

VHT Pathfinder

The Official Newsletter of Victor Hiking Trails, Inc.

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National Trails Day

By Dave Wright

We didn't have as large of a turnout as we wanted, but they were all great hikers.

After a delicious continental breakfast at the Fishers Firehouse on High Street, everyone was ready for a great five-mile hike.

We had only gone about 100 yards when Brian Emelson, our Victor Parks and Recreation Director, rolled his ankle over going down a hill and landed his knee on a rock. OUCH!!! Being the true athlete that he is, he shook it off and walked the rest

of the way without a single complaint.

Our next mishap was with Larry Fisher's van. After a short rest on Willowbrook Road, the battery decided to give it up. So Chauncy Young ran back to the parking lot (about one-mile up and over the hill) to get Jeff Hennick's car and jumper cables. Once the van started, it wasn't going to be turned off until the new Sears battery was installed!

This was an experience that may will remember fondly for years to come.

See page 4 for pictures.

Adirondack Spring Adventure

"It was an AWESOME weekend of hiking! The trail was especially scenic hiking along the Ausable River. The view of the Ausable Lakes from the top of Indian Head was spectacular...just like a fjord! Also, I am very impressed with the FLEXIBILITY of the Victor Hiking group!!! You folks have always been easy and fun to be around and adding "mountain-top YOGA" to the itinerary makes you the most flexible (and fun) Hiking Group ever!!! Thanks for a great weekend!" Jackie.

That pretty much says it all. The only way to add to that is a few pictures. See page 5.



HIKES FOR 2007

VHT 2007 Officers:

Dave Wright- Chairman
 Jeff Hennick- Vice Chairman
 Nat Fisher- Secretary
 Chauncy Young- Treasurer
 Carol MacInnes- Trailmaster
 Larry Fisher- Trail Boss
 David Coleman- Membership
 Ruth Nellis- Education
 Open- Historian

VHT Pathfinder

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The Victor Hiking Trails Pathfinder is published quarterly for the members of Victor Hiking Trails, Inc. We encourage submissions of letters, editorial items and advertising pertaining to trails, Victor and the environment.

To submit articles for the *VHT Pathfinder*, please contact:

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Jun. 9- Mendon Ponds Park, ADK Outdoor Expo. Meet at the VHT tent at 100 Acre Pond Beach area at 9:30 a.m. The hike will cover some of the trails in the park and return to the EXPO area. There will be many trail organizations present as well as businesses that cater to the outdoor enthusiasts.

Jul. 14- Briggs Gully and Clark's Gully creek walks. Bring your water shoes, a towel, maybe extra socks, bathing suit or shorts that dry quickly. Might need sturdy hiking boots for some of the hike. Bring a bag lunch and something to drink.

Aug. 11- Garnsey Road, McCord Woods and Horizon Hill. These local trails in Perinton are maintained by Crescent Trails. Lots of up and down hiking. Bring water and plan on going for an ice cream after the hike.

Sep. 1- Ring of Fire at Bare Hill. This evening event is hosted by Friends of Ganondagan. It celebrates the end of summer. Bring a blanket and a picnic dinner to enjoy while you watch the sun set. Meet at the DEC preserve at 6:00 p.m.

Sep. 8- Hang Around Victor Day and Victor Fest. Come visit our booth during the day and plan on coming to the Victor Firemen's Memorial field on Maple Ave. for dinner and dessert. Like last year, VHT will be selling homemade desserts.

Oct. 13- Finger Lakes Trail, Bristol Branch. Still deciding which section to hike.

Nov. 10- New Town of Webster Trails.

Dec. 8- Helmer Nature Center, Durand Eastman Park and new Lakeshore Trail at Seabreeze.

Note: Please check the message line at 585-234-8226 for details. All hikes meet at Victor Town Hall rear parking lot at 9:00 a.m. unless otherwise noted. Most hikes are relatively easy and take 2-4 hours. We usually car pool to the trailhead. If you have any questions regarding any of the hikes, or if you have suggestions for places to hike, please leave a message.

