

## FLTC Spring Weekend at Cazenovia College, May 20-22, 2011

### *Join us at the FLTC Spring Weekend ... there's something for everyone!*

This year's Spring Weekend hosted by the Onondaga Chapter of the Adirondack Mountain Club (ADK), will have something for everyone. There will be terrific storytelling by our own Ken Kaufman, yoga to gently stretch your muscles with Jane Gram, a talk by physical therapist (Noah Brown) that will help with sore muscles and preventing hiking problems, and a report from Joan Young, the first woman to thru-hike the North Country Scenic Trail. Hikes will range from a very easy car tour and a wildflower walk to strenuous hikes on the Onondaga Trail.

We will be utilizing the beautiful Cazenovia College campus. The college requires that we have a room and board package. Registration for each night also includes three meals: dinner, breakfast and lunch. Ala carte meals can be purchased for those people who commute to the campus from home or other lodging. The college has wi-fi and they will also have their swimming pool available for our use.

As in the past, the FLTC store will be available so you can purchase those FLT items needed for the 2011 hiking season. The members of the Onondaga Chapter look forward to meeting you at our Spring Weekend.

### Programs

**Yoga:** 6am Saturday and Sunday, Witherell Room in Hubbard Hall. Jane Gram. Yoga has been an informal program offered by Jane at past weekends. Be sure to bring your mat.

**Stories of Adventure, Humor, and Suspense in the Great Outdoors:** 4pm Saturday. Ken Kaufman Since the 1970s, Ken has been in demand as a storyteller, having been featured at the ADK Loj, campgrounds, parks, libraries, schools, private parties and Scouting events.

**Preventing Overuse Injuries on the Trail:** 7:30pm Friday. Morgan Room, Hubbard Hall. Noah Brown, physical therapist: A discussion of common overuse injuries in the active individual. A closer look will be given to the hip and knee joints with focus on ways to prevent these injuries from occurring. We will also discuss ideas and strategies to help with conditioning for your preferred outdoor activity whether it be hiking, trail running, skiing, or snowshoeing.

**The North Country Trail and the Kitchen Sink:** 7:30pm Saturday Morgan Room, Hubbard Hall. Joan Young. Fast paced media show about the North Country Scenic Trail including a virtual tour of the 4400 miles across 7 states. Joan is the first woman to hike the entire trail.

**Questions:** Jon Bowen [jkbowen@gmail.com](mailto:jkbowen@gmail.com) (preferred) or 315 638-8749

### Additional Information

- 3 meals are included (required) for each night of lodging at the College. Lodging is in the dorms, with shared bathrooms.
- If you don't purchase the linen package, you need to bring your own.
- Parking available **only** in the College parking lot. If you park overnight on the street, you **WILL** get a ticket!
- Dorms have lounge with refrigerator, microwave, stove. Rooms have armoire, bring your own hangers.
- If handicap access is needed, contact Jon Bowen
- If you have special dietary needs, contact Jon Bowen
- If you wish to stay an extra night (Thursday or Sunday), contact Jon Bowen
- Wi-Fi is available on campus.
- Bring swim stuff, pool will be available; open times TBA

