

VHT Pathfinder

The Official Newsletter of Victor Hiking Trails, Inc.

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Dress in layers for cold, wet and/or windy days. *Page 2*

Now you will be able to test your skill at riding on a boardwalk, *page 4*.

There will be over 50 different activities and events happening all day, *page 5*.

....the start of another successful race in Fishers, NY. *Page 6*.

Domine Trail Opens

After years of discussion with the property owner, VHT has finally secured a revocable permit for a trail on the land owned by Domine Builders Supply Corp., a subdivision of CRH, plc. CRH is one of the world's largest building materials companies and is headquartered in Ireland.

The trail is currently a loop trail that is accessed from the Lehigh Trail, between Wangum and Phillips roads.

Long range plans call for building a bridge over a tributary of Irondequoit Creek to connect the loop trail with the Auburn Trail just east of the Hamlet of Fishers.

VHT would like to thank Chris



Liberatore, President of the North Atlantic territory of Oldcastle Building Materials and Sunny Brisco, manager at the Domine facility located on Wangum Road, for allowing VHT to open this new trail for public use.

And we need to thank the Wednesday Trail Crew for clearing the brush and small trees needed to open the trail.

Surviving Cold Temperatures

Anyone who has lived in Upstate New York for a year or more knows that we can get some really cold temperatures in the winter. Now is the time to learn about two common cold related illnesses, the injuries they can cause and how to prevent them.

The first is frost bite. This happens when the skin is exposed to the cold temperature. The deep layers of the skin and tissue actu-

ally freeze. The color of the skin is a pale, waxy-white. Frost bite causes the skin to become hard to the touch and numb. It usually affects the fingers, hands, toes, feet, ears and/or nose.

The second is hypothermia. It occurs when the body temperature falls below 95°F. There will be uncontrolled shivering, fatigue, or drowsiness. The skin will become

(Continued on page 2)

HIKES FOR 2010**VHT 2010 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
 Open— Historian

- Jan. 9 – Loop starting at Fishers Fire Hall: Bring the whole family. Enjoy Victor Trails.
- Feb. 13- Harriet Hollister Park, X-ski or snowshoe.
- Mar. 13- Lehigh Crossing Park. Meet at the park. Explore the trails in this passive park.
- Apr. 10- Ganondagan. Meet at the Visitor's Center. Look for Spring flowers.
- May 8- Monkey Run / Bluebird Sanctuary. Meet at Bluebird Haven.
- Jun. 5- National Trails Day – Valentown Hall / High Point to Boughton Park in stages.
- Jun. 12- Keuka Outlet Trail. Bike ride both ways.
- Jun. 12- ADK Outdoor Expo at Mendon Ponds Park
- Jul. 10- Lehigh Trail bike ride from Victor to Mendon (get an ice cream cone) and back.

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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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.

(Continued from page 1)

How can you prevent difficulties bluish and cool to the touch. It can come from these cold related illnesses? cause slurred speech, clumsy Learn to recognize weather conditions movements, or irritable, irrational, tions which are hazardous. Know or confused behavior. the signs and symptoms of cold-

You may be at an increased risk related illnesses and how to help if you have health conditions like yourself and others. Dress in layers heart disease, diabetes or hyper- for cold, wet and/or windy days. tension. You also may be at a Use the buddy system so that one higher risk if you are in poor physical condition, have a poor diet or are older. Some medications can use common sense to prevent un- reduce resistance— check with your necessary illnesses. health care professional.

Past Hikes

Oct. 10— VanDerStrict Trail at Canadice Lake. Located on the west side of the lake, it starts out as a steep climb but eventually levels out near the top. There is also an entrance on the east side of Hemlock Lake that is an easier climb. The top is mostly field surrounded by woods.



Nov. 14— Boughton Park. Two groups of hikers enjoyed the trails on a great fall day. Many of the hikers were guests of VHT and thoroughly enjoyed the park.



Dec. 12— Powder Mills Park. Again two groups hiked the trails in the park. We had a beautiful blue sky morning to enjoy the trails.



Victor Parks Update



Dryer Road Park— More trails have been added to the extensive system of trails already in this 132-acre park. The second phase of the bicycle skills area has been built. Now you will be able to test your skill at riding on a boardwalk, going over some style jumps and maneuvering over “skinnies”. The existing facilities of ball fields, box lacrosse rink, picnic pavilion and play equipment continue to get extensive use. The trail from the park to Fort Hill is being re-routed to make it easier to traverse the change in elevation as well as to provide an alternate route for the bikes.



