

Early Autumn 2018



Tie up your laces and...  
Work!

#### Points to ponder:

- I just hike the FLT. Why should I attend one of these meetings? COME TO A TRAIL MANAGEMENT MEETING AND FIND OUT!
- The FLTC POSTED sign makes it seem like the trail is closed. Yet I've seen other computer-made signs with specific closing dates. What do these signs mean?
- And what exactly does a landowner No Trespassing sign posted at a trail head mean for hikers?

#### Collect Filled Registers, PLZ

Using Quinn's simple summary sheet, please put in the numbers of trail users from as many of the trail registers from your section as you can. Quinn's mission is to gather real data about trail use and then adjust it by using standard multipliers that take account of the number of folks who don't sign in. Get the summary sheet from Quinn ([qwright@fingerlakestrail.org](mailto:qwright@fingerlakestrail.org)).

#### Please Look for Signs of Lands Changing Hands

As you hike along or are doing your trail maintenance, please pay attention if you see a For Sale sign or a bunch of different cars in the driveway, or the property looks much less used. When the property might have a new owner or might be changing hands, please tell the office – if possible, include the old owner's name, the parcel address, the FLTC Map number, and the approximate location on the map. Send report to: [trailreport@fingerlakestrail.org](mailto:trailreport@fingerlakestrail.org) and [info@fingerlakestrail.org](mailto:info@fingerlakestrail.org). Please help!

# TRAIL TENDERS' NEWS

A publication from the Trail Quality Training Team  
The Always Exciting Forms & Check Lists Issue

## Finger Lakes Trail Conference

### Warning! Extreme Caution! Trail Management Meetings Ahead!

#### This Year's Trail Management Meetings at Virgil (11/3) and Bainbridge (11/10)

As Irene says, "EVERYBODY who works on trail maintenance, whether as a trail sponsor or as a member of a club, is invited. The more well-informed trail workers we have out there along the trail, the better will be our relations with landowners and other users." Interested landowners and land managers are invited, as well!

The meetings *this fall* will be held:

- **November 3, 10-3**, at the **Virgil Town Hall**, 1176 Church St., Cortland, especially for those who work or host trail on FLTC Maps M15 to M22, plus O1, O2, I1, QC, MF
- **November 10, 10-3**, at the Scout House in **Bainbridge**, especially for those who work or host trail on FLTC Maps M23 – M33. (From I-88, head NW on NYS 206, then left (SW) on Rt. 7 So. Main St., then right on Walnut St., cross Pearl and Juliand, pass school on right, turn left on Prospect, parking & scout house will be on your left.)

Included in the agenda for this fall, as best as time permits, **closer looks** at, **demonstrations of**, and **hands-on practicing of**:

- Planning & Laying Out a Sustainable Footpath
- Simple Erosion, Water Control & Anti-Slip Techniques
- Signing & Blazing the Trail
- Working with Your DEC or OPRHP
- How to Ask Private Landowners for Permission
- Addressing Landowner Liability Concerns
- Limiting/Controlling Access to Properties

**Who should attend?** Section maintainers, potential club and "alley cat" crew members, hiking club members and hike leaders, casual hikers and friends, geo- and- avi-cachers, landowners, and land managers, *from anywhere across the state*, but especially if you live in the eastern or east/central part of the state! **Feel free to bring your friends!**

**10 a.m. sharp. BRING YOUR LUNCH.**

**Free coffee, apple cider, and breakfast goodies.**

**And a couple of useful "door prizes"**

**If you missed last year's meetings, be sure to make one of these.**

### FACILITY INVENTORY & INSPECTION REPORT FORM

Inspector \_\_\_\_\_ Sponsor \_\_\_\_\_ RTC \_\_\_\_\_ Date \_\_\_\_\_

Map \_\_\_\_\_ Between \_\_\_\_\_ and \_\_\_\_\_  
GPS Coordinates (if available) \_\_\_\_\_ Map Mile Point \_\_\_\_\_

Type of Facility\* \_\_\_\_\_ Name \_\_\_\_\_ Year Built \_\_\_\_\_

Type of Construction/Materials \_\_\_\_\_ Photo (Y or N) \_\_\_\_\_

Dimensions: Length \_\_\_\_\_ Width \_\_\_\_\_ Height \_\_\_\_\_ Other \_\_\_\_\_

