



VHT Pathfinder

25 YEARS AND GROWING

Volume 23, Issue 1
Spring, 2018

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We've come a long way baby

As our tag line above states, we have been working on a system of trails in Victor for 25 years. We are proud of what we have accomplished and we have plans for the future. So we will continue to grow and improve our trails, connect with our neighboring towns and encourage residents and guests to use the trails.

Recently, we compiled a list of our major achievements, including new trails, bridges and boardwalks for the trails, tree identification signs, benches, picnic tables, a kiosk, a gazebo and a pavilion. We have mile posts on the Auburn and Lehigh Trails. And we have commissioned and encouraged art on the trails.

Thanks to our partnerships with Victor Parks and Recreation, youth groups like the Boy Scouts of America, Victor school groups, Ganondan State Historic Site and many volunteers, we have been able to open and maintain over 60 miles of multi-use trails in Victor.

Our Auburn Trail connects with Farmington to the southeast and Perinton and Pittsford to the northwest. Our Lehigh Trail connects to our western neighbors, Mendon, Rush and the Genesee Valley Greenway. We recently connected Dryer Road Park and Lehigh Crossing Park with the Dryer Trail. Our Seneca Trail connects Crescent Trails in Perinton with Boughton Park in East Bloomfield.

Since 1996, 36 bridges have been built by volunteers. 16 separate boardwalks, totaling 1,890 feet, have been laid down. Since 2000, the town has acquired 139 acres of parkland. There are trails in all of the parks and they are maintained primarily by the town. Three of the trails have nature signs telling about the different trees.

Maintaining these trails is a labor of love for many of us. We are out on the trails 3 times a week from late April to October. On page 6 you will find our schedule for the first half of the season. We would love to have you join us for a session or two.

Spring cleanup is scheduled for **Saturday, April 28th at 9:00 A.M.** at the Bed Bath and Beyond parking lot, across from East View Mall. Join us for an hour or two. You will be glad you did.

VHT 2018 Officers:

Dave Wright– Chairman
 Jeff Hennick– Vice Chairman
 Lisa Roberts– Secretary
 Ruth Rugaber– Treasurer
 Carol MacInnes– Trailmaster
 Chauncy Young– Trail Boss
 Denni Harbaugh– Membership
 Ralph Weber – Education
 Suzy Paquin— Volunteer
 Coordinator
 Lisa Roberts — Social Media
 Coordinator
 David Coleman— Camping
 Larry Fisher—Parks Liaison

VHT Pathfinder

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 Spring 2018
*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.
 Ask about our rates.
 To submit articles for the
VHT Pathfinder, please
 contact:

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www.victorhikingtrails.org
 Also on Facebook
 and Meetup
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VHT MONTHLY HIKES FOR 2018

Apr. 14– Webster Park, corner of Holt and Lake Roads
 May 12– Lehigh Crossing Park
 Jun. 2– National Trails Day in Victor
 Jun. 9– ADK Outdoor Expo, Hike in Mendon Ponds Park
 Jul. 14– Bristol Mt. South, Seman Road to Naples
 Aug. 11– Conklin Gully Creek Walk
 Sep. 1– Ring of Fire at Bare Hill Recreation Area
 Sep. 8– Hang Around Victor Day, Village Hike
 Sep. 30- VHT Challenge Hike on the Seneca Trail
 Oct. 13– Hi Tor FLT, Bristol Hills Section
 Nov. 10– Abraham Lincoln Park
 Dec. 8– Dryer Road Park

Note: Please check the message line at 585-234-8226 for details and last minutes updates. Also, if you join Meetup, Victor Hiking Trails, you will get notifications of hikes and other events, reminders if you are signed up for a hike and last minute changes.

All hikes meet at Victor Town Hall rear parking lot, 85 East Main Street, at 9:00 a.m. unless otherwise noted. Most hikes are relatively easy and take 2-3 hours. Always bring a snack and something to drink. Dress for the weather. We rarely cancel due to inclement weather.

We usually carpool to the trailhead. Expect to share the cost of gas with the driver. If you have any questions regarding any of the hikes, or if you have suggestions for places to hike, please leave a message at 585-234-8226.

