

December 2014



Tie Up Your Laces  
And...Work!

#### Points to ponder:

- What's your hypothesis? Why did we report fewer hours for 2013 than 2012?
- Why contact your RTC?

#### News Items

► The FLTC's Trail Management Team will hold its annual **Trail Council** meeting on **April 11, 2015** from 10 – 3 at the First Congregational –United Church of Christ, 58 North Main Street (NY 332) in Canandaigua. This meeting is primarily for our Regional Trail Coordinators and Trail Club Chairs and other volunteers who play leadership roles in managing trails in the FLT System; but this is by no means a closed meeting and any volunteer, public agency, or landowner is welcome to attend. Agenda will include issues raised at our fall Trail Maintainers' training sessions; agreements with NYS & other local public agencies; facilities inventory; budgeting for trail projects; trail preservation including key parcel identification and landowner verification; training and other information for our maintainers. Please plan to attend!

► Announcing North Country Trail Assoc. (NCTA) **Field Grants up to \$1000** for Trail or Facility Construction or Reconstruction, Promotion or Recruitment, Volunteer Training, Trail Maintenance, and Public Events associated with the 430 mi of NCNST coincident with the main FLT and the Onondaga Br. If your section is part of the FLT/NCNST, consider applying. Brief case statement and budget estimation required. Apply before March 1, 2015. Contact Lynda if need advice ([ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com)). On-line app form at [www.northcountrytrail.org](http://www.northcountrytrail.org) → Members → Volunteer Resources → Grant Applications... While you're there, check out the *Trail Design, Construction and Maintenance 10 min. video* that features Jeff McCusker, Trail Manager for the NCNST.

# TRAIL TENDERS' NEWS

A publication from the Trail Quality Training Team

## Finger Lakes Trail Conference

**Time to submit those volunteer hours for 2014! ONE MAJOR CHANGE!!!**

**Season's Greetings!** It's that time of year again to submit our volunteer hours for the annual census. We are using the same on-line form that we have used the past several years, with **one major change**, we are now reporting hours in **5 different categories** as opposed to 3 to more closely align with the North Country Trail Association's reporting system. The submission of our time is **very** important. It documents to NYS public land managers, the North Country Trail Association, the National Park Service, our members, donors, auditors and potential funders the volunteer time and effort we have expended to maintain this foot trail across New York State. **Thank you** in advance for submitting your volunteer hours by **January 31, 2015** using the census form and revised instructions that can be accessed on the **FLTC website at: [www.fingerlakestrail.org](http://www.fingerlakestrail.org)>Home>Members>Volunteer Trail Workers**, or at:

<http://www.fltconference.org/trail/index.php?clD=277>

#### Entries on the Form:

- **First Name, Last Name, E-mail address and Organization** (with a drop down menu listing various Trail Clubs, Scout Troops, etc.)
- **Position** (with a drop down menu listing various roles such as Sponsor, Trail Club Chair, Regional Trail Coordinator, FLTC Board Member, FLTC Officer, Alley-Cat, Trail Management Team, Other, etc.)
- **Map** (with a drop down menu listing individual maps for Sponsors; groups of maps for Trail Clubs and Regional Trail Coordinators; and an FLT System-wide entry for others performing broad-based work for the entire organization)
- **Hours - five categories this year**, each to include travel time and combined time spent on private and public land:
  1. **Trail Work** (maintenance and construction)
  2. **Administration** (meetings, office work, writing, editing, accounting, etc.)
  3. **Interpretation & Outreach** (promotion, education, leading hikes, brochure development, car shuttling, etc.)
  4. **General Resource Work** (GIS/GPS work, mapping, planning, land protection/acquisition)
  5. **Training** (construction, maintenance, safety, sawyer, etc.)
- **Public Land** (with a drop down menu listing various State Forests, Parks, etc.)
- **Hours for Public Land** - to include that portion of the total hours entered above that were spent on various public lands
- **Comments** - to note work accomplished, problems encountered, and proposed future projects; and to request mileage funds (\$1 per mile of trail maintained) and permanent facilities funds for misc. trail maintenance supplies.

