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Amherst, NY 14226



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

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*The Foothills Trail Club*

# **TALES**

**September 2012**

**TALES** is a bi-monthly newsletter devoted to informing club members about club business, activities and hikes, as well as about environmental issues related to trails and hiking, and other items of interest to hikers.

Please keep your submissions to a reasonable length and write or type clearly. If an article cannot be included in an issue, every effort will be made to put it in the next issue. Submitted articles may be edited if necessary.

The deadline for the November issue is October 1<sup>st</sup>.

# Yahoo!

To become a member of the Yahoo trails news group go to: [www.Yahoo.com](http://www.Yahoo.com) , click on Groups (blue lettering) and type "foothillstrailclub" into the search box. When asked for your info complete as little as you wish to become a member. There is no cost to you and you can get and post the latest information available about trail issues.

## Disclaimers

As a courtesy to our members we frequently provide information about events sponsored by other organizations. Unless published in the Foothills Trail Club schedule these events are not FTC outings. They are merely items of interest and anyone wanting more information should contact the appropriate organization.

## Contacts for Information

President	Jeanne Moog	312 Sycamore St.	East Aurora 14052	652-6190	<a href="mailto:Phaynes508@roadrunner.com">Phaynes508@roadrunner.com</a>
Vice President	Frank Occhiuto	15 Logan Lane	Lancaster 14086	651-9877	<a href="mailto:focchiuto@live.com">focchiuto@live.com</a>
Treasurer	Jim Beardsley	15 Mayfair Lane	Buffalo 14201		<a href="mailto:jbeardsley60@aol.com">jbeardsley60@aol.com</a>
Secretary	Myra Lucero			662-1932	<a href="mailto:mlucero89@hotmail.com">mlucero89@hotmail.com</a>
Membership Chair	Roy Tocha	11 N Eaglecrest Dr	Hamburg 14075		<a href="mailto:rtocha@yahoo.com">rtocha@yahoo.com</a>
Program Chair Weekend Hikes	Kathy Foote	349 Wimbledon Ct.	W. Seneca 14224		<a href="mailto:KMF349@aol.com">KMF349@aol.com</a>
Program Chair Tuesday Saunters	Frank Occhiuto	15 Logan Lane	Lancaster 14086	651-9877	<a href="mailto:focchiuto@live.com">focchiuto@live.com</a>
Program Chair - Wed - Mini-hikes (May/Jun)	Marie Schillo	288 Highgate Ave	Buffalo 14215	832-1921	
Program Chair - Wed - Mini-hikes (July/Aug)	Gayle Syty	70 Pheasant Run Rd	Amherst 14228	691-6750	
Trails Administrator	Mike Schlicht	11 Hedge Ct	Snyder 14226	316-4388	<a href="mailto:pageazi@yahoo.com">pageazi@yahoo.com</a>
Trail Steward Coordinator - North	Ben Petryszak	7627 Vermont Hill Rd.	Holland, 14080	537-2121	
Trail Steward Coordinator - South	David Potzler	PO Box 19	West Falls 14170		<a href="mailto:dpotzler66@wildblue.net">dpotzler66@wildblue.net</a>
Tales Editor	Quinn Wright	3 Roberts Ave.	Buffalo 14206	826-1939	<a href="mailto:wrightquinn@hotmail.com">wrightquinn@hotmail.com</a>

## Remember to Respect Landowner rights:

Stay on the trail, don't take shortcuts, don't walk on crops, don't build fires or camp on private land and NEVER, EVER enter landowner buildings.