Again this year we have scheduled several hikes in Victor or the surrounding communities. We are also leading shorter and easier hikes to encourage families and younger hikers to join us. Based on the success of past years we will again be adding an educational element to some of the hikes.

We only hike as fast as the slowest hikers, so don't worry about not keeping up. If we need to split into more than one group, that is not a problem. **Come enjoy the fun.**

NOTE: There are several hiking Meetup groups in our area that schedule hikes in Victor. If you like to hike, join those Meetup groups as well.

Past Hikes

Jan. 13– Harriet Hollister Spencer State Recreation Area. This hike was cancelled. Too much snow on the roads for safe driving.

Feb. 10– Victor Winter fest, Fishers Park. Two hikes we conducted in conjunction with the Winter Fest; one in the morning for our regular monthly hike and one in the afternoon for families. We also had a display table inside to show the community what is happening on the trails.



Photo by Paul Knerr

Feb. 28– Moonlight hike. This was a special hike that met at Fishers Fire Station 1 and hiked on the Auburn, Domine, and Lehigh Trails. The clouds cooperated and the moon was shining so flashlights were not needed.



Photo by Paul Knerr



Photo by Laura Venable Curtis

Mar. 10– Mendon Ponds Park. Due to some last minute schedule changes and a mix-up on the meeting address, this hike did not happen. Apologies to those that came.

VHT Meetup Group is growing

Now you can find VHT on Meetup. No cost to join. There are over 700 members as of March.

This is another means of communicating our monthly hikes, weekly trail maintenance sched-

ule, scout projects and special events.

To join, search for Victor Hiking Trails Meetup or go to this:

<http://www.meetup.com/Victor-Hiking-Trails-Meetup/>

More Hikes and Events in Victor

TBD— Bridge or boardwalk building. We have received a grant for \$1600 from the American Hiking Society to build a small bridge on the Seneca Trail near the north end of Boughton Park. We can now plan on the design and construction of the bridge and the improvements of several culverts where the trail goes through the woods on the Duvall property. We might even have a Boy Scout interested in doing this as an Eagle project.

Spring, 2018— Build and install ramps on a bridge in 100 Acre Woods.

Genesee Valley Hiking Group

Note: These are Genesee Valley Hiking Club hikes. You are encouraged to join their group and sign up for their Meetup group. Yearly dues are only \$8/household.

March 31, Saturday 3 P.M. Moderate 6 mile out and back hike on the Lehigh Trail from Mendon Meadows. Meet at Mendons Meadows Grocery, 51 Assembly Drive in Mendon.

April 15, Sunday 9 A.M. Moderate 5-6 mile hike in Mendon Ponds Park. Meet at the Nature Center parking lot.

April 22, Sunday 3 P.M. Moderate 5-7 mile hike on the Lehigh and Domine Trails and through Fishers Park. Meet at Mendon Meadows Grocery, 51 Assembly Drive in Mendon. Refreshments after the hike at the Cottage Hotel.

May 19, Saturday 9 A.M. Moderate 5 mile hike on the Auburn, Trolley, and Lehigh Trails. Meet at Lehigh Crossing Park, 7350 Victor-Mendon Road.

May 20, Sunday 8 A.M. Strenuous, hilly 5-6 mile hike in Boughton Park. Meet behind Victor Town Hall, All cars will need a parking permit or pass. Carpool to the park.

How to Prevent Blisters

A blister can turn the greatest hike into a nightmare. Blisters are the most common foot ailment suffered while hiking. Even a short hike can seem like an eternity if a blister has formed on your foot. Blisters develop anywhere on the foot or body where there is irritating friction. Shoes, clothing and skin

rubbing against skin creates friction. Sweating skin is more prone to blisters than dry skin. It is better to prevent blisters than it is to treat blisters once they develop. There is nothing like a painful blister or two to ruin your sporting activities.

Prevent Blisters on the Feet

Wear shoes that fit well. Shoes that are too tight squeeze and rub skin on the foot, causing blisters. Shoes that are too big move around on the foot, creating blister-causing friction.

Break in new shoes. Stiff new shoes are blister-causing culprits. A hike, bike, walk or run is not the time to break in shoes. Break in new shoes by wearing them for short periods each day for a week before using them for sports activities.

