



The Potomac Appalachian

The Newsletter of the Potomac Appalachian Trail Club
 118 Park Street, S.E., Vienna, VA 22180-4609
 www.patc.net



Volume 35, Number 10
 October 2006

Nominating Committee Announces Slate of Candidates

President –

Lee Scheaffer

Lee, a PATC member for 10 years, is currently the vice president for volunteerism (2004-2006), and before that was the co-chairman of the Hiking Committee and president of the Northern Shenandoah Valley Chapter (NSVC). In addition to leading hikes for the NSVC and a congressional hike series for PATC and the AHS, he published the chapter newsletter *NOVA SHEN* and was editor of the PATC publications “Appalachian Trail Guide to Shenandoah National Park” and “Hiking Guide to the Pedlar District George Washington National Forest.” Lee is also a member of the ATC, AHS, and The Nature Conservancy.

Lee graduated from Randolph Macon College in 1980. Since 1988, he has worked as an air traffic controller for the FAA in Leesburg, Va. He and Terrie, his wife of 18 years, have two children – Hunter, 17, and Cody, 14.

“I look forward to serving PATC as president. We are entering a dynamic phase of change and scope that will take us to new areas and increase our capabilities. With the help of our excellent volunteers and staff we can make PATC the example of what a great volunteer organization can be. Thanks for your support, and I look forward to working with all our dedicated members.”

Vice President for Volunteerism – Vern Conaway

“I first joined PATC in the late '80s when I was working in the Pentagon with a former president of PATC, Phil Barringer. He suggested I join the club as I was talking about doing a through-hike in 1989. Finally, in 1996, I was able to break away for six months and do the hike. I thoroughly enjoyed my time on the trail and knew that at some point I would get more directly involved in “giving back.” No section of the AT is better maintained than PATC’s.

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Chesapeake and Ohio Canal Book Author to Speak at Annual Meeting

At the PATC annual meeting (Nov. 14) our featured speaker is Robert Kapsch, who will be giving a presentation on the lost and forgotten engineering achievements of the C&O Canal. Kapsch is the retired NPS Senior Scholar in Historic Architecture and Engineering. As the author of “Canals and The Monacacy Aqueduct on the Chesapeake and Ohio Canal,” Kapsch has served as special assistant to the deputy director of the NPS, and has served as project engineer for the effort to restore the C&O Canal and its structures. He served for 15 years as chief of the Historic American Buildings Survey/Historic American Engineering Records. He is the author of several definitive histories of early American canal engineering, including “The Potomac Canal: A Construction History” and “The Conewago Canal: Pennsylvania’s First Canal.”

Please see article and registration form on page 10 in this issue for information on registering for the dinner and annual meeting. □



Dugan Hollow Shelter Dedication

Saturday, October 14

Everyone is cordially invited to the dedication ceremony for PATC’s newest and most beautiful shelter, Dugan Hollow Shelter on the Tuscarora Trail. Located between PATC’s Ruth Morris Forest and Vos Tract in West Virginia across the Potomac River from Hancock, Md., the shelter’s construction was begun this spring by the PATC Shelter Crew and the West

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Council Fire

Potomac Appalachian Trail Club President Tom Johnson called the regularly scheduled Council Meeting to order at 7:02 p.m. on Aug. 8, 2006, at the Club Headquarters. Tom has renewed the agreement with SNP covering trails, shelters, and maintenance huts for one year; in the coming year, Tom expects that the subsequent agreement will have a number of significant changes in the relationship but this renewal will provide all parties an opportunity to negotiate a mutually acceptable relationship. Tom reminded Council that the September strategic planning meeting was to be held at Blackburn. American Hiking Society (AHS), which PATC played a significant role in founding, was having a 30th anniversary celebration here in Washington at the end of September. Tom encouraged members to participate and said PATC would be sponsoring hikes the day before the celebration.

Treasurer Ric Francke provided July financial reports and said that cabin rentals are the most robust of the PATC revenue sources. Maps are doing well, publications are a little behind projections, membership is pretty much on projection, retail sales are below. Council approved (with one abstention) a motion introduced by Ric to increase membership dues as follow: The \$5 processing fee has been dropped, individual members increase from \$25 to \$35; couples from \$30 to \$40; contributing members from \$35 to \$50 for individuals, \$55 for couples; sustaining members from \$50 to \$75 for individuals, \$80

for couples; life membership remains at \$500; spouse of life member remains at \$250. This increase, effective on Jan. 1, 2007, is the first since 1987. PATC operational expenses have risen because of inflation, and there have been significant increases in property taxes that PATC pays, particularly on Tuscarora trail lands in West Virginia and Pennsylvania.

Trails, Lands, and Facilities

Vice President for Operations Bruce Glendening said the IT Committee is exploring hiring a network administrator. The expected cost would be about \$75/hour with an anticipated need of 4 to 6 hours/month. Kerry Snow reported for Supervisor of Trails Liles Creighton that there had been some storm damage in Maryland from the June rains; SNP was basically looking good except some water damage to the fire roads.

Council approved (with four abstentions) a motion by supervisor of land Jim Peterson to create a standing (voting) Land Management Committee and to modify the supervisor of land and chair job descriptions.

Sale of easement tax credits: The Blackburn easement has been recorded with Loudoun County and an additional easement in Greene County is in progress; Chris Mangold was scheduled to meet with SNP with regard to the land that PATC was providing for the Old Rag parking area. A trail easement donation has been reviewed by Col. William E.

Smith who is enthusiastic about the prospect of a trail easement.

Council approved a motion presented by Supervisor of Facilities Mel Merritt authorizing additional funding (\$5,000) for Silberman Cabin completion. Headquarters Chair Eliza Engle is planning to have the headquarters parking area repaved before cold weather arrives this year.

July revenue for Bears Den was \$8,176, a 17 percent increase over last year; Bears Den got more volunteers from the recent request in the *Potomac Appalachian* and is looking to hire someone to help with the cleaning. SNP Cabin Overseer Cliff Willey received an award from SNP; John Hedrick will also be receiving an award from SNP. The Lamberts have received many calls in response to the PATC advertisement for their property. The price is now \$800,000.

Vice President for Volunteerism Lee Sheaffer reported that honorary life members are to be voted by council in October, and the Myron Avery Award will be selected during the October ExCom meeting. Supervisor of Membership Eliza Engle reported that PATC membership was at 6,502. New members 106. She also said that there were eight new members from the New Members meeting.

Jane Thompson reported that the Poolesville ecology program will be starting again soon.

See Council, page 3

HOW TO CONTACT US: HEADQUARTERS, SALES, CABIN RESERVATIONS, AND MEMBERSHIP INFORMATION

Address: 118 Park Street, S.E., Vienna, VA 22180

Phone #: 703/242-0315

24-hr. Activities Tape #: 703/242-0965

To receive an information packet: Extension 10

Club President (leave a message), Tom Johnson: Extension 40

Hours: Monday through Thursday, 7:00 p.m. to 9:00 p.m. and Thursday and Friday 12 noon to 2 p.m.

Facsimile #: 703/242-0968

Club e-mail: info@patc.net

World Wide Web URL: www.patc.net

STAFF: DURING REGULAR BUSINESS HOURS

Director of Administration: Wilson Riley (Ext. 11) e-mail: Wriley@patc.net

Trails Management Coordinator: Heidi Forrest (Ext. 12) e-mail: hforrest@patc.net

Business Manager: Monica Clark (Ext. 15) e-mail: mclark@patc.net

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Potomac Appalachian

Chief Editor: Linda Shannon-Beaver, PA@patc.net

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Forecast Editor: Vince Ferrari, PA-Forecast@patc.net

Club Officers and chairs contact info:

www.patc.net/about/contact.html

or call the main club phone number.

Contact list published twice annually in the *PA*.

Tom's Trail Talk – Reflections on Leadership

Now that my term is almost up, I am doing more reflecting and less planning. I think about PATC and the job of being president a lot while hiking alone or driving to work. Some of these random thoughts appear below. They might, or might not, be useful to a future president. I hope they interest you, too.

Like many PATC volunteers, I came from a military background – over 20 years in the Air Force. The Air Force teaches leadership, and although I was hardly a natural leader when I went in, I learned a lot about the subject and had to practice it on my job. I think I was a better manager than a leader, but I had to do both.

PATC is nothing like the Air Force, and anyone who tries to transplant the military experience to a volunteer club will find out just how different they are. It is 6,500 people all going in different directions. When I look across the council room at the 40-odd club leaders, the overused analogy of herding cats springs immediately to mind. All these people are there because they want to be, and like any volunteer, they can walk out tomorrow if they don't like what is happening. This puts a certain damper on ordering people around.

I think of the club as a myriad of little pools, mostly no more than 15 or 20 people, engaged in a single project. There is the pool of people building the Dugan hollow Shelter, another pool building Silberman Cabin, another working on the Vining Tract, and others coming out to work with the Cadillac Crew, Blue and White Crew, Acme Treadway Crew, Trail Patrol, and so on. The pools spring up when there is a job to be done, and the members stay together because that's where their friends are. There is a cosmic identity with the larger club, but the immediately loyalty is to friends.

The job of the president is to connect all these little pools. In that role there are some axioms that I live by.

1. The main job is organization and communication. I am only an average trail worker, and I know almost nothing about construction. But I spend a lot of time organizing and communicating. It helps if you can lead by example, but if you can't drive a nail straight or build a waterbar that will last longer than 15 minutes, you can at least organize and communicate.

