



VHT Pathfinder

25 YEARS AND GROWING

Volume 23, Issue 2
Summer, 2018

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National Trails Day 2018 in Victor

Finger Lakes Community College, Victor Campus, was the headquarters for the day long festivities.

A continental breakfast was served from 8:30 to 9:00 A.M. Everyone enjoyed bagels, fruits, yogurt, coffee, juice and assorted pastries.

At 9:00 A.M. Dave Wright welcomed the group and was pleased to see a variety of hikers, young and not so young. He explained how they would split into two separate groups; one that would be a fast paced, longer hike and one that would be a shorter, slower paced hiked. Both hikes would be about one and a half hours.

Upon returning to FLCC, drinks and snacks were offered before starting the second hike. Similar hikes were conducted again, covering different trails.

After the second hike, pizza and drinks were consumed by all. Door prizes were awarded, thanks to the many local businesses that support trails in Victor.

The last hike was longer than the earlier hikes and ended at the Victor Parks and Recreation building where a large van was offered for all who preferred a ride back to FLCC.

Everyone who completed all three hikes was awarded a free membership to VHT. Some hikers have been members for several years, thanks to this program.

We hope that next year we will have more participants.

A special thanks to Suzy Mandrino, the VHT Volunteer Coordinator, and her team of volunteers who shopped, setup, registered the hikers, got sponsors, decorated the area, cleaned up and kept everyone happy.

And a thank you to FLCC for allowing us to use the facility.

Photos are on pages 3 and 8.

VHT 2018 Officers:

Dave Wright– Chairman
 Jeff Hennick– Vice Chairman
 Lisa Roberts– Secretary
 Ruth Rugaber– Treasurer
 Carol MacInnes– Trailmaster
 Chauncy Young– Trail Boss
 Denni Harbaugh– Membership
 Ralph Weber – Education
 Suzy Mandrino— Volunteer
 Coordinator
 Lisa Roberts — Social Media
 Coordinator
 David Coleman— Camping
 Larry Fisher—Parks Liaison

VHT Pathfinder

Volume 23, Issue 2
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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
 Also on Facebook
 and Meetup
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 Trails, Inc.

VHT MONTHLY HIKES FOR 2018

Jul. 14– Bristol Hills Section, FLT, Seman Road to Naples
 Aug. 11– Conklin Gully Creek Walk
 Sep. 1– Ring of Fire at Bare Hill Recreation Area
 Sep. 8– Hang Around Victor Day, Village Hike
 Sep. 30– VHT Challenge Hike on the Seneca Trail
 Oct. 13– Hi Tor FLT, Bristol Hills Section
 Nov. 10– Abraham Lincoln Park
 Dec. 8– Dryer Road Park

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 2-3 hours. Always bring a 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 past years 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.**

NOTE: There are several hiking Meetup groups in our area that schedule hikes in Victor. If you like to hike, join those Meetup groups as well.

Past Hikes

April 14– Webster Park. Due to the freezing temperature and brutal winds at the lake, this hike was a no show. We will try again next year as it is a great park.

May 12– Lehigh Crossing Park. Finally some good weather, Cool, cloudy, misty, but no rain. Five hikers toured the trails in Lehigh Crossing Park, Auburn, Domine and Lehigh Trails. Can you guess who was too short to fit in the photo? See page 8.



Photo by Dave Wright.

June 2– National Trails Day in Victor. See page 1 for the full story and page 8 for additional photos.



Photos by Suzy Mandrino.

June 9– A hike in Mendon Ponds Park. During the ADK Outdoor Expo in Mendon Ponds, our Trail Boss and hike leader Chauncy Young set a fast pace on some hilly trails as several seasoned hikers followed.

VHT Meetup Group is growing

Now you can find VHT on Meetup. No cost to join. There are over 800 members as of June.

This is another means of communicating our monthly hikes, weekly trail maintenance schedule, 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/>

More Hikes and Events in Victor

TBD— Bridge or boardwalk building. We have received a grant for \$1600 from the American Hiking Society to build a small bridge on the Seneca Trail near the north end of Boughton Park. We can now plan on the design and construction of the bridge and the improvements of several culverts where the trail goes through the woods on the Duvall property. We have a Boy Scout is doing this as an Eagle project.

