



Trackin'

The Chautauqua Rails to Trails Newsletter

Fall 2004



View From The Locomotive

A rain filled summer has given way to another glorious Chautauqua fall of colors and frantic pre-winter activities. The CRT crew have been hard at work getting the preliminary work done on the newest project- the "Bill Sharp Memorial Nature Trail", AKA the old Westfield to Jamestown trolley line. The joint efforts of the Chautauqua Lake Snowmobile Club and the CRT have begun to address the wet areas that plague the Mayville to Westfield section of the line that is scheduled for use in the coming year.

Senator Pat Mcgee has graciously added \$8000 State funds to the reserve in place to develop the nature trail. This is spectacular real estate that represents a joint effort of the two organizations, Roger Tory Peterson Institute, and numerous landowners that have agreed to public use of the trail.

The 6 + miles boasts of such attributes as the "continental divide", the world's largest earthen culvert (circa 1880's), and spectacular vistas and sections of secluded forest.... need I say any more about how excited we are to be working towards the opening of this trail?

As usual, your help would be greatly appreciated...come join us on the first Monday of each month, 7 PM at the Mayville train depot office.

Robert Berke- CRT president

Why Our Volunteers Are So Important



A large treefall occurred on the Diggs trail in mid September. About three trees fell together and completely blocked the trail. My bike is in the picture to give one an idea of the height of the fall.

Dick and Alice Rockwell cleared the trees and opened the trail. The kids from Sue Swank's class at Chautauqua Lake Central School moved the pieces of the tree off the trail.

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COMING EVENTS

Jan 30, 2005

From Prospect Station, *Hollyloft Ski and Bike shop* will sponsor guided hikes on skis and snowshoes.

At 1:00 we'll cross-country ski south from Prospect Station.

At 2:30 we'll snowshoe north from Prospect Station.

JULY 10, 2005

CRT is planning an annual meeting and election of Officers.

There will be a picnic at the depot.

PUT BOTH DATES ON YOUR CALENDAR AND COME ON OUT FOR THE FUN.

Fincher Report

by

Jim Fincher, Trail Manager

The big story this year is the Portage trail. Thanks to the wet summer we had, the bulldozers have not been able to get on the trail and do the necessary repairs. Bob Raynor 's bulldozer did make it most of the way from Rt. 430 to Parker Rd. Unfortunately, the mud was almost like chocolate milk, and was hard to work with. Every time the trail began to dry out, more rain came.

We have the benches donated by the Community Foundations on hand, but they can't be installed until the trail is 'done'. And we don't know when that will be. We have permits to install beaver bafflers at the beaver pond. And we have the drainpipes we'll need to carry water away from the trail. Now all we need is some dry weather.

We hosted Mr. Warren Greatbatch, the chairman of the board of directors of the East Hill Foundation, who gave us funds for the Portage trail project. He visited to see what progress we had made. We walked to the beaver pond and back and he was impressed with what he saw, even if not too much progress on the trail had been made. The tall trees interlacing branches along one stretch of the trail looked like a cathedral and Mr. Greatbatch remarked to that effect.

The Jamestown High School Youth Apprenticeship Program students installed beaver bafflers over the drainpipe near the Titus Rd trail crossing. See related article elsewhere in this issue.

We are working with the County Emergency Preparedness office to come up with a system of trail marking so rescue personnel could easily find an accident victim. The county parks department (Eastside and Westside trails) and the snowmobile clubs are also involved in this effort.

The Village of Brocton and the Town of Portland are planning to submit a grant application that would result in a paved rail-trail from Rt. 20 to Ellicott Rd, a distance of about 2 miles. We wish them the best of luck and will do whatever we can to help make the grant concept a reality.

I want to thank those who mowed the trails this year: Dick Rockwell, Annette Knappenberger, Curtis Witherow, Jan Derbish, and Tom Walsh, and one other anonymous person.

Our sincere thanks to you all.

Bequests to Chautauqua Rails-to-Trails

A bequest is the easiest way to make charitable gifts in your estate plan. Through a will or a living trust you can easily include charitable bequests to the non-profit organizations that are important to you.