Leadership Defined

One of the best Air Force leaders I know defined leadership as three components:

1. Articulate the mission
2. Remove the barriers from the path of those who do the mission.
3. Make decisions.

2. Someone in the club has to have a strategic vision. If the president doesn't, he can't lead because he doesn't know where to go. He is lost in the woods. This is sometimes referred to as an "agenda," a term that has taken on a vaguely pejorative meaning.

3. Stay calm. If everyone else has his or her hair on fire, you have to be the one with the fire extinguisher.

4. You have to be ready to apologize. You will never get it right all the time, and you have to admit it without flinching.

5. You are not omniscient. Knowledge comes from every direction, and you have to be in a listening mode.

6. Grab ideas, run with them, but acknowledge the source. If you were not the source – admit it. Give someone else the credit.

7. Praise in public, criticize in private. (This is hardly a new idea, but it is well worth remembering. I don't know who to credit on this one.)

8. Grow a thick skin, and do it in a hurry. Some people will not like what you are doing, and will not hesitate to say so.

8. Recruit, recruit, recruit. As president, you can't do anything – you have to sit on the sidelines and watch others do it. Your job is to find the others. My next column will discuss recruiting.

9. Get out of the headquarters! No, don't swing that Pulaski, you might hit someone. What I mean is, go out to see those pools of volunteers. Attend their events. Go out to see them on their work trips. Go to their annual dinners. Let them know that you appreciate their efforts – tell them directly.

10. Carry the message. What message? That is the strategic vision that we talked about in item #2. Seize every opportunity to talk about this with the pools of volunteers. You have to be able to articulate that mission.

11. Don't dodge the tough decisions, but know when to make them. Sometimes making no decision is the best decision.

12. Never underestimate volunteers. They have capabilities that are way beyond what you can do.

13. Never take yourself too seriously. If you get your ego tied up in things you won't be able to stay calm. (See item #3.)

14. This is supposed to be fun. If it stops being fun you need to join a different club.

OK, so that is my list. I don't have these pasted to the door of the refrigerator, but I have them in my head. I can't always meet my own expectations, but I usually know when I haven't. (If I don't, someone out there is sure to tell me about it. See item #8 above.) □

—Tom Johnson

Council, from page 2

Jane will talk to the seniors about volunteer opportunities such as trail maintenance and scanning more of the land records.

Potomac Appalachian – Linda Shannon-Beaver – there have been reports of missing pages in the *PA* due to printer error. Please contact her to receive a replacement and also to help track the scope of this problem. Rick Canter, North Chapter – the corn roast was successful – one person came from Michigan for the second time. Trail Patrol – Katrina Hedlesky – one ridgerunner leaving the trail in Maryland and now only one remains. AT Corridor Management – Tom Lupp – LL Bean grant requests are due in early October. SMRG – Steve Weiss – reported on a search and rescue on July 29, where a 13-year-old boy was safe because of prior training.

PATC needs a Marketing Committee chair. Please contact Lee Sheaffer (thumpers@visuallink.com). April Miller has volunteered to help Carol Niedzialek with the archives and library. If anyone else is interested in supporting our archive/library functions – please contact Alan Day (dayalan@nova.org). □

—Alan Day, Secretary

Nominations, from page 1

"I have done some limited volunteering with ATC and several other organizations. Most recently, I have been involved in setting up the management of Bears Den Trail Center. As the current chair of the Bears Den Standing Committee, I know that Bears Den is thriving because of dedicated short-term and long-term volunteers. I look forward to working with all the committees and assisting them in recruiting additional volunteers. In particular I am committed to expanding that volunteer base at all age levels. I sincerely look forward to the challenge. And I look forward to working with those with many years of volunteer experience with the club to learn from them and build on their successes.

"My wife, Mary Sue, and our son, Thomas, now live in Purcellville – just 15 minutes from the trail. I look forward to working with the current slate of candidates in furthering the goals and objectives of our club."

Vice President for Operations – Tom Johnson

Tom Johnson, who has been PATC president since 2003, has been active in foot trail matters for many years. An avid hiker, he became active in PATC management when, from 1993 to 1995, he co-chaired the ATC biennial conference in Harrisonburg, Va. He served as PATC vice president from 1995 to 2001, and has held positions alternately as vice president for operations and vice president for volunteerism. For the next two years he devoted himself to setting up PATC's land management system, and in 2002 he became president of the Potomac Trail Conference, an organization that works to complete the Potomac Heritage National

Scenic Trail. He has been on the American Hiking Society Board of Directors since 1997, and has been recording secretary since 1999. He maintains a section of the Tuscarora Trail and hikes whenever he can.

Tom has worked in the intelligence community for many years, and at present writes histories of clandestine projects for the intelligence community. He and his wife Sharon have been married for 47 years; they have two grown children. They live in Front Royal, Va., about 3/4 mile from the AT.

Supervisor of Lands – James Peterson

Jim Peterson joined PATC in 1970. In his early years Jim worked on the Maps Committee doing drafting and field work. He also led wildflower hikes in SNP. In the early 1990s Jim became involved with the Tuscarora Trail. He was responsible for the purchase of several tracts of land that protect the trail and provided for a relocation which removed more than six miles of roadwalking.

Jim is chairman of the North Chapter Lands Committee, a member of the North Chapter Board of Directors, and supervisor of lands. His current priorities are to improve the club's management of its land resources, to pursue the sale of conservation easements on PATC-owned lands, and to further the protection and development of the Tuscarora Trail.

In addition to his land management responsibilities and interests, Jim is a trail overseer, a tract manager for three PATC land parcels, and was involved in the approval for and construction of the Big Mountain Shelter on the

Tuscarora Trail. Two years ago he located the Aughwick Creek Tract of Land in Fulton County Pennsylvania, and led the club through the purchase of this land and the approval process for PATC's newest cabin – the Silberman Trail Center. Jim is the co-leader, with another member, of the construction of this cabin.

Jim graduated from the University of Michigan in 1963 with a masters degree in public administration and had a 35-year career in management in HUD. He is married, with three sons and five grandchildren, and lives on a farm in Johnsville, Md. Happily retired, most of his time is spent on farm work and volunteering for PATC and one other organization.

Supervisor of Facilities – Mel Merritt

Mel Merritt, the present supervisor of facilities, has been the cabins operation chair since the last millennium. He is a life member of PATC, joining in 1979. In addition to participating in countless trail and cabin work trips he and his wife Nancy (also a life member) have been overseers of Mutton Top Cabin for 10 years, along with their son Isaac, 11.

PATC is not the only organization to benefit from Mel's profession as a Custom Home Builder. As a member of Severna Park United Methodist Church, he has served on the Appalachian Service Project 14 times with their youth group. Since 1989 he has led the annual volunteer projects in Alaska, Russia, Zimbabwe, Guatemala, Costa Rica, and numerous Caribbean locations, where the

See Nominations, page 5

Absentee Ballot Request

Please send me an absentee ballot for the November PATC officer election. I understand that this ballot must be returned to PATC Headquarters by 5:00 p.m. Nov. 14, 2006.

Name: _____

Street Address: _____

City, State: _____

Zip Code: _____

Mail to: Wilson Riley, Director of Administration, PATC Headquarters, 118 Park Street, S.E., Vienna, VA 22180.

DON T FORGET: Send a self-addressed, stamped envelope with this form.

* To vote in this election you must either attend the Annual Meeting (paid registration not required) or request, by mail, an absentee ballot and return it to HQ either by mail or in person by 5:00 p.m. on Nov. 14.

Member Notice: Election Rules

On Tuesday, Nov. 14, 2006, PATC members will elect officers to the PATC Executive Committee. Look in the October *Potomac Appalachian* for the names of persons recommended by the Nominating Committee. Elected officers will serve for two years starting Jan. 1, 2007. Members in good standing may vote either in person, at the annual meeting, or by absentee ballot. Those wishing to vote by absentee ballot must request a ballot in writing, and include a self-addressed, stamped envelope. In order for absentee ballots to count they must be received at the Club Headquarters in Vienna no later than 5:00 p.m. on Nov. 14, 2006.

Nominations other than those proposed by the Nominating Committee may be made by petition. For instructions on this procedure, contact Wilson Riley, Director of Administration, at the Club Headquarters. Nominations will not be accepted from the floor at the annual meeting. □

Nominations, from page 4

team repairs or builds churches, parsonages, retreat centers, schools, and retirement homes.

On his home turf, Mel has served as a building and ground chair at the Severna Park YMCA, construction chair for Arundel Habitat for Humanity, president of the Maryland Federation of Art, and has been active on administrative boards of numerous civic and cultural organizations.

Since becoming supervisor of facilities, Mel has reorganized the headquarters committee which is making long overdue improvements to that facility. He has also negotiated a new cabins agreement with SNP, has been involved in the assimilation of Bears Den into PATC management, and has helped find highly qualified supervisors for the Argo and Silberman cabin construction projects. Mel continues to provide hands-on supervision of cabin projects such as the new cook sheds at Johnson and Bear Springs cabins and repairs to Myron Glaser and Morris cabins.

Supervisor of Trails –

John Hedrick

John has just completed his second season as the Ridgerunner for SNP. He is an overseer for two AT sections, a corridor monitor, and a PATC representative on the Mid-Atlantic Regional Partnership Committee. John is a regular member of the Blue and White Trail Crew.

An AT thru-hiker(2000), John has also completed the Tuscarora Trail, the Massanutten Loop Trail, and the Great North Mountain Loop Trail. He has been a member of PATC since 1999. After retiring from the Army after 28 years of service, John worked in management positions for Lockheed Martin and CACI. John and his wife Katherine live in Rappahannock County, Va.