Wear socks made of synthetic materials to keep the feet from sweating. Shop at athletic supply stores for socks made of moisture-wicking materials. Moisture-wicking socks pull moisture away from the skin, keeping the feet dry.

Tape blister-prone areas with bandages, athletic tape or zinc oxide tape to create a barrier between the foot and shoe. Place tape on the skin so that it sits smooth without any wrinkles. Wrinkles in the tape will only aggravate the skin more and increase the likelihood of blisters.

Use an athletic foot spray or foot powder to keep the feet dry.

Prevent Blisters on the Body

Wear clothing made of synthetic moisture-wicking materials to keep the skin dry.

Choose clothing that is snug but not too tight. Tight clothing irritates and rubs the skin. Loose clothing moves around and creates friction that leads to blisters. Look for clothing that does not have thick seams that could rub on the skin.

Apply body powder on the skin to keep skin dry. Or, if you prefer, apply a body oil or petroleum jelly to the skin so that the skin glides smoothly against itself and clothing, without irritating friction.

Article Written By Rose Kivi

Rose Kivi has been a writer for more than 10 years. She has a background in the nursing field, wildlife rehabilitation and habitat conservation. Kivi has authored educational textbooks, patient health care pamphlets, animal husbandry guides, outdoor survival manuals and was a contributing writer for two books in the Uncle John's Bathroom Reader Series.

Trail Maintenance Schedule

Date	Day	Time	Trail	Section
4/14/2018	Saturday, April 14, 2018	9:00 AM	Monthly Hike	Webster Parks
4/21/2018	Saturday, April 21, 2018	10:00 AM	Arbor Day	Harlan Fisher Park - Plant Trees
4/27/2018	Friday, April 27, 2018	7:30 AM	Trail Sweep	Trails sweep weekend - check out the trails and repo
4/28/2018	Saturday, April 28, 2018	9:00 AM	Trail Sweep	Trails sweep weekend - check out the trails and repo
4/29/2018	Sunday, April 29, 2018	9:00 AM	Trail Sweep	Trails sweep weekend - check out the trails and repo
4/30/2018	Monday, April 30, 2018	6:00 PM	Maint: Seneca	Judson/Duval - Cherry St to Apple Farm & Boughton Park
5/2/2018	Wednesday, May 02, 2018	6:00 PM	Maint: Seneca	Ganondagan - Boughton Rd (CR 41) thru the Apple Farm
5/7/2018	Monday, May 07, 2018	6:00 PM	Maint: Seneca	Ganondagan - Dryer Rd to School St
5/9/2018	Wednesday, May 09, 2018	6:00 PM	Maint: Seneca	Fishers Ridge - Willowbrook to Rt 96
5/12/2018	Saturday, May 12, 2018	9:00 AM	Monthly Hike	Lehigh Crossing Park, Omnitech & West from Rte 251
5/14/2018	Monday, May 14, 2018	6:00 PM	Maint: Seneca	Behind Plazas - High Street to Willowbrook
5/16/2018	Wednesday, May 16, 2018	6:00 PM	Maint: Seneca	High Point - County Line to High St
5/21/2018	Monday, May 21, 2018	6:00 PM	Maint: Trolley	Lehigh Crossing Park, Omnitech & West from Rte 251
5/23/2018	Wednesday, May 23, 2018	6:00 PM	Maint: Trolley	Trolley Trail - East from Rte 251 & Seneca to woods
5/25/2018	Friday, May 25, 2018	7:30 AM	Maint: Mixed	Domine , Fishers Landing and FLCC Trails
5/28/2018	Monday, May 28, 2018	6:00 PM	Holiday	
5/30/2018	Wednesday, May 30, 2018	6:00 PM	TBD	Prep for National Trails Day?
6/1/2018	Friday, June 01, 2018	7:30 AM	TBD	Prep for National Trails Day?
6/2/2018	Saturday, June 02, 2018	7:30 AM	National Trails Day	FLCC
6/4/2018	Monday, June 04, 2018	6:00 PM	Maint: Monkey	Monkey Run all trails - come in gas line road
6/6/2018	Wednesday, June 06, 2018	6:00 PM	Maint: Auburn	New Trail - Carington Way to Dryer Rd
6/9/2018	Saturday, June 09, 2018	8:00 AM	ADK Expo	Booth and lead hike at 10 AM
6/11/2018	Monday, June 11, 2018	6:00 PM	Maint: Mixed	100 Acre & Blue Bird Sanctuary
6/13/2018	Wednesday, June 13, 2018	6:00 PM	Maint: Fishers Park	Fishers Park all trails including connecting trail to Lehigh
6/18/2018	Monday, June 18, 2018	6:00 PM	Maint: Seneca	Judson - Cherry St to Apple Farm
6/20/2018	Wednesday, June 20, 2018	6:00 PM	Maint: Seneca	Duval - Cherry St to Boughton Park
6/25/2018	Monday, June 25, 2018	6:00 PM	Maint: Seneca	Ganondagan - Boughton Rd (CR 41) thru the Apple Farm
6/27/2018	Wednesday, June 27, 2018	6:00 PM	Maint: Seneca	Ganondagan - Dryer Rd to School St
7/2/2018	Monday, July 02, 2018	6:00 PM	Maint: Seneca	Fishers Ridge - Willowbrook to Rt 96
7/4/2018	Wednesday, July 04, 2018	6:00 PM	Holiday	
7/9/2018	Monday, July 09, 2018	6:00 PM	Maint: Seneca	Behind Plazas - High Street to Willowbrook
7/11/2018	Wednesday, July 11, 2018	6:00 PM	Maint: Seneca	High Point - County Line to High St
7/14/2018	Saturday, July 14, 2018	8:00 AM	Monthly Hike	Bristol Mountain South to CR 34
7/16/2018	Monday, July 16, 2018	6:00 PM	Maint: Auburn	New Trail - Carington Way to Dryer Rd
7/18/2018	Wednesday, July 18, 2018	6:00 PM	Maint: Trolley	Trolley Trail - East from Rte 251 & Seneca to woods
7/23/2018	Monday, July 23, 2018	6:00 PM	Maint: Seneca	Ganondagan - Boughton Rd (CR 41) thru the Apple Farm
7/25/2018	Wednesday, July 25, 2018	6:00 PM	Maint: Trolley	Lehigh Crossing Park, Omnitech & West from Rte 251
7/27/2018	Friday, July 27, 2018	7:30 AM	Maint: Mixed	Domine , Fishers Landing and FLCC Trails
7/31/2017	Monday, July 31, 2017	6:00 PM	Maint: Monkey	Monkey Run all trails - come in gas line road