Victor Municipal Park— The 47-acre park is located between Brace Road and Maple Avenue and is just south of Main Street. The main entrance is off Brace Road, just south of Serenity House. There is a parking area at the end of the entrance road. There you will see a small picnic shelter and a pond. The pond has been stocked with a variety of fish, including bluegill, yellow perch, catfish, walleye and large mouth bass. It's a “catch and release pond”, so have fun catching the fish, but return them to the pond unharmed so others can have fun too. There are several miles of hiking trails in the park. Planned for 2010 is electric for the shelter, a play area and a fishing dock for the pond. Future plans call for one or two lodges with kitchens, a boardwalk through a wetland and an amphitheatre for outdoor concerts.



Fishers Park— Located in the Hamlet of Fishers at the corner of Main Street Fishers and Wangum. The master plan for this 93-acre park is being updated to include more trails, improvements to the existing trails, small bridges and boardwalks. VHT is helping with the bridges and boardwalks as well as the maintenance of the trails under the leadership of Chauncy Young. Look for groomed trails for cross country skiing this winter.



Lehigh Crossing Park— Located on Route 251 just south of Route 96, this passive 54-acre park features a section of the Rochester and Eastern Trolley Trail. A Boy Scout is building a foot bridge over a creek for his Eagle project. The Lehigh Trail starts here and goes west to Mendon. The section of the trail in the park is being updated to remove the large ballast stone, grade the treadway and add stonedust to make it easier to walk, ride and ski. There is also a connection to the Auburn Trail from this park. The relatively flat terrain is great for cross country skiing.

Mendon Ponds
Winterfest 2010
A fun Filled Event for the Entire Family Our 15th year at Monroe County's Mendon Ponds Park

Sunday, January 17, 2010

Looking for some family fun activities close by Victor? How about going to Mendon Ponds Park? There will be over 50 different activities and events happening all day, from 11:00 am to 4:00 pm. And it is all FREE!



shoeing, cross country skiing, ice boating, bird identification, dog sled races, snowshoe races, geocaching and kids' winter crafts. You can take a ride on a horse drawn hay wagon and enjoy refreshments from Zeb's and Papa John's Pizza.



About 5000 people are expected to attend this year, learning about winter activities like snow-

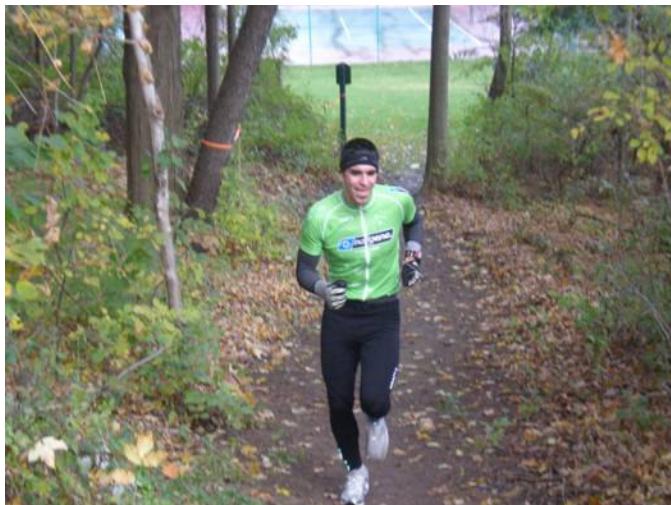
Activities will take place at the Nature Center,

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Black Diamond Duathlon- 2009

Pictured above was the start of another successful race in Fishers, NY. The weather on Saturday, October 17, 2009 was perfect for these athletes; cool, overcast and no rain.

Congratulations to all the participants; you are all winners. And a sincere thank you to all the sponsors and especially to the course marshals and helpers for their hard work and time.



(Continued from page 5)

Cavalry Lodge, East and West Lodges, Stewart Lodge and Hopkins Point Lodge as well as additional locations.

A printed program and park map will be available at all Winterfest locations in the park. All Winterfest locations will be heated, allowing you a

chance to come in and warm up.

The latest information can be viewed on line at www.mendonpondswinterfest.org

You can also call the Monroe County Park's information line @ 585-753-7275

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Managing Member



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Ask about the VHT member discount.

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Send an e-mail to David Coleman at dcoleman@victorhikingtrails.org and
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