



PHOTO TAYLOR VORTHERMAS

Autumn Trail Race *by Tom Sidar*

As the runners' cars pull in to Sumner High School for Frenchman Bay Conservancy's Autumn Trail Race, I can see cheerful anticipation in their eyes. It is a brisk and cool November morning. Ninety-eight runners are here to run 4.2 miles starting at the playing fields of Sumner High School and then on to the ups, downs and winding trails through the woodlands and over the ledges of FBC's Baker Hill and Long Ledges Preserves.

Long planning and preparation by FBC's Trail Race Committee and the volunteers has paid off. The trails are clear and well marked. Apples and oranges and water are ready at the finish line. Trail cheering crews with cow bells are stationed at intervals along the rocky trail and at the finish. The starter, the timer and the keepers of the finisher's list are ready. Inside the high school, volunteers are heating up chili for the awards luncheon to be held after the race.

At 11:00 Tobin Peacock rings a cow bell and the race begins. In a trail race, runners must set their pace early and fall into a rough line in the open playing fields before hitting the narrow, more difficult trails ahead. The runners this year are a diverse



PHOTO HANS KRICHELS

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President's Column

a message from our president, Iris Simon

This summer and fall, Frenchman Bay Conservancy provided more opportunities for people to exercise outdoors and connect with nature than ever before. Kayakers and canoeists accessed the Taunton River from FBC's Tidal Falls Preserve and the West Branch of the Union River from FBC's new Mariaville Falls Preserve. Hikers, bird watchers and nature lovers walked, hiked and ran on miles of FBC's 14 improved preserve trails from Corea Heath to Ellsworth's Indian Point and more.

As a life-long health professional and an outdoors person myself, I know how important exercise is for the health and happiness of people of all ages. Time spent in nature is a wonderful stress reliever. FBC is proud that our conservation lands provide places for people to get out, hike, paddle and just enjoy nature.

Some of this summer's most successful events were just plain

fun...and that is equally important to us! FBC's fundraising Lobster Dinner at Tidal Falls brought members and guests together to laugh and talk and enjoy Maine's most famous food. FBC's Monday Night Music concerts at Tidal Falls were very popular. Picnicking with friends and family and listening to good music while the tide roared through the falls and the seals bobbed up and down in the river made these evenings special. Watching the children play games in the grass and dance in front of the music seemed to take us back to a simpler time.

Public access to our preserves and providing a high quality visitor experience is FBC's top priority. Building and grooming our nearly 20 miles of trails takes constant diligence and dedication. This year, FBC members, staff and volunteers put in hours and hours of work on all of our trails and we owe each of

them our heartfelt thanks. We spent over 130 hours working on the Baker Hill and Long Ledges trails in preparation for the Downeast Double Trouble Trail Race Challenge. It was satisfying to hear from the runners that the beauty and condition of our running trail was what made the race so enjoyable.

As you know, FBC is a membership organization. Member support and volunteer work are what makes all of this healthy fun possible for residents and visitors to our communities. I want to thank all of you who have already contributed to our fall appeal letter. If you haven't done it yet, I urge you to contribute generously so we can continue our work protecting the land that we all love. We are already planning more fun next year! Thank you for your continuing support.❖



PHOTO HANS KRICHELS



PHOTO LAURIE SCHREIBER

The standard formula to compute hiking time for the average hiker is one half hour per mile and one half hour per 1,000 feet of climbing. This race course runs 4.2 miles and climbs 550 feet. Hiking the race course trail would take an average hiker over two hours. The strength, agility and determination of these trail runners is impressive.

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and cheerful crew—women, men, teenagers, kids, families, friends, first time trail racers and serious competitors. Their ages range widely from six to seventy-six. Trail runners take pride in running over beautiful but challenging natural terrain like the Baker Hill and Long Ledges trails.

Most of the volunteers and spectators on the sidelines have hiked the Baker Hill and Long Ledges trails many times, so when Tobin Peacock, a trail runner himself, tells the finish line crew to expect the first runner back in a little more than a half hour, we are amazed. The standard formula to compute hiking time for the average hiker is one half hour per mile and one half hour per 1,000 feet of climbing. This race course runs 4.2 miles and climbs 550 feet. Hiking the race course trail would take an



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PHOTO TAYLOR VORTHERNS



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average hiker over two hours. The strength, agility and determination of these trail runners is impressive.

For today's trail runners, the stunning views of the Acadia Mountains from the ledges of Baker Hill will likely be fleeting—running fast with rocks and roots below does not afford much time to gaze at distant mountains. Somehow, though, the connection with nature is there—always enhancing the athletic joy. The runners are racing. There will be winners but no losers.