Unlike your annual support, charitable bequests go beyond the current needs of CRT, providing a lasting funding source to meet future needs.

If you make a bequest to CRT you may want to consider one of the following methods:

- Specific Sum:
Example - "\$5000.00"
- Specific Item:
Example - "100 shares of IBM stock"
- Percentage of Remainder of Estate after other gifts have been made:
Example - "5% of the residue of my estate"
- Percentage of Entire Estate:
Example - "5% of my estate"

If you have made a charitable bequest to CRT in your will or living trust, we would like to thank you. Please call or write us to tell us that you have made a contribution through your estate plan. We'd love the opportunity to thank you and welcome you to a growing group of dedicated supporters of CRT who have made such special gifts.

Contact CRT at: Chautauqua Rails-to-Trails
 P.O. Box 151
 Mayville, NY 14757-0151
 Phone: (716) 269-3666

Northwest Treasures An Eco-Tour of the Pacific Northwest August 7 -14, 2005

**For details contact:
Jamestown Audubon Society
Phone: (716) 569-2345**

Introducing Nordic Walking

To Improve The Benefits Of Your Walk.

By
Thomas A. Regelski

Humans were created to walk! Although too many people avoid walking at all cost, others wisely choose to walk for the health benefits and pleasures of moderate physical activity—especially if they are walking in nature. One study suggests that for every half-mile walked, a person is 5% less to be obese and study after study makes it clear that regular aerobic activity such as walking has important benefits for your heart and promotes other aspects of a healthy, happy life.

Walking is an activity, of course, that anyone can do without any special training or equipment. However, a recent development called Nordic Walking allows walkers to increase their heart rate without increasing their perceived rate of exertion. In other words, you can get a better workout and raise your heart rate effects and benefits without walking faster or feeling that you must push yourself to work harder. And it is ideal for people who cannot walk faster, or who do not want to.

Nordic Walking was introduced in Finland in 1977 and has spread wide and far because of its remarkable health benefits. Finland is perhaps the Mecca for cross-country skiers, and it not surprising, then, that Nordic walking involves the use of two poles that resemble ski poles. This walking technique came about as a result of Finns who trained off-season on roller skis that 'ratchet', thus allowing the skier to push off; the poles help with balance, speed, muscle tone development and, and balance. Take the skier off the roller skis and, in essence, you have a Nordic Walker. In fact, though it is not quite as effective, ski poles—perhaps an old set acquired at a lawn sale, etc.—can be used, minus their baskets.

According to scientific studies, Nordic Walking is a fitness exercise that increases energy consumption by an average of 20% in comparison to ordinary walking without poles—and for serious walkers who walk regularly and concentrate on good technique, by up to as much as 46%. It raises the heart rate 5-17 beats per minute: while a 'normal' walking heart rate is 130 beats per minute, Nordic Walking increases that by 13% to 147 beats per minute. Calorie consumption goes up, as well, from about 280 calories per hour burned in normal walking, to approximately 400 calories per hour using the Nordic Walking technique.

Use of the poles helps reduce stress on knees and related joints, and helps release tension in the shoulders and neck, thus increasing the lateral mobility of the neck and spine significantly. Forearm muscles, large chest muscles,



shoulder muscles, and back muscles are all increasingly used and developed, and are involved in a greater range of motion, thus stretching those muscles. In general, blood circulation to the affected muscles is improved and, as one expert on walking notes, "the motion works to overcome the hunching forward that many people adopt while working at desks, computers, reading or watching TV." All these benefits arise with only 30 minutes of walking, and are progressively improved by an increase in walking time—assuming a steady rate of effort.

The poles also offer a safety factor on slipper surfaces and Finns, of course, use them all winter long for their exercise regimen, and sometimes just to keep from falling on slippery sidewalks. They provide stability for people with knee or leg problems, as well, and the technique encourages good posture. Even those who gave up walking on streets for pleasure find they can walk comfortably with the poles. And, of course, on natural terrain and nature trails, such as **Rails to Trails**, the poles double the stability provided by a hiking stick. They are particularly helpful walking uphill.

