

ADIRONDACK MOUNTAIN CLUB  
ONONDAGA CHAPTER

TALK OF THE TRAIL  
Summer 2021

*HIGHLIGHTS IN THIS EDITION*

- ADK Fall Weekend
- Spotlight on Trails
- ADK Park Timeline
- Street Signs, Poem by John Stevens
- Outings!



Adirondack  
**ADK**  
Mountain Club

# ADK ONONDAGA CHAPTER

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*Newsletter Proofreading  
Courtesy of Jerry Smith and  
Chris Kotula*

### ABOUT THE COVER

A view from the Onondaga Trail.

*Courtesy Jamie Condon*

# ADK FALL WEEKEND

## 2021 ADK FALL WEEKEND IS ON!

SEPTEMBER 24-26, 2021

Join us for this all-chapter weekend filled with a diverse mix of activities and socializing! This year Onondaga Chapter is proud to be the host for this annual event.

We have three days of outings planned for you. Choose an outing each day from a [full list](#) of hiking, kayaking, biking, led by your own Onondaga Chapter leaders. For all you goal setters we have included the opportunity to complete the [Fulton Chain Trifecta](#) challenge. There are also some fire towers for those of you working on the [ADK Fire Tower Challenge](#). Or maybe you will choose to hike a section or two of the North Country Scenic Trail or explore Pigeon Lake Wilderness for which Onondaga Chapter is the unofficial caretaker.

On Friday night we think you will enjoy listening to Gary Lee, a local naturalist and retired ranger, who will give an informative talk about the birds, plants, and animals of the ADK.



Saturday, be sure to save some of your energy to tap your foot or dance the night away while enjoying an eclectic mix of acoustic music from Annie and the Hedonists.

Both nights plan to arrive at event headquarters by 5PM to catch up with old friends and make some new friends!

Pre-Registration for this event is required. Visit our website to [register](#) today!

### Agenda at a Glance Friday, September 24

Noon to 6:00 pm	Registration
Noon to 2:30 pm	Outings Depart
5:00 pm to 6:00 pm	Social Hour
6:00 pm to 7:00 pm	Dinner
7:00 pm	Gary Lee, Naturalist Presentation

### Saturday, September 25

7:30 am to 9:00 am	Breakfast and Make Your Own Lunch
8:00 am to 12:00 pm	Registration for late arrivals
8:00 am to 9:00 am	Outings Depart
5:00 pm to 6:00 pm	Social Hour
6:00 pm to 7:00 pm	Dinner
7:00 pm to 8:30 pm	Annie and the Hedonists Perform

### Sunday, September 26

7:30 am to 9:00 am	Breakfast and Make Your Own Lunch
8:30 am to 9:30 am	Outings Depart
10 am	Check Out

*All agenda items at least begin at event headquarters.*

### EVENT HEADQUARTERS

[GEORGE T HILTEBRANT](#)  
RECREATION CENTER  
201 North Street  
Old Forge, NY 13420

### MEALS

[Catered meals](#) from Walt's Diner will be available for pre-purchase at registration. Or you can bring your own!

### LODGING

Arrange your own accommodations as soon as possible. For your convenience, we have provided a [list of nearby lodging](#).

# FROM THE CHAIR, DICK FRIO



This edition of Talk of The Trails features three of the most influential and respected members of our Chapter. Their combined years of dedicated membership total well above one hundred years-contributing tens of thousands of volunteer hours. They continue to be a wealth of knowledge and to provide guidance for our Chapter's continued success. My personal relationship with these leaders all revolves around trails.

After many years of being an inactive, dues-paying member, I decided to try an outing. I had virtually no trail maintenance experience or sawyer skills. I contacted Tony Rodriguez and instantly felt at ease. Tony introduced me to the joys and camaraderie of trail maintenance. Tony leads by example with a great sense of humor and an infectious laugh. He makes everyone feel like they are an integral part

of the team. If you have not joined one of Tony's trail maintenance outings, you are missing something very special. Tony has a Trails Day work hike on June 5 and FLT maintenance hikes in July and August.

Several years later I joined one of Mary and Bill Coffin's trail maintenance outings in the Tioughnioga Wildlife Management Area. They have an encyclopedic knowledge of our Chapter's history, our trails, and the associated natural history. They freely share their wisdom in a pleasant, gracious manner. Mary introduced me to the fascinating world of trail design. She invited me to join her on a bushwhack in the Adirondacks-scouting a potential route for the North Country Scenic Trail. I was a newbie. It was a dream come true, a tremendous learning experience. Subsequently, I have had the pleasure of joining Mary on several trail relocations. On June 2-4 Mary and I will be leading a trail maintenance outing. We need help re-benching a popular section of the Onondaga Trail above Tinkers Falls that has deteriorated. Mary also has scheduled maintenance trips to Tioughnioga WMA, Oak Mountain, and on the Kunjamunk Trail. No experience is needed. Everyone is welcome to join.



Bridge built by the ADK Onondaga crew in Mariposa State Forest last year.

I first met Sigi when she was chapter chair. Her energy and enthusiasm are contagious. Sigi introduced me to our adopted Pigeon Lake Wilderness Area located in the Adirondacks near Eagle Bay. For many years Sigi and her late husband Horst coordinated and maintained the trails in the PLWA. Sigi continues to coordinate our trail maintenance team with Forester Mike Marsh. We have battled black flies, mud, rain and even unscheduled snowstorms and still had a great Adirondack experience. Sigi is a very active member of the Finger Lakes Trail Conference and is the Cortland County hike series leader. Sigi has planned outings to Fellows Hill, Pratts Falls on her Monday outings and FLT Cross County pre-hikes on her Wednesday outings.

Of course, we are not all about trail maintenance. We like to hike, paddle, backpack, and bike. This edition includes a new member hike and a new leader orientation. You can hike the Great Range or paddle the classic Seven Carries route in Saint Regis. Our chapter is sponsoring the ADK Fall Weekend September 24-26 in Old Forge. Registration is now open, and details are available on our website. So, I hope you get involved and take a hike.

Stay safe. I hope to see on the trails.



ADK-ON & NCTA Joint Trail Maintenance 2020  
Little Woodhull Lake Trail

Front Row: Mike Ogden, Jim Bristol, Jeff Sargent, Kevin Russell, Dick Frio  
Back Row: Jon Bowen, Lisa Robertson, John Scollan, Mike Daly

# TRAILS CHAIR, TONY RODRIGUEZ



Tony Rodriguez, Onondaga Chapter Trails Chair & Regional Trails Coordinator for the FLT, has had a long history of affinity with the outdoors and has donated generous amounts of his free time to protecting our natural resources.

Born in Puerto Rico, Tony moved to the United States with his parents at the age of 8. Tony always had an instinct for natural things and enjoyed visiting Central Park which was a few blocks from his childhood home in East Harlem. With his family he trekked across the Hudson River to other local parks to connect with nature. As an adult, Tony's day job for the NYS Health Department brought him to Central New York where he and his family moved in the 1970's.

In his free time, Tony began working on weekend and week-long projects with the Adirondack Mountain Club before he even knew there was a local chapter. He enjoyed that experience very much and when asked to be a trail steward, he jumped at the opportunity. When Tony learned through word of mouth about his local chapter, he quickly joined. Since retiring 26 years ago, Tony has had more

time to devote to volunteering for the ADK. For the past 20 years Tony has been our Trails Committee Chair & Regional Trails Coordinator. He has spent countless hours working to build and maintain trails for all of us to enjoy.

Today our chapter, under Tony's leadership, sponsors 70 miles of the Finger Lakes Trail around CNY. If you review the M01, M02, M21, M22 maps for the Finger Lakes Trail, you will be looking at the trails we sponsor and that are maintained by approximately 40 Trail Stewards who are members of our chapter. Several times per year Trail Stewards will perform inspections of their trails and basic maintenance and report back to Tony. When sections of trails are identified by Trail Stewards that need more than basic maintenance or involve infrastructure work which the Trail Stewards need help with, Tony will put together a crew of volunteers who step in and take care of it.

"Tony is a soft-spoken leader who is admired by all." -Dick Frio

Along with other chapter members and governmental agencies Tony helps in planning new trails and reroutes of existing trails. He helps scout for prospective routes for trails that protect important vegetation and the environment and will meet the standards that apply to modern trail building. Often people do not think about trail building as protecting the environment, but it certainly does. As Tony points out, without trails "hikers would be traipsing through the woods" and making paths everywhere. A well-planned and executed hiking trail is one of the environment's best defenses against human impact.

Tony is always looking for ways to improve and/or reduce environmental impact. When member Ed O'Shea suggested to Tony that the Chapter could use a two-person buck saw in lieu of powered chainsaws, Tony was all in. Working with Ed, Tony transitioned his crews to using the two-person buck saw which not only supported the mission of the club to protect the environment, but it was also lighter to carry into the woods and up mountains for trail work.

Tony says he is always actively looking for new trail volunteers. Work hikes start in the spring and can be found listed in our Outings section. On work hikes you might use brush loppers to remove vegetation encroaching on the trail, help with clearing debris or freshen up trail markers. Never fear, there is a core group of regular volunteers that do the heavy work and more skilled tasks. So, if you have been thinking about getting involved but worried that you don't have the skills, think about it no more and reach out to Tony! Tony encourages and welcomes all skill levels to sign up. He even encouraged this writer to join. These work hikes are your best opportunity to learn from the more experienced members of our chapter. And who knows, maybe someday you'll be the one passing on your knowledge to others. Next time you are on a hike or trail work crew with Tony, say hello and get to know him!