Supervisor of Education, Information, and Activities –

Jane Thompson

As a member of PATC since 1992, Jane has been very active, both with the West Virginia Chapter and PATC. She is the current supervisor of information, education and activities, where she has increased the amount of outreach to introduce people to PATC. This has been done through having displays at local events, setting up hikes and speakers for various groups including Scouts and community organizations, and getting the Family Weekend going again.

From 1994 to 1999 Jane was president of the West Virginia Chapter), recruited speakers for the monthly meetings held at Highacre, published the chapter newsletter, and organized weekly hikes led by chapter members. Jane is currently a member of Trail Patrol, is on the Hike Leader Committee, and is active with the water quality monitoring program. Additionally, she has worked on trails and shelters, participated with the 1995 ATC Conference in Harrisonburg, Va., and has volunteered in various other ways. And from 2002 to 2004 Jane worked for AHS as the trail programs manager, which included organizing National Trails Day.

After joining PATC, Jane realized trails are not there with the sweep of a magic wand – but only by many hours of volunteer effort, not just in the physical aspect of building and maintaining trails, but also in educating people to the benefits, enjoyment, advocacy, and proper use and care of the trails. This can only be achieved by involving new organizations and interested individuals. Jane and her husband, Bob Pickett, are both very active PATC life members.

Supervisor of Membership –

Jim Tomlin

Jim, a Washington, D.C.-area native, has been an active PATC volunteer for more than 10 years, and a PATC member for over 25 years. He currently serves as district manager for the Great North Mountain PATC District, leader of the Stonewall Brigade PATC volunteer trail crew, and Mill Mountain Trail overseer. He has participated in a variety of other PATC volunteer activities, including Trail Patrol, ski trip leader for the Ski Touring Section, shelter construction, special projects for PATC headquarters, and registrations and logistics for the Dogwood Half-Hundred. He occasionally visits his favorite national park to help out with the SNP North District Hoodlums and the SNP Central District Blue and White Crew. He organizes and leads group hikes, backpacking trips, hiking classes, and cross-country skiing trips for two informal hiking clubs at his current and former workplaces. He became a PATC life member in 2000.

Jim took his first hike in 1969 on Old Rag as a youth and has been an avid hiker ever since. Through his many years as a PATC member, he recognizes the growing needs for active members and enthusiastic volunteers to support the PATC mission to provide the best trail facilities in the nearby parks, forests, and other lands, especially during times of governmental budget constraints.

Jim lives in Montgomery County, Md. He is a database administrator for the National Geodetic Survey in Silver Spring. A dedicated soccer fan who aspires to musicianship, but to maintain good relations with neighboring landowners, his mandolin playing is relegated to only the most remote PATC cabins.

Secretary –

Alan Day

Returning Secretary Alan joined PATC in 1998 after having hiked for over 30 years on local trails built and maintained by the club. He first met Tom Johnson when he approached PATC for assistance in making a video of National Trails Day 1998 on the Potomac Heritage Trail. This video and a second one about Sugarloaf first aired in 2000 on “Day Hikes in the Metro Area” on cable Channel 10 in Fairfax County. It has been used at PATC New Members meetings. The Sugarloaf video connected him to the Cadillac Crew, and he is now a regular member of that crew.

When he retired from the CIA in October 2003, Alan became more active in supporting PATC and was elected as PATC secretary in 2004. He is currently heading up a committee looking at setting up a Geographical Information System (GIS) to support PATC map making and land use management. He has been supporting the IT Committee rework of the PATC IT facilities and has been active in recruiting members to fill vacant positions. Alan has also served as secretary and president of the Deepwood Homeowners Association in Reston.

Treasurer –

Ric Francke

Ric joined PATC in 1989 and is now a life member. He has served as an overseer on a segment of the AT, and later on the Potomac Heritage Trail. For four years Ric directed PATC’s Dogwood Half-Hundred, before taking over as district manager for suburban Virginia. In April 2005 Ric stepped up to take on the vacant position of PATC treasurer, and is the current incumbent.

In his professional life Ric worked in international banking and investment finance for nearly 30 years, most recently as chief investment officer of an international development investment fund. Since 2003 Ric has served as executive director of the Potomac Heritage Trail Association, the organization committed to the development, construction, and protection of the Potomac heritage National Scenic Trail. □

Service Awards: Do You Know a Worthy Recipient?

Honorary Life Membership Awards

At the annual meeting on Nov. 14, 2006, PATC will recognize a few members for their outstanding and wide-ranging commitment to the club over an extended period. They will be awarded an Honorary Life Membership Award. Please nominate any member you think deserving of this award, including the nominee's name and a clear description of his or her contribution that justifies this award. Nominees must:

1. Be long-time club members.
2. Exemplify the service aims of the club. ("Service" includes leading trips, serving on committees or Council, serving as overseer, donating time at Headquarters, etc.)
3. Have contributed to the club across a broad range of service activities.
4. Have generated enthusiasm and inspired others to become active in the club.

The Myron Avery Award

Formerly known as The Volunteer of the Year Award, this award was renamed to honor the co-founder of PATC and the driving force behind the completion of the AT and is given at the annual meeting to that PATC member who most exemplifies the spirit of volunteerism through his or her contribution to PATC during the past year. This is the highest honor bestowed upon members of the club and is awarded to the PATC volunteer who most exemplifies Mr.

Avery's dedication and devotion to PATC's mission. The contribution can be to any type or combination of club service activities, e.g., devoting many hours above and beyond the norm to service activities, including travel time, or making an exceptional contribution to a particular project. (Members of the Executive Committee are not eligible for the award.) If any PATC member believes another member should be recognized as the recipient of the Myron Avery Award, please nominate him or her. Include the nominee's name and a clear description of his or her contribution that justifies the award. Include your name and phone number and e-mail address.

Nominations for Honorary Life Memberships and Myron Avery Award must be received at Club Headquarters no later than Oct. 20, 2006. Send nominations by mail (PATC, 118 Park St. SE, Vienna, VA 22180), e-mail (Wiley@PATC.net), or fax (703/242-0968). Mark nominations Attn: Lee Scheaffer, Vice President for Volunteerism. If you have questions, call Wilson Riley, 703/242-0693, ext. 11.

Service Awards

Service awards are given to club members who have consistently devoted time and effort to club service activities above and beyond the norm. Volunteer leaders who want to recognize those with whom they work should send their lists of service award

recipients to PATC Headquarters, via mail, fax, or e-mail (pfankhauser@patc.net), marked Attn: Nominations. Include names of the recipients and a short description for each of their service activities. Nominations should be received no later than Oct. 30, 2006.

Other Types of Service Awards:

❑ *PATC Appreciation Award.* Primarily for nonmembers, this award is given to individuals who have made some special contribution to the club and its objectives. Recipients could include government officials (federal, state, local) who have assisted the club in its activities, individuals who have donated land or facilities to the club, retired PATC employees, or anyone else who has helped the club in a significant way.

❑ *Youth Under 14.* Individuals who have participated in club worktrips or other activities while they were under 14 years of age are eligible for special recognition. Upon the recommendation of an adult member, a letter of appreciation, along with a PATC patch, will be sent to the individual, in appreciation for the contribution to the club's work and offering encouragement to become a PATC member when he or she reaches 18 years of age.

All service award nominations should be submitted to Pat Fankhauser (pfankhauser@patc.net) no later than Oct. 30, 2006. ❑



'Heart and Sole' Help the Homeless Campaign

As this season of cold conditions nears, we think about how fortunate we are to be able keep warm and dry. Yet we know there are those who are unable to obtain adequate clothing to be protected from the elements. PATC will accept CLEAN USED or NEW hiking socks, wool or otherwise, in the collection box in the front foyer of the Headquarters building in Vienna, Va., until Jan. 1. The collected socks will then be distributed to local churches and half-way houses. Please help with your gift of "Heart and Sole" to support and care for the homeless in our community. —Pat Fankhauser, Membership Coordinator

Chainsaw Course

November 4-5, 2006

Shenandoah National Park Headquarters

PATC, in conjunction with SNP, will offer a fall chainsaw course will be held at the Headquarters of SNP. Bunks and camping will be available at Tulip Tree Cabin Friday, Saturday, and Sunday nights. First Aid and CPR classes will be taught each day at 3:00 p.m. The First Aid and CPR classes will cost \$68.00, and students need to register with that instructor by Oct. 20. For more information, contact Heidi Forrest (HForrest@patc.net). ❑

Demise of the HQ Storage Container



On Aug. 13 a group of strong-willed, able-bodied volunteers (most from SMRG) moved approximately 750 boxes of books and maps, over 11 tons, to reorganize the storage room at Headquarters.

The story starts from the day in 2001 when the large storage container arrived in the parking lot to accommodate the overflow from headquarters renovation. That is when a large quantity of books got a home, but took away four precious parking spaces at Headquarters. The HQ Committee found out last spring that this eyesore and parking space stealer needed to be eliminated if we ever hoped to repave our deteriorating parking lot.

After working our way down the priority list at HQ we finally got to the big, steel hull sitting in the back parking lot. Wilson Riley and volunteer Charlie Balch moved the first four tons of boxes and three shelving units out of the large hollow hull in the week leading up to "R" day. On the day of "reorganizing" the small group of seven moved all of the books out of the storage room and into the council room. After this we moved the shelving into a much more appropriate layout and re-assembled the shelves from the now empty steel hull. Then after several breaks, large amounts of water, and snacks brought by Mary Prochnow, we reloaded all of the shelves with boxes in an organized fashion to make the staff's life a little easier.