Past Hikes

Apr. 14- TURNING POINT PARK

This was a cool but sunny morning, as you can see in the picture to the right. We pedaled on the new boardwalk over the basin and the new macadam trail along the Genesee River all the way to the end of the pier. After returning to our starting point we decided to take the trail to the south, following Lake Avenue to Kodak Park. We took the pedestrian bridge across the river to Seneca Park Zoo. Next year we need to do this in the fall and make it a loop ride on both sides of the river.



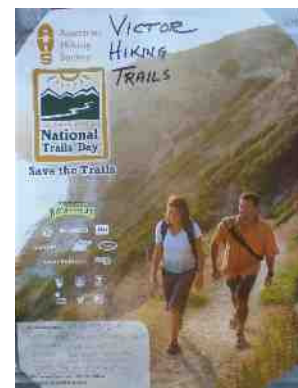
May 12- GANARGUA CREEK MEADOW PRESERVE, MARYFRANCES BLUEBIRD HAVEN AND MONKEY RUN TRAILS

Nine hikers and three dogs spent a beautiful morning discovering new trails as well as familiar trails in our area. These were easy walks and good trails for seeing spring wildflowers in bloom. Trail maps are available on our website.



June 2- NATIONAL TRAILS DAY

See story on page 1.



Yoga on the Thruway



Photo and story by Larry Fisher.

After a few hours of traveling back to Victor from the Adirondacks, some of us opted for some yoga poses in the parking lot of a Thruway service area. Sue, Jackie and Dave are shown doing the side plank pose (Vasisthasana). It certainly helped to get rid of some of the stiffness we all after riding for hours in our cars the day after a long hike. We may have to turn this into a tradition! Namaste everyone.



National Trails Day hikers ready to trek the Seneca, Auburn and Trolley Trails.

Photo by Carole Fisher.

LOOKING FOR DAYTIME VOLUNTEERS

As some of us move into retirement, we have more time available during the daytime hours for doing some trail work. At our last meeting we discussed the possibility of scheduling a trail maintenance session during the week, perhaps for an hour or two anytime between 8:00 AM to 3:00 PM. Another possibility is a list of volunteers willing to be called when the need arises, for example, when a scheduled session gets rained out. If you are interested in a scheduled daytime trail maintenance session or would be willing to help out occasionally, please give Larry Fisher a call at 924-5803 or email him at lfisher1@rochester.rr.com to discuss the possibilities.

More pictures from the Adirondacks.



Climbing For Cancer – Journeys of Inspiration

Imagine, if you will, forty hikers, who are either cancer survivors or, whose lives have been significantly affected by cancer, joining together from all four compass directions at the summit of the highest mountain in Africa.

An effort is underway right now called "Journeys of Inspiration" and the spirit is building. At sunrise, March 2, 2008, forty hikers will meet at the summit of Mount Kilimanjaro.

We are there to celebrate the struggles, the courage of spirit, and the sharing of community. We are doing this to celebrate our own survival and an appreciation of life. We have faced the scourge of cancer ourselves or have been impacted by the disease in our loved ones. We join together on this climb of Mount Kilimanjaro to spread courage and hope to the world that cancer can be beaten. A dramatic and highly emotional event such as people coming from all sides of Kilimanjaro is but one component of this project.

We can not make this climb alone; nor can we live on this planet isolated in our countries. We share the climb with the Africans that assist us, the community at home supporting us, and we step Out of Africa for at least a brief period to demonstrate what is possible in a world community.

The project is a splendid collaboration between Pack, Paddle & Ski of Lima, New York and the American Cancer Society.

To date thirty one climbers have signed on and fund raising teams are actively raising money for both the costs of the trip and American Cancer Society. We have a goal of raising \$100,000 for the American Cancer Society to fund the struggle against cancer.

Perhaps you too have been touched by cancer and might be inspired to become involved. We are looking for at least nine more climbers to join us for this adventure of a lifetime.

Support for our effort can also be demonstrated by participating in what we call our "Nearby Journeys". These are one-day outdoor events to help us revel in the spirit of this undertaking. There was a Torchlight Paddle on May 26. Future events include a Waterfall Hiking on June 17; a Bike Ride for Inspiration on July 14; and Yoga and Fall Trail Hiking on October 21.

