

FLTC Spring 2017 Annual Meeting Registration Form
June 9 - June 11, 2017 Tompkins-Cortland Community College, Dryden
Registration Deadline May 20, 2017
Host: Adirondack Mountain Club, Onondaga Chapter

PLEASE JOIN US AT DRYDEN'S COMMUNITY COLLEGE IN THE HEART OF UPSTATE NEW YORK, AND IN THE MIDDLE OF THE MAIN FINGER LAKES TRAIL FOR OUR ANNUAL SPRING MEETING.

Lodging and food details follow, along with a detailed schedule of hikes and even paddles.

Daily Schedule:

Friday: 11:00 Registration Table open, check in
 9:30-2:00 Hikes begin departing, see schedule
 6:00-7:30 Dinner
 7:30 Program—Vote for Pete (music group)

Saturday: 6:00 Yoga, with Daniel Kaiya (bring a mat)
 7:30-8:30 Breakfast (make your own trail lunch)
 8:00 Registration Table open
 8:45-10:00 Hikes depart, see schedule
 6:00-7:00 Dinner
 7:00 Awards and Presentations
 7:30 Program – Ruth and Dan Dorrough:

*FLT E2E Leads to 4800 Mile NCT Walk:
 We Just Kept Walking*

Sunday: 6:00 Yoga, with Daniel Kaiya (bring a mat)
 7:30-8:30 Breakfast (make your own trail lunch)
Check out of rooms before leaving for hikes.
 9:00-12:00 Board of Managers meeting
 9:00-10:00 Hikes depart, see schedule

Younger members: To encourage younger members, no registration fee for children under age 14.

Main Campus, Dryden

Tompkins Cortland Community College
 170 North St, P.O. Box 139
 Dryden, NY 13053
 1.888.567.8211 – (607) 844-8211

The main campus is located between Ithaca and Cortland on Route 13 just north of the Village of Dryden.

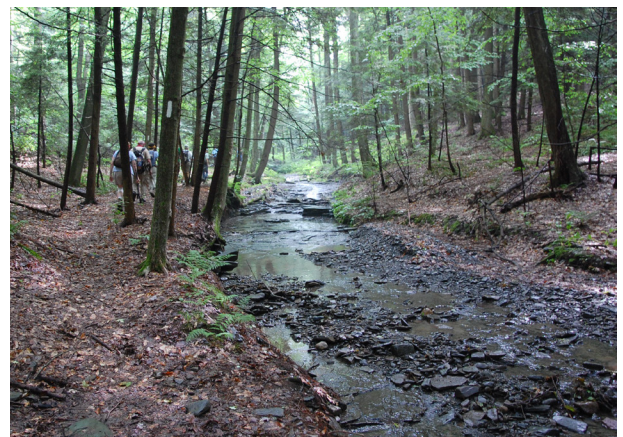
For more information: (planning committee)

General—Jon Bowen, jkbowen@gmail.com, (315) 638-8749

Outings—Mary Coffin

Registration—Sigi Schwinge, Kathy Bowen, Kathy Eisele, Gail Swinburne

Signage—Mike Ogden



Jet Thomas

A walk through hoxie gorge.

MEALS:

Breakfast \$6

The Breakfast Special includes the continental choices (Coffee or juice with a pastry, fruit or yogurt) plus the special of that day. Saturday waffle bar; Sunday scrambled eggs with meat

Lunch \$8

Make your own sandwich or salad both days with snacks and whole fruit.

Dinner \$15

Friday---Herb roasted chicken with seasonal sautéed vegetable, pasta station, salad station, dessert station, beverage station

Saturday--Summer BBQ, smoked pork loin, coleslaw, baked beans, summer salad, shortcake bar beverage station

If you have special dietary needs (allergies, gluten, etc) list them on the registration form. This is a college and the kitchen is able to accommodate special dietary requests.



Jet Thomas

LODGING:

On campus dorm. Each apartment has 4 SMALL bedrooms with a single bed, dresser, desk. Common area has a kitchenette (stove, oven, refrig, no microwave, cabinets), bathroom (toilet, sink, shower/tub), closet, small lounge area. Dorm floor has a larger lounge. Bring your own linens. No pets. Internet on campus is fairly good through wifi. Alcohol in dorms is OK, but no alcohol in main bldg. Lost key=\$200 each. No AC in dorms.

