

VHT Pathfinder

The Official Newsletter of Victor Hiking Trails, Inc.

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Trail work begins

Larry Fisher, VHT Trail Boss, has announced that the 2005 trail maintenance has been scheduled. And he is looking for people to help, either on a regular basis or just occasionally.

If you can spare an hour to help out, send Larry an e-mail at lfisher1@rochester.rr.com.

Or leave a message on the VHT phone line at 585-234-8226.

The schedule will be on our website at www.victorhikingtrails.org.

We have lots of tools for the trail work that needs to be done, but gloves and hand pruners are always good to bring.

Trail work is usually on Wednesday evenings and Saturday and Sunday mornings. We start on May 5th at 6:00 PM on the Seneca Trail.

Meet at the Auburn Creek Driving Range on Route 251, near the Auburn Trail.

Hope you can join us.

FAVORITE PLACES TO HIKE IN THE SPRING

By Dave Wright

We are fortunate that in our area there are a multitude of places to hike in the spring. Within a fifty-mile radius, there are hundreds of parks and miles and miles of trails.

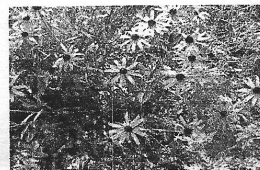
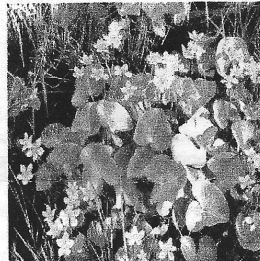
To narrow those down to a few favorites is difficult and of course subjective. But being the Chairman of Victor Hiking Trails and the Editor of this newsletter, I do have some duties to perform.

Let's start with our neighbors to the north, the Town of Perinton and Crescent Trails. One of my favorite is in the Indian Hills section because of the great views from the hill tops and the diversity of terrain, fauna and wildflowers in the spring.

Another great place for spring hikes in Perinton is Powder Mills Park. Start at the parking lot on Park Road, near Irondequoit Creek, and follow the trail north to the daffodil field in early May. Wear waterproof boots, as the trail gets real muddy when the creek floods. And bring your camera for some great pictures of the daf-

fodils.

In Victor, a must are the trails through Monkey Run. Start at the parking lot by County Road #9 and Springdale development. Follow the trail into the woods, across White Brook and west to the open field. Marsh marigolds should be up as well as other wooded wetland flowers.



Other flowers to look for are the Brown-eyed Susan and the Trillium.

Last, but not least on my favorite spring hike list, is Ganondagan. With a variety of plant life and the informative signs to tell you how the Seneca used the plants, it is always great exercise for the body, mind and soul.



You probably have your own list of favorite parks and trails to visit during the Spring weather. Please share them with us by sending us an e-mail, letter or phone call.

When we make up our monthly hike schedule for the year, we are always looking for new and interesting places to visit.

Enjoy the trails. Hope to see all of you on our hikes.

SPRING TIME IN THE ADIRONDACKS

By David Coleman

Victor Hiking Trails is planning our annual spring trip to the Adirondacks. Please join us on the weekend of May 20-22, 2005. Mark your calendar now and save the date. All members are invited to attend.

We will meet in Schroon Lake on Friday evening for dinner at the home of Marcia Bryan. On Saturday we will hike in the Adirondack High Peaks area. We are planning on climbing Mount Adams which is located

in the southern part of the High Peaks.

The mountain has an old fire tower on the summit which dates back to about 1917. In recent years the New York State Department of Environmental Conservation began abandoning the fire towers as they were no longer needed. Of the approximately sixty-nine towers that once stood in the Adirondacks only about twenty-three remain. Recently, there have

been efforts by numerous groups to save and restore these towers. The Mount Adams fire tower, in particular, has become the center of a public debate over the question whether fire lookouts are compatible with wilderness designation. The tower stands on property formerly owned by a mining company and recently purchased by New York State.

The route to Mount Adams

(Continued on page 4)

UPCOMING HIKES

All hikes meet at Victor Town Hall rear parking lot, 85 East Main Street at 9:00 a.m. unless otherwise noted.