You can also participate in one of our upcoming fund rais-

ers: "Casino Night" on June 9th or a night of climbing at Rock Ventures on June 10th.

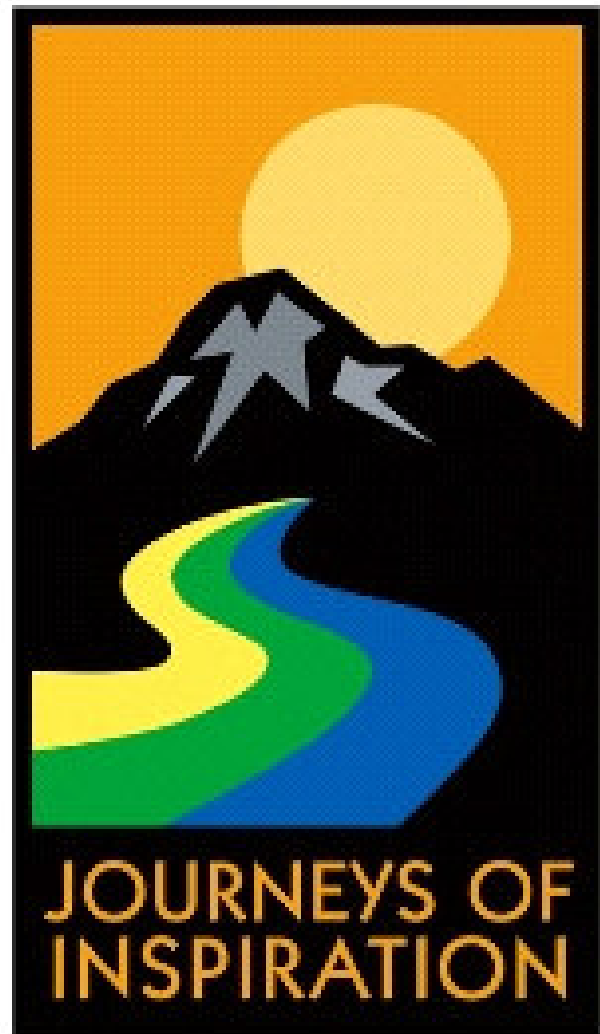
For more information about Journeys of Inspiration, you can contact:

Pack, Paddle & Ski at 585-346-5597, or the American Cancer Society at 585-288-1951 x108.

You can also view our website at www.JourneysOfInspiration.com.

And Thank You for Your Support!

- David Coleman



Chauncy Young, CFP®
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Do you want to grow your business and support a non-profit organization at the same time?
Your message in this space would do that..
Call 234-8226 for additional information.



New bridge over White Brook finished

Over the course of several weekends a new footbridge was built and placed over White Brook to enhance one of the loop trails in Monkey Run. Several VHT members, with help from some Victor Teen Adventure Club members, dug footers, filled them with concrete, placed the supports and nailed down the decking. Congratulations and thank you to all.



Victor Hiking Trails, Inc.
85 East Main Street
Victor, NY 14564



Filling the gaps in Victor

Check out our website at
www.victorhikingtrails.org

Message line:
585-234-8226

Time to renew your membership?

Please look at the mailing label.

The first line contains the month and year that your membership expires.
If you are past due, please send a check today.

Yes, I want to join / renew membership in VHT!

Name _____ Date _____

Address _____

City _____ Zip _____

Phone (____) _____ - _____

E-Mail _____

I would like my newsletter (please check one) Mailed _____ E-mailed _____

I can help with: Trail Acquisition _____ Trail Maintenance _____ Trail hikes _____
Newsletter _____ Fund Raising _____ Special Events _____ History / Education _____

Amount submitted \$10 _____ \$20 _____ \$100 _____ \$250 _____ other \$ _____

Victor Hiking Trails, Inc is a 501 (c)(3) non-profit organization.

Make check payable to: VICTOR HIKING TRAILS, INC.

And mail to: 85 EAST MAIN STREET, VICTOR, NY 14564