Self contained RVs are permitted in a parking lot on campus.
There are several campgrounds nearby, a few of which are:

Robert H Treman State Park, 105 Enfield Falls Rd, Ithaca, NY 14850, (607) 272-1460

Yellow Lantern Kamp Grounds, 1770 State Route 13, Cortland, NY 13045, (607) 756-2959

Taughannock Falls State Park, 2221 Taughannock Park Rd, Trumansburg, NY 14886, (607) 387-6739

Country Music Park & Campground, 1824 State Route 13, Cortland, NY 13045, (607) 753-0377

Country Hills Campground, 1165 Muckey Rd, Marathon, NY 13803, (607) 849-3300

Buttermilk Falls State Park, 112 Buttermilk Falls Rd E, Ithaca, NY 14850, (607) 273-3440

There are numerous motels nearby, especially in Cortland and Ithaca. A few are listed:

Best Western, 3175 Finger Lakes Drive East, Cortland, NY 13045 888-690-5281 (6 miles northeast of Dryden)

Country Inn & Suites, 3707 Route 281, Cortland, NY 13045, (800) 230-4134 (8 miles northeast of Dryden)

Hope Lake Lodge & Indoor Waterpark, 2177 Clute Rd., Cortland, NY 13045, (800) 997-5148 (8 miles east of Dryden)

Econo Lodge, 2303 North Triphammer Rd., Ithaca, NY 14850 (800) 906-2871 (9.4 miles from Dryden)

Ramada Hotel & Conference Center, 2 River St., Cortland, NY 13045, (888) 305-3366 (10.4 miles northeast of Dryden)

Hampton Inn, 26 River St., Cortland, NY 13045, (800) 997-5149 (10.5 miles northeast of Dryden)

PLEASE PRINT

NAME(s): _____
Address: _____ Cell Phone () _____
City: _____ State: _____ Zip: _____ Home phone () _____
Email: _____ Age if under 18: _____

Confirmations by email unless USPS requested by checking here []

IN CASE OF EMERGENCY NOTIFY:

Name: _____ Relationship: _____ Home Phone: _____ Cell: _____
Address: _____

FEES: Registration Deadline May 20, 2017. Sorry no refund after May 20, 2017 Costs are per person

[] **FLTC member** Registration \$12 X _____ number registering \$ _____
[] Non FLTC Member Registration \$17 X _____ number registering \$ _____
(no fee for children under age 14, # of children under 14 _____)

[] Staying in campus dormitory apartment [] male [] female
Friday night \$38.00 X ___ Number Registering \$ _____
Saturday night \$38.00 X ___ Number Registering \$ _____

[] List apartment mates _____
(If none listed, apartment mates will be assigned)

[] Self contained RVs in parking lot \$10/ night [] Friday night + [] Saturday night \$ _____
(No building access provided)

[] Meals Friday Dinner (\$15) _____ Saturday Breakfast (\$6) _____ Saturday Lunch(\$8) _____
Saturday Dinner (\$15) _____ Sunday Breakfast (\$6) _____ Sunday Lunch (\$8) _____
(Total for all meals is \$58) TOTAL FOR MEALS \$ _____

Please indicate any food allergies, special needs or any concerns: _____

Total enclosed: Please make check payable to FLTC \$ _____

TRIPS: Select trips by number and alternate choice if 1st choice is full or cancelled; (list letter and number)

Friday - choice _____ Saturday - choice _____ Sunday - choice _____

FLTC RELEASE OF LIABILITY - FOR ENTIRE WEEKEND

By signing below, I acknowledge that all activities sponsored or conducted by the Finger Lakes Trail Conference (FLTC) may be hazardous, and may result in loss, damage, injury or death; With full knowledge of these dangers, I hereby agree for myself, all of my family and heirs, to RELEASE FLTC and any of its employees, members, trip leaders, chapters, groups, clubs, sponsors, representatives or agents from liability, claims, demands or any causes of action, and NOT TO USE OR OTHERWISE MAKE ANY CLAIM against the FLTC or any of their chapters, groups, representatives or agents whatsoever which may arise during my participation in any activities of FLTC. I intend this RELEASE OF LIABILITY to be effective whether or not any loss, damage, injury or death RESULTS FROM NEGLIGENCE of the FLTC or any of its agents, leaders, instructors, guides, officers, directors, or representatives. I understand that negligence means a failure to do an act that a reasonable careful person would do, or the doing of an act that a reasonable careful person would not do, under the same or similar circumstances, to protect himself/herself or others from loss, damage, injury or death. I assume full responsibility for any personal injuries, including injuries resulting in death, which might occur as the result of the negligence or lack of care of FLTC, its employees, members, chapters, trip leaders, groups, representatives or agents. I agree to be solely responsible for my own safety and to take every precaution to provide for my own safety and well-being while participating in activities of the FLTC. I accept full responsibility for the well being of any person under 18 years of age) when acting in the capacity of parent or guardian of that person.