Tony observing Dave Grant, Vice Chair, working one end of the two-person buck saw.



Mary Coffin has played an influential role in our chapter for many years. Her leadership on conservation and trail development also extends way past our chapter and the Adirondack Mountain Club. It all started for Mary in the 1980's when, finding herself newly divorced, she decided to join the Onondaga Chapter of the Adirondack Mountain Club. At that time, the Chapter had begun a new but short-lived member initiation process reminiscent of joining a college fraternity or biker gang. Prospective members were issued a punch card with 5 hikes that they had to complete to become full members of the club. One of the required punches was for a work hike. After that work hike, Mary was hooked and when the opportunity arose, she became a trail steward for a trail in Taylor Valley. Mary says she found walking her trail by herself very peaceful and transforming.

Shortly after her initiation into the club, Mary joined a series of long weekend hikes on the Northville Placid Trail led by Bill Coffin. Both newly divorced, they bonded over their shared interests chatting while spotting cars for the event. And as they say, the rest is history. Mary credits Bill with getting her into designing trails. Together their work for various interest groups is a vast contribution to conservancy and nature.

Mary didn't just pick up a shovel and get to work. She went to great effort to educate herself on trail design and development. During her downtime as a Biology and Environmental Science teacher at East Syracuse-Minoa High School she would travel to take workshops with the National Park Service, the North Country Trail Association and the ADK Pro Crew. The workshops took her to Michigan and Wisconsin. Now Mary is the one called upon to instruct others on trail design and construction at conferences and other events.

Mary points out that most trails to the peaks in the Adirondack Park were created many years ago by people finding their way to the top via old streambeds or another path of least resistance. And so, the majority of trails in the high peaks don't meet the standards of today's modern designed trails. Bill points out that for every hour executing the physical task of building a trail there are four hours of planning that were necessary to get to that point.

Some of the aspects of designing and planning a trail include negotiating and developing relationships with landowners, working with governmental agencies like the DEC, researching the area, locating the trail where it meets requirements of grade and will be sustainable through all four seasons, identifying archaeological artifacts that should be preserved like burial grounds or old foundations. Ultimately the objective is a good hiking path between 18"-24" wide that will not widen with mudholes and will limit the amount of maintenance to keep it usable and while also having a grade of 10%.

We are fortunate to have Mary as Chair of the Chapter Conservation Committee and Co-Chair of Landowner Liaison Committee. Mary also is the current Chair of North Country Trail's New York State NCTA Volunteer Council. The North Country Trail includes portions of the Finger Lakes Trail and travels through the Adirondacks as well. Alongside others Mary finds herself working with many different interest groups in addition to the NCTA in that role. We all benefit from Mary's collaboration efforts. She works hard to bring attention to the interests of the North Country Trail and raise its needs to the top of the pile. When asked what skills are needed to do this work, the first thing Mary says is "people skills". Working with so many different groups, landowners and navigating private and public agencies requires not only a likeable disposition, but stick-to-itiveness and adaptability to changing situations to accomplish goals.

So much has been left out here. Between Mary and Bill Coffin we could probably write an entire newsletter series 🧐 discussing their work and imparting their knowledge. This couple embodies what they mean when they say, "Working for Wilderness". Next time you find yourself alongside Mary or Bill, take that opportunity to chat with them about their life's work and you will not be disappointed by the stories they can both tell!



# PLWA WORK HIKE COORDINATOR, SIGI SCHWINGE

Sigi, an avid lifelong hiker and advocate for nature, has been an active member and leader in our Onondaga Chapter for over two decades. During her youth in Germany, she spent long weekends hiking with the local young members group of her hiking club and enjoyed week-long bike outings with her girlfriends.

Her life-long study of foreign languages took her to England and later to Paris where she met her late husband Horst, a fellow German. Horst wanted to learn English too, so they decided to hop over the “big pond” for a year or two. That was 55 years ago! They eventually landed in Syracuse because Carrier Corp. needed his expertise. They raised two boys and when they had flown the nest, it was time to go back to hiking. Retirement offered the opportunity to get even more involved. They joined ADK and the local Onondaga Chapter, as well as the Finger Lakes Conference (FLTC) and participated in day and weekend hikes. Sigi and Horst enjoyed Wednesday and Saturday work hikes as well. She has made many friends along the trail and served on both the ADK-ON Chapter and FLT Boards.



Sigi and Horst particularly enjoyed the FLT Cross-County Hike Series, which traverses one county along the Finger Lakes Trail every year. They finished their joint end-to-end (E2E) in 2007. Sigi went on to add two more E2E finishes in 2015 and 2020. Sigi has organized the series this year and is the series hike leader. For more information on the **FLT Cross-County Series**, check out our Announcements section in this newsletter.

Perusing the outings over the years for our chapter and for the FLT, you will find Sigi to be one of the most prolific hike leaders. Sigi likes being outdoors and any hike - local or far away - is interesting and enjoyable. As her own project, she founded the **Monday Walk-N-Talk Group** that has grown to include friends who never thought they would be hikers. These Monday hikes eased their fear of going into the woods alone or being caught in a shower. This group also learned to enjoy the winter months by donning snowshoes on wintry Monday hikes. You will find first “Monday of the Month” hikes in our outing schedule.

Today Sigi is the work hike coordinator for the [Pigeon Lakes Wilderness Area \(PLWA\)](#), an area bounded by Big Moose Rd, Uncas Rd, Raquette Lake, and Stillwater Reservoir. It consists of over 50,000 acres in the Adirondack Forest Preserve. Here you can hike along some of the glistening lakes, streams and ponds that are nestled within its pristine forest. There are 32 miles of hiking trails in it. Our Chapter loosely adopted several trails years ago and we work with a DEC forester to clear trails – and have great fun doing it!



Dick Harper and Dave Grant working the two-person bucksaw on the PLWA work hike in April.

At this writing Sigi and other ADK-ON members have gone out once this year with 10 volunteers to clear two trails from the Big Moose/Higby Rd. trailhead. Sigi points out that trail maintenance provides the feeling of giving back and improving the experience for other hikers. Work hikes are not usually fast paced as everyone works along the way. The work is generally not difficult, even when sawing through large blowdowns as the volunteers take turns and work as a team. On the way out, at the end of the trip, one observes the work accomplished and can take pride. Then they may share pizza or ice cream on the way back home. If you are interested in adopting one of the trails or want to participate in a maintenance hike in the PWLA, please contact Sigi at [sigischwinge@aol.com](mailto:sigischwinge@aol.com).

## CURRENT TRAIL MAINTENANCE OPPORTUNITIES

Dates	Location	Leader
June 1-3	Tinker Falls Work	Dick Frio
June 5	Trails Day Work Hike	Tony Rodriguez
June 19	Tioughnioga WA Work	Mary Coffin
July 10	FLT Maintenance	Tony Rodriguez
July 17	NCT Oak Mountain Work	Mary Coffin
July 24	FLT Maintenance Work	Tony Rodriguez
August 14	Kunjamuk Trail Clearing	Mary Coffin
August 21	FLT Maintenance Work	Tony Rodriguez
August 26-30	ADK/NCTA Volunteer Work Week	Mary Coffin

*Check the Outings section for additional details*



Mary Niemi & Mary Coffin, Co-Chairs of Landowner Liaisons

Since our hiking trails exist on a patchwork system of public and privately owned land (about 50/50), the primary purpose of the Landowner Liaison Committee is to foster relationships with our private landowners to ensure their ongoing permission for the presence of our trails on their land. ADK-ON has 34 private landowners, 5 DEC managed parcels and 2 Onondaga County managed parcels. Six privately owned sections of trail on maps FLT 01 and 02 are protected in perpetuity by a special type of Right of Way called a Trail Access Easement (TAE).

Much of our trail is allowed on private land on the basis of informal verbal agreements. All agreements are followed up in writing, but these agreements are revocable by the landowner at any time unless FLTC holds a Trail Access Easement. This means the trail without a TAE is unprotected because these agreements must be renegotiated with a new landowner when the land is sold, transferred to heirs or the landowner revokes permission. A private land closure can result in needing to find an agreeable nearby landowner to allow the trail on their land, rerouting the trail, adding a road walk, or even losing access to the connecting DEC trail.

Relationships with landowners are built over time by demonstrating our Club's trustworthiness with the care of the trail on their land, providing prompt response to their concerns and communicating that we value their land. Our Landowner Liaison Committee maintains regular contact through annual on-site visits with our landowners to listen to and respond to their concerns with any problems on their section of trail, such as, trespass issues, signage, trail work needed, etc. Our Trail Stewards and Trail Maintenance Committee members also provide a system of consistent monitoring of trail conditions. An annual Appreciation Letter with trail photos is sent each winter to thank the landowners for allowing the trail on their land.

Volunteering with the Landowner Liaison Committee is a great experience to meet the people who support our hiking community. Our landowners do not seek praise or recognition, but they want to share their land resource with the general public. Our committee welcomes new volunteers to join us in supporting these landowners. If interested contact [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com)

## ADK/NCTA VOLUNTEER TRAIL WORK WEEK August 26-30, 2021

Help volunteers build a new foot trail.  
North Country National Scenic Trail  
Hoffman Notch Wilderness, Jones Hill Section  
Enjoy Adirondack ambience of NYS.



