volunteers hope to re-route the eroding water in order to preserve this slice of the hillside.



Peter Wybron

Trail Topics: Trail Preservation Report

David Newman, VP of Trail Preservation



Easements and Acquisitions

Things have been quiet on the Trail Preservation front since the last issue of *FLT News* when we were able to announce a major purchase on FLTC Map M22 just east of the Cortland County / Chenango County line and a land donation on Map B3 about ¼ mile north of Bean Station Road. If any of our maintainers, Regional Trail Coordinators or landowners have been thinking about easements that just haven't quite gotten off the dime yet, give me a call. FLTC takes care of the paperwork preparation and filing fees, it doesn't take much work from the landowner, and the permanently protected trail route is really helpful to our Mission of protecting the trail... Forever!

The M22 project in Lincklaen is now under the direction of Regional Trail Coordinator Harold Kyle, supported by staff Director of Trails Development Michaela Aney. Michaela and Harold have been planning the construction and gaining approval for the connections on DEC land at both the west and east ends. By the time you read this, they will have conducted the first volunteer work days. There is a lot of work to be done, including a bridge over the creek that is too deep to wade in some water conditions. So while my part in arranging the purchase and easement is done, we're still a ways off from having the grand opening ribbon cutting. 🍁



Dave Newman

Organized by Regional Trail Coordinator Harold Kyle and Michaela Aney, the May 7 work crew of mostly ADK-Onondaga and Bullthistle Hikers turned out in force for the first work day on FLT's recently purchased property in Lincklaen. With turnouts like this (44 people!), it won't be long before the new route is ready to hike.

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

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

Name(s) of New Member(s)	_____
Address Line 1	_____
Address Line 2	_____
City/State/Zip	_____
Phone ()	_____ Email _____
Please Choose a Chapter Affiliation if You Wish (Check One)	
<input type="checkbox"/> Chapter Name	_____
<input type="checkbox"/> Assign Me to My Closest Chapter	
<input type="checkbox"/> Member-at-Large (Not Affiliated with a Chapter)	
<input type="checkbox"/> Make Me Paperless! Send Correspondence and Magazine to Email Address	
Comments	_____

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Answers to the Spring 2022 “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:



Colin Parrish

M2 near Salamanca by #511 Colin Parrish

Correct answers:

Maxwell Wallace
#504 Kevin Armstrong
Jarrod and Sharon Ray

New Picture:



Shawn Phillips

Which map are #403 Marnie Phillips and Alfred P. Dog on?



Send **address changes** to:

Finger Lakes Trail Conference
6111 Visitor Center Rd.
Mt. Morris, NY 14510
FLTinfo@FingerLakesTrail.org

FLT MEMBERSHIP FORM

Name _____
Address _____
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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
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Sustaining Memberships:

Trail Blazer	\$100-\$249
Trail Builder	\$250-\$499
Trail Guide	\$500-\$999
Trail Patron	\$1000 +
Lifetime (Individual)	\$600
Lifetime (Family)	\$900

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6111 Visitor Center Road
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Major sculpture along the trail. Learn where inside. The Fall of Disco Mickey, by Tom Inglis Hall. Photo by Mark Wadopian, Centrail NY Chapter, North Country Trail Association