Start Location Description	Start Location
Meet Behind the Town Hall and carpool	42.982914,-77.407882
rt back to see what needs to be done	
rt back to see what needs to be done	
rt back to see what needs to be done	
Trailhead past the barns on Cherry Street	42.943960,-77.421942
Metal Barns south of CR 41 just west of School St	42.960211,-77.425160
Trailhead RG&E substation on Dryer Rd	42.974362,-77.412801
Fishers Ridge sign on Willowbrook just east of Rowley Rd	43.006161,-77.436962
Lehigh Crossing Park parking area off Rte 251 about 1/4 south of Rte 96	42.995345,-77.437049
Trailhead south end of Victor Crossing Plaza (Goodwill)	43.020055,-77.438873
Follow High Point Drive to top of the hill and west side of parking area	43.030133,-77.435675
Lehigh Crossing Park parking area off Rte 251 about 1/4 south of Rte 96	42.995345,-77.437049
Trailhead on Rte 251 just north of the Auburn Trail	42.992944,-77.436640
Lehigh Trailhead where it crosses Wangum Rd	43.001685,-77.469685
FLCC Victor Campus	42.961622,-77.415590
Trailhead on Valentine Rd	43.024455,-77.409797
Trail Head toward the southern end of Carington Way	42.982268,-77.442434
Beach Parking area - Mendon Ponds Park	43.029110,-77.558362
Trailhead South end of Yale Court then move to other locations	43.008044,-77.418680
Trailhead Main Street Fishers parking area	43.009453,-77.473462
Trailhead past the barns on Cherry Street	42.943960,-77.421942
Trailhead past the barns on Cherry Street	42.943960,-77.421942
Metal Barns south of CR 41 just west of School St	42.960211,-77.425160
Trailhead RG&E substation on Dryer Rd	42.974362,-77.412801
Fishers Ridge sign on Willowbrook just east of Rowley Rd	43.006161,-77.436962
Trailhead south end of Victor Crossing Plaza (Goodwill)	43.020055,-77.438873
Follow High Point Drive to top of the hill and west side of parking area	43.030133,-77.435675
Meet Behind the Town Hall and carpool	42.982914,-77.407882
Trail Head toward the southern end of Carington Way	42.982268,-77.442434
Trailhead on Rte 251 just north of the Auburn Trail	42.992944,-77.436640
Metal Barns south of CR 41 just west of School St	42.960211,-77.425160
Lehigh Crossing Park parking area off Rte 251 about 1/4 south of Rte 96	42.995345,-77.437049
Lehigh Trailhead where it crosses Wangum Rd	43.001685,-77.469685
Trailhead on Valentine Rd	43.024455,-77.409797

