

# Trackin'



Bringing you news and information  
about your Chautauqua Rails to Trails

## Spring/Summer 2015

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## From The Locomotive

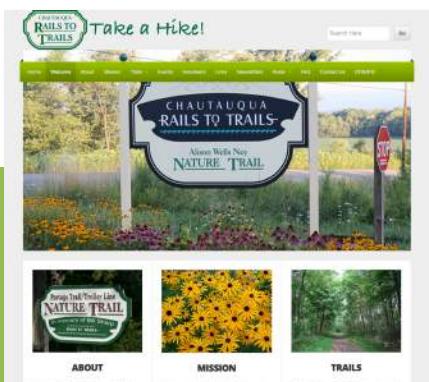
**By Robert Berke, MD – President, CR2T**

What a winter's tale we all have for our SnowBird friends returning home! It was truly a season that would not quit. Just to think that less than a month ago there was snow on the ground and April seemed to never bring the end of cold and wet. OK, we live here and this is what we should expect, quit whining and get on with it.

With the new season, our attention has again turned to Trail activities, hiking, biking and birding. Our latest edition of "Trackin" highlights some of the events planned for the coming months as well as the hard work of the dedicated folks who spend time each month making CR2T a viable entity. Please consider supporting the CR2T effort with a donation of your time and/or money to keep the rail trails open and available free of charge for all who wish to enjoy the great outdoors in Chautauqua County.

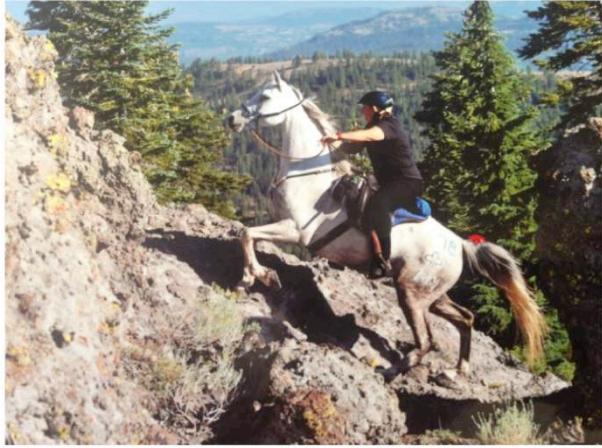
### Check Out Our Web site!

For the latest and greatest information, check us out on the web today at [www.chaurtt.org](http://www.chaurtt.org).



# Endurance Horse Racing

by Laura Hayes



Endurance horse racing (<http://AERC.org>) is a specialized equine activity covering 50 to 100 miles in one day, one horse - one rider. The welfare of the animals is paramount and frequent veterinary checks with heart rate parameters, hydration and soundness tests require that animals are happy and fit to continue at all times.

Veterinarians check the horses even at the finish, where they must be sound and recovered to receive a completion.

The grandaddy of endurance racing is the Tevis Cup 100 (<http://Teviscup.org>)

which bisects the Sierras from Lake Tahoe west to Auburn, California. The historic Western States Trail (which also hosts a 100 mile ultramarathon) follows

mountainous single track originally utilized by gold and silver miners in the 1850s. The highlight of the trail are three hot dry canyons and several scenic vistas. The ill fated Donner Party wintered not far from this still wild remote and trail that is accessible only by horse or foot.

Up to 200 intrepid horses and riders will ascend a total of 15,540 feet and descend 22,970, but only 40-50% will finish within the 24 hour time limit. The remainder will be retired from the competition for time cutoffs or veterinary issues.

Every spring for 30 years I have trailered a horse up to the rail trail above Brocton to start my training for endurance racing and now the Tevis Cup. In an attempt to be a sustainable trail user, I stick to the firm footing of the rail trail early in the season when other county trails are muddy and icy.

This will be my third attempt at Tevis with my horse, Rushcreek Seth. We have conquered it on both previous attempts and would like to become one of the very few teams to finish 10 times. For us it starts in April on the rail trail above Brocton and ends at the Auburn California fairgrounds under a big Tevis Cup banner.

*(Photo by Bill Gore is Rushcreek Seth scaling the iconic Cougar Rock on the Tevis Trail)*



I think of summer as belonging to the flowers and insects. While there are plenty of other things- birds, frogs, turtles- active in the summer, it is time for flowers and insects to shine. As you walk along the trail, the bright colors of pink Joe Pye Weed and white Boneset will catch your eye. These tall, summer blooming flowers love wet areas and can spread to create large colonies. Often the yellow of goldenrod and purple and white of asters may be sprinkled in, especially in drier areas.

Blooming a little earlier in the summer, look for the distinctive flowers of milkweed. Clustered together, the individual flowers look like 2 stuck together with the petals pointing up and the similar looking sepals pointing down. Look closer, even on the underside of leaves and you may find a Monarch egg or caterpillar.

