



# VHT Pathfinder

The Official Newsletter Of Victor Hiking Trails, Inc.

Volume 9, Issue 2

Summer 2004

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## National Trails Day in Victor

It's not too late to sign up for the best breakfast this summer. It's going to be at the Fishers Fire House on Main Street Fishers on Saturday, June 5th from 7:30 to 9:00 AM. Orange juice, scrambled eggs, bacon, sausage, home fries, pastries, cereal, milk, coffee and home made donuts are just what you need to start your day when there is a four-mile hike in your plans.

Cost of the breakfast is \$10.00 for adults and \$5.00 for children under 12. There is an extra \$2.00 per person fee for walk-ins. Proceeds will be used to purchase additional amenities for the trails.

Call 585-234-8226 to make your reservation now or mail a check to VHT before June 1. Be sure to specify how many adults and how many children will be attending.

*(Continued on page 8)*

## Auburn Trail project construction phase to begin

With the "official" start of the construction to be on June 5th, the actual construction of the trail improvements will be soon. The first phase will begin on the Lehigh Valley Trail where it meets the Town of Mendon. Clearing and grubbing (removal of brush and small trees along the trail treadway) will be done by the Town of Victor Highway Dept. The crew will do as much of the trail improvements as possible. It may take them a little longer than a contractor, due to other work that they must do during the summer months, but it will save money that can then be spent on extra amenities for the trails. This will make the trails even better than anticipated.

Progress on the trail can be followed on the official project website, [www.auburntrail.com](http://www.auburntrail.com).

Comments or questions about the project can be sent to Brian Emelsson, Director of Parks and Recreation, 85 E. Main St., Victor, NY 14564.



## Upcoming Hikes

**All hikes meet at Victor Town Hall rear parking lot, 85 East Main Street, at 9:00 a.m. unless otherwise noted. Bring a bag lunch and something to drink. Wear proper foot gear for rugged trails.**

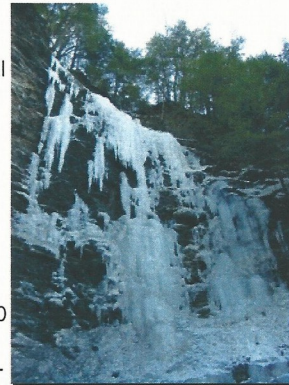
**Jun. 5– National Trails Day.** This will be a ground breaking celebration of our Auburn Trail and Connections project. Come early for breakfast, see the plans for the trail improvements and join us for a hike to Mead Square where additional displays will be shown. Free transportation back to Fishers.

**June 12– Bike ride on the Genesee Valley Greenway.** Meet at Victor Town Hall at 9:00 AM or at the park in Scottsville by the Greenway at 9:50 AM. This will be a bike ride of about 10 miles on the Greenway. Bring a bag lunch and something to drink. It will be helpful if you have a bike rack for transporting your bike.

**June 12– ADK-EMS Outdoor Expo.** From 9:00 AM to 4:00 PM there will be displays and seminars of outdoor activities at the 100 Acre Pond at Mendon Ponds Park. Trail groups, DEC, Eastern Mountain Stores and outfitters will be on hand to answer your outdoor activity questions. Come and try canoeing or kayaking on the pond. Learn how to pack a backpack or select hiking boots.

**Jul. 10– Creek walk at Conklin's Gully.** This is always a fun hike up the creek. Be sure to wear water shoes and bring your hiking boots and socks for additional hiking.

**Aug. 14– Creek walk at Grimes Glen and Tanner Gully.** Another great water hike that is fun in the summer. Same gear needed as the July hike.



*Conklin's Gully with ice.*

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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 get into the *VHT Pathfinder*, please contact:

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**Sept. 4– Ring of Fire, Bare Hill.** This is an evening hike to celebrate the end of summer. Meet at Victor Town Hall at 7:00 PM to car pool to the site. Bonfire will be lit at 9:00 PM, signaling the cottagers around Canandaigua Lake to light their campfires, creating the Ring of Fire.

**Sept. 11– Hang Around Victor Day.** Come visit our booth in town between 9:00 AM and 4:00 PM and help celebrate the day.

**Sept. 17-19 Adirondack Fall Weekend.** The best time to climb the High Peaks. Join the regulars in a fun-filled week-end of hiking.

**Oct. 9– Hike Finger Lakes Trail through Hi Tor.** The autumn leaves should be near peak in our region on this week-end.