Fall, 2018— Build and install ramps on a bridge in 100 Acre Woods.

Genesee Valley Hiking Group

Note: These are Genesee Valley Hiking Club hikes. You are encouraged to join their group and sign up for their Meetup group. Yearly dues are only \$8/household.

Sunday, July 15th, 10 A.M.— Powder Mills Park

Saturday, July 21, 10 A.M.— Mendon Ponds Park, Devils Bathtub

Saturday, August 4th, 8 A.M.— Ganondagan State Historic Site

Additional hikes can be found on their Meetup Page.

New Bandanas are here!

All members should now have a special bandana to wear when they are out for a hike. If you did not receive yours, please call 585-234-8226 and leave a message. If you would like to purchase additional bandanas, they are \$2.00 each.

How trails pay back communities

Residents and business owners want to know: Are multi-use, non-motorized trails good for our community? Who will pay for it? How much will it cost to maintain? What are the benefits?

There are many examples in the US that can help us understand the benefits.

- The Elroy-Sparta State Trail in Sparta, WI, was one of the first of the nation's rail trails (1960s). The trail boasts 100,000 to 120,000 users annually (our Auburn Trail has 40,000+), many from out of state.
- A north central Wisconsin study showed that properties adjacent to the 87 mile trail sold faster and for an average of 9 percent higher than similar properties not on the trail. Higher property values is corroborated by the Consumer's Survey on Smart Choices for Home Buyers findings that multi-modal trails ranked second of 18 amenity choices. Waterfront was first. Golf courses was third.
- Another central Wisconsin study on the Fox River Trail showed that 39 percent of responding businesses indicated increased business as a result of the trail users.
- In West Virginia, the Greenbriar Trail found that 93 percent of trail users were visitors staying in the area for one to four days. 58 percent of the visitors spent between \$100 and \$500 in the area. About 93 percent of the trail users indicated that they were highly likely for a return trip.
- One year after opening the Missouri River State Trail, 61 businesses along the trail were positively impacted. 11 reported that the trail strongly affected their locating there and 17 other businesses expanded in size since the trail opened.
- A cost-benefit analysis of the use of bike and pedestrian trails use in Lincoln, Nebraska, to reduce health care cost associated with inactivity compared trail cost per capita with annual direct medical benefits of trail use. For every \$1 invested in trails there were \$2.70 in medical benefits. While travel and equipment affected the ratios, the positive returns measured as high as \$1 invested to \$13.40 return.
- When comparing two walks taken for the same time or distance—one inside, usually on a treadmill or around a track, the other outdoors, a study showed that volunteers enjoyed the outside activity more, and on subsequent psychological tests, scored significantly higher on measures of vitality, enthusiasm, pleasure and self-esteem and lower on tension, depression, and fatigue after they walked outside.

