

VHT Pathfinder

The Official Newsletter of Victor Hiking Trails, Inc.

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Inside this issue:

Victor Hiking Trails needs your input.

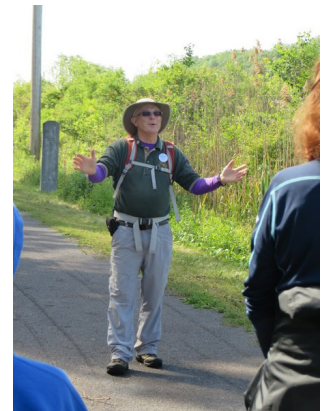
On page 10 there is a very important survey. Please take a few minutes to fill it out and mail to Victor Town Hall, 85 East Main Street, Victor, NY 14564 or drop it off before September 11, 2015. The sooner the better.

National Trails Day in Victor

It was a perfect day for hiking the trails in Victor. Our host facility, Finger Lakes Community College, Victor Campus, welcomed us to use their building and patio. The fun began at 7:30 a.m. when volunteers arrived with tables, chairs, food and prizes. They got the coffee going and set out the continental breakfast for the hikers. Hikers started arriving at 8:10 a.m. and kept coming until 9:00 a.m.

Dave Wright, Chairman of Victor Hiking Trails, welcomed all the hikers and thanked FLCC and all the volunteers. He described the route of the morning hikes and invited everyone to stay for the pizza lunch.

The heavy rains that came the night before forced the hike leaders to alter their plans and find routes around the rather large puddles and mud. Everyone seemed to survive the first hike and enjoyed a short break to get some more nourishment and dry out their foot gear.



*Hike leader
Chauncy Young*



The second hike went well also. A raffle was held to give away several prizes donated by Victor Coal and Lumber, Canandaigua National Bank and Trust, American Hiking Society and Chauncy Young. The pizza arrived in time for all to enjoy before heading out on the final hike which went to Victor Municipal Park in the village of Victor. Brian Emelson, Victor Parks and Recreation Director, was

there to welcome the trekkers and tell them about the brand new band shell, the summer concert series, the volleyball and bocce courts and future plans for the park.

Transportation back to FLCC Victor was provided by VP&R and VHT for those that did not want to hike back. Everyone who completed all three hikes was awarded a free year of membership in Victor Hiking Trails, Inc.



See page 8 for more pictures.

HIKES FOR 2015

VHT 2015 Officers:

Dave Wright— Chairman
 Jeff Hennick— Vice Chairman
 Suzy Paquin— Secretary
 Ralph Weber— Treasurer
 Carol MacInnes— Trailmaster
 Chauncy Young— Trail Boss
 Peter Ingalsbe— Membership
 Ralph Weber — Education
 Wizzy Geno— Volunteer
 Coordinator
 David Coleman— Camping
 Larry Fisher—Parks Liaison

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:

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

(585) 234-8226

www.victorhikingtrails.org
 Also on Facebook
 and Meetup
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July 11th— Hike at Robert H. Treman Park. Meet at town hall at **8AM**

August 8th— Stoney Brook State Park

September 5th— Ring Of Fire, evening hike at Bare Hill

September 12th— Hang Around Victor Day, Village hike at 11AM

September 27th— 5th Annual Challenge Hike

October 10th— Finger Lakes Trail, Bristol Hills Branch, south end

November 14th— Boughton Park

December 12th— Ontario County Park, new north trails

Note: Please check the message line at 585-234-8226 for details and last minutes updates. Also, if you join Meetup, Victor Hiking Trails, you will get notifications of hikes and other events, reminders if you are signed up for a hike and last minute changes. All hikes meet at Victor Town Hall rear parking lot, 85 East Main Street, 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 carpool to the trailhead. Expect to share the cost of gas 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 at 585-234-8226.

Again this year we have scheduled several hikes in Victor or the surrounding communities. We are also leading shorter and easier hikes to encourage families and younger hikers to join us. Based on the success of last year we will again be adding an educational element to some of the hikes.

We only hike as fast as the slowest hikers, so don't worry about not keeping up. If we need to split into more than one group, that is not a problem.

Come enjoy the fun.

Past Hikes

April 11th— Fishers Park

Five hikers enjoyed a beautiful morning exploring the trails at Fishers Park. They didn't hike every trail, but they managed to find most of them. They covered about five miles in two hours.