How to lead a hike

1. Choose the location, length and difficulty level of the hike. Hike the trail shortly before it is scheduled to be aware of any pertinent trail conditions or changes (such as missing trail markers). Also watch for natural changes to the trail that might require you to take a detour.
2. Check the weather forecast and notify hikers ahead of time of any weather conditions that may result in cancelling or postponing the hike.
3. Pack all of your gear the night before so that you know you are fully prepared. If you're bringing a GPS unit or a cell phone make sure it is fully charged. Include a first aid kit in your supplies.
4. Show up at the trailhead early to reassure hikers that they are in the correct spot. Casually inspect their gear to make sure they're adequately prepared to go on the hike. If you feel that the hike will be unsafe for a participant then gently tell that person what the hike entails and why you feel concerned that it may not be suitable.
5. Lead the hike. Start out slowly to give people a chance to sort out into columns. Appoint an experienced hiker who is also familiar with the trail to bring up the rear and make sure that there are not any stragglers or injured hikers.
6. Stop for points of interest. Take the opportunity to draw your group's attention to any natural, scenic, historical or cultural significance of the area. Remember to allow the rest of the group to catch up if you want to share something interesting about the location. Choose one of the points of interest to stop for lunch if you have it scheduled for the hike.
7. Stay around after the hike to thank your group and answer any questions. This is also a good time to let others share their thoughts. Be open to receiving feedback on the experience and your abilities to lead a hike.

New Bandanas are here!

All members should now have a special bandana to wear when they are out for a hike. If you did not receive yours, please call 585-234-8226 and leave a message. If you would like to purchase additional bandanas, they are \$2.00 each.

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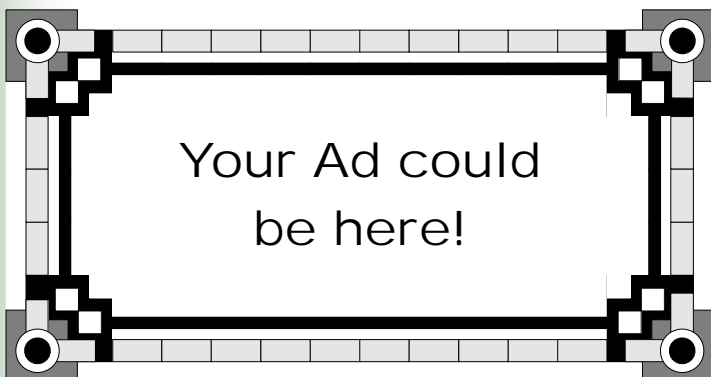
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Victor Hiking Trails
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Victor, NY 14564



25 YEARS AND GROWING

All VHT newsletters are now available on our website.
View it and download it in full color.

Annual membership is for 12 months, beginning when you first join. Please send your renewal check or donation promptly so we can continue to create new and improved multi-use trails.

Filling the gaps in Victor

Check out our website at
www.victorhikingtrails.org

Join us on Facebook!

And Meetup!



VHT Map Link

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

Name _____ Date _____
Address _____
City _____ Zip _____
Phone (____) _____ - _____
E-Mail _____

Please note that we need your e-mail address to notify you when the latest edition of our newsletter is available on our website.

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

Amount submitted \$10 _____ \$20 _____ \$100 _____ \$250 _____ other \$ _____
Corporate membership at \$100 per year allows all employees to be members.

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