ADK Procrew training on day one  
Volunteers provide own food and lodging.  
Limited complimentary camping available.  
Get in on the ground floor of this project.  
Join like-minded trail folks.  
For details and application contact:

[maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)



# NOTE FROM THE EDITOR, JAMIE CONDON

## TRAIL MAINTENANCE VOLUNTEER HOURS

2020: 1,856

2019: 2,320

The Onondaga Chapter of the Adirondack Mountain Club has a long, proud history of trail building, trail maintenance and stewardship. Over the years the Onondaga Chapter has been fortunate to have many talented, caring people volunteering to make and maintain trails that we all can use. If you have not been on a trail maintenance hike or volunteered in some other conservation capacity with the club, you might be like me and not fully appreciate all the work performed by members in our own Chapter. When Dick Frio asked me to feature Mary Coffin, Tony Rodriguez and Sigi Schwinge in this edition of the newsletter as a kickoff to trail maintenance season, he called them “three of the most well-respected and dedicated Chapter members” and the “heart and soul of our organization”. As you get to know me, you will realize I like to name everything and so I began thinking of this as the “Legends Series”.

I very much enjoyed talking to these legends and, as a bonus, I was able to speak with Bill Coffin, another legend, not only of the Onondaga Chapter but of the Adirondack Mountain Club HQ. Mary was quick to pull Bill into the conversation because her work is very much a family affair. Many of you know Bill was Trails Chair for our Chapter for 7 years and he was on the Trails Committee for ADK HQ. From 1998 to 2008, at the request of the NCTA and FLTC, Mary and Bill Coffin worked together to design and build the 20-mile Onondaga Trail Extension, a branch trail for both the NCT and FLT. Jon Bowen tells me that, Bill and Mary Coffin have the “institutional knowledge and are the go-to people” when he has a question.

“Bill Coffin is certainly the premiere Onondaga Chapter Legend.” -Dick Frio

If reading about these influential chapter members’ experiences and their humble beginnings has inspired you to try a more active role in the Chapter, joining an outing is a good place to start or simply reach out to one of our officers or committee chairs whose contact information you will find on page two. There is something for everyone: trail maintenance, conservation, landowner relationship building. Maybe our social committee is more within your wheelhouse. This team of hard-working volunteers could use you! All it takes is an interest and willingness to learn and they would love to talk to you as well.

On a different note, I was surprised and touched by the number of members that reached out to say nice words about the spring newsletter. Thank you to everyone for your support as we try new things here in this publication.

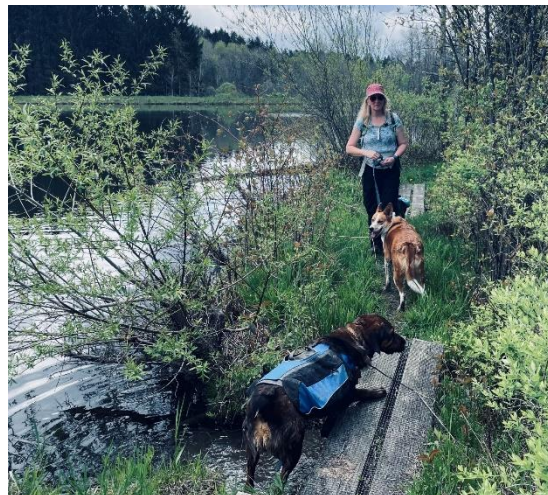
Speaking of new things, please take a moment to read the poem submitted by member John Stevens. I hope you enjoy it as much as I did! Like John, another way to get involved is to submit an article for publication in this newsletter. If you have a story to tell, we’d love to hear it! Deadline for fall newsletter submissions is July 31, but if you have something to share, please send it to [me](mailto:me) as soon as you have it ready.

Thanks to Bob Rosati, Internet Co-Chair, we now have a [newsletter archive](#) available on our website!

Here’s to wishing everyone a wonderful and hopefully less social distanced summer! I hope to cross paths with you on a trail soon and I hope you enjoy reading about our chapter leaders as much as I enjoyed speaking with them and helping

## STEWARD LANDOWNER VISITS

Some Trail Stewards have requested information so that they might visit a landowner when on the trail doing maintenance. A quick hello and letting them know you are working on the trail on their property goes a long way in expressing our appreciation for their generosity in hosting the trail. The Landowner Liaison Committee members visit private landowners who live near the trail every summer. Regarding public lands such as a State Forest, these contacts are made by the Trail Chair or his designate. If a steward would like to also visit a private landowner s/he can obtain the contact information from [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com).



share their stories.

*A big thank you to all the contributors to this newsletter! Whether you wrote, took a picture, performed administrative tasks, or freely gave of your time to share your experiences, without your time and energy this newsletter would be quite bland!*

# TRAIL ETIQUETTE BY KATHY WAY



As we endeavor to respect our trails and apply [Leave No Trace Principles](#), a quick google search on trail etiquette nets multiple hits. If finding information on trail etiquette is so available, then why do we all run into many who appear to have not gotten the proverbial “memo”? I am sure that is the same population who has not heard of the “[10 Essentials](#)” either and is always woefully unprepared and a burden on our critical rescue resources. This past year has been a challenge for everyone, and many have sought the great outdoors to find solace and unlimited ways to get exercise, I do not blame them at all. What I do blame them for is not taking the time to research safe hiking tips and prepare properly.

Currently, we also must wear masks if we are unable to maintain social distancing, and ADK has passed down group guidelines that limit the number of persons that will hike together, these numbers will be monitored by our designated outing leaders.

## SOLO HIKERS, BIG GROUPS AND ENCOUNTERING FELLOW HIKERS

As we hike, we need to be aware of our right of way and when traveling in a group, it is proper trail etiquette to travel on the right side of the trail and single file. Single hikers should yield to larger groups. Hikers coming uphill have the right of way. So be courteous and step aside if you are heading downhill. Communication is important. When you encounter another hiker on the trail, announce yourself with a friendly hello and if you need to step off the trail, do not step far to prevent accidentally trampling plants or causing damage to the ecosystem. Be aware of your surroundings, and the rules and regulations for the areas that you are hiking in. If it is muddy...don't leave the trail to avoid it; hike through it!

## BIKERS

As mountain bikes are more maneuverable, it is proper trail etiquette for bikers to yield to hikers. However, I feel that this is where safety and common sense intersect and a hiker may feel it's safer to yield to a biker, especially as a courtesy to a biker traveling up a steep incline or more so, travelling quickly down a steep incline. Although the bikers should call out and be aware of their surroundings as well, they should never automatically expect a hiker to yield to them.

## WILDERNESS FIRST AID TRAINING

Do you feel you need some basic Wilderness First Aid? The Education Committee wants to know!

The Chapter has an opportunity to host a 16-hour Wilderness First Aid Course, instructed by an experienced NYS Forest Ranger (retired). The course will teach members how to recognize and deal with medical emergencies in remote and difficult environments, with few resources and no immediate access to professional medical care.

The cost for members will be \$150, which will include course materials and a completion certificate from the National Safety Council. We would like to schedule this course for the fall. Please email Kathy Way at [bkpt103@aol.com](mailto:bkpt103@aol.com) if you would be interested in participating in this type of program.

## HORSES

As large, and somewhat unpredictable animals, horses score the right of way over both hikers and bikers. Not only should they be granted the right of way, but a sufficient safety zone needs to be allowed between the animal and hikers or bikers.

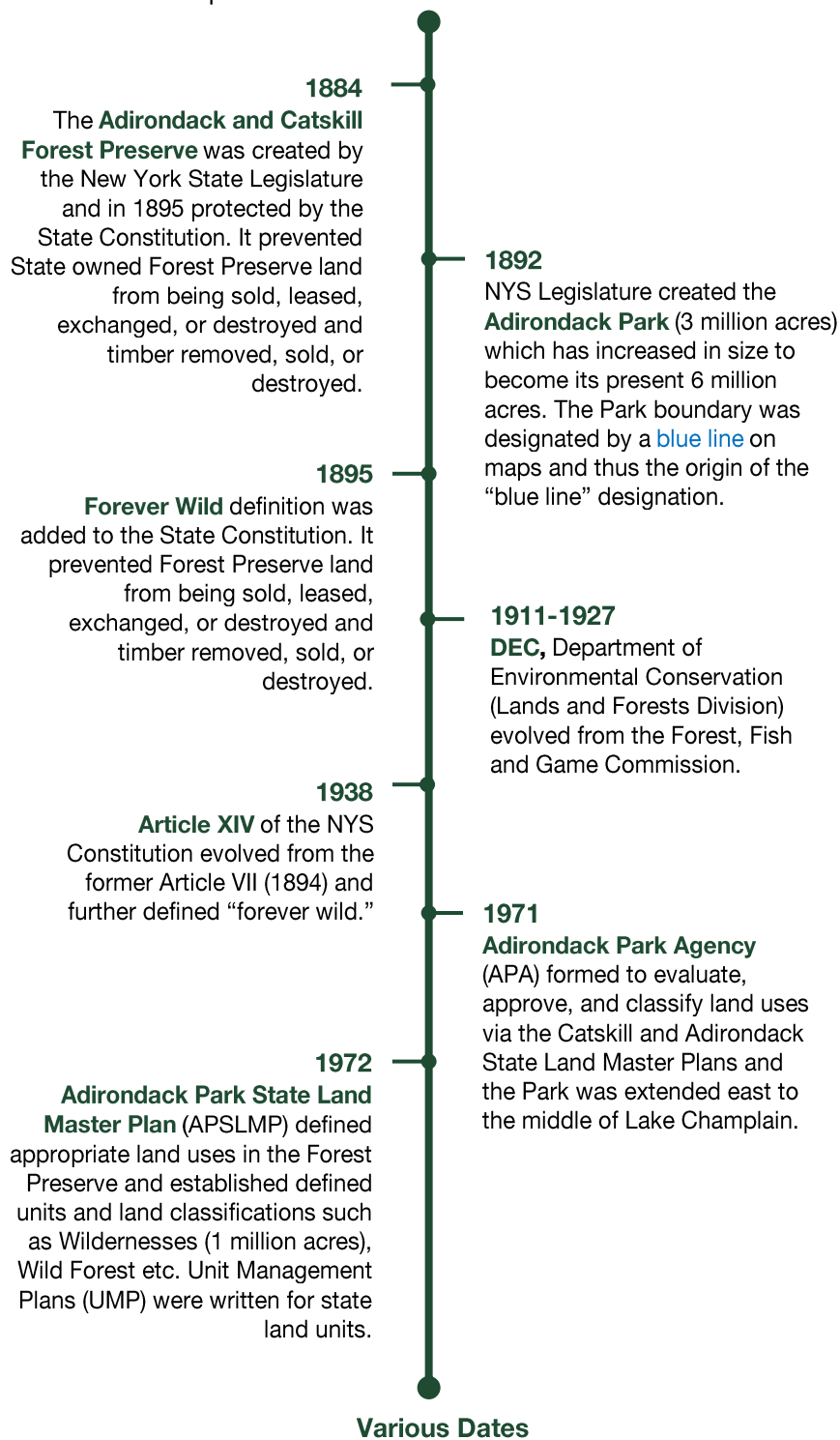
We at the Onondaga Chapter need to ensure that we set the standard on the trail and emulate trail etiquette. Honestly, the rules are no more than common courtesy. Be respectful with regard to noise and audible music and be nice to one another and the environment!