General Condition & Description (New/Good/Fair/Poor) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other Comments \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\*Facility Type:** Bench, Bivouac Area, Boardwalk, Bridge, Culvert, Dodge-way, Fire Pit, Kiosk, Outhouse/Privy, Passport Rubbing Station, Pavilion, Picnic Table, Puncheon, Shelter/Lean-to, Sign (major), Spring/Water Source, Stairs, Steps, Stile, Trail Register, Water-bar

(Please email this report to the FLTC Office at the above address along with any digital photos of the facility)

### The Essentials Late Fall, Pre-Winter Maintenance Check List

#### Check Off When Completed & Maintenance Trip(s) Recorded

- Weed-whack and side-cut trail to ~3 ft. wide, cutting back pricklers & multi-flora roses.
- Cut tread grass ("mulch" early fallen leaves)
- Clean out water bars and drainage ditches
- Make sure all blazes are bright & crisp (straight lines, square corners)
- Check all closure signs at property boundaries & closest access points
- Replace all old or faded signs with new ones
- Inspect facilities & prepare for winter -- e.g.,
  - apply anti-slip material to puncheon & bridge planks;
  - clean out firepit; replace saw in lean-to & stack some dry wood inside;
  - collect filled registers, fill out online form & send filled registers to Quinn, resupply registers with RITR notebook, pencils, FLT yellow cards & rack cards
- Do minor repairs on bridges & lean-to's, as needed
- Describe & report major needed repairs to RTC
- Check (again) for for-sale signs & contact landowners for pre-sale trail protection
- Make sure map(s) describe(s) parking accurately
- Report unfixed/new trail conditions to [trailreport@fingerlakestrail.org](mailto:trailreport@fingerlakestrail.org)
- Avoid trail maintenance during big game hunting season: absolutely no maintenance (or hiking) during closure periods on closed sections; wear blaze orange, dress leashed dog in orange too, & hike quietly on properties that are not closed

## Register Box Preparation/Inspection Checklist For Trail Maintainers

Originally prepared by Trail Builders & Section Sponsors, Alex and Michele Gonzalez  
(Additional Suggestions by Lynda Rummel, Steve Catherman, and Quinn Wright, 2015-2016)

The FLTC keeps log notebooks (“registers”) for hiker/trail user information and comments in trail register boxes, lean-to’s, and, sometimes, Passport Hike mailboxes. This checklist applies to trail register boxes specifically, but the general principles and practices apply to log books kept in lean-to’s and Passport Hike mailboxes, too.

Trail register boxes are important: They represent our organization and therefore their contents should look appealing. Often, these boxes are the first contact new hikers have with our organization, so the boxes should make us look good. Register boxes should receive the same level of maintenance as trails and lean-to’s.

Trail register boxes may be made of exterior PT wood (metal-armored edges if made of plywood) with a shingled or metal roof (edges dulled), an actual metal mailbox, or an “Army surplus” ammo can. Instructions for mounting the ammo can may be found in the *TTN*, Early Autumn, 2011 issue and, in abbreviated form, on p. 4 of the Early Autumn 2018 issue.

