

# VHT Pathfinder

The Official Newsletter of Victor Hiking Trails, Inc.

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## Winter Hiking Safety Tips

Enjoying the Great Outdoors in Cold Weather

*By James Hutchinson*

Before starting a hike, take a moment to see the weather forecast and make a note of the current temperature, the low temperature expected and the time for sunset. The winter days are much shorter, and the hike should not last into the dark without adequate preparation.



*(Continued on page 6)*

### Winter Clothing for Hiking

Keeping warm and dry is of para-

## Charlie's Old Goat 5 or 10 Mile Run

It was a little overcast and a little cool. Ideal for a 5 or 10 mile run on the trails at Dryer Road Park and Ganondagan State Historic Site.

This was the third year that Charlie Sabatine, a long time runner, has organized this event. Many runners were back again to challenge this unique course. And there were many new faces who wanted to see what it was all about.



Larry Fisher manning the water station at the top of Fort Hill.

New this year was the optional five-mile course that took runners from Dryer Road Park to the top of Fort Hill and back again.

Congrats to all the winners and finishers. We are looking forward to helping Charlie marshal the trails again next year.

**HIKES FOR 2009****VHT 2009 Officers:**

Dave Wright– Chairman  
 Jeff Hennick– Vice Chairman  
 Nat Fisher– Secretary  
 Chauncy Young– Treasurer  
 Carol MacInnes– Trailmaster  
 Larry Fisher– Trail Boss  
 David Coleman– Membership  
 Ruth Nellis– Education  
 Open– Historian

**VHT Pathfinder**

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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. Ask about our rates. To submit articles for the *VHT Pathfinder*, please contact:

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[www.victorhikingtrails.org](http://www.victorhikingtrails.org)

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Jan. 10– Harriet Hollister Spencer State Recreation Area.  
 X-ski and snowshoe.

Feb. 14– Mendon Ponds Park. Cross country ski and snowshoe the trails.  
 Meet at the 100 Acre Pond parking area at 9:00 a.m.

Mar. 14– Tug Hill / Boonville area. Cross country ski and snowshoe the trails. This will be an all day event.

Apr. 11– Keuka Outlet Trail. Hike from Penn Yan to Dresden.

May 9– Bentley Woods. Nature hike in Fishers. Meet at Fire House 1 in Fishers at 9:00 a.m.

Jun. 6– National Trails Day. Hike the Auburn Trail and the trails in Fishers Park. More details to follow.

Jun. 13– Outdoor Expo at Mendon Ponds Park. Visit our booth at the 100 Acre Pond parking lot.

Jul. 11– Grimes Glen and Tanner Gully in Naples, NY. Creek walk.

Aug. 8– Letchworth State Park. Gorge hike.

Sep. 5– Bare Hill Ring of Fire. Evening hike and supper picnic.  
 Meet at Victor Town Hall rear parking lot at 5:30 p.m.

Sep. 12– Hang Around Victor Day and Victor Fest. Visit our booth.

Oct. 10– VanDerStrict Trail at Canadice Lake. Hike the new ridge trail.

Nov. 14– Boughton Park. Hike all the trails. Meet at the Stirnie Road parking lot at 9:00 a.m.

Dec. 12– Powder Mills Park. Meet at the fish hatchery at 9:00 a.m.

Note: Please check the message line at 585-234-8226 for details. All hikes meet at Victor Town Hall rear parking lot at 9:00 a.m. unless otherwise noted. Most hikes are relatively easy and take 2-4 hours. Always bring a bag lunch or snack and something to drink. Dress for the weather. We rarely cancel due to inclement weather.

We usually car pool to the trailhead. If gas gets expensive again, expect to share the cost with the driver.

If you have any questions regarding any of the hikes, or if you have suggestions for places to hike, please leave a message.

## Past Hikes

Oct. 11– Bike ride on the Erie Canalway. This was a wonderful fall morning with bright blue skies and crisp temperatures ideal for a bike ride along the Erie Canal. Six of us started out at Swift's Landing Park, just east of Palmyra. From there we pedaled west to Macedon. We made it all the way to Lock 30 Park. After a short rest we returned to the Aqueduct Park on the west end of Palmyra to view the refurbished historic Change Bridge. Then we stopped at the Palmyra Marina for our bag lunches and a chat with a couple who were living on their boat on the canal at the dock. After a quick ride toward Newark and back to the parking lot, we had completed about 23 miles in 3 hours.



