Silver Fox Report for 2013  by Jim Unckless

Mother Nature provided plenty of challenges in 2013 for our team of Silver Fox volunteers, who are charged with maintaining the Crescent Trail. Starting in mid-April, the Foxes worked each Wednesday morning through November 20th with only two rain-outs. The crew varied from five to ten people, depending on who was available each week. Fourteen different people volunteered during the 2013 season, donating a total of more than 700 hours to this effort.

Heavy rains in June forced cancellation of several Wednesday morning work sessions, and sections of the trail were flooded for several weeks. Then, during the summer, strong winds uprooted many large trees that seemed to prefer falling across the trails, rather than the other way. Two sections were particularly hard hit: the Orange trail between Mason Valley and Aldrich Road, and the Yellow trail west of the Lyndon Road bridge. In both cases, at least a dozen large trees blocked the trails. We had help from the Town with some of the big oaks east of the Mason Valley ponds, but there was plenty of work for our Silver Fox team. We cut about 70 downed trees during the year.

The photo above shows a 16-inch diameter tree that had fallen across and was hanging about 4 feet above the Yellow trail between Rt. 31 and the RS&E Trolley Trail.

Boardwalk construction along Allan’s Walk at Horizon Hill

The Perinton Parks Department greatly assists us by transporting our equipment to the work site each week as well as storing and maintaining our mowers and other tools. Most of our time is consumed mowing and trimming the over 39 miles of the Crescent Trail system. In the early spring and late fall, the team has time to improve the trail. Last year they built four small bridges and repaired several others, constructed about 60 feet of boardwalk in perennially wet sections and re-routed sections to mitigate erosion, improve drainage or avoid hazards.

We thank the team for their contribution of time and energy to keep the Crescent Trail system in good shape. The group included Phil Ashley, Dave Dahl, Barry Erickson, Brian Fallon, Bruce Kirchoff, Bob Kremens, John Laurence, Don McClimans, Bob Schantz, Lou Siranni, Bill Smout, and, at the end of the season, RIT students Chris Tomkins and Annalisa Keller. In addition, we are very fortunate to have had invaluable support from Perinton Parks Director Stacey Estrich and her staff.

In 2014, starting in April, we’ve been getting out there again, Wednesday mornings, weather permitting. If you would like to join us or learn more about how we operate, please call me at 585 223-8531, or send an email note to crescenttrail@gmail.com  – Jim
Hike Schedule (2014):

The guided hikes listed below are organized and hosted by the Crescent Trail Association. These are year 2014 hikes! They are scheduled for the second Sunday of the month and are posted on the Events Calendar pages of the Town’s website: www.perinton.org

Adults, teenagers, and children supervised by an adult are welcome to participate. The hikes are “free” and do not require advance registration.

June 8th - Egypt Park loop. Meet 1:30 p.m. at the Egypt Park parking lot, off Rt. 31 and Victor Road. The route of the hike will depend on weather and trail conditions, and may include loops through Lollypop Farm and/or to Thayer Hill and Indian Hill.

July 13th - Holmes Hollow Farm. Meet 1:30 p.m. at “Doc Lilac’s” front parking area for Lilac Hill Nursery (#2366 Turk Hill Road, approximately opposite Casa Larga vineyards). Hike hilly trails within the area of Holmes Hollow Farm and Camp Piperwood subject to approval from property owners.

August 10th - High Acres and Erie Canalway. Meet 1:30 p.m. at the roadside parking area (near wooden pergola) on the north side of Perinton Parkway opposite Waste Management’s administrative office (#425 Perinton Parkway). Hike mostly level trails to Erie Canalway Trail, then to Lyndon Road and a return loop.

September 14th - Vinecrest, Midlands, and Beaumont. Meet 1:30 p.m. at the “Old Foley Road” off-road parking area on the east side of Moseley Road about halfway between Garnsey Road and Woodcliff Drive. Hike moderately steep trails within preserved open space areas adjacent to residential neighborhoods.