HAPPY BIRTHDAY VHT PATH-FINDER!!!

This is the tenth year of our newsletter. Do you have all of the issues?

The theme "Take the Path to a Healthier You" relates trail activities to improved health. Improve your health by getting outdoors on a trail.

- Apr. 9- Hike 1000 Acre Swamp on High St. at 8:00 a.m. 5:00 p.m. Bring a picnic supper. Eat at the top of Bare Hill.
- May 14- Bike ride on the newly refurbished Lehigh Valley Trail from Fishers to Rush and back. Meet at the Lehigh Trail parking area on Old Dutch Rd. About 30 miles total.
- Jun. 11- Quinn Oak Openings, Honeoye Falls.
- Jun. 9- Creek walk in the Naples area.
- Jun. 4- National Trails Day. Hike from Victor to Fishers. Meet at the Fishers Fire House
- Jun. 11- Hang Around Victor Day. Visit our booth between 9:00 a.m. and 4:00 p.m.
- Jul. 9- Creek walk in the Naples area.
- Aug. 13- Hike on the Finger Lakes Trail, Bristol Branch.
- Nov. 12- Rifle Range Trail, Penfield.
- Oct. 8- Canadice Lake Trail.
- Dec. 10- Indian Hill Trail, Perin-
- Sep. 3- Ring of Fire, Bare Hill. Meet at town hall parking lot at

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The Victor Hiking Trails Pathfinder is published quarterly for the members of Victor Hiking Trails, Inc. We encourage submissions of letters, editorial items and advertising pertaining to trails, Victor and the environment.

To submit articles for the VHT Pathfinder, please contact:

Dave Wright, Editor
Victor Hiking Trails, Inc.
85 East Main Street
Victor, NY 14564

(585) 234-8226

dwright@victorhikingtrails.org

www.victorhikingtrails.org

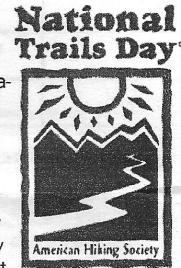
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NATIONAL TRAILS DAY, JUNE 4, 2005

TAKE THE PATH TO A HEALTHIER YOU.

That is the theme for this year's event. American Hiking Society's National Trails Day® is the only nationwide trails celebration, bringing together thousands of outdoor enthusiasts to participate in educational exhibits, trail dedications, gear demonstrations, instructional workshops and trail work projects on the first Saturday of June. It also provides an opportunity to thank the volunteers, land managing agencies, and outdoor-minded businesses for their support in developing and maintaining trails.

National Trails Day (NTD) brings greater awareness to trails, along with their many benefits and pleasures. Whether the event involves one trail or a variety of activities, NTD is a wonderful opportunity to introduce people to trails. Many new trail users become dedicated to trails and their preservation once they get out and learn about them and they realize the many volunteer and paid hours required for creating the trails.



June 4, 2005

The theme "Take the Path to a Healthier You" relates trail activities to improved health. Improve your health by getting outdoors on a trail.

With the extremely high obesity rates in the US, trails can become the pathways to better health. According to the Centers for Disease Control and Prevention, regular physical activity, including trail use, is very beneficial for preventing or controlling many diseases.

This year, Victor Hiking Trails, Inc. will lead a hike from the Fishers firehouse on High Street to the Fishers firehouse on Main Street Fishers. This six mile hike will follow the Seneca Trail to Rt. 96, cross at the signal light and follow Rt. 251 to the Lehigh Crossing Park.

The hike will continue through the park and exit onto the Auburn Trail via the Beaver Bridge. Ending at the firehouse on Main Street Fishers, transportation back to the start will be available.

For the hardy hikers, there will be a guided hike back to the start by way of the backroads in Fishers. This will include a walk through a 4-foot diameter culvert under Rt. 490.

Start the hike at 8:00 a.m. at the firehouse with a pancake and sausage breakfast. Coffee, juice and milk are included with a \$5.00 donation.

All participants will have a chance to win a pair of hiking poles, donated by Tri Running and Walking, 191 W. Main Street, Victor, NY.