**Nov. 13– Hike Ellison Park.**

**Dec. 11– Hike or ski Cummings Nature Center.**



## Past Hikes

**Mar. 13– Lehigh Trail section in Henrietta.** The snow had melted early, but the ground was mostly still frozen, so the hiking was good. This section of trail was scheduled to begin construction of improvements to the treadway in early March, and they actually had the official ground-breaking a few days after our hike. The group hiked from Rt. 15A to Lehigh Road and back, a distance of about 4 miles round trip. A group of four decided to hike the south section to Rt. 251 and back, a distance of about 5 miles round trip. This is going to be a great multi-use trail when completed.

**Apr. 10– Hike the Auburn, Old Erie Canal Loop.** The hike began at Brian Emelson's house in Brighton, near Monroe Ave. and Westfall Rd. Brian led the group on a loop hike of a section of the Auburn Trail parallel to Monroe Ave. to Schoen Place in Pittsford where the group had lunch and relaxed by the Erie Canal. They then headed back along the canal to where the old Erie Canal meets the new section and followed the Old Erie Canal, stopping at old lock 62 in back of Wegman's on Monroe Avenue near Clover St. Then it was back to busy roads, noisy traffic and fumes, and finally Brian's house where his wife treated us to desserts and drink.



*Lunch break by the Erie Canal at Schoen Place, Pittsford.*

**May 8– Hike Durand Eastman Park.** It was a little early this year for most of the tree blossoms, but the hikers enjoyed the park anyway. The cool rain was just beginning as most of the trekkers were finishing the hike. Luckily, the golfers didn't mind when we cut across their fairway on the way back to the clubhouse.

**May 21-23 Adirondack Spring Weekend.** See page 5 for story.

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## Landowner Calls for a Trail

Usually, VHT Trailmaster Carol MacInnes, calls on the landowner for permission to put a trail on their property. This time, landowner Helen Schrader called VHT Chairman Dave Wright to ask for a trail on her property. Mrs. Schrader, who lives on Victor Egypt Road, owns a beautiful woods next to Monkey Run Trails. This additional trail system will create a substantial trail for hiking and cross country skiing along White Brook where there are beautiful wild flowers and trees.

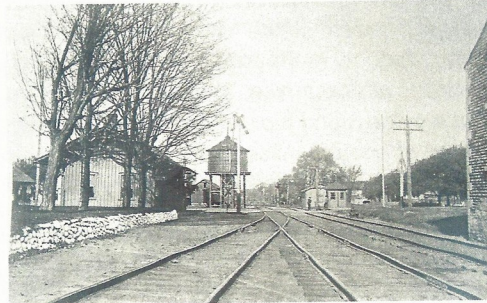
We are forever grateful to landowners like Mrs. Schrader who share their land so others can enjoy the beauty of nature.



## Project All Aboard!

A first-class, multi-use trail through the Town and Village of Victor will be great, but what would make it outstanding would be interpretive signs along the trails telling the history of Victor and Fishers, the railroads and the early businesses that flourished in our area. A group of volunteers are working hard to make that happen.

The committee members are Warner Fisher (chairman), Lewis Fisher, Michael Hauser, Steve Lewis, Roberta Lockwood, Ruth Nellis and Joel Richter. They have been gathering lots of historical facts and pictures. They have consulted with sign designers and received estimates of the cost of various signs. They have looked at the style of kiosks and signs that the residents have recommended for the trails and discussed the construction with the landscape consultant for the Auburn Trail project.



*Fishers Station, looking toward Main St.*



*Rochester and Eastern Rapid Railway Station at Maple Avenue.*

make our system of trails one of the best in Western New York.

Brochures will be available to all attendees of National Trails Day and additional information will be on the VHT website.



*Victor Station for the Auburn Line at Maple Avenue in the Village of Victor.*



## Spring time in the Adirondacks

Ten hardy hikers headed for the High Peaks at Keene Valley in the Adirondacks, even though the weather report for the weekend did not promise blue skies and ideal temperatures. When they arrived at "The Garden" parking lot at 6:45 AM, there was drizzle in the air and the forecast called for thunderstorms.

After a brief discussion of the situation, the group split into two of five each. Half wanted to go to the top of Big Slide while the others would be content to hike to John's Brook Lodge and back.

Everyone started out in their raingear, ready to make the best of a less than ideal situation. Fortunately for everyone, the rain stopped after a few hours and although the skies never did clear, the temperature was ideal for hiking. And there were no signs of black flies.