October 12th - Thornell to Garnsey. Meet 1:30 p.m. at the canalside parking lot along E. Jefferson Road (Rt. 96) northwest of Thornell Road. Hike one-way on flat trails and sidewalks to Kreag Road Park, then hilly trails on the earliest sections of the Crescent Trail (opened in 1974). Shuttle transportation will be provided at Garnsey Road for return to E. Jefferson Road starting point.

Additional Upcoming Events (2014):

Wegmans PASSPORT (starting) June 1st
Discover and hike Perinton Trails. Pick up a PASSPORT booklet and supplemental instructions at the Perinton Community Center.

TrailsROC ½ marathon run (Saturday) July 19th
Website: www.trailsroc.org/Ospf

GVH 12-kilometer XC run (Sunday) October 19th
Website: www.gvh.net/Events

Wegmans PASSPORT
Passport to family wellness
Discover the Trails of Perinton, NY

TrailsROC 2014

Wegmans PASSPORT
Passport to family wellness
Discover the Trails of Perinton, NY

Half-marathon runners (2013)
“SNEAKERS”: Beware of Ticks!

by Karen Crandall

Did you have the sneaky feeling that the approach of warm weather brings the hazard of blacklegged ticks? When it comes to the life cycle and local population of ticks this season, you were absolutely right. Yes, the blacklegged tick is the one that may carry the bacterium that causes Lyme disease, and it is all over the place this spring. Many factors influence the ability of ticks to winter over, mild winter temperatures being among them - not so much this past winter, but certainly true in several prior years. These sneakers are stealthy, small, and unobtrusive when feeding on you.

As a general precaution, stay in the center of the trail. Avoid areas where high grasses and taller vegetation are growing - prime tick habitat. However, this season, when simply walking across a cultivated lawn you can pick one up on your sneakers. The tick will sneak its way underneath your clothes and look for a good site to begin feeding unbeknownst to you. You never feel a thing - no pain, no itch, nothing.

So, how do you protect yourself? The following simple precautions may seem like a pain, but pale in comparison to the nuisance of detecting and removing a tick and monitoring for infection symptoms, to say nothing of actually getting infected and having to be treated for Lyme disease. Failure to detect a Lyme disease-carrying tick while it is feeding on you skyrockets your likelihood of becoming infected.

- Dress for success when “out in nature”:
  - Wear light-colored clothes.
  - Tuck your pants into your socks.
  - Tuck your shirt into your pants.
  - Wear a hat.
- Treat your gardening/hiking clothes with permethrin-containing tick repellent.
- Do a tick check after gardening/walking in high-risk areas (which includes about everywhere there is vegetation).
- Put any clothes that might have ticks on them in a hot dryer for 10 minutes to kill the insects. The ticks do not tolerate dry conditions.
- Should you detect a feeding tick, be sure to remove it promptly and completely. Remove it mechanically. Tweezers work well for this purpose. Do NOT use old-wives-tales remedies. Attempting to smother them, burn them, or poison them, at the very best, doesn’t work. The CDC recommends these instructions for removing a tick:
  - Use fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible.
  - Pull upward with steady, even pressure.
  - Do NOT twist or jerk the tick as this can cause the mouth-parts to break off and remain in the skin.

The goal is to remove the tick as quickly as possible.

After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

Among the symptoms that may appear within days or weeks after infection are: rash or fever, chills, headache, muscle pain, stiff neck, and a general ill-feeling. There may be a “bull’s eye” rash - a flat or slightly raised red spot at the site of the tick bite with a clear area in the center. It can be quite large and expanding in size.

If symptoms occur, see your doctor right away. Lyme disease is nothing to be cavalier about.

Be smart; be safe. Take the precautions, then enjoy the outdoors.

