

# VHT Pathfinder

The Official Newsletter of Victor Hiking Trails, Inc.

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## Another Footbridge for VHT

The bridge building crew has been busy again, this time in Fishers. When we received permission from Domine Block to create trails on their property, we knew we had to connect up with the Auburn Trail. The only thing stopping us was a small tributary to Irondequoit Creek that runs along the side of the Auburn Trail.

After some quick studies it was decided that we could use an old railroad abutment that was for a bridge for a siding that serviced the cinder block company years ago. That would work on one side of the creek. The other side would require a couple of footers.

Using Joe Logan's basic truss bridge design, a 40-foot span was drawn

*(Continued on page 6)*



Some of the many folks who helped build another bridge for Victor Hiking Trails.

## HIKES FOR 2011

### VHT 2011 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  
 Wizzy Geno— Volunteer  
 Coordinator

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

(585) 234-8226

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

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Oct. 8– **Cleveland Hill**. Fall foliage vista hike. Bring your camera. Optional ride on the chairlift at Bristol Mountain Ski.

Nov. 12– **Mendon Ponds Park**, Meet at the Wild Wings Center at 9:00 a.m.

Dec. 10– **Boughton Park**, Meet at the Stirnie Road parking lot 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 at 585-234-8226.

This year we have scheduled more hikes in Victor or the surrounding communities. We are also leading shorter and easier hikes to encourage families and younger hikers to join us.

We always 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.

**So pick a hike and come enjoy the fun.**

**2012 HIKE SCHEDULE WILL BE IN THE NEXT ISSUE. IF YOU HAVE AN IDEA FOR A PLACE TO HIKE, PLEASE SEND AN E-MAIL TO DAVE WRIGHT AT:**

**[dwrigh10@rochester.rr.com](mailto:dwrigh10@rochester.rr.com)**

## ***Past Hikes***

On July 9th David Coleman led 4 hikers and his dog on a trek through the trails of Wesley Hill Preserve and Briggs Gully. The weather was perfect and we were finished the hike by noon.



Eight adults, one child and one dog hiked the daffodil trail at Powder Mills Park on Saturday, August 13th. Five of the adults also hiked to the south end of the park and then back to the fish hatchery.

The evening of September 3rd was a beautiful, clear night. Perfect for star gazing from the top of Bare Hill on the east side of Canandaigua Lake. After our picnic supper, Peter Jemison, NYS park manager at Ganondagan, told us about Seneca Indian traditions and then lit the bonfire, a signal for lakeside residents to light their campfires and flares at the shore line. From our vantage point above the lake we could clearly see the Ring of Fire as well as some fireworks. One traditional Seneca social dance to the beat of Peter's drum and then it was time to head home.



## Talks Along the Trail

By Ruth Nellis

The September Talk Along the Trail, "A Bird in the Hand", took place at the MaryFrancis Blue Bird Sanctuary. The weather cooperated and attracted approximately 15 participants. Liz Magnanti from The Bird House in Pittsford was our well-informed presenter. Liz brought a number of bird feeders and houses for the various birds in our area. She addressed questions on which feeder/house to use for what bird, what to feed, how to attract them and how to discourage birds which may be annoying such as woodpeckers on the side of your house. Keeping feeders/houses clean was also discussed. Proper placement of these items is important if you want to watch them from your window.

A hike around the trail showed no blue birds. Perhaps in March or April, we will have better luck.



Liz Magnanti with bird feeders and houses. *Photo by Ruth Nellis.*



Looking for plants to attract birds. *Photo by Ruth Nellis.*

## Getting Your Nature Fix with Julie Doyle

By Chauncy Young

There's hardly a day when Julie Doyle is not out getting her nature fix and leading others so they can experience the same. Julie states "I need to get fresh air and a workout in everyday or I am completely miserable." Recently Julie assisted me in one of my walk/jog classes at FLCC teaching the students the benefits of using Nordic walking poles. Nordic walking poles provide the user with a full body workout; help provide balance, increase cardio conditioning, and the user



burns 40 to 50% more calories than just walking the same amount of time. Currently Julie is teaching a drop-in Nordic walking class for the Victor Parks and Recreation Department. This class is for women 18 or older and meets at various venues throughout the town and surrounding area. Information about this class can be found in the Victor Parks and Recreation's fall newsletter insert.

About seven years ago Julie founded Adventure Out (AO). Adventure Out is an organization created by women primarily for the benefit of women.