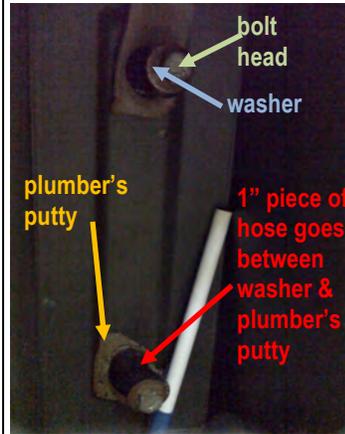
1. If using a 4x6 (or other size) Rite-in-the-Rain notebook, include several pencils, since pencil works just fine on this kind of treated paper. Stubby “golf” pencils work fairly well, but usually do need to be sharpened by the hiker and don’t have an eraser. Mechanical pencils, especially the Paper-Mate Sharpwriter brand, have the advantage of not needing to be sharpened and they do have an eraser. The FLTC Office may have RITR booklets for you, but you are likely to have to provide the pencils yourself. (Special ink pens like the Fisher Space Pen, Inca, or other pens designed for extreme conditions work well, too, but are more likely to be stolen.) We highly recommend using RITR notebooks and Paper-Mate Sharpwriter pencils.
2. If using a book/booklet made with regular untreated paper, make sure that there are at least two working ballpoint pens, as well as a clean plastic container with several small sharpened pencils, for when the ink in the pens freezes. Pencil often doesn’t show up as well as pen on untreated paper, however. The plastic container for the pencils is desirable so that hikers use the pencils only when necessary. According to Ed Sidote, the best kind of untreated register book is a spiral bound book of index cards. They can withstand a lot of abuse and not become dog-eared.
3. Inside the front cover, add: Your name, FLTC job and contact information; the location of the register box (describe it by county, names of roads at either end of the segment, direction from the nearest community, approx. distance in from the west, FLT map number, email address for reporting conditions, and instructions to contact 911 in a real emergency or the County Sheriff’s NON-emergency number if don’t need immediate help, and how to find the nearest spot where the hiker could find decent cell reception, if it’s not at the register box, lean-to, or Passport Hike mailbox.
4. Tape a small calendar inside the back cover. Many hikers know the day of the week but not necessarily the date, which can be important in an emergency or lost-hiker situation.
5. Make sure the log book is housed in a dry, undamaged plastic bag, even if using a RITR notebook. Replace the bag at least once a year and more often if the box is located on a high-use section of trail.
- 6. Retrieve the book every year near the end of the year and, using the tally form available from the website or your RTC, tally the number of trail users who have signed in plus the number in their group (informed guesses are allowed – e.g., 10 in a scout troop). Submit your tallies to the FLTC Office when you submit your volunteer hours at the end of the year. Mail in your registers at the end of every year, too.**
7. For your edification and ours (at some point in the future), keep track of the number who were engaged in different activities – overnight camping vs. day hiking, hunting, bird watching, snowshoeing or xc skiing, geocaching, or any other relevant categories you come up with, including partying.
- 8. Pick up new register notebooks at the western or eastern biennial Trail Management meetings held every fall or contact the FLTC Office.**

### Consumer Reports Tests Mosquito/Tick Repellents

CR (Aug. 8. '18 p. 29) confirms that "Repellents that work well against mosquitoes also work well against ticks..." CR also says that repellents should have **15-30 % DEET** to be effective, although **30% oil of lemon eucalyptus** worked quite well and 20% Picaridin was moderately effective. But chemical composition alone wasn't sufficient; proper application was required. CR provided the following tips to complement the instructions on the bottle: **(1)** Apply a thin coat to all exposed skin but avoid eyes & mouth & use sparingly around your ears. Do not apply under clothing. **(2)** Spray repellent on your hands & then apply to children. Don't spray kids & don't apply to their hands. **(3)** Never spray directly onto the face. Spray on palms, then apply to face. **(4)** "Frequent reapplication isn't necessary." Wash off repellent at the end of the day.

Caution: Absolutely do wash your hands after applying DEET repellent. DEET can soften or remove some plastics, e.g., the outside material on a pair of binoculars.

### Ammo Box as Register Box



To attach an ammo box to a living tree, Joe Dabes and Ray Kuzia have added between the head of each lag bolt and the inside wall of the ammo box (clockwise) a washer (blue arrow), a 1" piece of garden hose (red arrow), and a glob of water proof plumber's putty (orange arrow). As the tree grows, the hose will compress, assuring a tight seal that does not damage the tree. To mount the ammo box horizontally on a standing tree, pre-drill the holes for the two lag bolts *from the back*, one hole several inches above the other. To install: Reach in & put putty around the bottom hole first, then add a washer & a piece of tube to the lag bolt & insert.

Please send questions, comments, complaints, corrections, suggestions, new information or tips about trail building or trail maintenance to: Editor/writer -- Lynda Rummel ([ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com)); or the conscripted occasional contributors -- Steve Catherman ([stevec@roadrunner.com](mailto:stevec@roadrunner.com)); Bill Coffin ([wmscoffin@twcny.rr.com](mailto:wmscoffin@twcny.rr.com)); Mary Coffin ([mcoffin1@twcny.rr.com](mailto:mcoffin1@twcny.rr.com)); Marty Howden ([howser51@yahoo.com](mailto:howser51@yahoo.com)); Irene Szabo ([treeweenie@aol.com](mailto:treeweenie@aol.com)); JC Sawyer ([shutterlogic@gmail.com](mailto:shutterlogic@gmail.com)). Training (trail maintenance, design and construction) *on your section* available upon request. Want to join the "Travelin' Training Team" or contribute to the *Trail Tenders' News*? We need you! Please contact Lynda and volunteer!

**Upcoming Area Meetings,  
Checklists, Mosquito Repellent**

**Finger Lakes Trail Conference  
FLTC Service Center  
6111 Visitor Center Rd.  
Mt. Morris, NY 14510**