Consider taking the extra time to check out the smaller things. A clump of what looks like spit on the stem of grass is actually the protection for a small insect called a spittle bug. It produces the white, foamy substance from its abdomen as a means of protection. A rolled up leaf on bush or tree may be the protection for a voracious caterpillar or other leaf-eating insect.

## An Amazing World

By Katie Finch

Rolling themselves up in a leaf makes it more difficult for birds to find and enjoy. So turn over a log, listen for Bullfrogs, enjoy the color of flowers or wonder at the tiny world of insects. But get outside. There is an amazing world waiting for you.





Our earth day hike on April 18 was an unqualified success. There were 38 people hiking with us on the 3 mile route from Thayer Rd to Prospect Station. It was an absolutely gorgeous day. And we all enjoyed pizza and drinks after the hike which was appreciated by all.



We are working with four Boy Scouts from Troop 126 in Mayville, under southeaster Andy Ceazars, who are preparing their Eagle Scout projects on the trail-trail. The projects are all things we have on the planning table to accomplish. If all four projects are acceptable to the Boy Scout headquarters, we will get four maintenance projects done and the scouts promoted. A win-win situation.

## Trail Managers Report

By Jim Fincher



We hope you saw the article in the local papers dealing with the rail-trail, featuring the Earth Day hike. We have also been mentioned in a large article published in the Pittsburgh Post-Gazette in relation to our contribution to the Erie to Pittsburgh Trail Alliance. We hear we've also been mentioned in an article featuring the Industrial Heartland Trail Alliance, a compilation of trail organizations in the states of Pennsylvania, Ohio, West Virginia, Maryland and us in New York.

If you haven't checked out the All the Way Challenge, featured on our web site [chaurtt.org](http://chaurtt.org) , please do so. It combines an incentive for getting some healthy outdoor exercise and a bit of money for Rails to Trails. You could get a really neat T-shirt showing your support for Rails to Trails.

We hope you've heard us speak of the broken/failing culvert on the trail in the town of Portland, near Wolebon Rd. And we hope it has piqued your interest enough to want to see it. If so, this is for you. On Sunday June 14, at 1:00 pm, we will lead a hike from the Wolebon Rd trail entrance about 1/2 mile to view the drainage culvert that is failing. Bring a flashlight, as it is dark in the 110 foot long culvert, at least knee boots, as there are puddles in the culvert that will overflow ankle boots, and gloves. We will provide a rope that will help us get up and down the steep hillside. The gloves will protect your hands from getting roughed up. Hope to see you there.



## CR2T Earth Day Hike – April 18, 2015

by Anna Thibodeau, PhD

On April 18, as the sun shone brightly on one of the first warm days after our particularly hard winter, approximately 40 people gathered at the Thayer Road Trailhead for the First Annual Chautauqua rails to Trails Earth Day Hike. The group included a broad array of individuals, from a toddler in a stroller, ably piloted by her Mom, to grandparents who were hosting their grandchildren. The hike was an easy walk in the sunshine from the Thayer Road Trailhead to the Prospect Station Trailhead, approximately 3 miles. It was led by C2RT's Trail manager, Jim Fincher, and included stops along the way to talk about noteworthy spots, like the location of the historic Christmas Eve Train Wreck of 18??, and the weather-related damage to the culvert

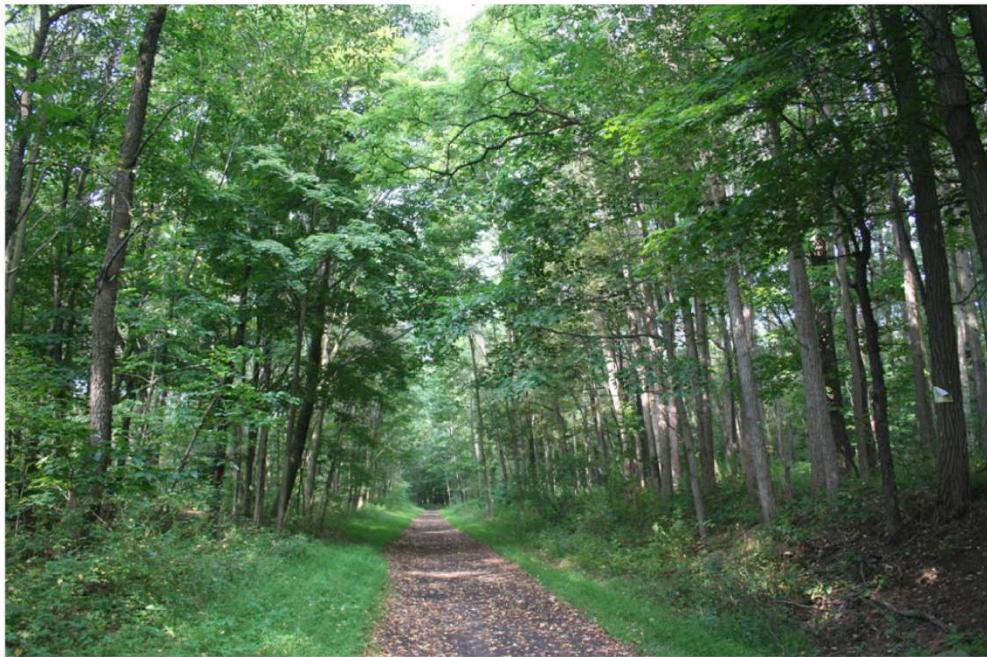
under the trail (discussed elsewhere in Trackin'). There were numerous photo opportunities along the trail, and huge quantities of pizza at the Prospect Station end of the trail to celebrate the hike, the weather, and the companionship of the day. An enjoyable time was had by all, and we look forward to many more opportunities for organized hikes and trail walks involving the local community in the future.