May 9th— Webster Trails

Only had four hikers for this outing, but again it was a great morning to hike some trails in Webster. We went to Four Mile Creek Preserve and Gosnell Big Woods Preserve. Both have some very nice wooded trails and good signs to keep you on course. Total mileage was about eight miles.



June 6th— National Trails Day

See story on page 1 and pictures on page 8.

June 13th— ADK Expo, Mendon Ponds Park, hike in the park

It turned out to be a great morning, after the sun warmed up the air. Five hikers covered almost 5 miles on the East Esker Trail in two hours. We also had our booth set up at the Expo to tell everyone about the great trails in Victor. Thank you to all the volunteers who helped spread the word.



Upcoming Hikes

July 11th— Robert H. Treman State Park. Meet at Victor Town Hall at **8:00 a.m.** Note the earlier time as it is almost a two hour drive to the park. This park has a series of waterfalls that cascade down Enfield Glen. The plan is to meet at the bottom parking area and hike up the Gorge Trail, if it is open. The State has been working on the trail, replacing missing stone walls and making it safe for all visitors. Bring comfortable hiking boots, a bag lunch to eat at the top at the old grist mill, and something to drink. You might also want to bring a bathing suit, towel and water-shoes. If you live south of Victor you might want to meet the group at the park at 10:00 a.m. There is a \$7.00 per car park fee.

August 8th— Stoney Brook State Park. This is another great park to hike in the summer. We will

hike up the Gorge Trail, have lunch at the top and hike down the East Rim Trail, a distance of 2.25 miles. Bring your bathing suit for a refreshing dip in the creek-fed swimming area. Meet at Victor Town Hall at 9:00 a.m. to carpool to the park, located at 10820 Route 36 South, Dansville, NY 14437. Or meet the hikers at the last parking area at the lower park entrance at 10:15 a.m.

September 5th— Ring of Fire Evening Hike at Bare Hill. This has always been an enjoyable evening hike at Bare Hill Unique Area, located on Van Epps Road in the town of Middlesex on the east side of Canandaigua Lake. Parking is somewhat limited, so plan on arriving between 5:30 and 6:00 p.m. Bring a chair or blanket, some snacks and drinks. The bon fire starts at 9:00 p.m., followed by Seneca social dancing.

VHT is now a Meetup Group

Now you can find VHT on Meetup. No cost to join.

This is another means of communicating our monthly hikes, weekly trail maintenance sched-

ule, scout projects and special events.

To join, search for Victor Hiking Trails Meetup or go to this:

<http://www.meetup.com/Victor-Hiking-Trails-Meetup/>

New bridge built by volunteers

On May 22, four volunteers built a small bridge in Lehigh Crossing Park to get over a small drainage ditch on the Trolley Trail. Chauncy Young designed the bridge and ordered the materials from Victor Coal and Lumber. Helpers Maryellen Meleca, Anita Edgemon and Dave Wright hauled the lumber to the site, leveled the 4x4 end beams and laid the six, 20' long 2x8" joists. The last step was to nail down the 4' long 2x6" decking, making sure the end grain was cupped correctly. A few weeks later crusher-run stone was hauled to the bridge to provide ramps to the top of the bridge. The next time you are in Lehigh Crossing Park, check out the new bridge.