You might think that walking with hand weights would achieve the same effects, but experts point out that weights put unnatural stress on joints in a way that poles do not and weights don't produce the benefits of actively 'pushing-off'. Benefits of Nordic Walking do improve, however, by improved technique. In this respect, it can be approached as a sport where 'training' and practiced technique are focused on and produce even more significant benefits. Books dealing with details of technique are available, as are websites on the World Wide Web. Useful introductions can be found at www.walking.about.com and www.nordicwalking.com, along with information pole selection and manufacturers.

In general, however, the basics are very simple. Keep the poles close to the body—in the same alignment as would be the case with just swinging your hands backward and forward. The whole point is to lift your pole high enough to 'plant' it and 'push off' or gently propel yourself forward—imagining, for example, that you actually *are* on skis. Push the poles as far back as is possible (or, at first, as far as is comfortable) and, while keeping a loose and relaxed grip and arm motion, alternate the swinging-poling motion while keeping a good walking posture: the heel strikes first and rolls to a push-off with the forefoot

and toes. When done well, there is a counter-swinging of the hips that actively works the mid-torso muscle groups and the strengthening of these muscles can help with lower back pain and improve muscle tone in the mid-torso.

The correct pole length can be important. When holding the grip with the pole planted vertically in the ground, the elbow should be at about a 90-degree angle. Specially designed poles for Nordic Walking come in varying lengths; some even telescope, not just for achieving the ideal length, but also for ease of transport. Three leading brands are Exel, Leki, and Exerstrider. Local ski shops like Hollyloft (a longtime CRT supporter) either carry or can easily get Nordic walking poles for you. However, as mentioned earlier, old ski poles, especially if the length is suitable, can serve to get started. Aside from coming in variable lengths to match your needs, the special Nordic poles, however, allow you to switch between rubber pads (for sidewalks or other hard surfaces, even for use by shopping mall walkers) and a sharp end (for snow and ice and rocks and dirt).

In Finland, couples do Nordic Walking as a shared sport or hobby. In fact, it is rare not to see hundreds of couples and individuals—of all ages, but particularly housewives and retirees—at any time of the day (or even at night, since many of the trails are lighted in Finland because the sun sets so early in the winter months). Most couples are so 'into' sharing the experience that they buy matching sports clothing. Because a walker doesn't have to walk faster to

get an effective workout, Nordic Walking is ideal for people whose walking partners can't go faster.

The psychological benefits of walking in nature, of course, are added to the physiological benefits. Being in nature and experiencing the beauty surrounding us that often goes unnoticed as we drive by in our cars in a hurry to get somewhere adds psychological, even aesthetic benefits that improve one's state of mind. Regular exercise is a treatment for stress and tension, and is especially recommended as an important part of treatment for depression. But the simple relaxation and joy of being out in nature, observing the changing seasons, and unexpected encounters with wildlife are all of value in themselves.

The Finns are fortunate that their government provides thousands upon thousands of multi-purposes trails shared by bikers, walkers, and skiers. Such proximity to a trail is not as likely locally (although we're working on expanding the system, with your help and donations). But if you and your friends are not likely to take advantage of our rail trails on a mountain bike, or want a slower way of savoring the beauty that the trails offer at all times of the year, regular trips to one of our nearby trails can become a hobby or sport that provides many health benefits, all of which are enhanced by Nordic Walking.

Or just wander slowly, observing flowers and birds, and meditate in the peace and quiet of our beautiful nature. All our trails offer different 'looks' and it pays to make an effort to visit different sections of the trail.

"Consult with your doctor before beginning any program of vigorous exercise."



The Jamestown High School Youth Apprenticeship Program (YAP) students installed beaver bafflers over the drainpipe near the Titus Rd trail crossing. They had a great time getting muddy and cold in the rain, but did a really good job. The cage around the drainpipe might not look too lovely, but it will stop the busy

little critters (the beavers, not the kids) from causing water to come over the trail, causing water damage. The kids also started to install dual 6 inch PVC pipes through the beaver dam (to control the height of water in the beaver pond) but found the mud in the pond and just off the beaver dam to be real nasty and sticky, and we had to stop before someone lost their leg to the knee. One of the teachers almost lost her boot in the mud and it took 3 of us to help her get loose. We'll finish the project when we can get a rowboat into the area.