The Big Slide group kept a steady pace as they traversed the Three Brothers and arrived at the top of Big Slide before noon. Two hikers from Honeoye Falls passed them on the way to the top and two teens doing trail maintenance work made it to the peak. They were the only others on the mountain that morning. Coming down by way of John's Brook lodge they did see a few more hikers going up, but it was few and far between. All told, the group covered ten miles.



*Dave Coleman, Denise Paley, Rob Levins, Dave Wright and Marcia Bryan at the top of Big Slide.*



*Ann Schauman, Jane Luce, Jackie Morris and Sue Cointot make the best of a misty morning. Photo by Jeff Hennick.*

Many spring wildflowers were seen along the trails. Turn to page 9 to see if you can identify them.

The second group went up and back to John's Brook Lodge in the morning. They did a little shopping in Keene Valley, drove over to the Adirondack Loj, climbed Mt. Jo and had a great day.

Both groups met back at the Ausable Inn and enjoyed a super dinner. More pictures on page 7.



## Cycling Tips

### Follow A Pre-Ride Checklist To Increase Enjoyment, Reduce Problems

Once a week conduct this 30-minute bike inspection, which checks all systems. (Print this list and use it as a checklist to keep track of things as you work.)

1. Wipe down the frame and look for flaking paint that may indicate that a crack has developed. Although frame failure is rare, it can happen. (It's most likely if you crash or ride hard all the time.)
2. Wipe down the rims, to clean residue that affects braking. Scrub with alcohol to remove any black deposits. Closely inspect the rim sides for wear from braking. See deep grooves? Have us check the rim for safety.
3. Spin the wheels. They should be round and true. If they wobble, spokes may have loosened and the wheel should be trued and tensioned.
4. Grab the top of each wheel and gently push and pull laterally, feeling for play at the hubs. If you find any, the wheel bearings should be adjusted.
5. Apply the front brake and rock the bike back and forth feeling for play. If there's any play, the headset (steering bearings) needs adjustment.
6. Hold onto the crankarms and push and pull laterally feeling for play in the bottom-bracket bearings. Play indicates adjustment is needed.
7. Check that these key parts are tight by putting a wrench on them and trying to tighten them: crank bolts, chainring bolts, pedals (the left pedal is turned counter-clockwise to tighten), stem bolts, derailleur mounting bolts, derailleur pulley bolts, brake bolts, seat-post bolt, seat bolt.
8. Prep the chain by applying a bike-specific lubricant, let it soak in for a few minutes, then wipe off the excess with a rag.
9. If your derailleur cables run beneath the bottom bracket, drop a bit of light oil on the contact areas.
10. Inspect your chainring for broken teeth, but don't be alarmed if you have newer chainrings and some teeth are slightly shorter than others. Chainrings are designed this way because the shorter teeth provide a specific release point where the chain can easily drop from the large ring to the small, improving the shifting.
11. Examine all the cables for rust and fraying, signs that replacement is needed.
12. Make sure your handlebars have end plugs because open-ended bars can hurt you if you crash.
13. If you use clipless pedals, check the hardware on your cleats and the cleats themselves for wear (signs of worn-out cleats can be difficulty getting in and out of your pedals, and cleats that pull out inadvertently during hard pedaling).

*Tips provided by Trailblazer Bike and Sport Shop, 80 West Main St., Victor, NY 14564.*





## Things you might see when hiking in the Adirondacks.



*Friendly orb net.*



*Where is the red eft?*



*"Those bugs don't bother us!"*



*One of many streams rushing down the mountain side.*

## COTTON IS ROTTEN!

Make your next hike more comfortable by choosing the right socks!

While cotton is a wonderful, natural fabric it also has the interesting quality of being able to absorb 14 times its weight in moisture. That's great if you're toweling off after a dip in the pool, but not so great if you're hiking on a 90-degree summer's day. Cotton socks soak up the sweat and that causes friction between your foot and your sock, which can be down right uncomfortable or result in blisters. There are plenty of "high tech" socks on the market that have moisture wicking properties - in other words, when your feet sweat, the sock moves the moisture away from your foot. In fact, synthetic socks by makers like Feetures and Ultimax absorb only two times their weight in moisture. Ahhh...cool, dry feet.

For folks who must have a natural product, try SmartWool socks. Forget those itchy wool sweaters your mom made you wear in winter! SmartWool socks are machine washable, odor free, and made of specially spun wool that doesn't itch or shrink and has excellent moisture wicking properties. And for a bonus, these socks will keep your feet cool in summer and warm in winter!