# Upcoming Events and Activities-Save the Dates for 2012

September 8	Foothills Anniversary Hike Series Hike # 5	
September 15	Fall Potluck/General Meeting at Boston Conservation Club 2:00PM	all are welcome
September 21-23	FLTC 50 <sup>th</sup> Anniversary Fall Campout at Robert Treman State Park	Save the dates!!
September 24	Foothills Board meeting Reinstein Library, Cheektowaga 6:30PM	all are welcome
September 29-30	Foothills Anniversary Hike Series Hikes # 6 & 7 State Park and enjoy hiking and the festivities	Spend the weekend at Allegany
October 21	Wellsville Ridgewalk	Wellsville Area Chamber of Commerce to register
November 26	Foothills Board meeting Reinstein Library, Cheektowaga 6:30PM	all are welcome
Fall 2014	FLTC Fall campout will be hosted by Foothills	details to follow

## Help Wanted

- Trail Steward - There are several trail steward and assistant openings on Maps 1 - 12. If you are able to take on a section, please contact Dave Potzler at [dpotzler66@wildblue.net](mailto:dpotzler66@wildblue.net) or 949-3295.
- Fall 2014 - Foothills will host the FLTC Fall campout - We need many, many volunteers
- Membership - please recruit new members!! A club eventually fails if there is not a steady influx of new membership. If you have not renewed your membership, please do so as soon as possible. Size matters!! - The bigger the membership, the easier it becomes to manage the club and maintain the trail.
- October 1 to October 5 Building a lean-to in Boyce Hill SF (Map 4) Project Manager Dave Potzler

### Volunteers Chefs needed--please help!!!

The Finger Lakes Trail Conference is sponsoring the first shelter construction project in Cattaraugus County in many years and the first outside of Alleghany State Park. This will be in Boyce Hill State Forest between Ellicottville and Franklinville. The dates are October 1<sup>st</sup> thru October 5<sup>th</sup>. Ten members have signed up for all five days. Lodging and dinner will be in two cabins behind the Red House administration building in Alleghany State Park. Ten very hungry people need to be fed each day. Foothills has developed a tradition of supporting our work parties. Although this is not a Conservation Trail affair, we do have several maintenance items to attend to in the park on the Conservation Trail. Donna Flood and Jeanne Moog have signed on to demonstrate their culinary skills. We need two more volunteers to provide some hearty food. Please step forward and keep the Foothills tradition alive. Some of you might even team up for one of those meals if doing the entire meal is too big of a task. By the way, any expenses incurred purchasing the food and supplies are fully reimbursable. So, if you do join the roster of past chefs, be sure to keep your receipts. Contact this author, Dave Potzler, at [dpotzler66@wildblue.net](mailto:dpotzler66@wildblue.net), or 949-3295.

# Hiking

## 50<sup>th</sup> Anniversary Hike Series - June 23<sup>rd</sup> and July 14<sup>th</sup> hikes

by Annette Brzezicki

As you read this report please do not think "Same old thing." Our sag people are a very important part of the hike series and without them the hike series would not be possible. They have given up a day in their busy schedules to help the club out. So next time you see them, why not thank them also.

June 23<sup>rd</sup>

This hike was long and hard hike. Fortunately the weather was great. Thanks to our volunteers who manned the much needed sag wagon for us: Joe Chaya, Helen Fredricks, Carol Mallon, Edna Northrup, and Connie Umland. Helen allowed us to store all our goodies at her ski place in Ellicottville near the sag spot. A special thanks to Helen's son, Gary (not a Foothills member), because not only did he mow the field for access for the sag location, but he also carted all the sag goodies over to the spot and put up his canopy so all the goodies could be in the shade. Thanks Gary!

July 14<sup>th</sup>

*This hike was another long and hard hike with 2 sag stations. The weather was - of course - HOT!!!* Again we used Helen Fredricks ski place in Ellicottville as our loading, unloading and storage spot. Everyone met there, loaded up, and headed out to their assigned sag support location. Sally Castren, Helen Fredricks, Carol Mallon, Barb Morrissey and Connie Umland manned our first sag. The second sag we had Edna Northrup and Gloria Potzler.

*Thanks to all the volunteers - you are the best*

From the editor, please don't forget to thank the hike series coordinators: Annette Brzezicki, Jake Kern and Mike Schlicht!