#### Important to Note:

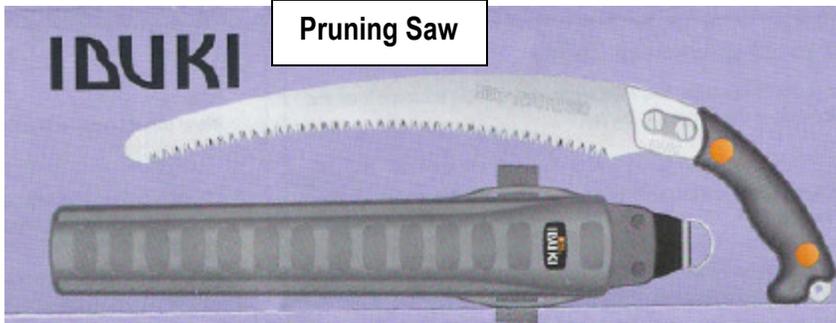
- **Group projects** such as those performed by FLTC-organized work parties and Alley-Cat crews **will be reported by the VP of Crews & Construction or the Project Manager.**
- **Stewards working for a Trail Club should not use this form.** Stewards' hours should be reported by their Trail Club Chairs.
- The **Public Land Hours** in the lower section of the form **are part of the total hours** submitted in the first section of the form. **They are not additional hours.**

*Thanks  
Steve*

**ATTENTION Allegany County Maintainers!** Please tend to your trail section early and often, well in advance of this year's Cross County Hike Series. The series kicks off in April!

**Happy Holidays**

## Tools Your Trail Maintainer Could Use (Hint, Hint)



Pruning Saw

### Moderately Expensive, But Really Good

Pruning saws are proving to be very useful for trail maintenance work. A hefty pruning saw, such as the Silky Ibuki 390 shown above, can cut through 3" trunks or limbs with little effort. Their main advantage over the traditional bow saw is that they can be poked into narrow spaces and still cut – something you simply cannot do with a bow saw. Many, such as this saw, cut only when you pull the saw towards you, which also seems to be an advantage when you're working in a tight place. Be aware that these saws are truly sharp, so handle with care. The scabbard can be attached to a belt or tucked in your pack – either way, the teeth are not exposed. **Silky IBUKI 390** (XL teeth) with sheath from [www.silkysaws.com](http://www.silkysaws.com), \$100.95

### Can't Wear Steel-Toed Boots?

Buy a pair of comfortable boots one full size larger than you usually wear, add a pair of **Labonville Chainsaw Safety Kevlar-Polyester Boot Liners** to go in them, and Poof!, you've got protective boots that won't jam or freeze your toes. Order the booties first and take them with you to the boot store. From [www.GKSales.net](http://www.GKSales.net), 1-888-330-SAWS, **\$39.95**. Part # KS860



### Shears That Really Work

Many of the so-called medical shears sold to cut bandages couldn't cut a chiffon cake if put to the test. If you *really* want substantial shears, consider the **Leatherman Raptor**, a multi-tool based on a pair of 420H Stainless Steel folding medical shears that also includes a strap cutter, ring cutter, oxygen tank wrench, carbide glass breaker, ruler, and 1/4" hex bit driver. At 5.8 ounces, you'll know they're in your pack; but they come with a holster that makes the carrying easier. At [www.theemsstore.com](http://www.theemsstore.com), **\$69.85**.



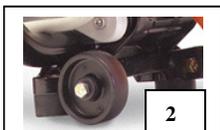
### Expensive But Very Sweet Weed Whacker (Trimmer) Multi-Tool



(1) Put this baby on (2) wheels and swap out the (3) tiller head for a (4) weed trimmer head, and you've got a terrific gas-powered weed whacker that's easy on the joints and the back. It seems to be easier on the gas and the string, too, but that's just one opinion. Also pretty easy to move over rough terrain or push up hills. The **Stihl YARD BOSS MM 55** can also be fitted with a blade instead of string. (5) Hinged handle swings forward and down over top of motor, making it compact enough to fit in the back seat of a Subaru Outback. Note: String and blade heads



must be used with wheel kit, (2) below. Wheeled trimmer plus string head, no tiller, at Twin Pines Power Equip., 1171 NYS 14A, Penn Yan, 14527. (315) 536-6382. **\$359.95** + tax



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## Regional Trail Coordinators, West to East

► Contact your RTC if you need the services of a certified sawyer. ► Coordinate your trail improvement ideas with your RTC. ► If you want reimbursement, obtain approval from your RTC and the FLTC VP-Trail Maintenance before you start.