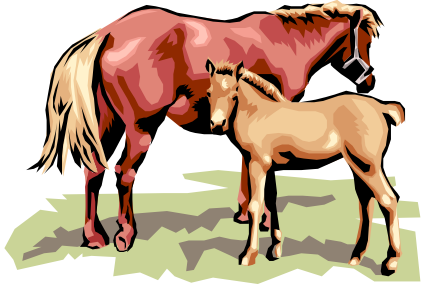
The class broke in two and while half worked in the water, the other half went on the new trail from Sherman to the railbed on the East side of the

Village. They cleared weeds and grass off the trail, re-set some of the interpretive signs that were uprooted by vandals and policed up along the trail. Those students got soaked, thanks to a vicious downpour that caught them in the open. This is the 4th or 5th time the class has worked on the trails, and it seems each time they come around, we have a nastier, dirtier job to do. Still, the kids seem to enjoy the work and it helps us maintain the trails. With the baffler in place, we ought to be able to live in harmony with the beavers that will soon re-occupy the area.

Our thanks to the YAP class from JHS for their hard work and effort.

FROM THE CORRAL

By
Carolyn Witt



As the autumnal colors of fall cover the Chautauqua landscape, horsemen from around the region have been hitting the trails in search of a few last rides before the scene turns to winter white.

Rocky, my Appaloosa, and I strike a jaunty trot as we head for the wooded area behind our home. The brisk weather always seems to quicken a horse's pace. I find that a horse always has more energy on the way home. Fall rides are nice because they seem to sustain their enthusiasm going out as well as heading back to the barn.

I read an article recently that spoke about the aerobic benefits of riding. Those of you out there wanting to get

into better shape might try to maximize your rides by riding a portion of the time in a two-point position, posting without stirrups or by sliding your feet out of the stirrups keeping them into position as if they still were in the stirrups.

Those of you who have a spooky horse or are riding over rough terrain should refrain from these activities. Riders who have a serious medical condition should consult your physician before attempting them.

I rode most of the ride by rotating through each of these exercises giving myself a five minute break in between each one. I felt a little sore after the ride, but it felt good to try and get a workout in while enjoying my horse and the trails. Quite often we all sacrifice a workout when we are busy with our homes, families and jobs. This is a great way to fit in some workout time and recreation.

I have found it helpful to grease the bottom my horse's hooves in the winter with petroleum jelly to keep their feet from balling up with snow. You can also ask your blacksmith to put snow pads on your horse's front hooves if you keep them shod.

We at Rails-To-Trails hope you continue to enjoy the benefits of the trail system through the winter months and holiday season. Rocky and I hope to see you soon as we head out of the corral and back onto the trails.

Not everyone can cut up or carry away debris from the trail. CRT needs those who can. However, CRT also must have the funds to purchase necessary materials and tools. Not to mention CRT's very low office expenses.

In the spirit of the season please consider a donation beyond your membership.

The Snow Blanket

*Beautiful feathery flakes of snow
Over the woodland and field they go,
Making a blanket so warm and deep,
Over the flowers that lie asleep.*

Snow Song

*I like to walk on fresh fallen snow
The kind that whispers and speaks.
It sings a song as I walk along
With crackles and crunches and squeaks.*



P.O. Box 151 Mayville, NY 14757-0151

Return Service Requested

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

Individual \$20 Sustaining \$100
 Family \$35 Benefactor \$500
 Patron \$50 Sponsor \$1000 up
 Business Partner \$100/\$200 per year for 10 years

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Mail to: Chautauqua Rails to Trails
 PO Box 151
 Mayville, NY 14757-0151

Would You

like to be involved in the development of the multiuse trails in Chautauqua County?

If so, please consider serving on the *Chautauqua Rails to Trails'* board of directors.

If interested contact CRT at:
 Phone: (716) 269-3666
 E-mail: crtt@cecomet.net

To err is human, but to really foul things up requires a computer.

Farmers' Almanac, 1978

Check out the **CRT** website at:
www2.cecomet.net/crtt