## THE EDUCATION COMMITTEE NEEDS YOUR HELP!

Help us help you! Please take this [three-minute survey](#) and let us know what training topics you might be interested in!

# ADIRONDACK PARK FACTS, PART 2 BY MARY COFFIN

We all enjoy hiking and camping in the Adirondacks, a very special place protected by Article XIV of our New York State Constitution. Below is an interesting timeline about the development of protected land in the 6-million-acre Adirondack Park. It is unique to New York State.



**Amendments** (18+) were made to the Constitution: highways (Routes 3, 10, 30 and 28 and I-87 etc.) were permitted to be built, DEC campgrounds were constructed, Gore Mt and Whiteface Ski Area development as well as the Olympic Complex and new lands were acquired by the state, land exchanges for more land or higher quality land, and more. Many proposed Constitutional Amendments were voted down during general elections.

## FOREST PRESERVE CLASSIFICATIONS OF PUBLIC LAND

### Wilderness Areas

(Over 1 million total acres)

Most remote, offer solitude, no motorized vehicles or equipment, no wheels, or cabins, minimum size is 10,000 acres, mostly foot trails, minimum of structures as needed to protect the resource, (lean-tos, bridges, dams), little evidence of human intrusion. Ex. Pigeon Lake Wilderness, our Chapter adopted wilderness.

### Primitive Areas

(45 thousand acres)

Same character as Wilderness but less than 10,000 acres, may have closed old roads. Ex. Hudson Gorge Primitive Area.

### Canoe Area

Similar to Wilderness uses. Ex. St. Regis Canoe Area

### Wild Forests

(Over 1.3 million total acres)

Less remote, more structure (lean-tos, bridges, fire towers), well developed trails, motorized vehicles (snowmobiles, float planes) on designated trails and waters, motorized maintenance tools, some roads, no ATVs on any State land, permits mountain bike trails. Ex. Black River Wild Forest, home to our Chapter adopted North Country National Scenic Trail, Little Woodhull Lake Section

### Intensive Use

(about 20 thousand acres)

High human use. Ex. campgrounds, boat launches, ski centers (Gore, Whiteface, Mt VanHoevenberg Olympic Area), recreation centers.

### Water

(nearly 400 thousand acres)

If surrounded by wilderness, it is classified as wilderness water. Ex. no float planes and no motorboats.

### Historic Sites

(500 acres)

Educational, historic, and interpretative centers. Ex. Crown Point State Historic Site.

### Administrative

Offices and maintenance barns, access roads, less than 10% of Forest Preserve.

## STREET SIGNS

There is a place that holds my heart,  
Where street signs turn from green to brown.  
When buildings stop and mountains start.  
Way past the outskirts of our town.

It's a land of waters, trees and rocks.  
A place with trails for feet and miles.  
With hardened boots and woolen socks.  
A sack with stuff, and wistful smiles.

Whether skies are blue or misty gray  
Full of clouds or just bird song  
This is the place I wish to stay  
Since left or right there is no wrong

There's mossy earth and beds of pine  
And stone the size of my childhood home  
Panoramas your mind cannot define  
And tongues are silent ...

One moment you're in a wooded close  
The next you're in an airy space  
With clouds below, a fresh wind blows  
Above, the Sun warms skin and face.

I've been on this path so many times  
But like a river it's never the same  
Through the woods, valleys, and climbs  
Each tiny morsel for my soul to claim

But with all trails from here to there  
There is melancholy to be seen  
Since I must travel back to where  
The street signs turn from brown to green

*John P. Stevens, 2016*  
*ADK Onondaga Chapter Member*



## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Maria Boule-Murray, Julia Chambers & Mike Leggett, Joseph Cincotta, Gretchen & Michael Dillon, David Hann, Geoffry Michaels, Philip & Simone Montgomery, Joseph & Nichole Supple, Alan & Heidi Youker, Elizabeth & Fred Hintz, Amy & Lyle Hunger, Teresa O'Brien, Stephanie Campbell, Danielle Davignon & Adam Peruta, Ryan Files, Alexander Fisher & Caila Perry, Robert Griffiths, Susan & Jack Hayes, Rick Head, Kelli McArdell, Alaina Wallace, Christopher Winter & Megan Walsh

As of April 2021, the ADK Onondaga Chapter now boasts a total of 1,507 members and 7 affiliate memberships. Adirondack Mountain Club overall membership stands at 29,087.

That is an increase of 63 Chapter members, 1 affiliate member and an increase of 833 in total ADK membership since December.

## MEMBERSHIP UPDATES

To update your mailing address, phone number or email address, email [membership@adk.org](mailto:membership@adk.org) or call 800-395-8080

## NOMINATING COMMITTEE

The Executive Committee is pleased to announce the members of the 2021 Nominating Committee. Please join us in supporting these members as they undertake the important responsibility of identifying a slate of nominees for the offices of Chapter Chair, Vice Chair, Secretary, Treasurer and two Chapter Advisors. Nominations will also be accepted from the floor at the November Business Meeting.

**BRUCE HOLLOWAY**

**KEN KAUFMAN**

**PAT URBAN**

## CATSKILL 3500 CLUB

Due to the permanent closure of Doubletop and Graham the tally for the Catskill 3500 Club has been changed from 35 peaks to 33 as of March 22. As of the publication of this newsletter the complete reasoning was posted on the [Catskill 3500 Club website](#). Here are the highlights from that news release:

#1 We are the 3500 Club, not the 35 Peak Club.

#2 Impact. With all the increased hikers and lists out there, any bushwhack we choose will see a mountain top receive expanded traffic and no longer be the wilderness peak that it was.



Do you need a bear canister for your overnight adventure? The Onondaga Chapter bear canister is available on loan to any ADK member for your outdoor adventure. Contact [Lisa Druke](#) to reserve.

## WE ARE BACK BABY!

Are you heading to a different area of the state and looking for some likeminded folks to experience the great outdoors with? Check out the outings for all Chapters which are posted on the [ADK Calendar](#). Due to Covid we had stopped posting our outings here, but we have now resumed!

## FIND US ONLINE REACH OUT GET SOCIAL!

Web Site: <https://adk-on.org>

Facebook:  
<https://www.facebook.com/groups/adkonondaga>

Instagram: Search for ADK Onondaga

Email: Join our Google Group to receive emailed Chapter updates. Go to: <https://groups.google.com>  
Search for our Group Name: ADK-On-Email

## PARKING RESERVATIONS NEEDED ADIRONDACK MOUNTAIN RESERVE (AMR) AKA AUSABLE CLUB

DEC and the AMR launched a no-cost pilot reservation system to address public safety at a heavily traveled stretch on Route 73 in the town of Keene. AMR is a privately owned 7,000-acre land parcel that allows for limited public access through a conservation easement agreement with DEC. The pilot reservation system does not apply to other areas in the Adirondack Park. No-cost reservations will be required May 1 through Oct. 31, 2021 for parking, daily access, and overnight access to trails through the AMR gate and the Noonmark and Round Mountain trailheads accessed through the AMR property. Visitors can make reservations now for hikes through May 22. Beginning May 7, reservations will be available for dates a maximum of two weeks out. Walk-in users without a reservation will not be permitted. For a complete list of frequently asked questions, please visit [hikeamr.org](http://hikeamr.org). (Edited DEC Report)

## SAVE THE DATE! FLT FALL WEEKEND FESTIVAL AT GREEK PEAK RESORT SEPTEMBER 17-19, 2021

Planning for the FLT Fall Festival Weekend is underway. This Festival is dedicated to honoring volunteers and recognizing members who completed the County Hike Series and/or End-to-End hikes during the year. If you would like to lead a hike, please contact [Sigi Schwinge](#)

## 2021 FLT COUNTY HIKE SERIES CORTLAND COUNTY



The Cross County Hike Series is back on for 2021. Participating in this hike series is a great way to accomplish an End-to-End hike of the FLT. Each year the FLT is traversed through a different county. This year we visit Cortland County. Bus transportation from the end of each hike to the start is included as well as the SAG wagon for snacks at the halfway point. Check out the FLT's [website](#) for more information and to register for this opportunity!