Signature _____ **Print name** _____ **Date** _____

Signature _____ **Print name** _____ **Date** _____

If under 18, parent or guardian must sign here: _____
Signature Printed name

Send this form and check payable to **FLTC with notation for FLTC Spring 2017 Annual Meeting to:**
FLTC Office, 6111 Visitor Center Road, Mt. Morris, NY 14510

For general questions contact Jon Bowen, Spring Outing Chair, Jkbowen@gmail.com, 315-638-8749

**Trips for FLTC 2017 Spring Weekend June 9-11
HQ in Dryden @ TC3**

**Registration: Kathy Eisele, Kathy Bowen, Sigi Schwinge, Gail Swinburne, Mary Coffin, Trip coordination
Opens 11:am- Early hikers(A1&A2) can check in after the hike.**

All trips meet and return to TCC . Look for leader holding a trip # sign

Features:

**Catch a few miles toward your 2017 NCT 100 Challenge.
Complete M20 (A1 & C1) or M19 (A2, B7, C3) without the road walks.
Note paddle trip options Friday and Sunday.
Look for family friendly trips and children's activities.
Consider exposing children and grandchildren to the outdoors.
25 trip options.**

FRI 6/9 /17 TRIPS A1-A9

A 1. Hoxie Gorge NCT/FLT M20, moderate, 7.4 miles, **Mary Niemi & Pat Urban:** Join us for a hike in Hoxie Gorge State Forest heading north from Steve Russell Rd. to Stone Rd. There will be three gorge crossings and we will stop by the new lean-to built in the summer of 2016. Continuous with hike C1 to complete M20 during weekend. 20 minute drive. **9:30 am**

A 2. Virgil Mt West, Purvis Rd.-Bleck Rd. NCT/FLT M19, Strenuous, 10.9 miles, **Dick Frio & John Lang:** Hike the west end of M19 over hill and dale with great views from elevations to high point of 2030' with max elevation change of 810 ft. Kennedy State Forest. Continuous with hikes # B7 & C3 to complete M19 during weekend. 15 minute drive. **10:00 am.**

A 3. Shindagin Hollow State Forest NCT/FLT M18, Moderate, 4.9 miles, **Mike Ogden:** This hike will be from Old 76 Rd. to Bradley Hill Rd. A hike in Shindagin Hollow will be on the hilly side with an elevation change of about 560'. We will be passing by the Shindagin Lean-to on this hike. 30 minute drive **11:00 am.**

A 4. Caravan to Waterfalls near Ithaca. Easy, ½-1 mile, **Dick Lightcap:** Car caravan to Buttermilk Falls, Lucifer Falls (Robert Treman State Park), Ithaca Falls, Taughannock Falls and Salmon River Falls. Short walks are on mostly level ground. Vehicle fee except for those over 62. **11:00 am**

A 5. Robinson Hollow Rd. to Level Green Rd. NCT/FLT M18, moderate, 4.3 miles, **Larry Blumberg:** This half-day hike features a two mile long 560 foot climb near the start and ends with a traverse of Potato Hill State forest. Minimal road walking. 20 min from campus. **12:00 pm**

A 6. Dabes Diversion Loop. FLT M19/part NCT, moderate, 4.3 miles, **Joe Dabes:** Join the originator of this loop trail, Java Joe, on a hilly ramble in Kennedy State Forest including a stop at the Foxfire

Lean-to. Java Joe will provide interpretation along the trail as you hike. There is one steep uphill, but there is no rush and the trail is in excellent shape. 15 minute drive. **1:00 pm.**

A 7. Paddle Little York Lake, easy, 2- 2.5 hrs, **Lisa Druke:** Enjoy a quiet paddle around Upper Little York Lake and Goodale Lake if conditions favorable. We will be on the water about 2 - 2.5 hours. You need to provide your own canoe/kayak, paddles and PFD and the PFDs must be worn on the water. 25 minute drive. **1:00 pm**

A 8. Jim Schug Trail Family Walk. easy 2-4 miles, **MJ Uttech with Chuck Uttech:** This is a family paced trip on flat terrain on a rails-to-trails walkway that crosses several streams and goes next to a lake and a wetland. Wildlife sightings common. 5 minute drive. **1:30 pm.**

A 9. Friday evening children's activity: TBA **MJ Uttech**



One of the ponds crossed by the old Lehigh Valley Railroad bed we walk outside Dryden on the Jim Schug Trail.