### Other Places to Stay

**Brewster Inn** 315 655-9232 (\$130+)

**Braeloch Inn** 315 655-3431 (\$150+)

**Cazenovia Motel** 315 655-9101

**Lincklaen House** 315 655-3461

**Days Inn** 315 697-3309, Canastota, 11 miles

**Beard Morgan House** 315 637-4234,  
800 775-4234, Fayetteville, 11 miles

**Craftsman House** 315 637-8000,  
800 797-4464, Fayetteville

**Shiloh Family Retreat Center**, camping, Eaton,  
11 miles (Christian oriented)

**Green Lakes State Park**, camping, Fayetteville  
(NYS Parks website), 12 miles

**Cazenovia College Quad**, tents (contact Jon Bowen)

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**Daily Schedule**

- Friday:** 11 am Registration Table open, check in, Hubbard Hall  
12 noon Hikes depart, see schedule  
6-7:30 pm Dinner, Hubbard Hall  
7:30 pm Noah Brown, physical therapist and avid hiker. Hubbard Hall, Morgan Room
- Saturday:** 6:00 am Yoga, Witherell Room with Jane Gram (bring a mat)  
7:30-8:30 Breakfast, Hubbard Hall (make your own trail lunch)  
8:00 am Registration Table open  
8:45-9:30 am Hikes depart, see schedule  
3-4 pm Annual Meeting, Hubbard Hall, Morgan Room  
4-5 pm Board of Managers meeting, Hubbard Hall, Harden Room  
4-5 pm Story Telling with Ken Kaufman, Hubbard Hall, Morgan Room  
6-7 pm Dinner, Hubbard Hall  
7 pm Awards and Presentations, Hubbard Hall, Morgan Room  
7:30 pm Joan Young, NCT end to end (See Programs, previous page) Hubbard Hall, Morgan Room
- Sunday:** 6:00 am Yoga, Witherell Room with Jane Gram (bring a mat)  
7:30-8:30 Breakfast, Hubbard Hall (make your own trail lunch)  
**Check out of rooms before leaving for hikes.**  
8:45-9:15 Hikes depart, see schedule

**Directions to Cazenovia College**

**From East on NY Thruway (I-90):** Get off at exit 34 (Canastota). Follow Rt. 13 south to Cazenovia. Turn right onto Albany St. (Rt. 20 W). After the stop light, go one block and turn right onto Sullivan St.

**From West on NY Thruway (I-90):** Get off at exit 34A (481). Take I-481 South to exit 3e. Take exit 3e (Fayetteville & Rt. 92). Follow Route 92 through Manlius to Cazenovia. Rt. 92 ends at Rt. 20. Turn left onto Rt. 20 east. Continue to first traffic light and bear left following Rt. 20. At next light, make right turn onto Albany Street. Take second left onto Sullivan St.

**From South on I-81:** Take either exit 11 (Rt. 13 north) in Cortland and follow Rt. 13 north all the way to Cazenovia, or continue on I-81 north exit 15 (Lafayette) and take Rt. 20 east to Cazenovia. See directions above for Rt. 20 to Cazenovia College (From west on NY Thruway).

**From North on I-81:** Exit to I-481 south. Continue on I-481 south to exit 3e (Fayetteville & Rt. 92). Follow Rt. 92 through Manlius to Cazenovia. See directions above for Rt. 92 to Cazenovia College (From west on NY Thruway).

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**Outings Schedule**

**Friday 5/20/11**

1. NCT/FLT ONONDAGA O2 SERIES HIKE 1 (moderate 5.2 miles) Sigi & Horst Schwinge

Hike Highland Forest end to end with optional 1.5 miles additional roadwalk to West Keeney. First mile is uphill (600 ft gain) on switchbacks to high point of hike, then mostly downhill. Expect great view (and flush toilets) at Skyline Visitor Center. If the museum is open, we'll stop in. Road walk at the end. **This is the first in a series of 3 hikes to complete map O2.** 12:00 p.m. Depart from Hubbard Hall lobby

2. RIDING THE ONONDAGA NORTH COUNTRY TRAIL (easy 2 miles) Dick Lightcap & Bill Brousseau.

Drive to the highlights of the Onondaga FLT/NCT. Short hikes will be offered at certain stops. Includes: Midlum Hill view, Shackham and Spruce Ponds, Labrador Hollow boardwalk and cabin, Highland Forest and Smith Hunt Hill vistas. Trip is designed for those who are interested in an overview of the 22 mile Onondaga extension but are not interested in long or strenuous hikes. 12:10 p.m. Depart from Witherell Room (Hubbard Hall)

3. FLT MAIN TRAIL & NCT M-20 HOXIE GORGE TO UNDERWOOD HILL ROAD (moderate 4.6 miles) Hal Boyce & Jenna Wietzel

Hike through Hoxie Gorge within forest, then along the edge of farm fields. Expect a beautiful stream and excellent views of the surrounding countryside at several points along the way. 12: 20 p.m. Depart from Hubbard Hall Lobby

**Saturday 5/21/11**

HS2. Cortland County Hike Series (7.6 miles through Taylor Valley) Karen Serbonich

Participants **must** be registered with the Cortland Hike series. You will receive information from Karen through the Hike Series listserv. (On registration form, register for HS2)