# CALENDAR OF EVENTS

Date	Day		Leader
Repeating Niemi	Wed	Walking Wednesdays	S. Schwinge/M.
Jun 1-3	Tue -Thur	Tinker Falls Trail Maintenance	Dick Frio/Mary Coffin
Jun 5	Sat	National Trails Day Work Hike	Tony Rodriguez
Jun 6	Sun	Tully Lake Paddle	Brenda Veilleux
Jun 7	Mon	Fellows Hill Loop	Sigi Schwinge
Jun 8	Tue	Crooked Creek Paddle	J Smith/S Manca
Jun 12	Sat	Hike Leader Orientation	Lisa Druke
Jun 13	Sun	Winona Forest Hike	Peg Whaley
Jun 17	Thur	Southwick Shores State Park Hike	Jerry Smith
Jun 19	Sat	Tioughnioga W.A. Trail Work NCT100/FLT50	Mary Coffin
Jun 20	Sun	Chittenango Creek Walk	Kathy Disque
Jun 22	Tue	Green Lakes SP – New Member Hike	Peg Whaley
Jun 26	Sat	Hike Cayuga Trail Ithaca	Ann Furze
Jun 27	Sun	Paddle Little Eaton Brook Lake	Veilleux/Coffin
Jul 3	Sat	Erie Canal – Butternut Dr.	Mary Niemi
Jul 4	Sun	Burlingame Gateway Trails Cazenovia	Kathy Disque
Jul 5	Mon	Pratt's Fall Loop	Sigi Schwinge
Jul 6	Tue	Nicks Lake Paddle	Jerry Smith
Jul 10	Sat	FLT Maintenance Work Hike	Tony Rodriguez
Jul 11	Sun	Paddle Onondaga Lake Western Shore	Ann Furze
Jul 13	Tue	Erie Canal East – New Member Hike	Peg Whaley
Jul 17	Sat	NCT Trail Work Oak Mountain NCT100	Mary Coffin
Jul 18	Sun	Morgan Hill SF NCT100/FLT50	Mary Niemi
Jul 20	Tue	Speculator Paddle	Jerry Smith
Jul 22-24	Thur-Sat	Great Range -Gothic, Armstrong, Upper/Lower Wolf Jaw	Lisa Druke
Jul 24	Sat	FLT Maintenance Work Hike	Tony Rodriguez
Jul 31	Sat	Paddle Little Long Lake	Veilleux/Coffin
Aug 1	Sun	Hike Hinchcliff & Ripley Hill Preserve	Ann Furze
Aug 2	Mon	Green Lakes State Park	Sigi Schwinge
Aug 8	Sun	Middle Settlement Lake	Jay&Theresa Evans
Aug 12	Thur	Chaumont & Cape Vincent Bike	Jerry Smith
Aug 14	Sat	Kunjamuk Trail Clearing NCT 100	Mary Coffin
Aug 15	Sun	Sterling Nature Center	Ken Kaufman
Aug 15-17	Sun-Tue	St Regis Canoe Area -The Seven Carries	Lisa Druke
Aug 18	Wed	Tirrell Pond Hike	Jerry Smith
Aug 21	Sat	FLT Maintenance Work Hike	Tony Rodriguez
Aug 22	Sun	Virgil Mountain figure 8 hike	Dick Frio
Aug 26-30	Thur-Mon	ADK/NCT Volunteer Work Week	Mary Coffin
Aug 28	Sat	Webber Rd to Tromp Rd. NCT100/FLT50	Mary Niemi
Aug 29	Sun	Fall Picnic at Land O Pines/ Hike	del Pozzo/Dineen

## NOTICE TO PARTICIPANTS

Choose only outings **SUITABLE** to your abilities; call the leader if you are unsure. Outing leaders are not guides; they are volunteers willing to share their knowledge and experience with you. Please give them your cooperation and respect. Stay with the group at all times. Stay behind the leader unless permission is given to go ahead, and then stay within sight of the group. Make sure the leader is aware if you must leave the group. Dress properly for the type outing and the weather, and be prepared for changing weather conditions. The leader has the right to refuse anyone who is not prepared for the outing.

New hikers should call the leader before their first outing. Most outings starting in the morning are designed for a full day with return to the meeting place prior to dinnertime.

Hazardous weather or insufficient snow on snowshoe and/or cross-country ski trips may require a change of destination.

**Transportation:** When travelling, outing participants who are not vaccinated should not be sharing vehicles with anyone who is not a member of their immediate household.

**Risk:** There are risks involved in our outings. Anyone participating does so at their own risk, and is required to sign the *Release of Liability Form* provided by the leader.

**Overnight Outings:** Overnight outings are open only to ADK members.

**Dogs:** Please contact the leader in advance if you would like to bring a dog. It is up to the leader to decide if a dog is allowed to join the hike.

## RATINGS FOR DIFFICULTY

Rating	Effort	Elevation Gained (ft)	Miles
E	Easy	≅ Level	< 4
M	Moderate	< 1000 or	4 - 7
S	Strenuous	1000-2500 or	7 - 12
VS	Very Strenuous	> 2500 or	> 12
A	Adirondacks		

## MEETING PLACES

Participants gather at a meeting place as designated in the outing write-up. Primary meeting places are:

Thruway Exit 34: For outings to the east and northeast. Park & Ride Lot is on the left as you approach the toll plaza from N. Peterboro St (Canastota).

Thruway Exit 39: Park & Ride Lot (relocated to Jones Rd). Heading west on Rt. 690, the Jones Rd. exit is located just before the 690 exit for the Thruway entrance.

DeWitt Wegmans' Park & Ride For outings to the southeast. Exit Route 481 at Fayetteville. Wegmans is on Route 5 east of the Route 481 exit. Meet at the Bus Park and Ride in front of the Hobby/Lobby.

Green Hills Plaza For outings to the south and southwest. Parking lot is on the east side of South Salina Street across from Green Hills Market, just south of the Syracuse city line.

Gander Outdoors Cicero. For outings to the north. From NY 31, take the access road for I-81 N. Gander Outdoors is on the right just past the on-ramp for I-81.

## Hike Equipment Checklist

- ✓ Water (amount appropriate for outing/weather)
- ✓ Lunch and extra food
- ✓ Clothing appropriate for outing/weather
- ✓ Rain gear
- ✓ Map and compass
- ✓ Headlamp or flashlight (extra batteries)
- ✓ Whistle
- ✓ Waterproof emergency blanket
- ✓ First-aid kit
- ✓ Hiking poles (if you use them)
- ✓ Work gloves (for work hikes)
- ✓ Bright clothing (in hunting season)
- ✓ Snowshoes/skis (in winter)
- ✓ PPE: Mask and hand sanitizer

# OUTINGS SUMMER 2021

**Notice: All participants, including persons vaccinated to prevent Covid-19, must continue to follow the safety guidelines. Thank you.**

## **Covid-19 ADK Outing Safety Guidelines:**

1. Trip leader screening: Are you feeling well today? Do you have your PPE?
2. Group size suggested limit is 10 in order to increase ability to maintain social distance. If social distance cannot be maintained masks are required.
3. When traveling, outing participants who are not vaccinated should not be sharing vehicles with anyone who is not a member of their immediate household.
4. Participants should provide their own gear. Sharing items such as backpacks, water bottles, and trekking poles is strongly discouraged.
5. PPE required: Each person must carry mask and each group must have soap/hand sanitizer and must use the mask if social distancing cannot be maintained.

## **8725 Tinkers Falls Trail Maintenance Tue.-Thur. June 1-3 9:30 AM**

Meeting Place: Tinker Falls Parking Lot Rt 91  
GPS N42.78008;W76.03299

Rating/Distance: (M-S) 2+ miles, benching

R/T Drive: 50 miles from Syracuse

Map(s): FLT O-1

Leader(s): Dick Frio 315-679-0622

Richardfrioood@hotmail.com & Mary Coffin 315-687-3589 [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)

From the Rt 91 parking lot, we will hike the Orange Trail to the switchback section above Tinker Falls. This trail has deteriorated due to high use. It needs extensive re-benching and a lot of TLC. No experience is necessary. New members are welcome. Mary will demonstrate proper benching techniques and provide a handout. The Chapter will provide all the essential tools for benching. You can bring a rake or loppers but definitely bring enthusiasm, work gloves, water, bug spray, and lunch. Join us for just a day or for all three days. I guarantee you will enjoy the camaraderie of Forests Bathing on an ADK Chapter project.

## **8726 Walking Wednesday**

**Every Wednesday 9:00 AM**

Meeting Place: Dewitt Wegman's Park & Ride

Rating: (E-M)

Leader(s): Mary Niemi 315-751-7492

[maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com) and Sigi Schwinge 315-437-6906, [sigischwinge@aol.com](mailto:sigischwinge@aol.com) (for info).