Proceeds will be used for trail improvements on the Auburn and Lehigh Trails.

WANTED- OLD HIKING GEAR.

Did you start hiking before hiking was popular. Do you have some old hiking gear like boots, canteen, hiking stick, etc? VHT would like to borrow it for a display at National Trails Day on June 4th. We will return it to you after NTD. If you can help, please call our VHT hotline, 585-234-8226, and leave your name and phone number.

PAST HIKES

Jan. 8- This ended up being a snowshoe trek at Palmer's Pond in Belmont, NY. The snow was too wet to ski and too deep to hike. Some people had problems with the snow sticking to their snowshoes, but we had a great hike anyway.



Jackie Morris with sticky snow.

Saturday night we were guests of Jackie and Ron Morris at their cabin in the hills.



Loekie Windig at the cabin.

As you can see, we had plenty of snow.



Feb. 12- Eleven snowshoed and XC skied at Beaver Lake Nature Center in Baldwinsville, NY. The weather was over-cast, but the perfect temperature.



Very nice trailhead signs.



Nice flat trails through the woods.



Elevated boardwalks over the wetlands



Lunch break in the visitor's center.

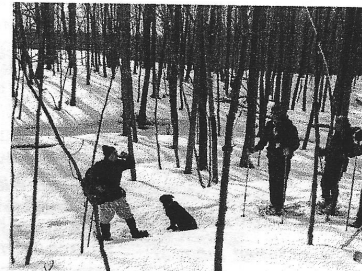
Mar. 12- Ten hiked and snowshoed the trails at Wesley Hill Nature Preserve in the towns of South Bristol and Richmond. It was a sunny morning, 30 degrees F and little or no wind. Gorgeous!!!



Ready for a morning hike.



Through the woods and up the hill.



Time for a water break.



Lunch break at the Wenrich Cabin.

SNOW FLEAS

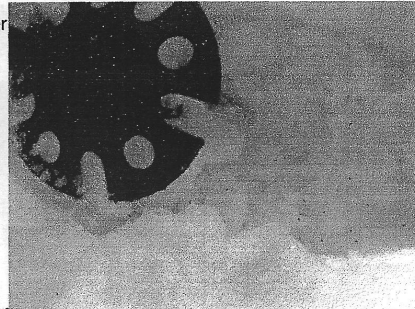
On mild, humid spring ski days, bend way over and look at the snow. If you see a darkish smudge on the snow, look closer. If a few pepper-sized specks suddenly disappear and reappear either you need an optometrist or you have snow fleas.

These dark jumping specks, sometimes gather into concentrations of over several hundred thousand per square meter. Probably, there's more snow fleas than any other land bug on the planet.

We can't be certain since we have only named a fraction of the bugs out there. We call them snow fleas but they're not really fleas, they're not even officially insects anymore.

Snow fleas are springtails. Springtails belong to a larger group called Hexapods-the most primitive group of insects still living.

All insects are hexapods but not all hexapods are insects. (I'm just repeating what the entomologists tell me.) Therefore, snow fleas are ancient bugs-living fossils. They've been around for 400 million years, making them much more experienced than we are at getting by."



If you look real close, you can see some black specs in the snow. Those are the snow fleas.

Snow fleas are springtails. Springtails belong to a larger group called Hexapods-the most primitive group of insects still living.

(Continued from page 1)

begins on the Hanging Spears Falls trail very near the abandoned town of Adirondac. It crosses the Hudson River on a suspension bridge and then over a northern arm of Lake Jimmy on a long floating bridge. After passing the old observer's cabin the trail up Mount Adams turns off the Hanging Spears Falls trail. The trail to the summit had been abandoned by the DEC and according to many of the trail guides, including the new ADK High Peaks Region guidebook, had deteriorated. The most recent issue of Adirondac (ADK's magazine) indicates the trail has been cleared of blowdown. They also indicate that the fire tower is being restored.

The road to the trailhead passes an old stone blast furnace shortly before the trailhead and just beyond is the abandoned town of Adirondac. Some of its buildings still stand.