# Fall Potluck

## Fall Potluck and General Meeting October 15<sup>th</sup> Boston Valley Conservation Society

Geri Ciprich will head up the food part of our Fall Potluck. You may want to drop off your pot luck surprise before heading out for the hike. The building has a stove, refrigerator, running water & restrooms.

Directions - from Buffalo - take RT 219 to the Rice Road exit. Turn right onto Rice Rd. go to the 1st stop sign - Zimmerman Road. Turn left onto Zimmerman Road and travel approximately 1 mile - the Boston Valley Conservation Society will be on your right.

White Elephant Sale - bring gently used/unused hiking or camping related items to sell. All proceeds will be donated to the Foothills general fund.

Setup and cleanup helpers are needed - Please plan to help out.

Fee - A donation of \$3.00 per person covers the cost for renting the facility and supplies.

Hike - 10:00 AM - Sherry Schleede (941-5172) and Joe Palermo - will lead the hike this year. The hike will be approximately 5 miles. It may be muddy so be prepared and bring extra cloth/shoes. We will meet at the Boston Valley Conservation Society at 10AM.

Potluck Meal - The meal will be available after the hike - approximately 1PM

General Meeting - Please plan to stay and participate in the club's decision-making at the meeting that will begin at approximately 2PM.

### Hike Rating

1 - Leisurely pace or Nature walk	A - Flat or very gently rolling terrain
2 - Moderate pace	B - Moderate hilly terrain
3 - Brisk, steady pace	C - Steep hills, scrambles possible
4 - Fast pace	

## Hiker's Corner

- **INSURANCE NOTE:** Attention members: Foothills Trail Club carries liability insurance to financially protect all of us in case a participant in a Foothills activity is injured. As a condition of our insurance coverage, every participant in an activity needs to sign the liability waiver before the activity begins. So please make sure you sign the form!
- **Hike Leaders and Hikers:** Before you commit to lead a club hike or plan a personal hike, check the trail conditions to ensure that the trail is open. This information can be found on the FLT website: [www.fingerlakestrail.org](http://www.fingerlakestrail.org). Click on "TRAIL CONDITIONS" and select the map # for your intended hike. Map numbers that appear in ORANGE have trails closures for hunting. Trail conditions are outlined for all the other maps #'s.
- **HIKER RESPONSIBILITY:** We remind you that you, and only you, are responsible for your own actions. Come to our events prepared. Do not participate if the event may present a hazard for which you or your party members are not prepared. If weather is questionable or if you have questions, please call the named hike coordinator; the hike may be canceled. When participating, please respect the coordinator and do not break away from the group without telling them. We suggest you always keep your eye on someone in front of you, and behind you if you are in the lead. Please remember that hike leaders are not guides; they are volunteers, willing to share their knowledge and experience with you. Please give them your cooperation and respect. *The leader has the right to refuse anyone who is not prepared for the outing.* In addition, if the hike leader does arrange carpooling, passengers are expected to contribute toward the cost of transportation. Finally, since there are RISKS INVOLVED in hiking everyone participating does so at his or her own risk.
- **REMEMBER TO RESPECT LANDOWNER RIGHTS:** Stay on the trail, don't take shortcuts, don't walk on crops, don't build fires or camp on private land and NEVER, EVER enter landowner buildings.

## **Hike Leader and Sweep Responsibility by Mike Schlicht**

### **Leader/Coordinator**

The role of a hike leader is to coordinate the various details of making the event a fun, safe and enjoyable activity for all who participate. Hike leaders have the responsibility of planning a hike, informing prospective and participating hikers of the route and arranging a time and place to meet, among many others. In areas where cell phone use is available, the Leader is advised to carry a cell phone.