Every Wednesday some of our members take a 3-6-mile hike on one of the many trails in CNY. The first Wednesday of each month during spring, summer and fall is usually devoted to trail maintenance. The Wednesday hikes welcome new participants. Please bring lunch and sufficient water. Call or email the leaders if you have Wednesday free and would like to hike.

## **8727 FLT National Trails Day Maintenance Work Hike NCT100/FLT50**

**Sat. June 5 9:00 AM**

Meeting Place: Dewitt Wegman's Park and Ride

Rating/Distance: (E) Less than 4 miles

R/T Drive: Less than 100 miles

Map(s): Depends on location

Leader(s): Tony Rodriguez 315-446-3586

[boricua1037@verizon.net](mailto:boricua1037@verizon.net)

We will be doing maintenance on a portion of the Finger Lakes Trail/North Country Trail for which our Chapter has responsibility. Please attend and support this important activity. No special skills are required, just a genuine desire to ensure that trails are kept clear and marked for all hikers to enjoy. Bring a pair of work gloves, a lunch, and water. Wear appropriate clothing and footwear and follow all Covid-19 protective guidelines. The Chapter furnishes all necessary tools. It will be cancelled in case of severely adverse weather conditions.

## **8728 Tully Lake Paddle**

**Sun. June 6 Call Leader**

Meeting Place: Burger King Tully Exit Rt 81

Rating/Distance: (E) 3-5 miles

Map(s): DeLorme 61

Leader(s): Brenda Veilleux 315-463-9103 (before 8:00 pm)

Enjoy an easy paddle around Tully Lake. We'll put in at the DEC boat launch. PFD is required. Call leader for time and to reserve a spot.

## **8729 Fellow Hills Loop**



**Mon. June 7**

**9:00 AM**

Meeting Place: Dewitt Wegman's Park & Ride, or later at trail head

Rating/Distance: (M) 4 miles

R/T Drive: 40 miles

Map(s): FLT O1

Leader(s): Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906

A pleasant loop, walk with a beautiful pond, creeks and little waterfalls. Option to hike up Jones Hill. Contact leader for other June Monday walk and talks.

### 8730 Crooked Creek Paddle

**Tue. June 8 8:00 AM Gander / 10:30 Big M in A-Bay**

Meeting Place: Gander Outdoors or Big M in Alexandria Bay

Rating/Distance: (M) ~8 miles

R/T Drive: 200 miles

Map: Delorme 25

Leader(s): Jerry Smith, [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com) & Sandy Manca 315-807-9442

We'll enjoy an easy, slow, scenic upstream (no current) paddle on Crooked Creek near Kring Point State Park. After the paddle we will enjoy lunch at Kring Point State Park. If you still have energy, we can hike the 2.2-mile MacSherry Trail. PFD required. Bring snacks, lunch, swimwear, sunglasses, hat, sunscreen and hiking shoes.

### 8731 New Hike Leader Orientation – Highland Forest

**Sat. June 12 Contact Leader**

Meeting Place: Highland Forest Skyline Lodge

Leader(s): Lisa Druke 315-447-4018

[ldruke@twcny.rr.com](mailto:ldruke@twcny.rr.com)

The Onondaga Chapter Outings Committee welcomes new volunteers interested in becoming an outings leader. We will go for a short hike and then have an info session on best practices and guidelines for leading Onondaga Chapter outings. Contact leader if interested.

### 8732 Winona Forest Hike

**Sun. June 13 10:00 AM**

Meeting Place: Gander Outdoors

Rating/Distance: (M) 5-6 miles

R/T Drive: 100 miles

Map(s): DeLorme 33

Leader(s): Peg Whaley 315-633-0154 email:

[Pegw1909@gmail.com](mailto:Pegw1909@gmail.com)

We will hike the trails that we ski and snowshoe in the winter. Well behaved dogs are welcome. If you would like to bring your dog, please call the leader.

### 8733 Southwick Shores State Park Hike

**Thur. June 17 5:00 pm Gander / 6:00 pm Southwick Park**

Meeting Place: Gander Outdoors or Southwick Park at the tollbooth

Rating/Distance: (M) 5 miles

R/T Drive: 120 miles

Map: Delorme 83

Leader: Jerry Smith email: [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

We'll hike 5 miles starting from the bathhouse to the outlet of Sandy Creek. Bring snacks, water, sunblock & sunglasses.

### 8734 Tioughnioga WMA Trail Work NCT100/FLT50

**Sat. June 19 9:30 AM**

Meeting Place: Caz Lake Lot Rt 20

Rating/Distance: (M) 4 miles

R/T Drive: 10 miles

Map(s): DeLorme 61

Leader(s): Mary Coffin 315-657-0229

[maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)

We will inspect this trail section and do light trail work along the way. This is the FLT/NCT Onondaga Branch section from its junction with the NCT CNY Chapter NCNST at Holmes Rd. to East Branch of Limestone Creek and back. Current Covid-19 protocols will apply.

### 8735 Chittenango Creek Walk

**Sun. June 20 1:00 PM**

Meeting Place: Tops Plaza Chittenango (Rt. 5) – please park in spaces closest to Rt.5.

Rating/Distance: (E) 2-3 miles

Map(s): Delorme 61

Leader(s): Kathy Disque 315-656-3383

[kathydisque@yahoo.com](mailto:kathydisque@yahoo.com)

Let's celebrate the summer solstice with a hike. Starting in the Village of Chittenango, we will hike the Creek Walk trail to its end at Russell

# OUTINGS SUMMER 2021

Street. From there we walk about 3 blocks to Sullivan Park and walk the "healthy heart" trail in the park.

## **8736 Green Lakes SP – New Member Hike**

**Tue. June 22 6:00 PM**

Meeting Place: Erie Canal Lot (corner of Manlius Center Rd & Minoa Rd)

Rating/Distance: (M) 4-5 miles

Map(s): DeLorme 61

Leader(s): Peg Whaley 315-633-0154

[Pegw1909@gmail.com](mailto:Pegw1909@gmail.com)

We will walk from the Erie Canal parking lot to the park entry at the old gravel pit and hike to the open areas where there are nice scenic views. New members can meet veteran members and talk about all that ADK and the Onondaga Chapter have to offer.

## **8737 Cayuga Trail Eastern Section: Ithaca**

**Sat. June 26 9:00 AM**

Meeting Place: Contact Leader

Rating/Distance: (M) 9 miles

R/T Drive: 100 miles

Map(s): DeLorme 76, Cayuga Trails Club

Leader(s): Ann Furze 315-263-6719 (call/text)

[annfurze49@gmail.com](mailto:annfurze49@gmail.com)

We'll hike this rolling wooded and open trail that follows Fall Creek from the Cornell campus Flat Rock to Rt. 13 and return on opposite side of the creek. Bring water, snacks and lunch. Please contact leader for details and participation.

## **8738 Paddle Little Eaton Brook Lake**

**Sun. June 27 Call Leader**

Meeting Place: Call Leader

Rating/Distance: (E) 4-6 miles

R/T Drive: 35 miles

Map(s): DeLorme 62

Leader(s): Mary Coffin 315-657-0229

Brenda Veilleux 315-463-9103

We will paddle this Central New York lake and eat lunch on the water. The undeveloped side of the lake has an Adirondack like quality. PFD's must be worn on the water and current Covid-19 protocols will apply.

## **8739 Erie Canal Butternut Dr.**

**Sat. July 3 6:00 PM**

Meeting Place: Butternut Dr. Parking Lot

Rating/Distance: (E) 4 miles

Map(s): DeLorme 61, Erie Canal Map

Leader(s): Mary Niemi 315-751-7492

We will walk on the canal and enjoy the start of the holiday weekend.

## **8740 Burlingame Gateway Trails – Cazenovia**

**Sun. July 4 10:00 AM**

Meeting Place: Caz Lake Lot, Rt 20

Rating/Distance: (E-M) 3-4 miles

Map(s): DeLorme 61

Leader(s): Kathy Disque 315-656-3383

[kathydisque@yahoo.com](mailto:kathydisque@yahoo.com)The Cazenovia Preservation Foundation (CPF) has built and maintained a network of trails in the Cazenovia area. We will explore the trails south of the Lorenzo State Historic Site, starting at the Burlingame Rd trail-head.

## **8741 Pratts Falls Loop**

**Mon. July 5 9:00 AM**

Meeting Place: Dewitt Wegman's Park & Ride, or later at the park

Rating/Distance: (M) ~4 miles

R/T Drive: 10 miles

Map(s): DeLorme 61

Leader(s): Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906We'll walk the park loop trails and admire the waterfalls, big and small. Contact leader for other Monday walks.

## **8742 Nicks Lake Paddle**

**Tue. July 6 9:00 AM Canastota/ 11 AM Nicks Lake Park**

Meeting Place: Thruway Exit 34 Canastota / Nicks Lake State Park by the tollbooth

Rating/Distance: (M)(A) 7 miles

R/T Drive: 180 miles

Map: Delorme 35

Leader: Jerry Smith email: [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

Let's explore the shore of Nicks Lake by kayak and look for wildlife. After the paddle we'll have lunch at the beach with time to relax and swim. PFD required.