Fergusfallsjournal.com. Author— J. Tellers, May 2, 2018

Trail Maintenance Schedule, remainder of the season

Date	Day	Time	Trail	Section
7/9/2018	Monday, July 09, 2018	6:00 PM	Maint: Seneca	Behind Plazas - High Street to Willowbrook
7/11/2018	Wednesday, July 11, 2018	6:00 PM	Maint: Seneca	High Point - County Line to High St
7/14/2018	Saturday, July 14, 2018	8:00 AM	Monthly Hike	Bristol Hills Section, FLT
7/16/2018	Monday, July 16, 2018	6:00 PM	Maint: Auburn	New Trail - Carington Way to Dryer Rd
7/18/2018	Wednesday, July 18, 2018	6:00 PM	Maint: Trolley	Trolley Trail - East from Rte 251 & Seneca t
7/23/2018	Monday, July 23, 2018	6:00 PM	Maint: Seneca	Ganondagan - Boughton Rd (CR 41) thru th
7/25/2018	Wednesday, July 25, 2018	6:00 PM	Maint: Trolley	Lehigh Crossing Park, Omnitech & West fro
7/27/2018	Friday, July 27, 2018	7:30 AM	Maint: Mixed	Domine , Fishers Landing and FLCC Trails
7/31/2017	Monday, July 31, 2017	6:00 PM	Maint: Monkey	Monkey Run all trails - come in gas line roa
8/1/2018	Wednesday, August 01, 2018	6:00 PM	Maint: Mixed	100 Acre & Blue Bird Sanctuary
8/3/2018	Friday, August 03, 2018	7:30 AM	Maint: Fishers Park	Fishers Park all trails including connecting
8/11/2018	Saturday, August 11, 2018	8:00 AM	Monthly Hike	Conklin Gully
8/13/2018	Monday, August 13, 2018	6:00 PM	Maint: Seneca	Judson - Cherry St to Apple Farm
8/15/2018	Wednesday, August 15, 2018	6:00 PM	Maint: Seneca	Duval - Cherry St to Boughton Park
8/17/2018	Friday, August 17, 2018	7:30 AM	Maint: Seneca	Ganondagan - Boughton Rd (CR 41) thru th
8/18/2018	Saturday, August 18, 2018	4:30 AM	Twisted Branch	Manning the Naples Aid Station Rte 245
8/20/2018	Monday, August 20, 2018	6:00 PM	Maint: Seneca	Ganondagan - Dryer Rd to School St
8/24/2018	Friday, August 24, 2018	7:30 AM	Maint: Mixed	Domine , Fishers Landing and FLCC Trails
8/27/2018	Monday, August 27, 2018	6:00 PM	Maint: Seneca	Fishers Ridge - Willowbrook to Rt 96
8/29/2018	Wednesday, August 29, 2018	6:00 PM	Maint: Seneca	Behind Plazas - High Street to Willowbrook
9/1/2018	Saturday, September 01, 2018	5:30 PM	Special Hike	Ring of Fire Hike
9/3/2018	Monday, September 03, 2018	6:00 PM	Holiday	
9/5/2018	Wednesday, September 05, 2018	6:00 PM	Maint: Seneca	High Point - County Line to High St
9/8/2018	Saturday, September 08, 2018	8:00 AM	Special Hike	Hang Around Victor Day - Hike at 11:00 am
9/10/2018	Monday, September 10, 2018	6:00 PM	Maint: Trolley	Lehigh Crossing Park, Omnitech & West fro
9/12/2018	Wednesday, September 12, 2018	6:00 PM	Maint: Trolley	Trolley Trail - East from Rte 251 & Seneca t
9/17/2018	Monday, September 17, 2018	6:00 PM	Maint: Trolley	Lehigh Crossing Park, Omnitech & West fro
9/19/2018	Wednesday, September 19, 2018	6:00 PM	Maint: Mixed	Domine , Fishers Landing and FLCC Trails
9/22/2017	Friday, September 22, 2017	7:30 AM	Maint: Monkey	Monkey Run all trails - come in gas line roa
9/24/2018	Monday, September 24, 2018	6:00 PM	Maint: Mixed	100 Acre & Blue Bird Sanctuary
9/26/2018	Wednesday, September 26, 2018	6:00 PM	Maint: Fishers Park	Fishers Park all trails including connecting
9/28/2018	Friday, September 28, 2018	7:30 AM	Maint: Seneca	Judson - Cherry St to Apple Farm
9/30/2018	Sunday, September 30, 2018	8:00 AM	Challenge Hike	Seneca Trail
10/1/2018	Monday, October 01, 2018	6:00 PM	Maint: Seneca	Duval - Cherry St to Boughton Park
10/3/2018	Wednesday, October 03, 2018	6:00 PM	Maint: Seneca	Ganondagan - Boughton Rd (CR 41) thru th
10/8/2018	Monday, October 08, 2018	6:00 PM	Maint: Seneca	Ganondagan - Dryer Rd to School St
10/10/2018	Wednesday, October 10, 2018	6:00 PM	Maint: Seneca	Fishers Ridge - Willowbrook to Rt 96
10/15/2018	Monday, October 15, 2018	6:00 PM	Maint: Seneca	Behind Plazas - High Street to Willowbrook
10/17/2018	Wednesday, October 17, 2018	6:00 PM	Maint: Seneca	High Point - County Line to High St