SAT 6/10/17 TRIPS B1-B12

B 1. Danby State Forest to Shindagin Hollow State Forest. NCT/FLT M17 & 18, strenuous, 11.9 miles, **Debbie Nero & Laurie Ondrejka:** Hike from South Danby Rd. to South Rd. up and over several steep hills with scenic overlooks passing Tamarack and Shindagin Hollow Lean-tos. Dogs welcome on leash. 45 minute drive. **8:45am.**



Tom Reimers

B 2. Abbott Loop. FLT M17, strenuous, 8.4 miles, **Barbara Nussbaum:** We will hike clockwise at a moderately fast pace starting on the FLT/NCT for 1.7 mi., heading southeast from the north crossing of the FLT on Michigan Hollow Road close to Diane's Crossing, and save the highest point of the trail, Thatcher's Pinnacles (1,700 ft.), for the last quarter of the hike. Thatcher's Pinnacles provide a scenic overlook over West Danby, the Lindsay-Parsons Biodiversity Preserve and the forested hills beyond and make a perfect spot for our lunch break. Expect some rugged climbs, steep descents, brook crossings and probably some wet spots. Poles are a good idea. Plan at least 5 hours of hiking. Return prior to 4pm meeting. Danby SF. 40 minute drive. **8:45am**

B 3. Taylor Valley State Forest. NCT/FLT M21, moderate- strenuous, 7.8 miles, **Mike Ogden:** This hike will be from Telephone Rd. to Chenango Solon Pond Rd. The elevation change on this hike will be about 600' through another beautiful state forest. 45 minute drive. **9:00 am.**

B 4. Buttermilk Falls Spur Trail. M17, strenuous, 8 miles round trip, **Jerry Smith:** Hike from Town Line Road on the FLT/ NCT then the orange spur into Buttermilk Falls State Park with lunch at the falls. 35 minute drive. **9:00am**

B 5. Hammond Hill State Forest. NCT/ FLT M18, strenuous, 7.8 mi., **Larry Blumberg:** Hike from Rt. 38 to NY 79. via Kimmie Leanto over steep hill at 2014' with max elevation change 724 ft. 20 minute drive. **9:15am**

B 6. International Loop. FLT M19 part NCT, moderate, 7.2 miles, **Alex and Michele Gonzalez:** Join the designers and maintainers of these loops. This trip combines the Swedish and Spanish Loops. Elevation change 310 ft. Kennedy St. Forest and private land. 20 minute drive. **9:15am**

B 7. Virgil Mt. Bleck Rd. East to Tone Rd. NCT/FLT M 19, moderate, 5.4 miles, **Peg Whaley:** Climb about 500 ft. to the summit of Virgil Mt., elevation 2132 ft. (aka Greek Peak) with great views of the valley below and drop 900 ft past the old boiler to Gridley Creek. Kennedy SF. Continuous with hikes # A2 & C3 to complete M19 during weekend. 20 minute drive. **9:30am.**

B 8. Roy H. Park Nature Preserve, easy, 4 miles, **Tom Reimers:** This is a short, easy meander for nature-appreciative hikers. The Finger Lakes Land Trust protects almost 19,000 acres including more than 30 nature preserves. This one of the best! We will first stop at the north entrance to see the handicapped accessible boardwalk overlooking a huge complex of beaver dams and ponds and take a short walk in adjacent Hammond Hill State Forest. We will then drive to the south entrance where a two-mile system of hiking trails will take us to a lean-to shelter at Six-Mile Creek and the beautiful confluence of Six Mile and Dusenberry Creeks. This preserve is a hot spot for spring birding. Tom knows this preserve very well and will have some interesting things to share. 20 minute drive. **9:45am**

B 9. Secret Nature Places. easy, 2- 3 miles, **Dick Lightcap:** Car caravan to natural sites that are owned by the Finger Lakes Land Trust, The Nature Conservancy and Cornell University, walking on mostly level ground to experience each. **9:45am.**



Tom Reimers

Buttermilk Falls south of Ithaca



Roy Park Preserve beaver have been very accessible for photographer Tom Reimers.