Photo by Larry Fisher



Change Bridge. Photo by Chauncy Young

Nov. 8– Finger Lakes Trail, Bristol Branch. Six adventurous hikers rode to Ontario County Park on an overcast morning to hike five miles of the Finger Lakes Trail. Some of us have done this hike before in the fall when the leaves are at their peak. By November, most of the color is long gone. We started out following a new trail that was recently laid out by GROC, a local off-road bicycling group. The single track trail winds along the side of the hill through the hardwoods, taking advantage of the terrain. When we caught up with the orange trail on the FLT, we made a wrong turn, heading back to the trail head. Luckily, we ran into a Boy Scout Troop that straightened us around and got us headed for Camp Cutler, our destination. By 1:00 p.m. we reached the top of Cleveland Hill where we stopped at an overlook for our lunch break. By then the overcast had changed to "heavy dew", so the view was not spectacular. From there it was a short romp down the hill to our awaiting 4-wheeled chariot that brought us back to Ontario County Park. We had in mind to stop for a coffee and dessert, but there are not many restaurants open after 2:00 p.m. on a Saturday. We finally found a place in Bloomfield where we warmed up with coffee, carrot cake and pie ala mode.



On the Finger Lakes Trail in Camp Cutler.

## Officers for 2009

At the November 20, 2008 meeting, a slate of officers for 2009 was presented to the members. Nominations from the floor were requested. No additional nominations were presented, so the secretary was requested to cast one vote for the slate of officers. The motion was seconded and approved unanimously.

The officers for 2009 are listed in the upper left box on page 2 and shown in the picture below.

All meetings are held on the third Thursday of each month at 7:30 p.m. Because of the construction of the Victor Town Hall during 2008, the board met at the MaryFrances Bluebird Haven Caretaker's Cottage on County Road 9. Beginning on Jan. 15, 2009, the board will be meeting at the newly completed Victor Town Hall, 85 East Main Street. The public is always welcome.



Standing— Chauncy Young, Nat Fisher, Larry Fisher  
Seated— Dave Wright, David Coleman, Carol MacInnes, Ruth Nellis  
On vacation— Jeff Hennick

*(Continued from page 3)*

Dec. 13— Sherwood Tract, Penfield. This 85 acre park is not opened to the public yet, but there are hiking trails mowed through the field and cut into the surrounding woods. Thanks to Rick Williams and Penfield Recreation Director Mike Cooper, we enjoyed a great morning hike. Although it is fairly flat, there is a grade from the road down to the "Commissioned Creek" and then back up to the northern boundary. Some of the trail is a little wet and some of the trail has only been mowed a few times, so there is still work to be done on the trails. But this little park has a lot of potential for the nature lovers and the recreation enthusiasts. It will be ideal for cross country skiing and running.



## ***New signs on the Auburn Trail tell about our history***

Several new interpretive signs have been added to the plaza areas and along the Auburn Trail. The signs tell about the early trains and businesses that were in Victor and Fishers.



## ***Black Diamond Duathlon Results***



The 2008 Iron Butterfly Black Diamond Duathlon is done and in the books. Congratulations to Victor's own Bruce Hayward (#48 in the picture) on being the top finisher with a time of 58 minutes, 48 seconds.

Thanks to all the Victor Hiking Trails volunteers and contestants for making this another successful event in Victor. A special thank you to Carole Fisher for being the volunteer coordinator again this year and to Larry Fisher for creating and maintaining the Black Diamond website.



This is a big fund raiser for VHT. After all the bills have been paid, we expect to receive a check for \$1000 from Victor Parks and Recreation. That will go a long way to improving our trails in Victor.

To see more pictures, a special video by Studio Bfly and all the results, visit the website at <http://www.blackdiamonddu.com/home>.

*(Continued from page 1)*

mount importance. Starting at the bottom, wear appropriate winter shoes or boots. The running shoes worn in the summer are not suited for wet, icy trails. Waterproof hiking boots are best. Make sure the bottoms of the shoes are not slick.