Photo by Anita F. S. Edgemon

Trail Maintenance — 2015

Date - Time	Trail	Section	Start Location Description
2015/6/27 0800	Fishers Park	Fishers Park all trails including connecting trail to Lehigh	Trailhead Main Street Fishers parking area
2015/6/29 0800	Auburn	Auburn Bypass East Victor plus School St to Spitzer Bridge	Auburn Trailhead on East Victor Rd
2015/7/1 1800	Seneca	Ganondagan - Boughton Rd (CR 41) thru the Apple Farm	Metal Barns south of CR 41 just west of School St
2015/7/6 0800	Trolley	Lehigh Crossing Park, Omnitech & Seneca to woods	Lehigh Crossing Park parking area off Rte 251 about 1/4 south of Rte 96
2015/7/8 1800	Trolley	Trolley Trail going both East and West from Rte 251	Trailhead on Rte 251 just north of the Auburn Trail
2015/7/13 0800	Mixed	Domine , Fishers Landing and FLCC Trails	Lehigh Trailhead where it crosses Wangum Rd
2015/7/15 1800	Seneca	Duval - Cherry St to Boughton Park	Trailhead past the barns on Cherry Street
2015/7/18 0800	Seneca	Judson - Cherry St to Apple Farm	Trailhead past the barns on Cherry Street
2015/7/20 0800	Seneca	Fishers Ridge - Willowbrook to Rt 96	Fishers Ridge sign on Willowbrook just east of Rowley Rd
2015/7/22 1800	Seneca	High Point - Turk Hill Rd to High St	Follow High Point Drive to top of the hill and west side of parking area
2015/7/25 0800	Mixed	100 Acre, Blue Bird Sanctuary & Seneca North	Trailhead South end of Yale Court then move to other locations
2015/7/27 0800	Seneca	Behind Plazas - High Street to Willowbrook	Trailhead south end of Victor Crossing Plaza (Goodwill)
2015/7/29 1800	Seneca	Ganondagan - Dryer Rd to School St	Trailhead RG&E substation on Dryer Rd
2015/8/1 0800	Monkey Run	Monkey Run all trails - come in gas line road	Trailhead on Valentine Rd
2015/8/3 0800	Fishers Park	Fishers Park all trails including connecting trail to Lehigh	Trailhead Main Street Fishers parking area
2015/8/5 1800	Auburn	Auburn Bypass East Victor plus School St to Spitzer Bridge	Auburn Trailhead on East Victor Rd
2015/8/10 0800	Seneca	Ganondagan - Boughton Rd (CR 41) thru the Apple Farm	Metal Barns south of CR 41 just west of School St
2015/8/12 1800	Trolley	Lehigh Crossing Park, Omnitech & Seneca to woods	Lehigh Crossing Park parking area off Rte 251 about 1/4 south of Rte 96
2015/8/15 0800	Trolley	Trolley Trail going both East and West from Rte 251	Trailhead on Rte 251 just north of the Auburn Trail
2015/8/17 0800	Mixed	Domine , Fishers Landing and FLCC Trails	Lehigh Trailhead where it crosses Wangum Rd
2015/8/19 1800	Seneca	Duval - Cherry St to Boughton Park	Trailhead past the barns on Cherry Street
2015/8/22 0800	Seneca	Judson - Cherry St to Apple Farm	Trailhead past the barns on Cherry Street
2015/8/24 0800	Auburn	Auburn Bypass East Victor plus School St to Spitzer Bridge	Auburn Trailhead on East Victor Rd
2015/8/26 1800	Monkey Run	Monkey Run all trails - come in gas line road	Trailhead on Valentine Rd
2015/8/31 0800	Mixed	100 Acre, Blue Bird Sanctuary & Seneca North	Trailhead South end of Yale Court then move to other locations
2015/9/2 1800	Seneca	Fishers Ridge - Willowbrook to Rt 96	Fishers Ridge sign on Willowbrook just east of Rowley Rd
2015/9/5 0800	Seneca	High Point - Turk Hill Rd to High St	Follow High Point Drive to top of the hill and west side of parking area
2015/9/9 1800	Seneca	Behind Plazas - High Street to Willowbrook	Trailhead south end of Victor Crossing Plaza (Goodwill)
2015/9/14 0800	Seneca	Ganondagan - Dryer Rd to School St	Trailhead RG&E substation on Dryer Rd
2015/9/16 1800	Seneca	Ganondagan - Boughton Rd (CR 41) thru the Apple Farm	Metal Barns south of CR 41 just west of School St
2015/9/19 0800	Trolley	Lehigh Crossing Park, Omnitech & Seneca to woods	Lehigh Crossing Park parking area off Rte 251 about 1/4 south of Rte 96
2015/9/21 0800	Trolley	Trolley Trail going both East and West from Rte 251	Trailhead on Rte 251 just north of the Auburn Trail
2015/9/23 1800	Seneca	Duval - Cherry St to Boughton Park	Trailhead past the barns on Cherry Street
2015/9/26 0800	Seneca	Judson - Cherry St to Apple Farm	Trailhead past the barns on Cherry Street
2015/9/28 0800	Fishers Park	Fishers Park all trails including connecting trail to Lehigh	Trailhead Main Street Fishers parking area
2015/9/30 1800	Mixed	100 Acre, Blue Bird Sanctuary & Seneca North	Trailhead South end of Yale Court then move to other locations

AmazonSmile helps non-profit organizations

AmazonSmile is a program operated by Amazon that generates donations for 501(c)(3) public charitable organizations. Now when you make purchases at Amazon.com you can designate that they donate 0.5% of the value of your purchase to Victor Hiking Trails.

To get started, log on to [Smile.Amazon.com](https://www.smile.amazon.com).