4. NCT/FLT ONONDAGA O2 SERIES HIKE 2 (moderate 5.5 miles) Sigi & Horst Schwinge

This is the second in the O2 series of 3 hikes. It is newest segment, completed in recent years. We'll access at the end of the Onondaga Trail and walk through the Tioughnioga Wildlife area, then descend through fields and woods to Webber Rd. **Will return in time for the 3 p.m. annual meeting.** Depart 9:00 a.m. from Park Hall

5. SKYLINE TRAIL and O2 (strenuous 7 miles) Dick Lightcap & Bill Brousseau

Start hiking in ESF's Heiberg Forest (3000 acres), continue through Kettlebail State Forest (595 acres), descend steeply to Labrador Hollow Unique Area (1,483 acres) and eat lunch at the cabin by the pond. Ascend steeply up to Jones Hill (1964') for the spectacular view then descend to Tinker Falls to experience the Alley Cats' most recent achievement. Depart 8:45 a.m. from Hubbard Hall Lobby. **Will NOT return in time for the 3 p.m. annual meeting**

6. HARDSCRABBLE RD TO CAZENOVIA NCT AND ART PARK (moderate 7.5 miles) Kathy Disque & Kathy Eisele

Hike the Link Trail/North Country National Scenic Trail in the Nelson Swamp Unique Area along an old railbed through cedar and hemlock forest, across the Chittenango Creek footbridge. Includes the DEC Loop Trail with historical signage; road walk (1.4 mi.) to continue on the NCNST in Stone Quarry Hill Art Park. Explore the Park's spectacular hillside views, outdoor sculptures. Bring a camera. Next, follow the blue blazes through woods and hedgerows with short open spaces, out to Chenango St. and back to Cazenovia College (mostly flat but also a few hills) Depart 9:00 a.m. from Witherell Room, Hubbard Hall.

*[FLT Board Members: People with a 3 p.m. meeting will be on time if they leave the Art Park around 1:30 (walking approximately 3.2 mi. from the park to Cazenovia College) One leader will accompany them to the College; the other leader will remain with the group at the Art Park. The hike leaders will explain the two options and assign people to cars accordingly.]*

*(Continued ...)*

**FLTC Spring Weekend at Cazenovia College, May 20-22, 2011**

**Outings Schedule, continued...**

7. FLT MAIN TRAIL M22 (moderate 6.1 miles) Tony Rodriguez & Mike Loftus

Hike from County Route 53 to Bamberry Rd. with a stop at the Paradise Lean-to which is dedicated to Howard Beye and was his final Alley Cat project. Expect one steep section. Depart 9:10 a.m. from Hubbard Hall Lobby. **May NOT return in time for the 3 p.m. annual meeting.**

8. HIGHLAND FOREST FLT/NCT O2 (moderate 5.2 miles) Lucy Hawkins & Mary Dineen

Cowles Settlement to DeRuyter Lake starting at Cowles Settlement Road parking Area. Begin with a steady graded climb to 1400', following blue markers to park trail markers. Skyline Visitor Center (1660') restroom and water available. Trail continues from NCT Kiosk on main park trail and FLT/NCT on east side of park to 1710', crosses several ravines, then soon starts to descend on a series of six gentle switchbacks. Please sign trail register on way down to DeRuyter Lake. Depart 9:20 a.m. from Witherell Room, Hubbard Hall

9. NCT/FLT ONONDAGA TRAIL O 1 & O 2 (strenuous 7 miles) Peg Whaley & Liz Herboldt

Hike from Shackham Rd (lower crossing) via the Tinker Falls relo project and new stairs, Jones Hill vista of Labrador Hollow (1964') and Spruce and Shackham Ponds to West Keeney Rd. Depart 8:45 a.m. from Park Hall. **Will NOT return in time for the 3 p.m. annual meeting.**

10. CANAL MUSEUMS TOUR (easy) George & Cyndy Zacharek

Auto tour to visit two local canal museums in Canastota (on the NCT) and Chittenango. Fee required. Learn how canal towns shaped local history. See blacksmith shop, reconstructed canal boat and dry dock. Optional short walk on the canal towpath. Depart 9:30 a.m. from Hubbard Hall Lobby. **Will return in time for the 3 p.m. annual meeting.**

**Sunday 5/22/11**

HS3. Cortland County Hike Series (9.2 miles through Cuyler State Forest) Karen Serbonich

Participants **must** be registered with the Cortland Hike series. You will receive information from Karen through the Hike Series listserv. (On registration form, register for HS3)