The first run in the Downeast Double Trouble Trail Race Challenge was the Wildlands Trail Run which took place Sunday, October 29, at Great Pond Mountain Land Trust's Preserve in Orland, Maine. That race is a 6.3-mile long course over dirt roads and single track, up and over Oak and Flag Hills and Flying Moose Mountain. The second race, Frenchman Bay Conservancy's Autumn Trail Race, took place on Sunday, November 3, in Sullivan, starting at Sumner Memorial High School and running 4.2 miles through the woods and ledges of FBC's Baker Hill and Long Ledges Preserves.

Aaron Long of Bar Harbor and Jennifer VanDongen of Bar Harbor, were the male and female overall winners of the "Double" race. Aaron placed first at the Autumn Trail Race (time 35:19) and second in the Wildlands Trail Run (time 46:01). Jennifer placed fourth in the Autumn Trail Race (time 36:16) and third in the Wildlands Trail Run (time 48:04). Runners at both races received prizes in a number of categories.

Thanks to staff and many volunteers who organized, cleared trails, prepared and brought food, staffed checkpoints along the course, timed, and recorded runners as they crossed the finish line, the Autumn Trail Race was a great success. The Hancock County Technical Center's chili deserves honorable mention—it was a terrific lunch. FBC is grateful for the Autumn Trail Race major sponsors: Peacock Builders, EBS, and Evergreen Home & Hearth.❖

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One of the greatest athletes and competitors in America's history, the tennis champion Arthur Ashe, said it this way, "You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy."

When runners come out of the woods and start down the final stretch, the crowd cheers and cow bells ring. The runners always seem to have one last burst of energy for the final push to the finish line. Sometimes you see the joy immediately as the runners cross the line. With arms held high in the air and major smiles these runners are pumped. And sometimes, after such a hard run, the runners need to get to the water and oranges before you see the joy, but it is always there. ❖

FBC's 4.2-mile Autumn Trail Race Course



Double Trouble Trail Race Challenge overall winners Aaron Long and Jennifer VanDongen on the FBC race course.

Wildflower Walk on Baker Hill *by Tom Sidar*

Last spring, I went for a most enjoyable wildflower walk on FBC's Baker Hill Preserve Bar with the Bar Harbor Garden Club. The weather, the timing of the wildflower blooms and the good company made for a great day in the woods. As the guide for the trip, I gave my disclaimer in the Baker Hill parking lot. "While I can identify most of the wildflowers we'll see today I am not a botanist and the Latin names are not likely to come from me." Good thing. As we walked the trail, we learned from each other. Garden club members pointed out species that were new to some of us and shared details about the wild flowers, ferns and trees that we observed along the way. Some members identified the species with



both the common name and the scientific, Latin name. Observing wildflowers means walking slowly with eyes that can appreciate showy wild orchids like pink lady slippers and more subtle plants like partridge berry, *Mitchella repens*. There... I did it... a Latin name.❖

Photos Floy Ervin



Observing wildflowers means walking slowly with eyes that can appreciate showy wild orchids like pink lady slippers and more subtle plants like partridge berry, *Mitchella repens*.

A Tribute to Past President Barbara Kent

Born July 20, 1940—Died June 24, 2013



Barbara Kent, an inspired person herself, reached out and deeply inspired many others. On August 11, the memorial service for Barbara filled the Hancock Point Chapel. In the timbered sanctuary of that rustic chapel—along with great sadness at her passing— you could hear and feel and see the respect, the gratitude and the affection for this kind and courageous woman. She loved Frenchman Bay, Hancock Point and the mountains of Maine, so it was natural for her to give her time and energy to Frenchman Bay Conservancy. As vice president of the board, she played an important role in the acquisition of the Tidal Falls Preserve. As president, she led FBC through the acquisition of the Schoodic Bog Preserve in Sullivan and the Indian Point Preserve in Ellsworth. The opportunities to better understand the natural world, connect with nature and enjoy vigorous outdoor exercise were important to Barbara. The legacy of her work at Frenchman Bay Conservancy helps make it possible for the generations to come to enjoy those same opportunities.❖

Barbara Kent was a woman of cheerful scientific perception. When she first came to Hancock with Converse and Esther Peirce she immediately realized this was the Center of the Universe, and from that moment her every effort was aimed at finding a way to be here permanently. She had received her PhD in 1966 and first came to the Mount Desert Island Biological Lab in 1968 to do seasonal research on sharks. In 1991 Barbara was appointed as MDIBL's first full-time Administrative Director, and in that capacity she established a splendid internship program for young students to work on live research projects under the guidance of world renowned scientists. The hands-on approach, like the touch tank she arranged for visitors to feel electric eels, if they dared, was typical of Barbara's approach to life. She was game for anything, including expeditions to Baxter State Park, where she savored the awesome view of Katahdin's cirque from Chimney Pond and climbed the intimidating knife edge.