Once the day (or night) of the hike has arrived, the following details may pertain to the type of hike you have planned and are going to lead:

- **Ensure Foothills Trail Waiver has been signed by all participants**
- Arranging for carpooling to start and end the hike
- Evaluating the weather and canceling a hike if the current or projected forecast warrants such
- Setting the expected hiking pace listed in Tales
- Stopping periodically for water, lunch breaks and nature calls
- Ensuring that everyone is staying with the group
- Visually checking the members of your group to ensure everyone is capable of starting and continuing the hike (visual signs of tiredness, thirst, weather, inadequate preparation/equipment)
- Arranging for a person to end a hike if they cannot continue on (phone someone to pick them up, arrange for a pickup point when the hike leader gets back to their car, call emergency responders)

The Leader/Coordinator must keep track of the group. He or she belongs somewhere in the vicinity of the group and can easily ensure everyone's location. Depending on the size of the group, the hiking skills of each participant, weather, etc., it may be advisable to designate a sweep for the group.

### **Sweep**

The Sweep's responsibility is to ensure that the hiking group stays together and to address matters that the hike leader may not be aware due to his/her proximity near the front of the group. Periodically, hikers may need to make stops to retie shoe laces, adjust equipment or make a nature call and may fall back behind the group to do so. The Sweep must be aware of the fact that one or more hikers may be behind them and to ensure within a reasonable time that they have rejoined the group. The Sweep may also need to communicate to the hike leader on a variety of issues and needs to be capable of calling for the person, sending a request up the line of hikers to the leader or using a cell phone to do so. The Sweep and/or hike leader may have to exchange positions or find another hiker capable of such leadership positions if a hiker cannot continue on in order to tend to their safety and transportation in a time of need.

**FOOTHILLS TRAIL CLUB  
HIKING SCHEDULE  
Sep/Oct 2012**

**Hike Rating**

1 - Leisurely pace or Nature walk	A - Flat or very gently rolling terrain
2 - Moderate pace	B - Moderate hilly terrain
3 - Brisk, steady pace	C - Steep hills, scrambles possible
4 - Fast pace	

**Saturday, Sep 1**

**Trail Maintenance Day**

Our club's mission is to promote, enhance and maintain the Conservation Trail. Maintaining the trail and sprucing it up for the hike series (next E2E hike is September 8th) is necessary thanks to Mother Nature. For meeting time and place, please watch for the Yahoo emails or contact JAKE KERN 716-735-7302 or [j3kern@yahoo.com](mailto:j3kern@yahoo.com)

**Sunday, Sep 2**

**9am**

**9.9 mi**

**3B**

**Bristol Hills Branch Trail of the FLT, Access 11 to Access 8, Map B2**

MEET: at Access 8 and drive to Access 11. Call QUINN WRIGHT 826-1939 if you plan on participating.

**Tuesday Saunter, Sep 4**

**10am**

**2.5 mi**

**1A**

**Birdsong Sanctuary**

MEET: enter Birdsong Road off of Jewett Holmwood. Parking lot is on left hand side. Call LORI HARF 601-7535 or cell 560-1852

**Tuesday, Sep 4**

**6:30pm**

**4 mi**

**2B**

**Stiglmeier Park**

MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

**Wednesday Night Mini-Hike, Sep 5**

**6:30pm**

**3 mi**

**2A**

**Clarence Bike Path**

MEET: in the parking area on Salt Road near Main Street. Call DONNA FLOOD 759-6442

**Thursday, Sep 6**

**6pm**

**5 mi**

**3B**

**Chestnut Ridge Park – Good Cardio Workout**

MEET: in casino parking lot. We will be hiking on the road. Call GUS PHILLIPS 646-5034

**Friday, Sep 7**

**6:30pm**

**6 mi**

**2A**

**Evening Riverwalk**

MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda. Call CONNIE UMLAND 833-3851

**Saturday, Sep 8**

**Conservation Trail End-to-End #5**

**Sunday, Sep 9**

**1:30pm**

**4-4.5 mi**

**2B**

**Akron Falls County Park**

MEET: at Cummings Lodge. Call JOE CHAYA 439-0062

Bring lunch on all day hikes

The weather may force cancellations. If in doubt, check with coordinator.  
Always check trail conditions before you hike at: [www.fingerlakestrail.org](http://www.fingerlakestrail.org)

