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Hello!

This issue of the Trail Tenders' News is my first as Director of Trail Development. Lynda Rummel, our recently retired Vice President of Trail Quality, had organized and put out this newsletter for about 15 years (they can be found on the FLT website!). I often find myself in awe of the time and energy that Lynda has put into this newsletter as well as the many other facets of the FLT. It's an incredible opportunity to help carry the torch of trail management for this organization.

It is my hope to continue these newsletters and to invite you all to ask questions, share your experiences, and give feedback. We all have at least one thing in common - a connection to the Finger Lakes Trail System. Please feel free to reach out with questions and feedback so this newsletter reflects what's needed within our community of trail stewards.

Be well and Happy Trails!

Michaela Aney

Director of Trail Development

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[Feedback and Question Form](#)

New Incident Report Available Online!

A new incident report form is available as an online form! It can be found under the volunteer section of the Finger Lakes Trail website (Members>Volunteer Trail Workers>Incident Report Form) or click [here](#). Completed incident reports will be automatically sent to Debbie in the FLTC Office and to Michaela (Director of Trail Development).

Incident Reports help to identify trends and help to determine gaps in training and communication. They are never meant to be punitive. If you need a review of the Incident Reporting Process, click [here](#). If you would like an Incident Report form to take out into the field with you, click [here](#).

Please send any questions to Michaela (michaela.aney@fingerlakestrail.org)

We Want to Hear from YOU!

Shout Outs!

With nearly 1,000 miles of trail, it feels almost impossible to know all of the people who work tirelessly to keep the trail open and usable. Click on the button below to share a trail victory or to recognize someone who's gone above and beyond! Or maybe you've recently gotten a bit of trail off-road or the landowner you've been politely pestering has finally said yes to letting the trail on their property - we want to know. Sharing these stories let's us get to know folks who are near and far and also gives us a chance to learn from one another!

Give a
Shout
Out!

Attention Trail Maintainers!

We know you've got pride in your work with the FLT, and we want you to show it off! We want to give you stickers and patches, and let you order t-shirts and hats. We can't decide between all these awesome graphics though, so we need your help. Choose your favorite, cast your vote, and the winning design will be used for stickers and patches for all current Trail Maintainers (Trail Sponsors and RTCs you'll get one too!). But since we know you're going to love all of these, we're going to put some new merchandise in our online store using all of them! **Cast your vote by August 16.** Look for new merchandise in our online store at the end of the month. For a closer look at each graphic, click [here](#).



Which design should be our new patch and sticker?

1

2

3

4

Safety Stop

Heat Illnesses: There are several kinds of heat illnesses, and they are more prevalent during the summer months as well as in hotter climates (if you're into the whole traveling thing that is). Heat illnesses can become life-threatening emergencies if not handled properly and they are 100% preventable with good self-care and preparation. Remember to pack enough water and salty snacks on any of your hiking or trail work adventures and make sure to take plenty of shaded rest breaks! See the article below from NOLS about the different kinds of heat illnesses, what symptoms to be aware of, and how to treat mild symptoms before they escalate into a more serious problem. If it's possible, please hike/work with a friend and always let someone know where you're going and when to expect you back!

Downed Trees: Thank you to all the sawyers who have diligently been handling all of the recent blowdowns! Remember to assess the situation before starting work. Look around for all hazards (look up, down, look all around) and continually reassess as you work through the obstacle. If the situation is overly complicated or dangerous, there's nothing wrong with leaving it alone and flagging off the area until help can be available.

NOLS Blog

Discounts and Membership Renewals

Renewals on a Rolling Basis

As renewal notices are being mailed out this week, long-time members may notice that the schedule has changed. Moving forward, you will be asked to renew one year after you last paid for membership. We made this change to better serve our members and to ensure that each member enjoys a full year of membership no matter when they join or renew.

Discount for RTCs, Sponsors, Maintainers

Regional Trail Coordinators and Trail Sponsors may enjoy a complimentary

annual membership, and Trail Maintainers and Volunteers are eligible for a 50% discount on your annual membership, for as long as you occupy the respective role with the FLTC. If you are renewing by mail, simply choose the discounted membership type on the renewal form and return it to us (with payment, when applicable). If you are renewing online, please use the following codes at checkout:

RTCs and Trail Sponsors: FOOTPATH2021

Trail Maintainers and Volunteers: SUPPORTFLT2021

Membership discount benefits are just a small way we can **thank you** for all you do for the FLTC. We value your many contributions, and we value your support through membership. Some of you may choose to pay in full for your membership as a donation to the FLTC, or to make a gift in lieu of membership dues--we are especially grateful for this additional support. If you are not a member, we hope you will consider becoming one. Members enjoy a 20% discount on merchandise in our online store and a print copy of each issue of FLT News delivered right to your door. Individual Adult Members are entitled to one vote at our Annual Membership Meeting, and Family Members are entitled to two. Thank you for all your support of the FLTC!

Things to Look Forward to This Fall

Fall Trail Maintenance Meeting

Who's invited: YOU! If you're reading this, we want to see you! Anyone interested in learning about trail maintenance is welcome to attend.

When: November 6

Where: (Tentatively) Virgil Town Hall

What: Talk about some regular trail business (landowner relations, trail building/maintenance, and more) catch up with each other, and drink coffee and eat donuts!

More information to come!

Other Training Opportunities

-Rigging (Grip Hoist) Training with Zac Ballard (Finger Lakes State Park Regional Trail Coordinator)
Date: October
Location: TBD

-Landowner Relations Panel Discussion with Mary Coffin, Mary Niemi, and Annette Brzezicki
Date: October
Location: Zoom

More information to come!