On the Board of the Frenchman Bay Conservancy she served as Secretary, Vice President and President. In the many meetings she chaired or attended, Barbara's input was thoughtful and perceptive, helping keep us on track and fostering cooperation. She followed the old Foreign Service dictum that it's not just what you do but How you do it that counts. Equally, it's not so much what you say as How you say it. She was indeed the perfect diplomat. She pushed hard to win her point and won her interlocutor's heart in the process. She certainly won mine.

— Oliver Crosby



Many remember the familiar sight in the 70's of Barbara bounding across the bay in her boat commuting to and from the lab. One afternoon I came home from work and spotted Barbara's boat drifting curiously a mile or more out in the bay. I could barely make out two people aboard and intermittently heard strange, unintelligible sounds.

After curiosity got the better of me, I went to the dock, got in the boat and sped around the Point to see what was happening. As I came along side, Barbara, with Marjory, told me that her engine had conked out. I apologized and told her that I would have come out sooner if I'd detected any evidence of distress. At that point, Barbara explained, at some length, that they had been yelling "ooo-aaah" because the way sound travels, "ooo-aaah" carries through the air waves much farther than "help". This was one of my early encounters with science and as I towed her back to the dock, I remember being somewhat unconvinced that "ooo-aaah" trumped "help" when it came to emergencies. We had a good

laugh about that one for years to come. What a remarkable lady! So send your thoughts and prayers for Barbara, Rita and those whose lives she has touched off with a little "ooo-aaah" in hopes they'll travel farther.

— Billy O'Meara

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IN NOMINE

Barbara Davis
Adina Gaal
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And receive a FREE static cling decal to show you're a proud member.

Your membership and donations help us protect and preserve the character of this very special place—and we welcome donations at all levels. Members receive a free decal, two editions per year of our newsletter, and the opportunity to be involved by helping out with trail maintenance, easement monitoring, or mailings.

BLUE HERON SOCIETY

If possible, we urge you to consider joining the Blue Heron Society by making a commitment to give \$1000 or more each year for general operating support. You can also support Frenchman Bay Conservancy through a bequest. Remember us in your will or explore other estate planning options with your lawyer.



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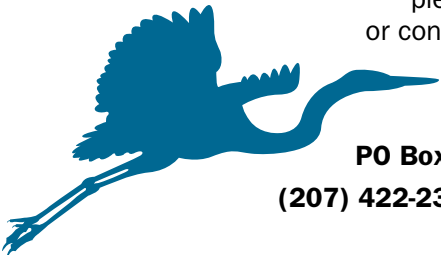
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Thank you!

Frenchman Bay Conservancy

Frenchman Bay Conservancy is a nonprofit land trust founded in 1987. Our mission is to build lasting relationships and commitments that conserve the distinctive landscapes and natural resources of the Frenchman Bay and Union River watersheds.

For more information on the Conservancy, please visit our office at Tidal Falls, or contact us by mail, phone, or e-mail:



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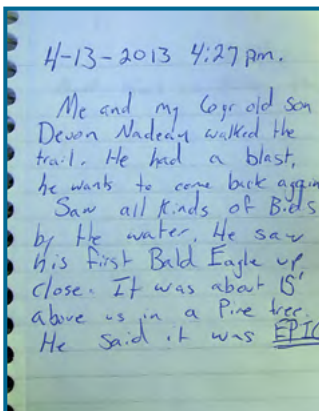
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New Nature and History Displays at Indian Point Preserve

At the entrance to FBC's Indian Point Preserve in Ellsworth, there is a log book in the kiosk where visitors can share their thoughts about their walk to the point. As I read through the entries last spring from last April this entry caught my eye:



4-13-2013 4:27 pm.
Me and my 6yr old son
Devon Nadeau walked the
trail. He had a blast,
he wants to come back again.
Saw all kinds of Birds
by the water. He saw
his first Bald Eagle up
close. It was about 15'
above us in a Pine tree.
He said it was EPIC

At FBC, when we hear something like this we are both inspired and encouraged, knowing that our conserved lands are connecting the next generation with nature.

We acquired our Indian Point Preserve in 2004, and we have been

improving the public access and the visitor experience ever since the Maine Conservation Corps, the Ellsworth Rotary and FBC teamed up with to build the half mile long trail. The latest improvement is the replacement of the worn out interpretive displays with twelve newly installed nature and history panels. Thanks go to Nancy Patterson, the FBC board member who championed the project, Sally Rooney and Glen Mittelhauser, the naturalists who identified the plant species on the displays, Andrea Griffin from Monarch Creative Design who designed the beautiful graphics work and Ande Binan from DaVinci Signs who manufactured the signs. We hope you will soon walk the trail and learn a little more about nature and local history. ❖



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