I want to thank all of the SMRG volunteers that came and took the time to accomplish this major task: Mary Prochnow, Mike Pearson, Dave Jeyes, Ian Kluge, and Nathan Tanner, we couldn't have done it without you!! Four parking spaces to come to the back parking lot real soon. Oh, and parking lot repaving to follow, we hope! □

—Eliza Beth Engle, HQ Committee

DON'T FORGET:

Elections are held at the Annual Meeting on Nov. 14. See bottom of Absentee Ballot on page 4 for information about voting.

Emergency Response Training & Trail Patrol Present

Basic Wilderness First Aid and CPR and AED

Oct. 28 - 29, 2006

Day one of this two-day class covers Adult CPR and AED and American Heart Association First Aid. You will receive a textbook and a certification card good for two years. Day two is American Safety and Health Institute (ASHI) Basic Wilderness First Aid. You will learn how to do patient assessments, bleeding control, splinting, and other basic first aid skills in the wilderness setting. There is plenty of hands-on time and paramedics with years of backcountry experience teach the classes.

Cost of the class is \$120 for Trail Patrol Members and \$130 for Non-Trail Patrol members. Pre-Registration is required before Oct. 20, 2006. For more information or to download the registration form, go to www.patc.net/volunteer/trailpatrol.com or contact Saleena DeVore at tp1staid@patc.net or 540/972-8394. □

Trail Patrol Proudly Presents

Trail Patrol Training Weekend

Nov. 11, 2006, Glass House

If you are interested in joining the Trail Patrol, or really want to find out what it is all about, then this is your chance!

Several qualified Trail Patrol members will teach you about Leave No Trace, The 10 Essentials, Map and Compass, Dealing with the public and other things that you need to know to be part of the Trail Patrol.

There will also be three hikes (including a night hike!).

The class will be held at the Glass House in George Washington National Forest. Students are welcome to spend the night the night before and after. The cost is \$10 per person to cover the cost of food. Pre-Registration is Required.

For more information or to sign up Contact Saleena DeVore at tptraining@patc.net or 410/456-6861 □

Ski Touring Section to Hold Fair

PATC's Ski Touring Section, the largest Nordic ski club in the entire DELMARVA area dedicated solely to cross-country skiing, will hold its annual Ski Fair on Saturday, Nov. 4, noon to 4:30, at PATC Headquarters at 118 Park Street, Vienna, Va. Featuring more than two dozen "public" trips scheduled over the upcoming winter ski season, as well as work trips to help prepare much-used ski trails for the season, the Ski Fair is the premier event kicking off the cross-country ski season. Features include:

- *The PATC-STS Excursions to Yellowstone, New York's Tug Hill, Vermont's Stowe area, and eastern Canada.*
- *Where and when to ski on weekends in West Virginia, Maryland, and Pennsylvania.*
- *Learn how to start XC skiing - new ski gear, ski safety, and ski care.*
- *Presentations on past trips, such as Le Haute Trace des Escartons in France, Bryce Canyon, Utah, and British Columbia's Mistaya Lodge, and interesting topics, including speakers from local outdoor clothing and fitness organizations.*
- *A great opportunity to meet STS trip leaders and members so you can learn about and sign up for trips on the spot.*
- *New and used ski gear for sale or swap by members and vendors.*

Be among the first to apply for trips scheduled from December 2006 thru March 2007, and sign up for work trips scheduled in November and December. STS trips are inexpensive, fun, friendly, and led by members with years of skiing and trip-leading experience. Chat with other attendees from masters to novices. Bring used XC ski equipment for the sale or swap, snacks to share, your skiing stories, and of course your check book to make a deposit on the trips.

At last year's Ski Fair, several vendors offered new equipment. Used ski equipment was also available from members and other attendees at the Fair. Programs in the back Presentation Room were generally well attended. With seating for over 30 people, attendees had their pick of six different half-hour presentations. A new station added to the 2003 Ski Fair featured a constant slide show presentation of the 2003 Ski Dance Weekend, and a never-ending table of refreshments and munchies, enhanced by pot-luck offerings of visitors sustained us throughout the day.

For more information on the 2006 PATC STS Ski Fair, contact Trip Coordinator Al Larsen (703/807-1639) or Vice-Chair Steve Bergstrom (301/564-9696). □

—Ralph Heimlich



Barbara Cook (on the right) and friends at the ski swap, STS Ski Fair 2005.

Bob Pickett's Appalachian Nature

October is a month of change. By the end of the month our Eastern deciduous forests will have transformed from a green jungle of activity to a quiet world of gray bark and brown leaf litter. Certainly for me, this month marks the end of another season and, along with it, comes the feeling of a little melancholy.

If you're out this month, look for mating masses of walking sticks, often found in large numbers on leafless branches or cedar trees with the smaller male (or males) trying to mount the larger female. These wingless plant eaters make up one family in the order Orthoptera, which includes other insect families such as grasshoppers, katydids, crickets, praying mantes, and cockroaches.

Fall is also the time to find large populations of daddy-long-legs. Also known as harvestmen, due to their congregations at harvest time, these saprophytes (eating dead organic matter of leaves or animals) are not insects at all. Surprisingly, they are arachnids, in the class Arachnida, which includes spiders, scorpions, mites, and ticks (insects have three pair of legs; arachnids have four pair of legs).

But if there is anything to look forward to in October, it is the neotropical bird migration. Birds are the only warm-blooded class of animals other than mammals. And, like mammals, they require a lot of energy to maintain body temperature in winter. Thus, with the luxury of wings to enable such an alternative, many bird species have opted for migration to warmer climates. There is an abundance of food (especially for insect eaters) in warmer climes that isn't available in colder habitats. Other reasons for migration include longer daylight hours, greater area over which the birds can spread, and, possibly, fewer predators.

Such a long migration is certainly a risky venture. For those birds that survive their first summer, statistics suggest that over their lifetimes, 80 percent of the bird population will die during migration versus at their winter or summer grounds. Despite this figure, ultimately, the reason why migration persists is because it increases breeding success.

See Nature, page 19

TAILS FROM THE WOODS by George Walters



LOUIE, ALWAYS THE LADY'S MAN...er, mouse



"Would you like to come up to my mousehole and see my etchings?"

In Memoriam
Paul J. Roberts Jr.

May 10, 1935,
to July 11, 2006

Paul Roberts, a club member since 1985 and a life member, died on July 11, 2006. Paul retired from the United States Air Force as a lieutenant colonel in 1986 after 28 years of service. During his career he flew B-52s, served two tours as a pilot in Vietnam where he was awarded the bronze star, taught at the Air War College, and was the Air Force liaison to the Civil Air Patrol for rescue training. Upon retirement he was serving as the disaster preparedness officer at Andrews AFB, Maryland. Following retirement, Paul worked in a variety of positions dealing with emergency preparedness.

An avid runner, Paul completed many marathons and PATC's Dogwood Half-Hundred.

Paul's contributions to PATC were made primarily as a member of the club's Vining Tract Crew. During monthly work trips to the Vining Tract, Paul helped in the rehabilitation of Conley and Wineberry Cabins, the construction of Butternut Cabin, and the construction and maintenance of the many trails that make up the Mutton Hollow Trails District. Based on his experience with a compass as a scout leader and orienteer, perhaps his greatest contribution was relocating the nearly 30 survey corner pins that determine the boundaries of the 185-acre Vining Tract property.

Paul's sense of humor, initiative, dependability, and handiwork around the Conley Cabin cook shack are sorely missed.

Paul was to be interred at Arlington National Cemetery on Sept. 21, 2006. He is survived by two sons, a brother, a sister, and four grandchildren. □

—Hugh Robinson



Hiker's Notebook

Common Name: Sugar Maple, Hard Maple, Rock Maple - from the Old English *mapul* originally from Old Norse *mopurr*. **Scientific Name:** *Acer saccharum* - The genus is either Latin for Maple tree (with a short a) or sharp-pointed (with a long a), the latter referring to the use of the wood by the Romans for spears. The Latin word for sugar is *saccharum*.

The Sugar Maple's foliage is the epitome of autumn, and its sap is the harbinger of spring. Though it is only one of 13 maple species native to North America (of some 150 worldwide), its ubiquity is manifest as the state tree of both Vermont and New York. The collection of sap for sugar and syrup has been an integral part of the forest agronomy of Eastern North America since well in advance of European colonization.

Maple syrup and sugar derived primarily from the sugar maple were important commodities to Native Americans. The Iroquois considered the sugar maple to be the gift of the creator and held a thanksgiving celebration every spring to recognize the renewal of the covenant. A drink of maple sap and thimbleberries was concocted to solemnize the event. Maple syrup and wild rice were the mainstays of the diet of the Chippewa. They built specialized temporary camps consisting of small huts with paddles, bowls, and containers called mukuks to hold the sap for the conduct of the sugaring operation. Maple syrup was used as a commodity for barter by the Indians of Great Lakes.

Europeans were fascinated with the Native American confection. The noted English chemist Robert Boyle remarked to his associates in 1663 that "there is in some parts of New England a kind of tree whose juice that weeps out its incision, if it is permitted slowly to exhale away the superfluous moisture, doth congeal into a sweet and saccharin substance." By the late 17th century, small loaves of maple sugar were initially sent to France as a curiosity, but were ultimately found to be a highly palatable substitute for French sugar.