## **8743 FLT Maintenance Work Hike**

**NCT100/FLT50**

**Sat. July 10 9:00 AM**

Meeting Place: Dewitt Wegman's Park and Ride  
 Rating/Distance: (E) Less than 4 miles  
 R/T Drive: Less than 100 miles  
 Map(s): Depends on location  
 Leader(s): Tony Rodriguez 315-446-3586  
[boricua1037@verizon.net](mailto:boricua1037@verizon.net)

We will be doing maintenance on a portion of the Finger Lakes Trail/North Country Trail for which our Chapter has responsibility. Please attend and support this important activity. No special skills are required, just a genuine desire to ensure that trails are kept clear and marked for all hikers to enjoy. Bring a pair of work gloves, a lunch, water, wear appropriate clothing and footwear, and follow all COVID 19 protective guidelines. The Chapter furnishes all necessary tools. It will be cancelled in case of severely adverse weather conditions.

**8744 Paddle Onondaga Lake Western Shore  
 Sun. July 11 9:00 AM**

Meeting Place: Honeywell visitor's center, Orange parking lot exit 7 off 690.  
 Rating/Distance: (E-M) ~5 miles  
 Map(s): DeLorme 61  
 Leader(s): Ann Furze 315-263-6719 (call/text)  
[annfurze49@gmail.com](mailto:annfurze49@gmail.com)

We'll paddle south along the western shoreline of the lake to Destiny Mall, then continue into the Inner Harbor & return. About 5 miles. Bring binoculars to view birds, etc. as well as water and snacks. Option upon return to paddle up Nine Mile Creek a bit. PFD is required. Please contact leader the morning of the paddle to ensure weather is conducive to this adventure.

**8745 Erie Canal East – New Member Hike  
 Tue. July 13 6:30 PM**

Meeting Place: Erie Canal parking lot Kirkville  
 Rating/Distance: (E) 4 miles  
 Map(s): DeLorme 61  
 Leader(s): Peg Whaley 315-633-0154 email:  
[Pegw1909@gmail.com](mailto:Pegw1909@gmail.com)

Let's enjoy an evening stroll along the Erie Canal from Kirkville Road to White Bridge Rd. and return. New members can meet veteran members and talk about all that ADK and the Onondaga Chapter have to offer.

**8746 NCTT Work Hike Oak Mt. Speculator  
 NCT100**

**Sat. July 17 8:30 AM**

Meeting Place: Thruway Exit 34 Canastota  
 Rating/Distance: (M)(A) 3 miles  
 R/T Drive: 216 miles  
 Map(s): DeLorme 51,  
 Leader(s): Mary Coffin, [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)  
 Phone#: 315-657-0229

We will continue construction of new North Country National Scenic Trail on private land where the owners have given us a permanent right of way. Sanitized tools will be provided or you may bring your own. Work gloves are recommended as well as extra water and snacks. Current Covid-19 protocols will apply.

**8747 Morgan Hill SF NCT100/FLT50  
 Sun. July 18 9:30 AM**

Meeting Place: Shackham Rd. shoulder parking by Shackham Pond.  
 Rating/Distance: (M) 5 miles  
 R/T Drive: 35 miles  
 Map: DeLorme 61, FLT 01  
 Leader: Mary Niemi, 315-751-7492  
 We will hike in Morgan Hill SF-crossing the dam on Shackham Pond and head toward Rowley Hill Rd. It's an in and out hike. Bring lunch/water.

**8748 Speculator Paddle  
 Tue. July 20 8:00 am (Bad weather  
 postpones.)**

Meeting Place: Thruway Exit 34 Canastota  
 Rating/Distance: (M)(A) 7 miles  
 R/T Drive: 180 miles  
 Map: Delorme 51  
 Leader: Jerry Smith [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

Let's enjoy a paddle on the Kunjamuk, followed by lunch and a swim at the beach. Later we can visit the Oak Mt. Ski area. PFD required. Rain cancels. We might reschedule for the 21<sup>st</sup> or 22<sup>nd</sup>. Contact leader.

**8749 Great Range High Peaks (Gothics, Armstrong,  
 Upper/Lower Wolf Jaw)**

**Thur. - Sat. July 22-24 Contact Leader**

Meeting Place: Contact Leader  
 Rating/Distance: (VS)(A) 20 miles (over 3 days)

# OUTINGS SUMMER 2021

R/T Drive: 365 miles

Map(s): DeLorme 30, High Peaks Trails Guide  
Goodwin

Leader: Lisa Druke [ldruke@twcny.rr.com](mailto:ldruke@twcny.rr.com) 315-447-4018

Great Range High Peaks from Johns Brook Lodge. Join the Onondaga Chapter in a high peaks adventure with access to the Great Range. On Friday, we will climb Gothics (4736'), Armstrong (4400'), Upper Wolf Jaw (4185') and Lower Wolf Jaw (4175') in a counter clockwise loop from JBL. On Saturday, (optional) we will climb Big Slide (4239') on the return to the Garden Parking. Cost is \$71.10 for Thursday night and \$89.10 for Friday night (plus tax) including three meals per day. Lodging in the co-ed 'Upstream Bunkroom' is restricted to our group only due to Covid-19 rules. You must be an ADK member and conditioned for a strenuous trip. Contact leader for more information and equipment requirements.

Group size is limited. **Reservation is required by no later than June 20th.**

## **8750 FLT Maintenance Work Hike**

**Sat. July 24 9:00 AM**

Meeting Place: Dewitt Wegman's Park and Ride

Rating/Distance: (E) Less than 4 miles

R/T Drive: Less than 100 miles

Map(s): Depends on location

Leader(s): Tony Rodriquez 315-446-3586

[boricua1037@verizon.net](mailto:boricua1037@verizon.net)

We will be doing maintenance on a portion of the Finger Lakes Trail/North Country Trail for which our Chapter has responsibility. Please attend and support this important activity. No special skills are required, just a genuine desire to ensure that trails are kept clear and marked for all hikers to enjoy. Bring a pair of work gloves, a lunch, water, wear appropriate clothing and footwear, and follow all Covid-19 protective guidelines. The Chapter furnishes all necessary tools. It will be cancelled in case of severely adverse weather conditions.

## **8751 Paddle Little Long Lake**

**Sat. July 31 Call Leader**

Meeting Place: Call Leader

Rating/Distance: (M)(A) 4 miles

R/T Drive: 112 miles

Map(s): DeLorme 49

Leader(s): Mary Coffin 315-657-0229

Brenda Veilleux 315-463-9103

We will paddle this Adirondack lake, eat lunch on the water and possibly hike a bit on a nearby trail. PFD's must be worn on the water and current Covid-19 protocols will apply.

## **8752 Hike FLLT Hinchcliff & Ripley Hill CNY Land Trust Preserve**

**Sun. Aug. 1 10:00 AM**

Meeting Place: Contact Leader

Rating/Distance: (M) 5-6 miles

Map(s): DeLorme 60

Leader(s): Ann Furze 315-263-6719 (call/text)

[annfurze49@gmail.com](mailto:annfurze49@gmail.com)

We will hike Finger Lakes Land Trust Hinchcliff Family Preserve about 3 miles through open fields with spectacular views as well as wooded trails that follow steep ravines. Continue across Rt. 41 to hike Central New York Land Trust's Ripley Hill Preserve for another 3 miles. This too offers lake views, as well as wooded and wetland areas. We'll return by the same route. Bring water, lunch, and snacks. Both these preserves have quite a bit of elevation changes.

## **8753 Green Lakes State Park**

**Mon. Aug. 2 9:00 AM**

Meeting Place: Green Lakes SP west beach

Rating/Distance: (M) 4-6 miles

Map(s): DeLorme 61/ Green Lakes Trails

Leader(s): Sigi Schwinge,

[sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906

We'll meet at the west beach parking lot, near the brick house and create one of Sigi's loops which are different each time we walk-n-talk there. Options for short and longer outings. Email Sigi for other May Monday hikes.

## **8754 Middle Settlement Lake Hike**

**Sun. Aug. 8 Call Leader**

Meeting Place: Thruway Exit 34 Canastota

Rating/Distance: (M)(A) 6.4 miles

R/T Drive: 162 miles

Map(s): DeLorme 85, ADK West Central Guide

Leader(s): Theresa & Jay Evans 315-414-0431

[tj\\_evans@verizon.net](mailto:tj_evans@verizon.net)

We will hike to Middle Settlement Lake via above access trail. We will again explore the old Browns Tract area near Thendara. Bring lunch for our stop at the lean-to on Middle Settlement Lake along with water and bug spray. Please plan on calling or emailing leader if you plan to attend. New recommendations from ADK are allowing carpooling but some conditions apply.

## 8755 Chaumont & Cape Vincent Bike

**Thur. Aug. 12 8:00 AM**

Meeting Place: Gander Outdoors Cicero

Rating/Distance: (M-S) 10-30 miles

R/T Drive: 200 miles

Map: Delorme 24 & 25

Leader: Jerry Smith email: [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

We'll follow some of the route of the 50-mile "Tour de Chaumont" in three loops. Loop one is a short loop in Chaumont. Loop two is a longer loop to Pilar Point. Loop three is from Cape Vincent village park to the Cape Vincent Lighthouse, with 6 miles of flat terrain. Helmet is required.

## 8756 Kunjamuk Trail Clearing NCT100

**Sat. Aug. 14 8:30 AM**

Meeting Place: Call Leader

Rating/Distance: (S)(A) 7-10 miles

R/T Drive: 230 miles

Map(s): DeLorme 51

Leader(s): Mary Coffin 315-657-0229

[maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)

We will use the Cisco Creek trailhead at the end of Elm Lake Road north of Speculator. There is extensive blowdown on this trail on the NCNST route. Trail clearing will focus on blowdown removal. We will supply some sanitized tools and you are welcome to bring your own. Work gloves are recommended as well as extra water and snacks. Current Covid-19 protocols will apply.