A good hiker leaves NO TRACES

For further details visit [www.foothillstrailclub.org](http://www.foothillstrailclub.org)

**FOOTHILLS TRAIL CLUB  
HIKING SCHEDULE  
Sep/Oct 2012**

**Hike Rating**

- |                                   |   |
|-----------------------------------|---|
| 1 - Leisurely pace or Nature walk | A - Flat or very gently rolling terrain |
| 2 - Moderate pace                 | B - Moderate hilly terrain              |
| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Tuesday Saunter, Sep 11** **10am** **4-5 mi** **1A**  
**Ellicott Creek Bike Path**  
MEET: at North Forest Road between Maple Road and West Klein Road.  
Call ANNE BEITER 835-9728

**Tuesday, Sep 11** **6:30pm** **4 mi** **2B**  
**Stiglmeier Park**  
MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

**Wednesday Night Mini-Hike, Sep 12** **6:30pm** **3 mi** **2A**  
**Ellicott Creek Trailway**  
MEET: at parking area on North Forest Road north of Maple Road.  
Call DEE McCARTHY 866-1233

**Thursday, Sep 13** **6pm** **5 mi** **3B**  
**Chestnut Ridge Park – Good Cardio Workout**  
MEET: in casino parking lot. We will be hiking on the road. Call GUS PHILLIPS 646-5034

**Friday, Sep 14** **6:30pm** **6 mi** **2A**  
**Evening Riverwalk**  
MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda.  
Call CONNIE UMLAND 833-3851

**Saturday, Sep 15** **10am** **5 mi** **2B**  
**Foothills Annual Potluck and General Meeting**  
MEET: at Boston Valley Conservation Society on Zimmerman Road. Sherry Schleede and Joe Palermo will coordinate the hike. The trail may be muddy. So be prepared and bring extra clothes/shoes for afterwards. There is a half-hike option for those who do not want to do five miles. Call SHERRY 716-254-6527

**Sunday, Sep 16** **2B**  
**Conservation Trail End-to-End Shorter Hike #5A**  
MEET: at Route 20A Park & Ride, off of Route 219, if you want to carpool. Otherwise, you can meet at the trailhead. Call JOHN BURNHAM 684-6732 or 510-6223 (cell) for details.

or

**Sunday, Sep 16** **9am** **10.7 mi** **3B**  
**Bristol Hills Branch Trail of the FLT, Access 11 to Access 16, Maps B2 & B3**  
MEET: at Access 16 and drive to Access 11. Call QUINN WRIGHT 826-1939 if you plan on participating.

**Tuesday Saunter, Sep 18** **10am** **3-4 mi** **1A**  
**Outer Harbor - China Light - Fuhrmann Bike Path**  
MEET: at US Coast Guard, north end of Fuhrmann Blvd. Park on Fuhrmann Blvd.  
Call ELLEN GIBSON 882-3488

Bring lunch on all day hikes  
The weather may force cancellations. If in doubt, check with coordinator.  
Always check trail conditions before you hike at: [www.fingerlakestrail.org](http://www.fingerlakestrail.org)  
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For further details visit [www.foothillstrailclub.org](http://www.foothillstrailclub.org)



**FOOTHILLS TRAIL CLUB  
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Sep/Oct 2012**

**Hike Rating**

- |                                   |   |
|-----------------------------------|---|
| 1 - Leisurely pace or Nature walk | A - Flat or very gently rolling terrain |
| 2 - Moderate pace                 | B - Moderate hilly terrain              |
| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Tuesday, Sep 18** **6:30pm** **4 mi** **2B**  
**Stiglmeier Park**

MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

**Wednesday Night Mini-Hike, Sep 19** **6:30pm** **3-4 mi** **1A**  
**Williamsville Escarpment to Glen Park**

MEET: in Wegman's parking lot, Sheridan Drive and Essjay Road, first entrance.  
Call GAYLE SYTY 691-6750