The sap of the sugar maple comes from the wood. In the late summer, starches are stored in the parenchyma, central stem cells of the wood. In the late winter or early spring when the temperature rises above 40 degrees F, the starch is converted to sucrose, which is released into the wood vessels and forced up the trunk (and out the tap hole) by internal pressures that can be as high as 40 pounds per square inch. The pressure rise is attributed to the increase in the concentration of sugar, causing water to be drawn into the roots due to osmosis. The wood of the sugar maple is very hard. In colonial America, it was widely used for many household items such as rolling pins, apple grinders, and cheese presses. Today it is used for furniture, flooring, and cabinets. Some trees have an unusual grain pattern called bird's eye that is the result of knotting induced by a fungus that grows under the bark. These grain variations are in great demand for specialized items like musical instruments.

Sugar maple leaves turn orange-red in the fall because of yellow carotenoid and red anthocyanin. Carotenoids are produced in many plants as an accessory to chlorophyll to absorb more light energy in a slightly different spectrum. Anthocyanins are thought to protect the leaf from damage due to bright light, which causes a drop in photosynthetic efficiency called photoinhibition. The anthocyanins absorb some of the energy of the bright light to mitigate this effect. Anthocyanins are also strong antioxidants and protect the leaf from free radical oxidizers also generated under high light conditions. When the temperature drops in the fall, a layer of cells called the abscission forms at the base of each leaf to cut off the flow of nutrients, stopping the production of green chlorophyll. When the green fades, the reds and yellows appear. —William Needham, www.mwrop.org/W_Needham/h_notebook.html

79th Annual Club Dinner and Meeting - November 14 at the Atrium

Come out and join in the fun to our 79th Annual Meeting/Dinner! Mark your calendar now and sign up for PATC's 2006 Annual Meeting/Dinner on Tuesday, Nov. 14 in Vienna to celebrate our 79th year. We will begin at 6:00 p.m. with a social gathering including a beer and wine cash bar followed by a buffet-style dinner. The cost is \$35 per person in advance and \$45 at the door (children \$20). The event will be held again this year at the beautiful Atrium of the Northern Virginia Regional Park Authority located next to the Meadowlark Botanical Gardens on Beulah Road in Vienna.

Our speaker this year will be Robert Kapsch, retired NPS Senior Scholar in Historic Architecture and Engineering. The author of "Canals and The Monacacy Aqueduct on the Chesapeake and Ohio Canal," he will be giving a presentation on the lost and forgotten engineering achievements of the C&O Canal. There will be displays from

various committees featuring their activities. When you look them over, you just may find a new volunteer interest.

The Atrium is located next to the Meadowlark Gardens at 9750 Meadowlark Gardens Court just off Beulah Road, Vienna, VA. Take I-495 to Northern Virginia to the Vienna/Tyson's Corner/Rte. 123 exit. From Rte. 123, turn right onto Courthouse Road. Then go through the stop sign and continue on Beulah Road. The Gardens are on the left. Shuttle service will be available at 5:00 p.m. and 6:00 p.m. at the Vienna Metro station. Please call Pat Fankhauser at 703/242-0693, Ext. 17 if you will be using the shuttle service OR if you can volunteer to be the driver for this service.

Reserve your seat by completing and mailing the attached form no later than Nov. 1, 2006. Space is limited. As always, we will need a lot of volunteers to help coordinate a successful event. If interested please contact Pat Fankhauser at 703/242-0693, Ext. 17 or pfankhauser@patc.net ☐

Registration for PATC's 79th Annual Meeting/Dinner

Tuesday, Nov. 14, 2006, from 6:00 p.m. to 9:30 p.m., at the Northern Virginia Regional Park Authority's Atrium at Meadowlark Gardens. For more information, please contact Pat Fankhauser at 703/242-0315, Ext. 17, or pfankhauser@patc.net. Don't delay, space is limited. Come on out to help us celebrate 79 years!

Name: _____, entre preference (choose one)

vegetarian chicken beef

Name: _____, entre preference (choose one)

vegetarian chicken beef

Daytime phone number: _____

Please enclose a check in the amount of \$35 (or list your credit card information below) per attendee for dinner, \$20 for children 14 and under. If you wish to attend the meeting and not have dinner, please contact Pat Fankhauser and let her know you will be coming.

() Here is an additional \$79 ...for the Trail Land Acquisition Fund for 79 years of service on the trails.

() Sorry, I can't attend the banquet, but here is \$79 to support PATC's Trail Land Acquisition Fund.

For 79 years PATC has led hikes; constructed and renovated shelters and cabins; mapped the trails; taught trail construction, safety, and conservation; and built and cleared the trails in rain, snow, and sunshine. Your contribution will be used to enhance those activities. Let's celebrate as we move into our 80th year!

VISA/MasterCard Number: _____, Expiration Date: _____ Please charge my credit card for _____ for _____ dinner(s)

Signature: _____

Mail to: PATC - Annual Meeting/Dinner 2006, 118 Park Street, SE, Vienna, Virginia 22180 Attn: Pat Fankhauser, Membership Coordinator

Because PATC pays for dinners in advance, no refunds after Nov. 1, 2006.

Volunteers Appointed in August

Trail Overseers

Randy Brewer **Great Falls River Trail -
South End of Patowmack
Canal to Ridge Trail**

Joel Leckron **Appalachian Trail - US
30/Caledonia State Park to
Halfway Point of Rocky Mt.**



Petition Candidate for Secretary – Hugh Robinson

Hugh Robinson has decided to run for the office of PATC secretary for the next term. Hugh joined PATC in 1983, and both he and his wife, Marilyn Stone, are life members.

Most of Hugh's club activity has been associated with PATC's Vining Tract. He has participated in the rehabilitation/construction of every cabin on the tract and has served as tract manager, overseer of Conley Cabin, co-manager of the construction of Butternut Cabin, and district manager of the Mutton Hollow Trails District. During the mid-90s, he and Marilyn maintained the Cedar Run Trail in SNP for nearly four years and worked on the construction of the Rod Hollow Shelter and the rehabilitation of Cliff's House and Meadows Cabin.

While manager of the Vining Tract, Hugh worked with other club officials to secure the purchase of the Johnson property at a below-market rate and negotiated the 10-year lease on the farm for \$1.00 a year. These efforts increased the amount of club-managed land from 185 to about 1,000 acres. Hugh was designated Cabins Volunteer of the Year for 2003. Hugh spearheaded a fund drive a few years ago to replenish the club's Cabin Lands Fund and contributed \$5,000 toward a \$12,000 matching grant challenge to spur donations. Hugh retired from the Air Force in 1988 and now works as a self-employed carpenter. ☐

Experience the Call of the Wild Thanks to Those Before Us

What does the call of the wild sound like? Is it cascading waterfalls or the resonating caw of a raven circling a cliff top? What does the wild look like? Smell like? The wilderness calls to you to explore.

Some may consider SNP entirely wilderness. Many places within the park have a sense of wildness, from Big Meadows to the AT. Yet there is a distinct area within Shenandoah that has the title “wilderness” by congressional designation. It fits the definition in the Wilderness Act, passed in 1964: “A wilderness, in contrast with those areas where man and his own works dominate the landscape, is hereby recognized as an area where the earth and its community of life are untrammelled by man, where man is a visitor who does not remain.” Shenandoah preserves the wilderness character of this area by conducting research and maintaining trails with minimal human interference.

While SNP’s wilderness is by definition natural, it takes human action to preserve it as such. People in the past heard the call of the wild and worked to preserve wilderness areas permanently through law. “Our expansive civilization . . . will eventually modify for human exploitation every last area on earth – except those that through human foresight and wisdom have been deliberately set aside for preservation.” Howard Zahniser, a resident of the Washington, D.C., suburbs, devoted much of his life to setting the vision of “a wilderness-forever future” into law. The primary author and promoter of the Wilderness Act, Zahniser included SNP in the first draft of the Wilderness Bill as public land that should be considered for wilderness status. Even though in the final Act SNP did not appear, voices locally and nationally continued to speak for designated wilderness in SNP. Twelve years after the Wilderness Act was signed, and 30 years after SNP was established as a National Park, legislation designated 40 percent of that land as a wilderness area. SNP is now part of the National Wilderness Preservation System, an interagency system managing wilderness areas in almost every state in America.

How can you experience Shenandoah’s wilderness? Hike along a trail, carefully meander through the intertwining mountain laurel thickets, contemplate a view from a towering cliff or the edge of an overlook. Many of the views from Skyline Drive overlook a wilderness area. It may be difficult to distinguish between the undeveloped backcountry and the designated wilderness from overlooks and along trails. The trails may be narrower, with larger fallen trees to step over.



This “traditional tool demonstration” at a prior Wilderness Weekend includes a visiting family trying their hand with a cross-cut saw with the help of a SNP Trail Crew.



PATC Trail Patrol members Catherine Pipan and Terry Major at work sharing wilderness information with visitors along Skyline Drive during a prior Wilderness Weekend.

However, the main difference defies our eyes, for it is in the level of protection. The wilderness area is preserved with another layer of protection, so that the wilderness character will persist for future generations. Our grandchildren will be able to experience the cascading streams in Jeremys Run, the expansive vista of wilderness from Blackrock, the natural solitude in Big Run. They will be able to search for an outstanding view of Old Rag, solitary and majestic, a vision of designated wilderness. These enticing glimpses of wilderness await you, and those who will come after you, at overlooks, along trails, and from your car window as you gaze up at SNP while driving through the surrounding valley.