Then select Victor Hiking Trails Inc. as your charity. The funds will automatically be transferred to our VHT bank account. So the more we spend, the more Amazon will donate to VHT.

Let us know if you have any questions or problems.

New Membership Level

We now have a level for Corporate membership. For a mere \$100 per year a business can join and all the employees automatically become

members. When applying, a list of employees, with their home address and email address, should be attached to the membership form.

Trail Maintenance needs your help

We had a good start on the grass and brush in May, but all the rain in June has really put our trail maintenance crews to the test. We try to limit our work sessions to no more than two hours, so six hours a week with a small turnout is not getting the job done.

Our Trailboss, Chauncy Young, is out there for every session, plus helping to make trail improvements with small bridges and temporary boardwalks to keep the trails above water. He needs a little help.

If you are available on Monday mornings, Wednesday evenings, or Saturday mornings for an hour or two, it would really help.

If you sign up for Meetup for Victor Hiking Trails (see page 4), you will get up-to-date information every week showing where to meet on what day and time. Last minute changes due to weather will be placed on Meetup as well.

In the meantime, if you are out on a trail and see a problem that needs our attention, you can call Chauncy at 585-455-1932 and he will make sure the problem gets resolved.

School of the Deaf students build a bridge in Ganondagan

Seven students and two leaders came to Victor to volunteer their time and muscles to clear a new trail and build a bridge on the Seneca Trail in Ganondagan State Historic Site. Under the direction of Chauncy Young, they cleared small trees and brush, bench cut a side hill and built a small foot bridge across a creek. This will make trail maintenance in the park much easier and hiking the trail more interesting. Thanks to all who helped. Additional pictures on page 9.



Be aware. Poison Ivy is on the trail!

It's to be expected that most people have heard of or have encountered poison ivy, poison oak, or poison sumac. While each of these have urushiol, a toxin found in the oil of these plants which can cause an allergic reaction, poison ivy sets itself apart from the others due to many variations this plant exhibits and for its growth potential.

Poison ivy is a woody vine with each leaf having 3 leaflets budding from one small stem, as is poison oak. Poison sumac grows as a shrub or small tree with compound leaves having 7 to 13 leaflets. What sets poison ivy apart from poison oak is that poison ivy is a climbing vine, poison oak is not. Poison ivy can grow along the ground as a woody vine but can also attach itself to and climb up plants, shrubs, trees, fences, etc. When it attaches to a tree its vine is held to the tree by what look like hairs or fibers. The plant will produce white flowers and then white/gray berries. Poison ivy is also the most common of the three plants. It can be found nearly anywhere including fields, forests, roadsides, and in the average garden. However it will thrive where there are significant solar resources (sunlight). Unfortunately, this means that many of the trails we hike on a regular basis can have significant amounts of poison ivy.

Whether you hike on foot trails in the forest, grassland trails along fields, or along road sides keeping a lookout for poison ivy can help avoid a nasty contact reaction to urushiol. Many trails in the forest create an opening in the tree cover, or forest canopy, allowing sunlight through creating opportunities for poison ivy to grow along the edges of trails. On a grassland trail that's open to direct sunlight can offer similar opportunities for poison ivy to grow. Poison ivy can grow alone or among a variety of other plants making it difficult to see. Also, as a poison ivy plant grows up a tree it can actually begin to grow its vines out horizontally from the tree looking like a branch of the tree.

To illustrate how pervasive poison ivy can be here are some of my own close encounters this spring. Last week I was hiking on a local grassland trail that had been recently mowed. I noticed that in the mowed grass poison ivy plants were beginning to grow back with the grass that I was walking through. In another



instance I had found some raspberry plants along a trail and was checking to see if the fruit was ripe when I noticed that poison ivy was growing, well hidden, amongst the raspberry plants. Also, I was in the process of examining a tree for signs of insect activity and nearly grabbed what looked like a branch from the tree but instead was a poison ivy vine that was extended about four feet from the tree.

Being aware of what poisonous plants you may encounter and how to identify them is a good start. Keeping a watchful eye while out hiking or in any outdoor activity can make all the difference. In addition to poison ivy, poison oak, and poison sumac there are other plants that can cause other types of allergic reaction. A good rule of thumb is to handle plants with gloves on.... or don't touch what you don't know!

There are many resources on the topic of poison ivy and other poisonous plants. The

Center for Disease Control has a good informational guide on poisonous plants at www.cdc.gov/niosh/topics/plants/. An excellent website that has visual quizzes identifying poison ivy over other plants is found at www.poison-ivy.org.