	Start Location Description	Start Location
	Trailhead south end of Victor Crossing Plaza (Goodwill)	43.020055,-77.438873
	Follow High Point Drive to top of the hill and west side of parking area	43.030133,-77.435675
	Meet Behind the Town Hall and carpool	42.982914,-77.407882
	Trail Head toward the southern end of Carington Way	42.982268,-77.442434
to woods	Trailhead on Rte 251 just north of the Auburn Trail	42.992944,-77.436640
e Apple Farm	Metal Barns south of CR 41 just west of School St	42.960211,-77.425160
om Rte 251	Lehigh Crossing Park parking area off Rte 251 about 1/4 south of Rte 96	42.995345,-77.437049
	Lehigh Trailhead where it crosses Wangum Rd	43.001685,-77.469685
d	Trailhead on Valentine Rd	43.024455,-77.409797
	Trailhead South end of Yale Court then move to other locations	43.008044,-77.418680
trail to Lehigh	Trailhead Main Street Fishers parking area	43.009453,-77.473462
	Meet Behind the Town Hall and carpool	42.982914,-77.407882
	Trailhead past the barns on Cherry Street	42.943960,-77.421942
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e Apple Farm	Metal Barns south of CR 41 just west of School St	42.960211,-77.425160
	Meet Behind the Town Hall and carpool	42.982914,-77.407882
	Trailhead RG&E substation on Dryer Rd	42.974362,-77.412801
	Lehigh Trailhead where it crosses Wangum Rd	43.001685,-77.469685
	Fishers Ridge sign on Willowbrook just east of Rowley Rd	43.006161,-77.436962
	Trailhead south end of Victor Crossing Plaza (Goodwill)	43.020055,-77.438873
	Meet Behind the Town Hall and carpool	42.982914,-77.407882
	Follow High Point Drive to top of the hill and west side of parking area	43.030133,-77.435675
	Mead Square Park	42.982724,-77.410859
om Rte 251	Lehigh Crossing Park parking area off Rte 251 about 1/4 south of Rte 96	42.995345,-77.437049
to woods	Trailhead on Rte 251 just north of the Auburn Trail	42.992944,-77.436640
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	Trailhead South end of Yale Court then move to other locations	43.008044,-77.418680
trail to Lehigh	Trailhead Main Street Fishers parking area	43.009453,-77.473462
	Trailhead past the barns on Cherry Street	42.943960,-77.421942
	Bed Bath and Beyond. Bus to Boughton Park. Hike back.	
	Trailhead past the barns on Cherry Street	42.943960,-77.421942
e Apple Farm	Metal Barns south of CR 41 just west of School St	42.960211,-77.425160
	Trailhead RG&E substation on Dryer Rd	42.974362,-77.412801
	Fishers Ridge sign on Willowbrook just east of Rowley Rd	43.006161,-77.436962
	Trailhead south end of Victor Crossing Plaza (Goodwill)	43.020055,-77.438873
	Follow High Point Drive to top of the hill and west side of parking area	43.030133,-77.435675



Heading out on the Auburn Trail.



On the Seneca Trail crossing a field by Route 251.



The Domine Trail through the woods in Fishers.



Trekking through Lehigh Crossing Park.

Photos by Dave Wright and Paul Knerr



It's David Coleman!

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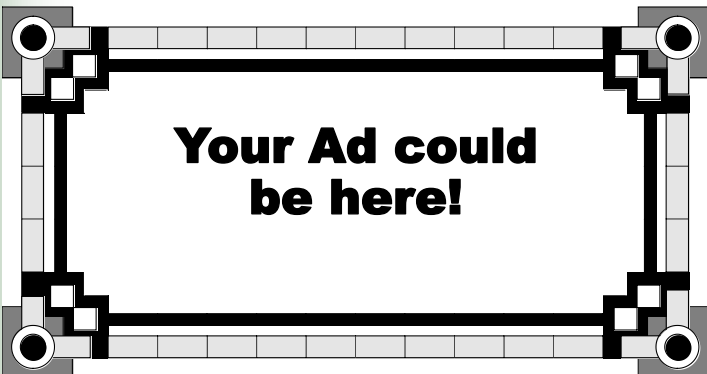


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Filling the gaps in Victor

25 YEARS AND GROWING

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 or donation promptly so we can continue to create new and improved multi-use trails.

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