## 8757 Sterling Nature Center

**Sat. Aug. 15 9:30 AM**

Meeting Place: Thruway Exit 40 (Weedsport) Park & Ride lot

Rating/Distance: (E) 4 miles

R/T Drive: 56 miles

Map(s): DeLorme 45

Leader(s): Ken Kaufman 315-263-3037

[kenkaufmanpe@gmail.com](mailto:kenkaufmanpe@gmail.com)

We'll take a stroll on the pebble beach and up onto the bluffs overlooking Lake Ontario, then through the woods and meadows to the heron rookery and beyond in this Cayuga County Nature Preserve. We'll take a dip in the big lake, if so inclined. Bring bug dope, binoculars, lunch, water. Well behaved dogs are welcome.

## 8758 St. Regis Canoe Area – The Seven Carries

**Sun. – Tue. Aug. 15-17 Call Leader**

Meeting Place: Call Leader

Rating/Distance: (VS)(A) 12+ mile paddle/ ~2.6-mile (several) portages

R/T Drive: 340 miles

Map(s): DeLorme 29, DEC St. Regis Canoe Area Map

Leader: Lisa Druke [ldruke@twcny.rr.com](mailto:ldruke@twcny.rr.com) 315-447-4018

The Seven Carries is a historic canoe route from Paul Smiths to the Saranac Inn located in the scenic St. Regis Canoe Area. Accommodations are at Sunday Pond B&B for two nights for \$104 and it is located within 10 minutes of the launch site. Our planned route will be a day of paddling with several portages through this beautiful wilderness. From the Little Clear Pond launch, we will day trip paddle with one long portage (0.6 miles) and as many as five short portages (0.1 – 0.3 mi) through St. Regis Pond, Green Pond, Little Long Pond, Bear Pond, and Bog Pond to St. Regis Lake and return the same route. You must be an ADK member, experienced paddler and able to portage several portages. PFD is required. **Group size is limited. Reservations are required by June 28th. Please contact leader for more information and to review gear**

## 8759 Tirrell Pond Hike

**Wed. Aug. 18 8:00 AM**

Meeting Place: Thruway Exit 34 Canastota

Rating/Distance: (M)(A) 7.9 miles

R/T Drive: 250 miles

Map: Delorme 37

Leader: Jerry Smith email: [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

# OUTINGS SUMMER 2021

We'll hike to Tirrell Pond from Blue Mountain to Route 30, following the Northville – Placid (NPT) trail. We'll relax at the lean-to and enjoy lunch, sunbathing and swimming at the sandy beach. This route will require us to spot cars near Lake Durant.

## **8760 FLT Maintenance Work Hike**

**Sat. Aug. 21 9:00 AM**

Meeting Place: Dewitt Wegman's Park and Ride

Rating/Distance: (E) Less than 4 miles

R/T Drive: Less than 100 miles

Map(s): Depends on location

Leader(s): Tony Rodriguez 315-446-3586

[boricua1037@verizon.net](mailto:boricua1037@verizon.net)

We will be doing maintenance on a portion of the Finger Lakes Trail/North Country Trail for which our Chapter has responsibility. Please attend and support this important activity. No special skills are required, just a genuine desire to ensure that trails are kept clear and marked for all hikers to enjoy. Bring a pair of work gloves, a lunch, water, wear appropriate clothing and footwear, and follow all Covid-19 protective guidelines. The Chapter furnishes all necessary tools. It will be cancelled in case of severely adverse weather conditions.

## **8761 Virgil Mountain Figure 8 Hike**

**NCT100/FLT50**

**Sun. Aug. 22 9:30 AM**

Meeting Place: MacDonald's Lafayette upper lot

Rating/Distance: (S) 9.2 miles elevation gain 1200 feet

R/T Drive: 100 miles

Map(s): FLT O-1

Leader(s): Dick Frio 315-679-0622

[richardfrioood@hotmail.com](mailto:richardfrioood@hotmail.com)

This figure 8 loop takes you past Greek Peak and to Virgil Mountain, the highest point in Cortland County. It was a nice hike during the winter so let's check out the views in the summer. There is a small parking area on the corner of O'Dell and Baldwin Road. Bring snacks, lunch, bug spray, and water.

## **8762 ADK/NCT Volunteer Work Week NCT100**

**Thur. – Mon. Aug. 26-30 Call Leader**

Meeting Place: Call Leader

Rating/Distance: (S)(A)

R/T Drive: 280 miles

Map(s): DeLorme 38

Leader(s): Mary Coffin 315-657-0229

[maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)

We'll be building a new section of the North Country National Scenic Trail in the Hoffman Notch Wilderness Area. Contact the leader for more details and to register for the event.

## **8763 Webber Rd to Tromp Rd NCT100/FLT50**

**Sat. Aug. 28 9:30 AM**

Meeting Place: Caz Lake Lot Rt 20

Rating/Distance: (M) 4.6 miles

R/T Drive: 10 miles

Map: DeLorme 61, FLT 02

Leader: Mary Niemi, 315-751-7492

We will hike through the woods to Armstrong Pond for lunch, then continue to Tromp Rd. It's an in and out hike. Bring lunch and water.

## **8764 Fall Picnic at Land O'Pines**

**Sun. Aug. 29 10:00 AM**

Meeting Place: Land O'Pines in Camden

Rating/Distance: (E) 3.5 miles

Maps: DeLorme 47

Leader: Mary Dineen 424-1284 & Mark del Pozzo 245-0772

We'll meet at 10:00 and take a walk in Forest Park in Camden before lunch. We'll eat at 1:00 p.m. Bring a dish to pass (meat and beverages will be provided). From the North & West take I81 north to the Central Square Exit, then right on NY49 to Mulholland Dr. in North Bay. Turn left onto Mulholland and follow it to Preston Hill Dr. Turn right onto Preston Hill Dr. From the South and East, Take the Thruway to Canastota (Exit 34) turn right on Rt. 13. Follow Rt. 13 past Sylvan Beach to Rt. 49. Turn left on Rt. 49 and follow it to North Bay, turn right on Mulholland Dr. and follow it to Preston Dr. turn right. Land O' Pines is on your right just past Preston Hill Gravel. Black mailbox # 8644. Watch for the ADK signs.

Current Covid-19 protocol will apply.

## MARK YOUR CALENDAR:

### Finger Lakes Trail Cross Cortland County Pre-Hike Series.

Dates: **Weds. June 9, July 7, July 28, Sept. 8.**

If you are interested in participating in the series pre-hikes with light hand tool trail clearing work, or for more info, please contact Sigi Schwinge at [sigischwinge@aol.com](mailto:sigischwinge@aol.com)

### Tug Hill Traverse Work Hikes.

Dates: **Friday June 11, Saturday June 19, Friday July 9, Saturday July 17, Friday August 20, Saturday August 28, Friday September 10, Saturday September 18.** Meeting time will be 10:00am, meeting locations TBA.

We will be working on building a section of the more than 20-mile Tug Hill Traverse Trail, a foot and cross country ski path that will start near Osceola and extend north roughly 20 miles through the Tug Hill Plateau. What to bring: water, snacks/lunch, work gloves, insect repellent, sunscreen, hat, and hand tools such as hand saw, lopping shears, clippers, if available. Contact Bob McNamara 315-675-3522 [artofwild@aol.com](mailto:artofwild@aol.com)

### FLT FALL OUTING 2021

**Sept. 17-19, 2021 Fri. – Sun.**

Greek Peak, Cortland County. Watch for more details on the website [www.fingerlakestrail.org](http://www.fingerlakestrail.org)

### ADK FALL OUTING 2021

**Sept. 24-26, 2021 Fri. – Sun.**

The Onondaga Chapter will be hosting the ADK Fall Outing in Old Forge at the Recreation Center. We'll have hikes, paddles, biking and mountain biking. There will be evening dinners and programs. Watch for more details in 2021. [www.adk-on.org/fall-weekend/](http://www.adk-on.org/fall-weekend/)

### Sept 25-26, 2021 -North Country National Scenic Trails Day Hikes

## POSSIBLE INTEREST:

**Calling All Paddlers.** Brenda Veilleux is compiling a list of people who enjoy paddling, have some

canoeing or kayaking experience and at times need a partner or do not have a boat, but would like to paddle with someone. Contact Brenda Veilleux for additions, changes, or deletions to/from the list: 315-463-9103, 305 Tower Ave. Syr. NY 13206

B	Allen, Eileen Pompey	(315) 378-9466 (315) 677-9945
A	Knauerhase, Pete Cortland	(607) 645-5616
A	Kurlowicz, Wendy Syracuse	(315) 468-4873
A	Marjinsky, Kathy Auburn	(315) 704-0391
A C	Moreland, John Syracuse	(315) 317-2224
A C	Swinburne, Gail Baldwinsville	(315) 532-0828 gsusanswinburne@gmail.com
C	Veilleux, Brenda Syracuse	(315) 463-9103
B	White, Mary Liverpool	(315) 256-4251
A	Wilson, Paul Auburn	(585) 746-6966
A C	Zangari, Pat LaFayette	(315) 677-3394

A = has canoe/kayak

B = needs a canoe/kayak and a partner

C = has canoe/kayak but wants partner in same craft