B 10. Sapsucker Woods and Cornell Ornithology Lab. easy, 2-3miles, **Kathy Bowen & Mary Dineen:** Enjoy a pleasant walk on the trails of Sapsucker Woods, Cornell University Ornithology Lab in Ithaca and add to your bird list. We will walk on trails which are flat and sometimes on boardwalks. We can also visit the very interesting Visitor Center displays, bird viewing areas and a gift shop. Binoculars are suggested but also some are available there. Around noon there will be a behind the scenes tour of the Ornithology Research Lab. 20 minute drive. **10:00 am**

B 11. Children's Morning Hike, Jose Trail, easy, 1.25 miles: **MJ Uttech** Adults welcome. This walk includes a creek with small waterfalls and learning how to build a small campfire. 9 mile drive. **9:00 am**

B 12. Children's Afternoon Activity , Flat Rock, Virgil. Easy: **MJ Uttech,** Adults welcome. Children will be playing in a beautiful creek with adult supervision. Who knows what critters they will find. 11 mile drive. **2:00 pm**

B 13 evening. Children's activity TBA **MJ Uttech. 7:00 pm**

SUN 6/11 TRIPS C1-C7

C 1. Stone Road to Rt.41. NCT/FLT M20, moderate, 7miles, **Tony Rodriguez & Scott Bowen:** Join Tony and Scott to explore these newly opened trail sections. Enjoy great views both on private and state lands. Baker Schoolhouse State Forest. Prepare for a couple of wet stream crossings. Continuous with hike A1 to complete M20. 25 minute drive. **9:00 am**

C 2. Michigan Hollow Rd /96B to S.Danby Rd. NCT/FLT M17, moderate, 6.3 miles, **Theresa & Jay Evans:** Hike includes main FLT, part of the Abbott Loop and Tamarack Leanto in Danby State Forest south of Ithaca. Elevation change only 200'. 35 minute drive. **9:00 am.**

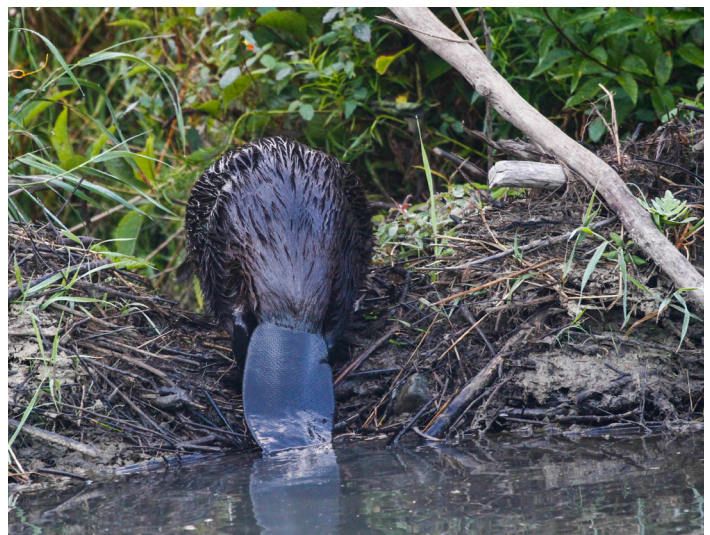
C 3. Carson Rd to West River Rd. M19/20 NCT/FLT, moderate, 5.4miles, **Larry Blumberg:** This hike starts with a series of ups and downs and passes the Woodchuck Hollow Leanto in Tuller Hill State Forest. Use this trip to complete all but a short road walk on M19; it is continuous with hikes A2 & B3 to complete M19. 20 minute drive. **9:15 am.**

C 4. Spanish Loop. FLT M19 part NCT, moderate, 6.1 miles, **Alex and Michele Gonzalez:** Hike from Daisy Hollow Rd. and enjoy lunch under hemlocks by the Roland Creek in Kennedy State Forest with trail designers and maintainers of this loop. Elevation change less than 300'. 15 minute drive. **9:30 am**

C 5 Lime Hollow Nature Center. Easy, 1-3.5mile options **MJ Uttech:** This is a family friendly stroll around the trails at this educational nature center. This will be flexible according to the ages of participating children. The one mile hike includes a bog and a glacial esker. The additional 2.5 miles include an "Art Trail" with multiple sculptures and a lovely walk that includes streams and eskers. Adults are also welcome. 20 minute/8 mile drive. **9:30 am**

C 6. Wildflower Identification along the Jim Shug Trail, easy 2-4 miles, **Mary Dineen & Bill Coffin** Hike on this flat railtrail and see how many wildflowers you can identify. 10 minute drive. **10:00 am.**

C 7. Paddle Dryden Lake. easy, 2-3 hours on water. **Dick Frio:** Dick will lead the group on a short paddle around the lake from the put in at Dryden Lake Park. You need to provide your own canoe/kayak, paddles and PFD and the PFDs must be worn on the water. 10 minute drive. **9:30 am.**



Tom Reimers