11. NCT/FLT ONONDAGA O2 SERIES HIKE 3 (moderate 4.7 miles) Sigi & Horst Schwinge

Hike Webber Rd. to East Lake Rd. with optional 0.9 mile road walk. This third hike with the 2 road walks (one on Friday) completes map O2. We'll start climbing 400 ft. right away on gentle switchbacks to a beautiful pond, then cross DeRuyter State Forest before descending to DeRuyter Lake. This section crosses three new easements. Depart 9:00 a.m. from Hubbard Hall Lobby

12. POND TO POND FLT/NCT O 2-(easy 2 miles) Dick Lightcap & Bill Brosseau

Hike from Spruce Pond to Shackham Pond, slight elevation changes, slow paced, finish by noon.

Depart from Hubbard Hall Lobby, 9:30 a.m.

13. WILD FLOWER WALK IN NELSON SWAMP/ NCT (easy 3 miles) Mary Dineen & Jill Borgstede

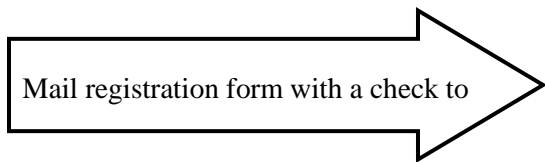
Stroll with Mary on the NCT and its Nelson Swamp spur nature trail to discover spring wildflowers. If Mary does not know a flower (rare) she will have a book with her. Bring cameras. Depart from Witherell Room, Hubbard Hall 9:15 a.m.

14. FLT/NCT MAIN TRAIL M21 (moderate 5.4 miles) Missy Etheridge & Margie Ong

Hike from Stoneybrook Rd. to Potter Hill Cemetery Rd. This is a nice spring walk in the woods and passes Randall Brune's bench. Depart from Park Hall, 8:45 a.m.

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**Registration must be received by May 1.** Refunds for cancellation cannot be guaranteed after this date.



Finger Lakes Trail Conference  
6111 Visitor Center Road  
Mt. Morris, NY 14510

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phones(s): \_\_\_\_\_ Email: \_\_\_\_\_

Emergency contact (name/phone) \_\_\_\_\_

Expected arrival (day/time): \_\_\_\_\_ Local hiking club, if any \_\_\_\_\_

Fill in dollar amounts below, per person # of people \$ amount

Registration: FLTC and ADK-ON members \$10, non-members \$15 \_\_\_\_\_

Fri. night (lodging, dinner, bkfst, lunch) \$54 single, \$45 dbl per person \_\_\_\_\_

Sat. night (lodging, dinner, bkfst, lunch) \$54 single, \$45 dbl per person \_\_\_\_\_

Linens \$12 (sheets, pillow case, blanket, pillow, bath towel, face towel, washcloth) \_\_\_\_\_

**Al a carte meals:**

Friday dinner \$12 per person \_\_\_\_\_

Saturday breakfast \$6 per person \_\_\_\_\_

Saturday lunch (make your own at "buffet" during breakfast) \$8 \_\_\_\_\_

Saturday dinner \$12 per person \_\_\_\_\_

Sunday breakfast \$6 per person \_\_\_\_\_

Sunday lunch (make your own at "buffet" during breakfast) \$8 \_\_\_\_\_

**Total** \_\_\_\_\_

**Hikes:** Please indicate choice by hike numbers for each day and number of people for each hike. See schedule.

Friday: \_\_\_\_\_ Saturday: \_\_\_\_\_ Sunday: \_\_\_\_\_

**Please read and sign the following:**

Those persons enjoying the Finger Lakes Trail (FLT) and/or activities sponsored by the Finger Lakes Trail Conference (FLTC) or any clubs conducting activities on behalf of, or in support of the FLTC, accept full personal responsibility for their own well being, or, for the well being of a minor when acting in the capacity of parent or guardian. Further, users of the Finger Lakes Trail accept and understand that hiking is a rigorous activity often conducted in rugged outdoor conditions subject to variations in weather and terrain conditions which may involve the risk of injury or death, and, that we are fully responsible for our own safety and selecting activities that are consistent with our physical capabilities.

Print name: \_\_\_\_\_ Signature \_\_\_\_\_ Date: \_\_\_\_\_

Print name: \_\_\_\_\_ Signature \_\_\_\_\_ Date: \_\_\_\_\_