*(Continued on page 6)*

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## **Eagle Project– Stairway**

*By Jeff Hennick*

We have another Eagle Scout Project within our trail system. Matt Spitzer and Troop 60 have completed a new stairway on the Seneca Trail, near Maple Avenue and Dryer Road, leading to the existing bridge over Great Brook. This is a steep, slippery when wet, hill and was subject to erosion from trail use. It required over six months of planning and work. It is designed to accommodate walked bikes. Thank you Matt!



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## **In Memoriam**

Victor Hiking Trails lost a dear friend and long time member recently. Norm Smith was the true volunteer. Whenever we needed someone to help with any task, Norm was the one we could rely on. We extend our heartfelt condolences to Norm's wife Linda and their family.

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## **Auburn Trail Study**

The towns of Farmington and Canandaigua and the city of Canandaigua have been awarded a grant to study the possibility of extending the Auburn Trail from County Road 41 in Farmington to the Ontario Pathways Trail in the City of Canandaigua. The grant is through the Genesee Transportation Council for alternative transportation solutions. Fisher Associates has been awarded the contract to lead the study. Public input is requested and can be done by going to the Town of Farmington website [www.townoffarmingtonny.com](http://www.townoffarmingtonny.com). Look for the tab "Auburn Trail Study" on the left side. There you can see several routes that are being considered as well as minutes of meetings that have been held. The goal is to have a plan by March, 2012 so that when grant monies are available for trail construction, the municipalities can apply.

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## **Auburn Trail Extension Project**

The steel bridge over Irondequoit Creek has been installed. See photos on page 6. This bridge replaced a deteriorating stone culvert that was built by the railroad in the 1840s. The approaches to the bridge still need to be graded. The trail needs to be compacted and the stone dust topping applied and rolled. This section of the trail will remain closed until it is safe to travel. Please be patient during this construction phase.

*(Continued from page 1)*

up by Chauncy Young and shared with the town building department and the NYSDEC. With all approvals OK'd the materials were purchased from Victor Coal and Lumber and delivered to the site.

The first weekend was devoted to putting in the cement block footer on the east side and the two concrete footers on the west side. That was followed by erecting temporary scaffolding so the side trusses could be built in place, lifted up and positioned on the footers. The first truss was

completed that weekend.

The following weekend involved building the second side truss, setting it in place, installing the joists and center supports. Unfortunately, it was a rainy weekend, but Chauncy was prepared. He erected a tent over the bridge so we could continue working in spite of the bad weather. As I write this we have finished putting the deck boards on. The end ramps need to be installed and then it will be ready for hikers and bikers.

*(Continued from page 4)*

Their mission is "to provide a safe and social, guided outdoor adventure where women of all abilities can challenge themselves beyond their present environment." Adventure Out not only takes women out for Nordic walks, they have classes on rowing, kayaking, snowshoeing, boxing, cross-country skiing and more. You can find out more by going to their website at <http://www.adventureoutny.com>. Adventure Out is involved in round 4 of the "Knockout Breast Cancer" boxing event which will take place 11/11/11 at Oak Hill Country Club. More information can

be found on the AO website.

Besides the involvement in the breast cancer event she is involved in the community in many other ways. For her, keeping fit helps provide the energy she needs for all that she does. Julie states that she "Truly believes in cross-training to keep one refreshed and to get a total body workout!" She has more outdoor training and guide certification than can be listed here. Julie is married and has 4 boys who in her words "take me on an Adventure everyday!"



The new steel bridge over Irondequoit Creek on the Auburn Trail. The base of the old stone culvert was left in place. Stone was brought in to stabilize the banks. The stone culvert lasted over 170 years. Do you think this bridge will still be standing in 2181? Will people still be hiking and biking? Or will hover mobiles be the popular way to travel?

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 Monday: by appointment  
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 Thursday: 10:00 a.m.— 8:00 p.m.  
 Saturday: 10:00 a.m.— 5:00 p.m.

Ask about the VHT member discount.

**JULIE DOYLE—FOUNDER**

Email: [Julie@adventureoutny.com](mailto:Julie@adventureoutny.com)  
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Send an e-mail to David Coleman at [dcoleman@victorhikingtrails.org](mailto:dcoleman@victorhikingtrails.org) and ask to be added to the Newsletter Electronic Mailing List.**

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Amount submitted \$10 \_\_\_\_\_ \$20 \_\_\_\_\_ \$100 \_\_\_\_\_ \$250 \_\_\_\_\_ other \$ \_\_\_\_\_  
Victor Hiking Trails, Inc is a 501 (c)(3) non-profit organization.

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