Wilderness is here for all of us, present and future generations, as an area that will not be further developed. We have the opportunity when we connect with wilderness to abandon our hectic schedules and mechanical conveniences. We are left with our own senses, our own resourcefulness. We can experience wilderness on its terms, with human humility.

Do you hear the call of the wild? Stop, listen, and experience wilderness in Shenandoah. You may join the ranks of visionaries who preserved wilderness, as a place and experience, for future generations.

This fall there is an opportunity to learn more about wilderness or volunteer to raise awareness, knowledge, and appreciation of designated wilderness by sharing information with SNP visitors. Oct. 21 – 22 SNP will be celebrating 30 years of wilderness during its 6th annual Wilderness Weekend. Since 2001, PATC members have contributed to the success of Wilderness Weekend by conversing with visitors about the meaning and significance of wilderness at overlooks along Skyline Drive and at Byrd Visitor Center during the Traditional Tool demonstration. For more information contact Catherine Pipan (cpipan@cox.net) or Laura Buchheit (laura_buchheit@nps.gov). □

—Laura Buchheit, NPS National Wilderness Steering Committee, Education Specialist, Shenandoah National Park

Charlottesville Chapter

The Charlottesville Chapter hikes every Saturday; summer, winter, and in between. Hikes are usually 8 to 10 miles with some shorter hikes. We usually maintain trails on the last Saturday of the month. Meet at Albermarle High School in Charlottesville at 9:00 a.m. with food and water for the day. The majority of hikes are in the South and Central Districts of SNP, with some in the North District and in George Washington National Forest. Our Chapter hikes are posted at www.avenue.org/patc/future_hikes.htm. INFO: Jere Bidwell 434/295-2143 or John Shannon 434/293-2953.

North Chapter

The North Chapter of PATC conducts monthly trail work trips on the Maryland and Pennsylvania sections of the AT and on the Pennsylvania sections of the Tuscarora Trail. We also lead hikes on these and other trails. Maryland AT work trips are generally held on the first and third Saturdays – contact Nancy Hammond (mdtrail@yahoo.com) 301/739-0442 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday – contact Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday evening dinner at the Gypsy Spring Cabin. For information on upcoming hikes, contact Chris Firme (bncfirme@innet.net) 717/765-4833. For general chapter information, contact chapter president Pete Brown or visit the North Chapter home page (www.patc.net/chapters/north/).

Northern Shenandoah Valley Chapter

The Northern Shenandoah Valley Chapter sponsors hikes in national and state parks and forests in the Shenandoah Valley vicinity, open to the public, on a monthly basis except during the winter. Hikes are posted in the Forecast. Other activities are in the NSV Chapter Newsletter. For further information contact Betsy Fowler (efowler@shentel.net).

Chapters

Southern Shenandoah Valley Chapter

See www.ssvc.org or the one linked to the PATC Web site for descriptions of hikes and work trips. We usually hike in the southern and central districts of the SNP and in the GWNF. Contact the listed hike leader for information about a specific event, or contact Mark Gatewood 540/248-0442.

West Chapter

The West Chapter meets twice a year in March and September. The Chapter maintains a section of the Black Locust circuit trail in Gambrill State Park near Frederick, Md. Work trips and hikes are usually scheduled monthly from March through December. We also lead overnight weekend trips for day hikes or backpacking. All activities are listed in the PA Forecast. For further information contact Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

Ski Touring Section

The Ski Touring Section has served since 1974 to introduce Washington area residents to cross-country skiing and to provide cross-country skiing opportunities to experienced skiers. The Section sponsors winter weekend ski trips for all levels of skiers to nearby mountains in Maryland, West Virginia and Pennsylvania, as well as periodic social events year round. INFO: Bert Finkelstein (bertf@erols.com) 703/715-8534.

Mountaineering Section

We're a diverse group of local Washington, DC area climbers. Young and old, male and female, crag rat, sport climber, and alpinist, active and armchair types – we all enjoy climbing in its many varieties. We also share common interests in promoting safe climbing, conserving the outdoors, developing new climbers' skills, representing the Washington area climbing community, and having fun! We provide instruction for those wanting to learn the basics – we're not a school, but we can get you started. We go climbing, either locally or further afield, nearly every weekend. In the winter we organize trips to the Ice Festivals in the Adirondacks and the White Mountains for beginning and advanced ice

climbers. For further information contact Dave Raboy (draboy@pattonboggs.com), or Vincent Penoso (vdotmatrix@gmail.com).

PATC Hikes

PATC offers organized hikes appealing to the diverse interests of our members. There are K-9 Hikes, which invite you to bring your favorite dog; Family Hikes tailored to kids; Natural History Hikes stalking the fascinating but often elusive flora and fauna of the region; hikes featuring varying levels of difficulty with the Easy Hikers, In-Between Hikers, and Vigorous Hikers; Birding Hikes with experts to help sight and identify our avian neighbors; Historical Hikes tracking little-known structures in Shenandoah National Park; Series Hikes tracing the entire length of the Tuscarora Trail or the trails of Pennsylvania, section by section; Backpacking Hikes traversing the tracts of West Virginia and Southern Virginia; hikes scheduled for weekends; ones scheduled for weekdays; Geology Hikes led by experts from the Smithsonian focused on the unique stratigraphy of our area; Mushroom Hikes with mycologists; Waterfall Hikes to beat the summer heat; and Outreach Hikes to get together with the members of area groups like the Sierra Club or the Congressional Hikers. That is just to name a few. Check out the Forecast calendar and hear updates on the weekly tape (703/242-0965).

Other Clubs' Hikes

Capital (www.capitalhikingclub.org) and Wanderbirds (www.wanderbirds.org) hike on Saturdays and Sundays, traveling by bus and leaving from downtown, with suburban stops as well. Center Club, Northern Virginia Hiking Club and Sierra Club hike on both Saturdays and Sundays using carpools, which often leave from a suburban Metro stop. Schedules are available at PATC Headquarters and are published in area newspapers on Fridays. The schedule of West Virginia Highland Conservancy outings in the Monongahela National Forest and surrounding areas is on their web site at www.wvhighlands.org.

KEY to Forecast Activities

All events are marked for easy identification. Late changes or cancellations are listed on the weekly information tape (703/242-0965), which is updated on Sunday evening for the following seven days. The Forecast can also be found on PATC's Web site at www.patc.net/activities/forecast.html.

-  Hiking Trips
-  Backpacking Trips
-  Trail Work Trips
-  Cabin/Shelter Work Trips
-  Special Events
-  Meetings
-  Classes
-  K9 Trail Blazers (dogs permitted)

Note to all hike leaders: Please ask non-members on your hike if they would like to join PATC, then get names and addresses so a club volunteer can send them information packets. Thanks!

Meetings

Meetings

Meetings are held at PATC HQ, 118 Park Street, S.E., Vienna, Va., unless otherwise noted.

New Members (PATC) –

First Wednesday

7:30 p.m. Want to learn more about the club? The best way is to attend a New Members meeting (but you don't have to be new). Refreshments served. Directions: Take Rt. 123 into Vienna, Va., and turn east on Park St. (Rt. 675) to 118 Park St. on your left. INFO: Georgeann Smale (membership@patc.net) 301/581-9584 or Pat Fankhauser (pfankhauser@patc.net).

Mountaineering Section –

Second Wednesday

8:00 p.m. – We meet every month on the second Wednesday except for August, unless noted in the Forecast. INFO: Dave Raboy (draboy@pattonboggs.com), or Vincent Penoso (vdotmatrix@gmail.com) or our Web site: www.potomacmountainclub.org

Shenandoah Mountain Rescue Group

Business meeting - Last Tuesday of each month, 7:30 p.m. INFO: Doug Sigman (join@smrg.org), 703/255-5034, or www.smrg.org.

PATC Council – Second Tuesday

The council meets at 7:00 p.m. sharp. The PATC Council meets every month to conduct business of the club and once a year for a dinner meeting. All members are always welcome. Come see how we make decisions about your club. INFO: Wilson Riley (wriley@patc.net) 703/242-0693 x11.

Trail Patrol – First Tuesday

7:30 p.m., except January. Trail Patrol volunteers are PATC's goodwill trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, and strive to educate the public on good hiking practices, minimum impact hiking, and camping ethics. Patrol members are trained in land navigation, emergency procedures, radio communications, and personal equipment. Some equipment and uniform items are provided upon completion of training. INFO: Katrina Hedlesky (trailpatrol@patc.net) 703/533-3652, or see our section in PATC's Web site: www.patc.net/volunteer/trailpatrol.

October

1 (Sunday)

DEADLINE – November Potomac Appalachian Material due to editors 5:00 p.m.

All items for the next issue of the newsletter due. Send Forecast events to PA-Forecast@patc.net and all other articles to the editor at PA@patc.net. NOTE: Do not send photos or articles to headquarters. E-mail for address.