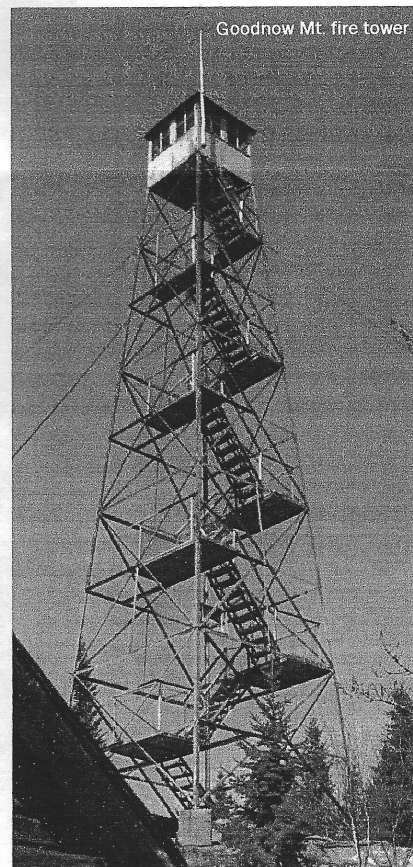
Saturday evening we will have dinner at a local restaurant. On Sunday we will hike again, to a destination to be decided, before returning to Victor.

If you are interested in joining us on this trip or you want more information, call and leave a message on our voice mailbox, 234- 8226 or send an email to:

dcoleman@victorhikingtrails.org

(Editor's note: There are primitive public campgrounds suitable for tent camping located near Marcia's house. There are also motels and B&Bs located in the town of Schroon Lake. We always have a lot of fun on our weekend trips, but they are all day hikes on Saturday. I encourage you to talk to one of our members who has hiked with us on a previous trip.)

The road to the trailhead passes an old stone blast furnace shortly before the trailhead and just beyond is the abandoned town of Adirondac. Some of its buildings still stand.



Goodnow Mt. fire tower

Bike care is easy!

By Trailblazers Bike Shop, 80 West Main St., Victor, NY 14564

Cutout out this page and attach it to your workbench or toolbox to use as a checklist. These are general service guidelines for road and mountain bikes.

Bicycles ridden off road typically require more frequent and extensive service than road models.

If you notice problems or have questions about anything on your bicycle, call us and we'll be delighted to advise you on what maintenance is required.

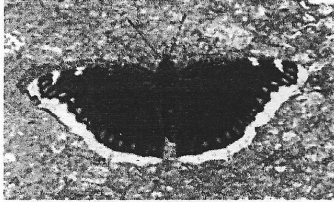
If your bike is heavily used, abused or has been crashed, we recommend bringing it in for a thorough check and service to ensure that it's running properly.

every ride	monthly (<> 500 miles)	six months (<> 2,500 miles)	yearly (<> 6,000 miles)
check tire pressure & add air if needed	clean the bike with a rag (or soap and water if it's real dirty) and inspect the frame and components for signs of wear such as cracks	clean and wax the frame to protect the paint/finish (not necessary on bare titanium frames); once it's clean, inspect the frame and fork for any	check all bearing systems: hubs, bottom bracket, headset and pedals: adjust and/or overhaul as needed
check the tire tread for wear and embedded debris that could cause a flat	wipe the chain and cassette cogs clean with a rag and earth-friendly degreaser and relube	check and replace tires if needed; also check your spare tube and patch kit to make sure the spare holds air and the kit has glue & patches	check all cables and housings for fraying, breaks, rust and corrosion and replace if necessary
check that the wheel quick-releases are tight and that the wheels are secure	check the wheels for loose spokes	check the hubs, bottom bracket, headset: adjust and/or overhaul as needed	replace brake pads, rubber brake hoods and handlebar tape if necessary
spin wheels looking for wobbles, which indicate you should have your wheel trued	test with a wrench, the tightness of the: crankarms, pedals, chainring bolts, seat bolt, seat-post bolt, stem bolts, handlebar bolts and all accessory mounting bolts/screws	check all cables and housings for fraying, breaks, rust and corrosion and replace if necessary	clean and check wheels carefully for signs of wear such as worn sidewalls (braking surface) or cracks at the spoke nipples
squeeze brakes to make sure they're grabbing and check to see that the brake pads are in good condition and that they strike the rims (not the tires!)	lube the brake, derailleur and clipless-pedal pivot points	check for worn brake pads and replace if needed; also replace worn handlebar tape or grips	check the hubs, bottom bracket, headset: adjust and/or overhaul as needed
compress and release the suspension to check that it's working properly	lube the cables to prevent binding and check the cables for fraying and rusting and replace if necessary;	check for chain, cassette cog and chainring wear and replace worn parts as required	overhaul the pedals to check the bearings and add fresh grease; if you're using toe straps, check them for wear and replace if needed
check chain & add lube if it looks dry	check clipless pedals and cleats for loose screws/bolts	clean the drivetrain (chain, chainrings, cassette, front and rear derailleurs) with biodegradable solvent and rags	maintain and lube your suspension components according to the advice in the owners manual
make sure you've got your spare tube, tools, pump, etc.	maintain and lube your suspension components according to the advice in the owners manual	maintain and lube your suspension components according to the advice in the owners manual	lube your frame and home pump