Genesee West (M1-M6, CT1-CT12)  
Marty Howden  
[howser51@yahoo.com](mailto:howser51@yahoo.com) (585) 567-8589 H  
(585) 330-1872 C

Letchworth Branch (L1 & L2)  
Irene Szabo (Interim)  
[treeweenie@aol.com](mailto:treeweenie@aol.com) (585) 658-4321

Genesee East (M7-M11)  
Steve Catherman (interim)  
[stevec@roadrunner.com](mailto:stevec@roadrunner.com) (607) 569-3453

Bristol Hills Branch (B1-B3)  
Donna Noteware  
[noteware@empacc.net](mailto:noteware@empacc.net) (607) 868-4616

Watkins Glen-West (M12-M14, QCM/MFHLT)  
Lynda Rummel  
[ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com) (315) 536-9484 H  
(315) 679 2906 C Jan thru Mar only

Crystal Hills Branch (C1-C3)  
Pat Monahan  
[pmonahan@stny.rr.com](mailto:pmonahan@stny.rr.com) (607) 936-8312

Watkins Glen-East (M15-M19, I1)  
Paul Warrender  
[paul.warrender@yahoo.com](mailto:paul.warrender@yahoo.com) (401) 439-8285

Chenango-West (M20-M22 NY26, O1 & O2)  
Anthony Rodriguez  
[boricua1037@verizon.net](mailto:boricua1037@verizon.net) (315) 446-3586

Chenango-East (M22 NY26-M26 Bainbridge)  
Ed Sidote  
[esidote@frontiernet.net](mailto:esidote@frontiernet.net) (607) 334-3872

Tom Bryden, Bullthistles  
[snbdodger@yahoo.com](mailto:snbdodger@yahoo.com) (607) 859-2225

Roy and Laurie Dando, Triple Cities  
[rdando@verizon.net](mailto:rdando@verizon.net) (607) 785-3121

Catskill-West (M26 Bainbridge-M27)  
Don Sutherland  
[dsutherlandny@aim.com](mailto:dsutherlandny@aim.com) (607) 754-9573

Catskill-Central (M28-M30 NY206)  
Rick Roberts  
[hikerrick2000@yahoo.com](mailto:hikerrick2000@yahoo.com) (607) 746-9694

Catskill East (M30 NY206-M33)  
Rick Roberts  
[hikerrick2000@yahoo.com](mailto:hikerrick2000@yahoo.com) (607) 746-9694

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For 2013, volunteers reported working **10,602 hours out on the trail, plus 5,152 related administrative hours, plus 910 interpretive hours, adding up to 16,664 hours, worth \$368,941 (hours x the 2013 NPS/NCTA hourly labor rate). That's a lot, but it's 3,573 fewer hours than 2012 – did we just work less or did we not report all we did?**

## Building Your Own First Aid Kit

For the past two years, at our Fall Trail Management meetings, EMT, back country fire fighter, and new FLTC Board member, **Bob Kremens**, has reviewed some of his experiences dealing with first aid emergencies. Bob has supplied us with a list of materials he suggests be carried by anyone hiking or working in "remote" woods conditions, along with an online resource from which the materials can be purchased at a good price. The prices are current as of December 1, 2015, from:

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

Item: 05130 Price: \$6.29 - Israeli Emergency Bandage - 4"  
Item: 400036 Price: \$0.56 - Irrigation Syringe, 60cc  
Item: 01077 Price: \$1.19 - Suture Strip Plus, 1/4" Wound Closure Strips  
Item: 05125 Price: \$0.47 - Triangular Bandage  
Item: 03641 Price: \$0.53 - Water Jel Burn Gel  
Item: 01074 Price: \$0.19 - Trauma Pads - 5" x 9"  
Item: 01904 Price: \$2.37 - Gauze Pads - 4" x 4"  
Item: 01044 Price: \$0.47 - Povidone-Iodine 10% Solution  
Item: 01041 Price: \$2.79 - Lidocaine 1st Aid Spray, 2.5% with Aloe  
Item: 01084 Price: \$0.82 - Ace bandage 2"  
Item: 01085 Price: \$1.12 - Ace Bandage 3"  
Item: 05121 Price: \$1.10 - 1" Cloth Adhesive tape  
Item: 01030 Price \$12.00 - Sam Splint orange/blue  
Item: 05170 Price : \$12.99 - Quick clot 25g for bleeding control  
Item: 018011SIL Price \$2.48 - 5.5" EMS shears (\*)

(\* If you're interested in really hefty substantial shears that can be used for a few additional purposes, please see the review of the *Leatherman Raptor* on p. 2.)

Also suggested for your kit are ibuprophen; children's *liquid* diphenhydramine HCl 12.5 mg (e.g., Benadryl®), baby aspirin, and a small bottle of eye wash, all available over the counter.

Disclaimer: Neither Bob nor we accepts any responsibility for the inexhaustive nature of the list or the inappropriate application of any of the items listed. Anyone traveling alone or with others in the woods *should* be trained in basic first aid, CPR, and blood-borne pathogens, at least, and this includes hike leaders as well as maintainers. SOP, these courses are mandatory for certified sawyers.