1 (Sunday)

HIKE – Sunday Hikers Seneca, MD

The Sunday Hikers will be visiting the Seneca Creek Greenway Trail for a 9-mile hike of easy to moderate difficulty. The trail follows Great Seneca Creek from its confluence with the Potomac River at Riley's Lock all the way to Rt. 355. We'll be hiking just from Riley's to Rt. 118, taking in such sites as Poole's General Store and the Black Rock Mill along the way. A volunteer for a car shuttle will be needed to complete this one-way hike. No pets. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

1 (Sunday)

TRAIL WORK TRIP – South Mountaineers AT, MD

Newcomers always welcomed. The South Mountaineers have been working on the Appalachian and Catoctin Trails in Maryland for 13 years. Please bring lunch, water, gloves and boots. Tools and training are provided. Our work is fun, challenging and a guarantee to get your clothes dirty. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

1 (Sunday)

TRAIL WORK TRIP – West Chapter Frederick, MD

Ongoing trail maintenance projects at various locations in Gambrill State Park. Water bars need clearing and placing at appropriate areas along the Black & Blue (aka, Catoctin trail). We also need to complete the cribbing project on a newly relocated section of the Blue trail that was begun last fall. Hopefully we will get enough of a turnout to split into two small crews for greater productivity. Meet at 10:00 a.m. at the Nature Center. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741 or Eric Creter (ecreter@dnr.state.md.us) 301/293-4170.

3 (Tuesday)

CLASS – Intro to Orienteering (REI) Fairfax, VA

7:30 p.m. Take your puzzle-solving skills into the wild. Learn how to navigate through the woods and find precise locations based on your knowledge of the map and terrain. Presented by the Quantico Orienteering Club. Find out what events are happening in your area. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

3 (Tuesday)

HIKE – Family Hike Leesburg, VA

This kid-friendly 2-mile circuit hike in the Red Rock Wilderness is jogging-stroller passable, with some short, steep sections, and roots. We will make cereal necklaces at the trailhead to munch along the way. The trail winds through the forest, with some views of the Potomac River. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

3 (Tuesday)

HIKE – Vigorous Hikers Central District, Shenandoah National Park, VA Climb Buck Hollow to the AT south to Pinnacles, return via upper Hannah Run Trail and Hazel River

Trail to White Rocks then bushwhack 1.5 mi. down the old wagon road. 14 mi. 3500 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

3 (Tuesday)

MEETING – Trail Patrol, 7:30 p.m.

4 (Wednesday)

CLASS – Intro to Orienteering (REI) Rockville, MD

7:30 p.m. Take your puzzle-solving skills into the wild. Learn how to navigate through the woods and find precise locations based on your knowledge of the map and terrain. Presented by the Quantico Orienteering Club. Find out what events are happening in your area. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

4 (Wednesday)

HIKE – Easy Hikers Gaithersburg, MD

5 to 6 mile hike around Clopper Lake, beginning from the Seneca Creek State Park Visitor parking lot. Carry lunch and water. Meet at 10:15 a.m. Directions: I-270 N (local lanes) Use exit #10 / Route 117. Right at the end of the exit ramp onto 117 W / W Diamond Rd. / Clopper Rd. Follow Clopper Rd. past shopping centers, a bowling alley, and St. Rose of Lima Church. Turn L to enter Seneca Creek State Park. (If you are still on 117 when it crosses Seneca Creek, you went too far). Take the first R off the main park road, and follow the signs to the Visitor Center parking lot. INFO: Margaret Chapman (margtchapm@aol.com) 301/977-8988.

4 (Wednesday)

HIKE – Midweek Hikers**Location to be determined**

The PATC Midweek Hikers carpool each Wednesday from the Washington, DC area to various trailheads. Hikes are at a moderate pace and about 8 to 12 miles in length with varied elevations. Current information, including meeting place, time, leader's name and phone number, and a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

4 (Wednesday)

MEETING – New Members (PATC), 7:30 p.m.

5-7 (Thursday – Saturday)

SPECIAL EVENT – Trail Talkers Elkins, WV

Come join us as a Trail Talker at the annual Mountain State Forest Festival. We have one person signed up but could use some more help with this event that draws up to 100,000 people. Parade, carnival, crafts, food, concerts and lots more. See www.forestfestival.com for schedule of events and photos from last year's festival. INFO: Linda Rudy (lindarudy@att.net) 304/636-8557.

Oct. 7 – Frederick, Md., 9:00 a.m. – 9:00 p.m.

In the Street gives you a chance to visit historic downtown Frederick. The main drag through town is closed to traffic for the day so people can wander around enjoying the festivities. Events include Steeplechaser's Mile Run, parade, entertainment, food, beer & wine sampling, plus art activities for kids and adults. PATC will have a table in front of The Trail House – stop by and meet Clyde and his staff who are big supporters of PATC. Contact Jane Thompson to volunteer at jayteehike@yahoo.com or 301/349-2496. More info at: www.inthestreet.info/.

7 (Saturday)

HIKE – Family Hike Comus, MD

Join us at Sugarloaf Mountain. This 1.5-mile circuit hike has some fun rock scrambles, and good views from the top. Kids can get the feel of being on top of something. The trail is rocky and steep in places. We will climb up to the summit via the Sunrise Trail, hike down the A.M. Thomas Trail, and Northern Peaks Trail to the Bill Lambert Overlook, then return to our cars via the Mountain Loop Trail. Because of the steep rocky parts the trail is not jogging-stroller friendly. Web site: www.sugarloafmd.com/. INFO: Anne Regan (anne.c.regan@verizon.net) 703/689-3883.

7 (Saturday)

SPECIAL EVENT – Trail Talkers Frederick, MD

We need Trail Talkers at "In The Street", Steeplechaser's Mile Run; parade; music; food; beer & wine sampling; plus art activities for kids and adults. Call 301/694-2489 for information. INFO: Linda Rudy (lindarudy@att.net) 304/636-8557.

7 (Saturday)

TRAIL WORK TRIP – Yankee Clippers Appalachian Trail, PA

INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

7 – 8 (Saturday – Sunday)

CLASS – Wilderness First Aid (WSC) Alexandria, VA

A program of the Wilderness Safety Council, this eighteen-hour class includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$160. More information and registration at: www.wfa.net. INFO: Christopher Tate 703/836-8905.

9 (Monday)

HIKE – In Between Hikers Great Falls, VA

A Columbus Day one-way and scenic 7.5 mile hike from Leigh Mill Rd. to Fairfax CCT terminus at the Potomac River in Great Falls Park, and then partly hilly along riverfront in that park and Riverbend Park. Car shuttle required. Joint event with Sierra Club MWROP. Bring lunch and water. Dine with a Great Falls view. Pets not allowed. Meet at 9:30 a.m. at Riverbend Park visitor center. INFO: Henri Comeau (HenriComeau@aol.com) 703/451-7965.

10 (Tuesday)

HIKE – Family Hike Great Falls, MD

We will hike a rocky but pretty trail along the Potomac River. There is an opportunity for the kids to climb a big rock slab. This is a 2-mile circuit hike that is not jogging-stroller passable. INFO: Jennifer Chambers (jpckjkkc1@starpower.net) 301/588-1716.

10 (Tuesday)

HIKE – Vigorous Hikers Central District, Shenandoah National Park, VA

Ascend the Jones Mountain Trail to Bear Church Rock, continuing to Cat Knob, returning on the Fork Mountain, Staunton River Trail with options up to 18 miles and 4300 feet of elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

10 (Tuesday)

MEETING – PATC Council, 7:00 p.m.

11 (Wednesday)

HIKE – Easy Hikers Arlington, VA

About 4 miles on paved trail along Four Mile Run, starting at Barcroft Park. Meet at 10:15 a.m. Bring lunch and water. Directions: From the north on I-395, take exit 7. Stay to the left for Shirlington, then

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take the first right onto S. Arlington Mill Dr. At the traffic light, turn right onto S. Shirlington Rd. Turn left at the next light onto S. Four Mile Run Dr. Turn left at the third light (@ 1 mile) into Barcroft Sports & Fitness Center parking lot. From the south on I-395, take Exit 6, bear left toward Shirlington, then bear right toward S. Arlington Mill Dr. At traffic light, cross S. Arlington Mill Dr. onto S. Shirlington Rd. Turn left at the next light onto S. Four Mile Run Dr. Turn left at third light (@ 1 mile) into Barcroft Sports & Fitness Center. INFO: Patty Clark (pattyclar2@comcast.net) 703/820-7328.

11 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Oct. 4 event for more information.

11 (Wednesday)

MEETING - Mountaineering Section, 8:00 p.m.

12 (Thursday)

HIKE - Family After-School Hike

Round Hill, VA

Join us for a kid-friendly hike on the A.T. This circuit hike will be about 2.5 miles long. We will hike up to Bear Rocks, where the young and young at heart can climb up, over, and all around the rocks. Then we will hike over to Bear's Den Hostel, around the historical trail, and back to the rocks. This is designed as a family activity, so an adult must accompany children. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

13 - 15 (Friday - Sunday)

CABIN WORK TRIP - Argow Cabin

South District, Shenandoah National Park, VA

Come help restore an old mid-1800's log cabin built by Confederate Soldier James Samuel Eaton. We will be replacing the old floor joists of the cabin and begin construction of the new privy. Communal meals for Sat. dinner, Sun. breakfast and Sun. lunch for a minimal fee. INFO: Jeff Testerman (jtest@ntelos.net) 434/589-2081.

14 (Saturday)

HIKE - Northern Shenandoah Valley Chapter Hancock, MD

This hike is along a lovely, quiet section of the Potomac River near Hancock, MD. We'll hike along seven miles of the flat towpath, stopping to view historic and geological sites, including the ruins of a cement mill and the "Devil's Eyebrow". Later we'll stop for lunch in Hancock and discuss historical aspects of the town. Leaders: Jack Reeder and Martha Clark. INFO: Betsy Fowler (betsy.fowler@ngc.net) 703/403-2919 or 540/933-6136.