**Thursday, Sep 20** **6pm** **5 mi** **3B**  
**Chestnut Ridge Park – Good Cardio Workout**

MEET: in casino parking lot. We will be hiking on the road. Call GUS PHILLIPS 646-5034

**Friday, Sep 21** **6:30pm** **6 mi** **2A**  
**Evening Riverwalk**

MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda.  
Call CONNIE UMLAND 833-3851

**Saturday, Sep 22** **10am** **5 mi** **2A**  
**Eighteen Mile Creek**

MEET: at the Tops Market on South Park Avenue near Clark Street in the Village of Hamburg.  
We will carpool to the parking area at the end of South Creek. Call WENDY EDSON 512-0124

**Sunday, Sep 23** **1:30pm** **3.5 mi** **1A**  
**Explore Buffalo! Delaware Avenue / North Street / Porter Avenue**

MEET: at Spot Coffee, corner of Delaware Avenue and Chippewa Street. We will walk on two of Allentown's most beautiful residential streets. We will also walk past some of Buffalo's most famous buildings including two churches which were restored and now house the Karpeles Manuscript Museums. We will stop for a short while in each museum.  
Call ELLEN GIBSON 882-3488 or KATHY FOOTE 675-3989

**Tuesday Saunter, Sep 25** **10am** **4 mi** **1A**  
**Amherst Canalway Trail**

MEET: at Buffalo Niagara Heritage Village and Museum at Amherst (formerly the Amherst Museum), parking lot in the rear. Call MARIE SCHILLO 832-1921

**Tuesday, Sep 25** **6:30pm** **4 mi** **2B**  
**Stiglmeier Park**

MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

**Thursday, Sep 27** **6pm** **5 mi** **3B**  
**Chestnut Ridge Park – Good Cardio Workout**

MEET: in casino parking lot. We will be hiking on the road. Call GUS PHILLIPS 646-5034

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HIKING SCHEDULE  
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3 - Brisk, steady pace	C - Steep hills, scrambles possible
4 - Fast pace	

**Friday, Sep 28** **6:30pm** **6 mi** **2A**  
**Evening Riverwalk**  
MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda.  
Call CONNIE UMLAND 833-3851

**Saturday, Sep 29**  
**Conservation Trail End-to-End #6**

**Saturday, Sep 30**  
**Conservation Trail End-to-End #7**

**Tuesday Saunter, Oct 2** **10am** **4 mi** **2B**  
**Knox Farm State Park**  
MEET: in parking lot off Route 16 (Seneca Street) near Bowen Road.  
Call JEANNE MOOG 652-6190

**Saturday, Oct 6** **10am** **6 mi** **2A**  
**Youngstown to Lewiston**  
MEET: in Tops parking lot in Lewiston, NY. We will walk on the flat bike path.  
Call JAKE KERN 716-735-7302 or [j3kern@yahoo.com](mailto:j3kern@yahoo.com)

OR

**Saturday, Oct 6** **9am** **14.2 mi** **3B**  
**Letchworth Branch Trail, Map L1, Access A to Access F**  
MEET: at Access F and we will drive to Access A. Call QUINN WRIGHT 826-1939 if you plan on participating.

**Sunday, Oct 7** **10am** **2 mi** **1A**  
**Explore Buffalo! Downtown Architecture**  
MEET: at Robert Adams Parking Garage on Ellicott Street between Eagle and North Division. In October 2011 Buffalo was host to the National Preservation Conference which brought visitors from around the world to see our famous architecture. We will stroll around downtown and view some of those buildings. Call ANNE BEITER 835-9728

**Tuesday Saunter, Oct 9** **10am** **3-4 mi** **2B**  
**Chestnut Ridge Park**  
MEET: in the casino parking lot. Call FRANK OCCHIUTO 651-9877

**Saturday, Oct 13** **11am** **6 mi** **2C**  
**Letchworth State Park – Hike to follow Trail #1 along gorge**  
MEET: at the Glen Iris Inn parking lot. For carpooling, meet at Stiglmeier Park (first lot on the left upon entrance) at **9am sharp**. Confirm if rain or, for further information, call KATHY or FRANK OCCHIUTO 651-9877 (868-2119 day of hike)