Robert Lasher
Master Naturalist
Shagbark Brook
Get back to the roots!



National Trails Day 2015



Photos by Janet Myers Bernecky and Agnieszka Flor



Volunteers from the Rochester School of the Deaf and RIT building a bridge at Ganondagan State Historic Site in Victor.



This mower needs an operator. Could it be you for an hour a week?



Some trail volunteers at the north end of the Seneca Trail. Can you join them for an hour a week?

1. What is your zip code? _____
2. Please identify your age group. 15 and under 16-25 26-35 36-45 46-55 56-65 Over 65
3. What is your gender? Male Female
4. Are you aware the Town of Victor has a network of multi-use trails? Yes No
5. If you answered yes to 4, how did you hear about the trails? (Please check all that apply)
Word of mouth Signage Driving past Newspaper Fitness Center Parks and Recreation Department
Local Sporting Goods Store Internet Other, please specify _____.
6. Are you aware of the Victor Hiking Trails Organization (www.VictorHikingTrails.org) that manages, maintains, and promotes the extensive trail system in the Town? Yes No
7. Have you ever used the trail system in the Town of Victor? Yes No **(If no please skip to Question 17)**
8. How often, on average, do you use trails in the Town of Victor? (Please select one)
Daily Between 3 and 5 times a week 1 or 2 times a week Once a week A couple of times a month
Once a month A few times a year
9. What trails have you used *most often*? (Please select up to five)
Apple Farm Park Seneca Trail Auburn Trail Trolley Trail Lehigh Trail Dryer Rd. Park Trails
Domine Trails 100 Acre Woods Trail Monkey Run Trails Blue Bird Trail Fishers Landing Royal View Park
Boughton Park Lehigh Crossing Fishers Park Victor Municipal Park Village on the Park Ganondagan Park
10. What is your primary activity on the trails? (Check all that apply)
Walking/Hiking Biking Jogging/Running Horseback riding Inline Skating Walking pet Nature Appreciation
XC skiing/Snowshoeing Other activity (specify) _____
11. Generally, when do you use the trail? (Please check one) Weekdays Weekends Both
12. How much time do you generally spend on the trail each visit? (Please check one)
Less than 30 minutes 30 minutes to 1 hour 1 to 2 hours More than 2 hours
13. What do you use trails for? (Please check all that apply)
Recreation Health and Exercise Commuting to Work Alternative Transportation
Other (specify) _____
14. If you use the trail to commute or for alternative transportation, where do you travel to:
Downtown Rochester Pittsford/Fairport/Perinton Canandaigua Other (specify) _____
15. In your opinion, the maintenance of the trails are (Please check one) Excellent Good Fair Poor
16. In your opinion, the safety and security along the trails are (Please check one) Excellent Good Fair Poor
17. Do you support improving existing trails in Victor? Yes No
18. Do you support developing new trails in Victor? Yes No
19. Would you be interested in becoming a volunteer for the Victor Hiking Trails Organization? Yes No
 (If yes please provide your contact information _____
 or contact us at (585) 234-8226 or <http://www.victorhikingtrails.org/contact>)
20. Would you be interested in being part of a focus or stakeholder groups to help our group? Yes No
 (If yes please provide your contact information _____
 or contact us at (585) 234-8226 or <http://www.victorhikingtrails.org/contact>)
21. Additional comments _____

**Please drop off or mail your survey to the Victor Town Hall, 85 E. Main Street, by 9/11/15
 or contact us at (585) 234-8226 or take the survey on line at www.victorhikingtrails.org**

THANK YOU!

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Victor Hiking Trails
85 East Main Street
Victor, NY 14564



All VHT newsletters are now available on our website.
View it and download it in full color.

Annual membership is for 12 months, beginning when you first join. Please send your renewal check promptly so we don't have to come after you. We will use your dues and donations for new and improved trails.

Filling the gaps in Victor

Check out our website at
www.victorhikingtrails.org

Join us on Facebook!

And Meetup!



VHT Map Link

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

Name _____ **Date** _____

Address _____

City _____ **Zip** _____

Phone () _____

E-Mail _____

Please note that we need your e-mail address to notify you when the latest edition of our newsletter is available on our website.

I can help with: Trail Acquisition _____ Trail Maintenance _____ Trail hikes _____
 Newsletter _____ Fund Raising _____ Special Events _____ History / Education _____

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

Corporate membership at \$100 per year allows all employees to be members.

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