The words on the next page are from Cady Barney, an Earth Day hiker, who is currently a student at the State University of New York preparing to become a middle and high school Spanish teacher. Ms. Barney is also a Jamestown Community College alum and lifelong Chautauqua County resident:



## CR2T Earth Day Hike – April 18, 2015

by Anna Thibodeau, PhD



*I visited the local trails for my first time to see if it was suitable for learning. I found it provided many opportunities and sparked my interest. The terrain of the trails make it versatile and easy for all ages. The surrounding environment includes many fascinating sights. The nature looks as if it was untouched and fully restored in these areas. It allows for breaks at what seemed like the perfect time to take a break. These trails had*

*features which encourage a person to keep going. I did not want the experience to end getting to each crossing of a new trail felt like a new place each time.*

*If a teacher or a parent would like to bring young people to these trails it would be a lovely learning experience. There are animals, insects, plants, and water to study in a safe and clean area. It could provide an opportunity to draw what was seen, take pictures, recycle, go*

*on a fun adventure with a meeting spot arranged, learn about restoring areas such as this transition from a railroad to the beautiful trails, and endless outdoor games along the journey. As long as the rules remain in place for students to stay on the trail it would be simple to keep students engaged and in one space while outdoors. This would provide a great educational experience including fresh air, sight-seeing, fun, and exercise. I highly suggest visiting these trails and embracing all of the natural beauty that these trails provide. The history and nature that exists along these trails make the hike very worthwhile and intriguing. This is a nature walk that one should definitely experience and share with others!*

# Can You Locate This Tree?



This unusual tree is on either the main rail-trail from Sherman to Brocton or on the rail-trail from Mayville to Quilliam Rd (the Trolley/Portage Trail). It can be seen while on the trail. The first person to identify the location of this strange tree correctly wins a prize. Send your identification to us at PO Box 151, Mayville, NY 14757 or email us at [cr2t@chaurtt.org](mailto:cr2t@chaurtt.org). Good luck!

## Watch Out for Poison Ivy!

There seems to be a good amount of poison ivy on the trails this year. You might be on the lookout for it and avoid it when you can. Remember, if you think you have come in contact with it, you have about 20 minutes to wash it off your skin before it 'sinks in'.



## Trail Running... **by Carrie McCausland**

Trail running seems to be increasingly popular - type it into a search engine and you may find yourself browsing through websites offering everything from an ultra marathon to a muddy obstacle course with bizarre headbands or hats at the end. For those looking for a more moderate place for trail running, CR2T offers a lot of options. On the rail trail, you can really tailor your training to your goals. Depending on where you start you can either start your run heading on a sloping uphill for a few miles and then enjoy the easy descent on the way back, or tackle the hill on the way back. If you are planning on a very long conditioning run, you can drop supplies off at various parking areas and not have to worry about planning out support crews or mapping out loops.

Trail running can be done for its own sake or as part of cross training for other types of running or racing. While you have to be careful while trail running, the rail trail offers a comparatively stable surface that helps tone the muscles used for stability without some of the ankle turning challenges of more rugged trails. For road runners who are just looking for a change of pace, CR2T's surface can allow for a break from the concussion of pavement or the wear and tear of running on crowned surfaces. Conversely, running on the relatively softer surface of trails taxes muscles in a different way and can help increase a runner's speed when they return to pavement. At the very least, the change in scenery is enjoyable and helps the miles go by a little easier and faster.

*Trackin' Newsletter* designed and edited by Chris Anderson, Owner/Designer at Aspen Designs LLC. If you have any questions or suggestions, please feel free to contact him at [denali00@windstream.net](mailto:denali00@windstream.net) or [www.aspendesignsny.com](http://www.aspendesignsny.com)



## Support The Efforts of CR2T!

Yes, I want to support CR2T's effort to change the abandoned rail lines of Chautauqua County into multi-use trails which can be enjoyed by all.

Individual \$25       Sustaining \$100  
 Family \$40       Benefactor \$500  
 Patron \$60       Sponsor \$1000 & up  
 Business Partner \$100/\$200 per year for 10 years

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Detach & mail form to: Chautauqua Rails to Trails,  
P.O. Box 151, Mayville, NY 14757. *Thank you!*



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