OR

**Bring lunch on all day hikes**  
The weather may force cancellations. If in doubt, check with coordinator.  
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**Hike Rating**

1 - Leisurely pace or Nature walk      A - Flat or very gently rolling terrain  
2 - Moderate pace                              B - Moderate hilly terrain  
3 - Brisk, steady pace                        C - Steep hills, scrambles possible  
4 - Fast pace

- |  |                |                 |           |
|--|----------------|-----------------|-----------|
| <b>Saturday, Oct 13</b><br><b>Letchworth Branch Trail, Map L1 &amp; L2, Access F to Access M</b><br>MEET: at Access M and we will drive to Access F. Call QUINN WRIGHT 826-1939 if you plan on participating.  | <b>9am</b>     | <b>11.3 mi</b>  | <b>3B</b> |
| <b>Sunday, Oct 14</b><br><b>Lewiston</b><br>MEET: in the CVS parking lot on Center Street. We will walk on the road, sidewalks and the trail. Call DEBBIE HARDEN <b>after Thursday</b> 405-7121  | <b>9:30am</b>  | <b>4-5 mi</b>   | <b>2A</b> |
| <b>Tuesday Saunter, Oct 16</b><br><b>Emery Park</b><br>MEET: at south side parking lot. Call JEANNE MOOG 652-6190  | <b>10am</b>    | <b>2-3 mi</b>   | <b>2B</b> |
| <b>Saturday, Oct 20</b><br><b>Akron Falls County Park</b><br>MEET: at Cummings Lodge. Call JOE CHAYA 439-0062  | <b>10am</b>    | <b>4-4.5 mi</b> | <b>2B</b> |
| <b>Sunday, Oct 21</b><br><b>Beaver Meadow Audubon Nature Preserve</b><br>MEET: in the parking lot at the road at 1610 Welch Road, North Java.<br>Call BARB MACH 1-585-457-9892 or JEANNE MOOG 652-6190 (445-3179 day of hike)  | <b>10:30am</b> | <b>3-4 mi</b>   | <b>2B</b> |
| <b>Tuesday Saunter, Oct 23</b><br><b>Woodlawn Beach</b><br>MEET: at Woodlawn Beach parking lot. Call ARLENE GUTHRIE 208-6319   | <b>10am</b>    | <b>3 mi</b>     | <b>1B</b> |
| <b>Saturday, Oct 27</b><br><b>Zoar Valley</b><br>MEET: at the Route 20A Park & Ride, off of Route 219, in Orchard Park. Hike the north rim of Zoar Valley and eat your lunch overlooking the Cattaraugus Creek South Branch.<br>Call ROY TOCHA 254-4285 or RRTocha@yahoo.com | <b>9:30am</b>  | <b>6 mi</b>     | <b>2B</b> |
| <b>Sunday, Oct 28</b><br><b>Margaret Louise Park</b><br>MEET: at the Dash's plaza on Hopkins Road near Klein Road. Call GAYLE SYTY 691-6750  | <b>10:30am</b> | <b>3 mi</b>     | <b>1A</b> |
| <b>Tuesday Saunter, Oct 30</b><br><b>Time Beach &amp; Nature Preserve – the Greenway Trail</b><br>At the Tiff Street exit, go down Fuhrmann Blvd. and follow the signs to the Coast Guard station. Park on Fuhrmann Blvd. Call ARLENE GUTHRIE 208-6319                       | <b>10am</b>    | <b>3-4 mi</b>   | <b>1A</b> |

Bring lunch on all day hikes  
The weather may force cancellations. If in doubt, check with coordinator.  
Always check trail conditions before you hike at: [www.fingerlakestrail.org](http://www.fingerlakestrail.org)  
A good hiker leaves NO TRACES  
For further details visit [www.foothillstrailclub.org](http://www.foothillstrailclub.org)