BUTTERFLIES, NATURE'S EARLY SIGNS OF SPRING

BY JULIE STAVISKY

By late March or early April, occasional sightings of butterflies are likely, giving a boost to our spirits as we eagerly anticipate the arrival of spring. The mourning cloak is generally the first butterfly to be spotted on an early spring day; there might still be snow on the ground!



Mourning Cloak

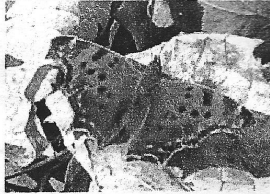
The mourning cloak is a relatively large butterfly. Its wings are velvety brownish-black, with a cream-yellow band along the outside edges of the wings. There are iridescent blue spots along front and hind wings, just inside the yellow border (See photograph). It is not unusual to observe a mourning cloak in late March if temperatures reach the 60's. They are found in a wide range of habitats, with the most common habitat being wooded areas near streams. The food of choice for mourning cloak butterflies is tree sap, and their favorite is oak sap. Aside from being well known as the first butterfly of spring, mourning cloaks also have the distinction of being one of the longest-lived butterflies, with a life span of 10 to 11 months!

Mourning cloak butterflies appear earlier than most other butterflies because they pass the winter hibernating (or overwinter-

ing, as entomologists say) in our area as adults. They hide out in leaf litter or under tree bark to escape the elements, taking advantage of special insect antifreezes in their bodies to help them survive. This isn't to say that all other butterflies are snowbirds, so to speak. But many other species that stay around spend the winter in their cocoons or as eggs, which are far less vulnerable to our winter weather conditions.

For example, cabbage white butterflies and black swallowtail butterflies spend the winter in their cocoons. Then there are the butterflies who take to the wing for warmer climates during the winter, then migrate north as temperatures increase later in the spring.

A few other species of our delicate winged friends stay close for the winter as adults, too, including the eastern comma, the Compton tortoiseshell, and occasionally the red admiral butterfly.



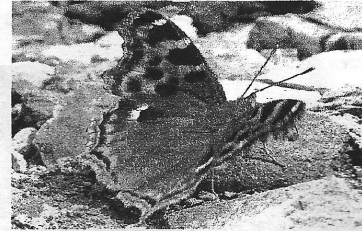
Eastern Comma

Photographs of all three are here to help you identify these early spring butterflies. For more information,

visit the website "Butterflies of New York" at

<http://www.npwrc.usgs.gov/resource/distr/lepid/bflyusa/chklist/states/ny.htm>

Or you may decide to purchase a butterfly guide to add to your enjoyment of spring. Guides that I have found to be comprehensive and easy



Compton tortoiseshell



Red Admiral

to use include the Peterson Field Guide to Eastern Butterflies and The National Audubon Society Field Guide to North American Butterflies.