Thick, warm socks retain heat and provide cushion. Especially made hiking socks with Thinsulate or other material designed to retain heat are better. Consider heat packs for the feet and hands for very cold days.

On top, layers work best as well; starting with undergarment, followed by sweatshirt and overcoat, and any other appropriate intermediate layer.

Hikers will start warm, carrying heat from the inside. Then a period when they feel cold, which dissipates as the exertion makes the hiker warm again. Take off the extra layers as needed, and put them back on before they are needed.

Any exposed areas should be covered; hands with gloves, the head with a hat. Covering the ears is important, and ski masks do a good job of covering the bare face. A scarf is another alternative for the exposed parts of the face.

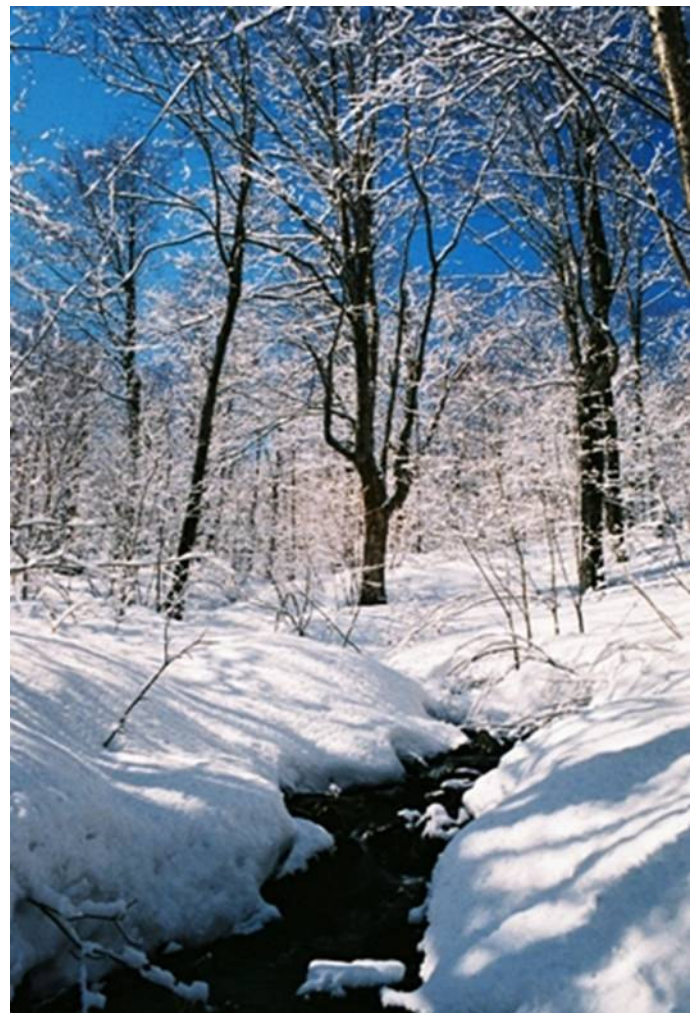
### **Taking a Safe Hiking Route**

Select a route that is familiar. The time needed to return should be well less than the daylight left. Consider that it will take much longer to cover the distance in bad conditions that it will under warm, sunny skies.

Consider a route that crosses busy areas, or where there can be a stop for warmth. Gas stations and restaurants can provide a needed respite from cold, and if necessary, can provide medical assistance. Take a cell phone along, just in case.

Stay away from icy patches. Along with the risk of falls, the ice can break, submerging your feet into water. Wet areas of skin are more susceptible to hypothermia. Stay on dry areas, paved if possible, and out of the mud.

If there is any risk of hiking in darkness, take along a flashlight and wear bright colored clothing. If there is any potential of walking in unfamiliar areas, as always take a compass, food and water.



### **The Joy of Winter Hiking**

Winter offers breathtaking scenes of ice and snow, and the best way to enjoy the beauty is on a safe hike through nature.

Chauncy Young, CFP®  
 Managing Member



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*If you are interested, call 585-234-8226 and leave your name and phone number.*

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