Diagram by Centers for Disease Control (www.cdc.gov/lyme)

What is a tick? Ticks are not insects. They are Arachnids, a class of Arthropods, which also includes mites, spiders and scorpions. Ticks are parasites that feed on animal hosts, and they are ‘vectors’ (organisms that harbor and transmit disease) for a variety of pathogenic agents.

- American Lyme Disease Foundation
AN HOUR IN NANCY’S GLEN
by Jeanne Cole, Chairperson, Crescent Trail Association

On March 29th, a small but energetic group from Eastside Church joined me and two other Crescent Trail Association (CTA) officers, Sybil Baldwin and Dave Schaeffer, to begin an early spring clean up at Nancy’s Glen. The Glen at the Horizon Hill Conservation Area was created in memory of Nancy Whitcombe, one of CTA’s founding members and its first treasurer. Even though the temperature on this Saturday morning was 37 degrees, hearts were filled with warmth for this project.

The initial memorial project, which was created starting in 2006-2007, has had much time, hard work and love put into it, but now the Glen needed to be refreshed for the spring and summer 2014 growing season. This wonderful church group of volunteers worked for approximately an hour, to clear away winter debris and restore the woodland garden areas within the Glen. This scenic little area offers exercise of the body (walking the trail to get there, pulling weeds, etc.) the mind (discovering/studying/learning about a variety of woodland plants/shrubs/trees), and the spirit (wonderment, reverie, appreciation of nature, and quiet contemplation).

There is much more to be done. We welcome the Eastside Church group to return, as well as other groups or individuals to visit the Glen, periodically, to help us with ongoing garden chores and upkeep. Please join us to continue this endeavor.

Remembering friends of the trail, deceased in 2013:

Doris Donk: Wife of trail pioneer Alan Donk, and founder of CTA’s ‘CLIPS’ team.
Melvin Lang: Hiker and dedicated volunteer member of the Silver Foxes.
Howie Newton: Long-serving Trail Boss, and equipment-maintenance genius.

We who follow in their footsteps, are eternally grateful and indebted to them for their gifts of volunteerism, leadership, and concern for hikers and the environment.
CELEBRATING A “WEDDING” (LINKAGE) OF VICTOR’S SENECA TRAIL AND PERINTON’S CRESCENT TRAIL by Dave Schaeffer

The idea for a celebratory hike to include the recent linkage of Victor’s Seneca Trail and Perinton’s Crescent Trail was proposed last year by Dave Wright, Chairman of Victor Hiking Trails, Inc., (a “sister” all-volunteer, non-profit group in Victor, similar to the Crescent Trail Association in Perinton). The Victor group had just completed negotiation and construction of an extension of their Seneca Trail to cross over Victor’s “High Point” area and Turk Hill Road, and link up with a southerly terminus of the Crescent Trail at LaSalle Parkway in Perinton. Welcoming the idea, Dave Schaeffer, Trail-master of CTA, scheduled the link-up route for April 13th, 2014 - the customary date for a CTA “second-Sunday-of-the-calendar-month” hike.

With enthusiastic support and agreements to participate from both Town Supervisors, Jack Marren in Victor and Mike Barker in Perinton, the event was “booked” and announced. VHT and CTA jointly planned the details.

It was agreed that the officers of VHT would lead the first leg of the hike, on the extension of the Seneca Trail from Valentown to the Perinton townline. Then, at the junction with Crescent Trail, there would be a brief pause and ceremony to celebrate the linking of the two trails.

(continued on page 6)
Seneca Trail and Crescent Trail now connected

April 13th was a glorious day - clear and dry, balmy temperatures (high 70°s), and great turnout (approximately 90 people). The folks at Casa Larga Vineyards, thanks to store manager Steve Richards, contributed a few plastic wine glasses and a chilled bottle of Blanc de Blanc Brut sparkling white wine to cap the ribbon-cutting ceremony.