At past Trail Management meetings, we've also handed out, with the author's permission, a very handy 8.5x11 booklet entitled, "**Backcountry Medicine for Backpackers and Hikers**," written by NCTA Past President, Dr. Lawrence (Larry) Hawkins, who was an emergency room physician and is an avid hiker. The booklet contains first aid information tailored for adult outdoor enthusiasts – hikers, paddlers, fishermen -- who "...participate in activities which may put them in circumstances where medical care is not available," and who "may need to assume temporary responsibility for the treatment of the condition as it presents." Topics run from A (allergic reactions) to T (ticks). **Lynda is in the process of getting this booklet re-copied, so send her an email with your USPS address, if you want a copy, and she'll mail one to you.**

Excerpted from the Winter, 2014, *FLTNews*:  
**Making Your Trail Segment Handicapped Accessible**

**How to Make Your Trail Segment  
Handicapped Accessible, continued**

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Our public land managers have asked us to build all new permanent facilities to handicapped accessible standards, and, in addition, look for trail segments where we can make the tread handicapped accessible, as well. The point is to have usable facilities in place should a wheel-chaired person make it into the woods on the FLT.

Most **permanent facilities** are built by trail clubs, under the supervision of the club's trails chair or designated person, or by Alley-Cat crews, led by a Project Manager and Construction Manager, under the overall supervision of the FLTC's VP for Crews and Construction (Matt Branneman, [mattbranneman@gmail.com](mailto:mattbranneman@gmail.com)). If you want to construct a lean-to or campsite with amenities or put in a bridge, talk first with your Regional Trail Coordinator and then with Matt and Steve Catherman ([stevec@roadrunner.com](mailto:stevec@roadrunner.com)) (for lean-to's and bridges) or me ([ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com)) (for chum toilets). You (or they) will need to get permission from the land manager before building any new permanent structure; and if you, not they, seek it, make sure he/she *approves your plans or construction drawings*.

Making permanent facilities handicapped accessible is relatively easy and is almost always affordable. We've been making all our new permanent facilities handicapped accessible since 2006 (possibly earlier). Here's all that needs to be done:

- ✓ The lean-to sits up on a foundation that raises it to wheelchair height, the surface in front is smoothed, the floor is smooth and accessible from a wheelchair, and there's a grab bar at the inside front corner that the wheel-chaired person can grab.
- ✓ The wall-less, roof-less chum privy has railings built at the back and side and the ground in front and on the other side is level.
- ✓ The fire-ring is the taller of the two models.
- ✓ The picnic table is accessible at one or both ends.
- ✓ Bridge decking is at least 36" wide; there's a handrail on one side at least; and ramps lead up to and down from each end.

Of course our construction crew guy, Matt Branneman, knows all the requirements, so contact him for specific dimensions.

When old facilities are rebuilt or remodeled, they should be redone to handicapped accessible standards, as much as possible.

Given our rocky, often wet Finger Lakes terrain and limited budgets, making **the tread** handicapped accessible is more difficult, because tread and corridor obstacles such as roots and rocks need to be removed. The tread itself should be at least 36" wide and obstacle-free, in a corridor cleared to 5 feet. The tread should not be persistently wet, soggy or muddy, so the chair can be wheeled along and the tires don't create ruts that collect water. If it isn't typically hard and dry (except after a rain), consider building a boardwalk-style puncheon across the wet area. This style usually consists of flat sills (2"x 12"x 38") sitting across the tread, 2"x8x10' boards set on edge as stringers running with the tread, and 2x8x36" decking (boards) going across the stringers. Set the ends of the puncheon down into the tread or build ramps at both ends, so the entry to and exit from the puncheon is smooth and no more than a 6% grade. Boardwalk-style puncheon is about twice-everything (as costly, as heavy, as much material...) as traditional simple-style puncheon, so discuss your ideas with your Trails Chair or RTC before September so the project, *if approved*, can be built into the next year's budget and additional funding sources can be sought. Because puncheon sits on top of the ground, technically you probably do not need approval from the land manager; however, it's highly recommended that you do discuss it with the land manager and get his/her approval.

The segment also needs to be accessible from a vehicle, so look for access points that have good parking with level access to the trail, or where a County, Town, or State Agency might be persuaded to improve the parking. It is not necessary that the segment lead to a spectacular natural feature or view, but if it does, all the better; it is not necessary that it go very far -- the point is to have some opportunity for the handicapped person to go in at least a ways. Consider building a kiosk at the trail's entry point. Plans for kiosks can be found in the NCTA's *Handbook for Trail Design and Construction*.

After the segment has been made handicapped accessible, have it accessed by Lynda or Irene and with their assistance, post critical descriptive information about the segment that trail users of all kinds can use to determine whether they want to attempt it.

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

**Accessibility & Trail Census Info**

**To:**