There are many clubs whose members vigilantly record when butterflies first appear year after year in their locations...wouldn't it be fun to start keeping track of our butterfly sightings on our trails in Victor?

Happy butterfly hunting!

Take care of your shoes and they will take care of you!

Hiking, running or walking in the spring time can wreak havoc on your shoes and your feet! Spring hikes can mean making your way through snow, slush or rain and also means returning to homebase with waterlogged shoes.

Walking in wet or damp shoes can cause blistering, and there's no doubt that habitually wearing soaked shoes significantly decreases the life of your shoes (and increases the smell!)

When you return from a hike, loosen the laces and open up the shoe so it can get some air circulation. Also, remove the insoles or sock-liner and crumple up some newspaper and loosely stuff into the shoe. The newspaper will absorb moisture and odors.

You can also try putting your shoes in front of a fan, but never in front of a heating vent! Many of the foams used for today's shoe mid-soles are extremely heat sensitive. Your best bet is to have two pairs of hiking shoes, so that you are always assured of dry, comfortable shoes on every hike!

(Written by Russ and Debbie Kurvach, owners of Tri Running & Walking in Victor. They can be seen wearing dry shoes on the Auburn Trail every Saturday morning!)



BLACK DIAMOND OFF-ROAD DUATHLON

"Ride the Rails & Run the Trails"
2 mile run / 10 mile bike / 2 mile run
Saturday, October 22nd at 9:00 a.m.

Fishers Park
Main Street in Fishers

To benefit
Victor Hiking Trails, Inc. and "Project All-Aboard"

Race Sponsors include...

Town of Victor Parks and Recreation
Victor Hiking Trails, Inc.
Tri Running and Walking
Trailblazers Bike and Sport
Iron Butterfly Fitness
Fishers Associates Engineers and Surveyors
Victor Retail Alliance
Mobile Graphics

Awards for Top-Three overall male and female, Top-Three in Five-year age groups & Top male and Top female member of Victor Hiking Trails, Inc.

\$25 / individual by Sept. 26th

\$50 / relay team by Sept. 26th

This is a USA Triathlon sanctioned event.

A \$9 fee will be added if you are not a current member of USAT.

Champion Chip Electronic Timing provided by Score-This!!!, Inc.

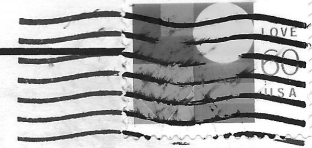
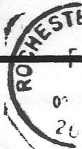
Lunch provided by Bernardo's Pizzeria

Early Packet Pick-up on Friday, October 21st from 4:00 p.m. to
8:00 p.m. @ Tri Running and Walking, 191 West Main Street in Victor

For more information, contact the Town of Victor Parks and Recreation
Department at (585) 742-7026 or

Check us out on the web at www.blackdiamonddu.com

Victor Hiking Trails, Inc.
85 East Main Street
Victor, NY 14564



Phone: 585-234-8226
Email: dwright@victorhikingtrails.org

Mr. Jeff Hennick 5-2005
VHT Vice Chairman
7761 Victor-Mendon Rd.
Victor, NY 14564-9170



Time to renew your membership?

Please look at the mailing label.
The first line contains the month and year that your membership expires.
If you are past due, please send a check today.

Connecting the gaps in Victor

Yes, I want to join / renew membership in VHT!

Name _____ Date _____

Address _____

City _____ Zip _____

Phone (____) _____ - _____

E-Mail _____

I want my newsletter (please check one) Mailed _____ E-mailed _____

I can help with: Trail Acquisition _____ Trail Maintenance _____ Trail hikes _____

Newsletter _____ Fund Raising _____ Special Events _____ History / Education _____

Amount submitted \$10 _____ \$20 _____ \$100 _____ \$250 _____ other \$ _____

Victor Hiking Trails, Inc is a 501 (c)(3) non-profit organization.

Make check payable to: VICTOR HIKING TRAILS, INC.

And mail to: 85 EAST MAIN STREET, VICTOR, NY 14564

Check out our website at
www.victorhikingtrails.org