So stick with cotton towels, but when it comes to socks keep dry with high tech fabrics.

Written by Russ and Debbie Kurvach who can be seen wearing high tech socks on the Auburn Trail.



*(Continued from page 1)*

Following the breakfast there will be a short introduction of the people involved in the Auburn Trail and Connections Project and the official start of the construction phase of the project. There will be many displays showing the different elements of the trail design and the input from the residents who attended the two open houses. Additional information can be found on the official trail website, [www.auburntrail.com](http://www.auburntrail.com).

Following the official ceremony, there will be a guided hike on the Auburn trail from Fishers to Mead Square in the Village of Victor. There will be a water stop at the trail crossing at State Route 251. All participants will receive coupons good for discounts at restaurants in the village. Use them between June 5th and 13th.

Free transportation back to Fishers will be available between 11:30 AM and 1:00 PM.

National Trails Day began in 1993 when the American Hiking Society decided that there should be a day to recognize the importance of trails in America. And what better way to do that than to have organized hikes and trail events all on one special day. The number of participating groups and special events have grown every year since the beginning. And Victor Hiking Trails is proud to sponsor an event again in Victor this year.

With the continued support of VHT members, Victor residents, Victor businesses and the local governments, we will continue to host special events to promote the positive benefits of trails, hiking, biking and other forms of outdoor exercise.

If you are not already a member of Victor Hiking Trails, Inc., please considering joining and helping to create a system of trails in Victor that will be a great asset for generations to come.

An application form can be found on page 11.



*The Auburn Trail before and after the construction phase of the project.*





### Do you know these Adirondack Spring Wildflowers?



1



2



3



4



5



6



7



8



9



10



11



12

Answers: 1-Yellow violet, 2-Fiddlehead, 3-Red trillium, 4-Bane berry, 5-Painted trillium, 6-Hobble bush, 7-Star flower, 8-Clintonia lily (Blue bead lily), 9-Jack-in-the-pulpit, 10-Foam flower, 11-Bunch berry, 12-Pink lady slippers.





*Go the extra mile(s)!*

**191 West Main Street, Victor**

**ph: 585.924.7690**

(3.5 miles past Eastview Mall on Rt. 96 S)

### ***Grand Opening Day— Saturday, June 12th***

- 1) Door Prizes Every Hour!
- 2) Book Signing by Rich & Sue Freeman, authors of Local Trail & Guide Books!
- 3) Free Foot Massages by Main Street Massage of Clifton Springs!
- 4) Goodie Bags to First 25 Customers!

### ***Every Day***

- 1) Outstanding Customer Service!
- 2) Video Stride Analysis & In-Store Treadmill Insures You Get the Best Fit For Your Foot!
- 3) Convenient Off-street Parking Between *Tri Running & Walking* and Shotgun Music!
- 4) Seminars and Clinics Throughout the Year to Help You Reach Your Fitness Goals!

**Bring this ad between June 7-12 and receive 15% off any single item!**

[www.trirunningandwalking.com](http://www.trirunningandwalking.com)

**Finger Lakes Trail**

Over 850 miles of hiking trails in the southern part of New York State.

For maps, membership or other information, visit our website.

**[www.fingerlakestrail.org](http://www.fingerlakestrail.org)**

Finger Lakes Trail Conference  
6111 Visitor Center Road  
Mt. Morris, NY 14510  
585-658-9320



80 West Main Street Victor, NY 14564

Owners Victor and Lisa Gaspar have over 20 years experience in bicycle retail. They offer the broadest selection of comfort, hybrid, mountain, road, and BMX bikes as well as a huge variety of youth bikes. You will be pleasantly surprised that you can purchase a high quality kid's bike at an affordable price. Trailblazers stock many different parts and accessories to satisfy the needs of every cyclist. Stop in, look around and don't forget to ask about the VHT discount.



***Yes, I want to join/ renew VHT!***

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Date \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail \_\_\_\_\_

- \$10.00 Supporting
- \$20.00 Contributing
- \$100.00 Trailblazer
- \$250.00 Pathbuilder
- \$\_\_\_\_\_ other

Make check payable to

**Victor Hiking Trails, Inc.**

And mail to:

**VICTOR HIKING TRAILS, INC.  
85 EAST MAIN STREET  
VICTOR, NY 14564**



Help us make the T R A I L connections

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Phone: 585-234-8226  
Fax: 585-241-7360  
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### **Time to renew**

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