It had nothing to do with the Brut white wine, but the trek to Woodcliff became somewhat disorganized when a cadre of hikers led off on their own, at a fast pace, and took a wrong turn. This caused many hikers to go off the planned trail route to Woodcliff. Also, a few hikers had turned around and walked back to the Valentown starting point or to an intermediate location where they had pre-spotted their own transportation. Despite a few miss-cues, the multi-passenger van we had pre-arranged - thanks to the Perinton Recreation Department and volunteer driver Bill Poray (Perinton Town Historian) - was able to round up errant hikers as well as those who completed the hike as planned, to provide shuttle transportation back to Valentown.

“Thank you” to Victor Hiking Trails, and to CTA’s Sybil Baldwin, Janice Larson, Jeanne Cole, Jim Unckless, and Greg Svenheim for their help with preparing for and execution of the event.

For information about the Seneca Trail go to: www.victorhikingtrails.org/map/trails/td-seneca
Options for receiving future issues of Crescent Trail newsletters

Earlier newsletters have advised readers they can help us reduce paper, printing, and postage expenses by opting to receive newsletters as a PDF file attachment to an email. To date about sixty of you have told us to send your copy by email rather than as a paper copy by U.S. Mail. One advantage of the email arrangement is that the electronic copy can be viewed in color, whereas paper copies are printed in graytone.

We thank those of you who have already signed up for email distribution. There is no need for you to do anything further, except to keep your membership up to date and tell us if your email address changes or if you want to switch back to a mailed print copy.

If you received this issue via regular post office mail, we invite and encourage you to switch to email for future issues. Simply send an email addressed to <crescenttrail@gmail.com> and tell us: "I would like to receive the newsletter by email". Although your email request will show your email address, please give your NAME (the name or agency title that appears on the mailing label used for this issue) and confirm your E-MAIL ADDRESS (the email address we should use when sending you future issues). We will then add you to our Newsletter Electronic Mailing List. Please be assured that in sending newsletters to you by email, you will be a “blind” addressee, that is, your email address will not be disclosed to any other persons, organizations, or third parties.

Reminder: Year 2014 Membership in the Crescent Trail Association!

➢ If you have been a contributing member of the Crescent Trail Association and receive a print copy of the newsletter, please check the mailing label on this issue. **If the date on the label is 12-31-13 or earlier, please renew now!** If the date is 12-31-14 or later, there is no need for you to do anything right now. If you receive an E-copy of the newsletter (by email) we will provide membership renewal information and instructions in a separate email.

➢ If you receive a “COMPLIMENTARY” copy of the newsletter, please consider becoming a supporting, dues-paying member of the Association.

➢ To renew (or begin) membership, clip and complete the coupon printed below, then mail it with your payment of annual dues for year 2014 membership. **Call 585-234-1621 if you have questions.**

Yes! I want to support the Association and be a contributing member. I have enclosed:

- [ ] $ 5 for a Trail Walker membership
- [ ] $10 for a Trail Hiker membership
- [ ] $25 for a Trail Blazer membership ***
- [ ] $50 for a Trail Patron membership ***
- [ ] $_____ for other donation/contribution

Make check payable to: Crescent Trail Association

**NOTE:** A payment at any level of membership will bring you up-to-date to year-end 2014.

Email: _______________________________

Telephone: __________________________

Your Name(s): ___________________________________________

Address: _____________________________________________

street city/town state ZIP

*** Trail Blazer and Trail Patron Members: You may add the name and address of a friend or relative for a free gift subscription to the newsletter.

Name(s): ___________________________________________

Address: _____________________________________________

City/Town: __________________ state ZIP: _____________

Please mail completed coupon, with payment, to: Crescent Trail Association

P.O. Box 1354
Fairport, NY 14450

Thank you!
We need someone to help us prepare, edit, and publish Crescent Trail newsletters. If you have an interest in journalism or computer-assisted composition and layout, please volunteer to assist us with publication of future issues.

Call us at (585) 234-1621.

Marsh Marigolds were in bloom along Allan’s Walk during May 11th Mother’s Day hike at Horizon Hill.