14 (Saturday)

HIKE - West Chapter Newville, PA

This will be a circuit hike of 12km (~7.4 miles). Starting at Colonel Denning State Park the hike will progress along some side trails that will eventually access the Tuscarora Trail, then onto Flat Rock overlook, a very scenic view overlooking the Cumberland valley at Flat Rock. Then head back to the state park via the Flat Rock trail back to the starting point. For the more adventurous, after this hike we can head south to Pine Grove Furnace State Park. Starting at the general store hike to the Pole Steeple trail via the Appalachian trail and loop back to the general store via some of the park's trails. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

14 (Saturday)

TRAIL WORK TRIP - Rock Creek Park

Washington, DC

8:15 a.m. - noon. Our next to last trip of the year. Don't miss your chance to do some work on the trails

in 2006. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. Rain or shine. INFO: Alex Sanders (wdctrails@yahoo.com) 703/465-8140 or Ranger Ken Ferebee 202/895-6221.

14 - 15 (Saturday - Sunday)

CABIN WORK TRIP - Vining Tract Crew Stanardsville, VA

Come help the Crew as it constructs Butternut Cabin and maintains trails in the Mutton Hollow Trails District. Community meals and overnight at Conley Cabin. INFO: Hugh Robinson (mes.htr@verizon.net) 703/525-8726.

15 (Sunday)

HIKE - North Chapter Cowens Gap, PA

Rt. 475 to Tuscarora Trail, 14.4 miles on the Link Trail. INFO: Christopher Firme (bncfirme@innet.net) 717/794-2855 after 6:00 p.m.

15 (Sunday)

WATER QUALITY MONITORING

Location to be determined

Start of the fall 2006 PATC water quality monitoring season. Monitor water quality by collecting and identifying benthic macroinvertebrates residing in streams that run through PATC lands adjacent to the Tuscarora Trail. Location TBD dependent upon water levels. One of three stream sites will be selected for monitoring about a week prior to October 15. The stream sites are located near Gore, VA; Hancock, MD; and Cowans Gap State Park (PA). Training for the assessment of physical features of the streams which affect the benthic communities will be held also. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

17 (Tuesday)

HIKE - Family Hike

Great Falls, VA

Come get some fresh air on this hike on the Potomac Heritage Trail, along the Potomac River at Riverbend Park, down to Great Falls. We will collect fallen leaves along the way, and make leaf rubbings at the picnic tables after the hike. This kid-friendly hike is mostly jogging-stroller passable. There is one very rocky section that strollers need to be carried over. The length of this 2-4 mile out and back hike will be adjusted according to the needs/desires of the kids. Web site: www.fairfaxcounty.gov/parks/riverbend/. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

17 (Tuesday)

HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA

Climb Leading Ridge Trail to the AT south to lunch at Corbin Cabin. Then climb Indian Run Trail to return via Crusher Ridge. 18 miles with 4,000 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

18 (Wednesday)

HIKE - Easy Hikers

Great Falls, MD

Five-mile circuit through scenic woods around Great Falls. Brown bag lunch outside Great Falls Tavern, side trip to view falls. Meet at 10:15 a.m. in parking lot across MacArthur Blvd from Old Angler's Inn. Directions: from Beltway (I-495) Exit 41 go west on Clara Barton Parkway 1.5 miles to its end at MacArthur Blvd. Turn left, go 1.1 miles to Old Angler's Inn, turn left into parking lot across road. INFO: Paul Van Order 703/536-4378.

18 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Oct. 4 event for more information.

18 (Wednesday)

SPECIAL EVENT - N. Ridge, Mt. Assiniboine (REI)

Bailey's Crossroads, VA

7:30 p.m. Two local climbers, Robert Graver and John Watson-Jones, will recount their adventures and ascent of Mount Assiniboine, the "Matterhorn of the Rockies." Mount Assiniboine sits atop the Continental Divide and on the border between British Columbia and Alberta. The mountain is one of the most spectacularly beautiful peaks you will ever encounter and was once deemed "likely unclimbable" by its European namesake's first ascensionist, Edward Whymper. The presentation will take you into a spectacular and remote region of Assiniboine Provincial Park as these two climbers set out to prove Whymper wrong. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

20 - 22 (Friday - Sunday)

SPECIAL EVENT - Trail Talkers

Millwood, VA

Trail Talkers needed at the Shenandoah Valley Balloon and Wine Festival. For more information, see www.historiclongbranch.com. INFO: Linda Rudy (lindarudy@att.net) 304/636-8557.

21 (Saturday)

HIKE - Family Hike

Round Hill, VA

Join us for a kid-friendly hike on the AT. This circuit hike will be about 2.5 miles long. We will hike up to Bear Rocks, where we can climb on, play around or scramble over rocks. Then we will hike over to Bear's Den Hostel, around the historical trail, back to the rocks, then down to the parking lot on Rt. 7. INFO: Anne Regan (anne.c.regan@verizon.net) 703/689-3883.

21 (Saturday)

HIKE - Natural History Hike

North District, Shenandoah National Park, VA

Bob Pickett, Jane Thompson, and friends take a 10.1 mile hike in the area just north of Mathews Arm Campground. This moderately difficult hike includes an elevation change of 1600 feet. This hike is described in the new 2005 PATC publication, "Circuit Hikes in Shenandoah National Park," as Hike No. 3; Sugarloaf. In addition to wonderful fall foliage, we'll have some excellent views from Hogback and Sugarloaf Mountains and the possibility of watching hang gliders from the Park's site on Hogback Mountain. Migrating birds, mushrooms and stuff for all to enjoy! INFO: Bob Pickett 301/681-1511.

21 (Saturday)

HIKE - Waterfall and Wildflower Series

South District, Shenandoah National Park, VA

A 12-mile circuit hike to the Dry Run Falls and South River Falls with about 3000 feet of elevation gain. There will be over a mile of bushwhacking. PATC Map 10. Contact leader for details. INFO: Jack Thorsen (thorsen4@Juno.com) 703/339-6716.

21 (Saturday)

TRAIL WORK TRIP - North District Hoodlums

North District, Shenandoah National Park, VA

Come help the North District Hoodlums do some tread work in the Park! The Hoodlums trail crew works on the AT and the blue-blazed trails in the north section of Shenandoah National Park. After a day of hard work, we'll enjoy the camaraderie of fellow trail workers with an Octoberfest meal. Come for the day, stay for dinner, and camp overnight if you wish. Or just come out and work with us during the day. Newcomers are always welcome! We'll meet at Piney River Ranger Station, MP 22 on Skyline Drive, at 9:00 a.m. on Saturday morning. INFO: Dick Dugan (rdugan@frontiernet.net) 304/856-3511.

21 (Saturday)

✂ **TRAIL WORK TRIP – Yankee Clippers**

Tuscarora Trail, PA

INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

21 – 22 (Saturday – Sunday)

✂ **SPECIAL EVENT – Wilderness Weekend**

Shenandoah National Park, VA

Enjoy fall foliage and help raise visitor awareness, knowledge and appreciation of designated wilderness by volunteering at Shenandoah's 6th annual Wilderness Weekend – the 30th anniversary of Shenandoah's wilderness designation. We'll set up at strategic Skyline Drive overlooks that view Shenandoah Wilderness with displays, maps and information to talk with visitors about the existence and values of PATC and wilderness. On-the-job training provided. No prior experience needed. Volunteer for one day or two. INFO: Catherine Pipan (cpipan@cox.net) or Laura Buchheit (laura_buchheit@nps.gov) 540/999-3489.

22 (Sunday)

✂ **TRAIL WORK TRIP - South Mountaineers**

AT, MD

This is the perfect time of year to volunteer on our crews. Please bring lunch, water, gloves and boots. We meet in Frederick County, Md. at 9:00 a.m. The weather is good for working and the colors are simply gorgeous! Hope you can make it. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

24 (Tuesday)

✂ **HIKE – Family Hike**

Darnestown, MD

This kid-friendly hike will take us through a meadow, then into the woods along Seneca Creek. The turn-around point will be at the old Black Rock mill. This 3-mile hike is jogging-stroller passable. Web site: www.senecatrail.org/. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

24 (Tuesday)

✂ **HIKE – Vigorous Hikers**

Wardensville, WV

In GW National Forest. From Waites Run north on County Line Trail to shelter, down to Wilson Cove Trail, looping around via Old Mail Path, Tuscarora Trail and Pond Run Trail; 16 miles and 3600 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

25 (Wednesday)

✂ **CLASS – Fall Backpacking (REI)**

Bailey's Crossroads, VA

7:30 p.m. The heat is gone, the mountains have turned red and gold, and the air is clear and crisp. Let's go backpacking! REI's AT through-hiker, Brian Chenoweth, will discuss skills, gear and best practices to keep you comfortable and having a great time on the trail in autumn. Brian will also reveal some great fall trip destinations with great views and colors, and no crowds. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

25 (Wednesday)

✂ **HIKE – Easy Hikers**

Wheaton, MD

Hike about 4 miles in Wheaton Regional Park. Meet at 10:15 a.m., near the "train station." Bring lunch and water. Directions: From 495, the Beltway, take Exit 31, Georgia Ave. north. Go about 1 mile to Shorefield Rd. (traffic light) and turn right into the park. Take the right fork at the park entrance and proceed to a parking area near the miniature train station. INFO: J. Giblin (mrgfirst@hotmail.com) 301/585 5172.



25 (Wednesday)

✂ **HIKE - Midweek Hikers**

Location to be determined

See Oct. 4 event for more information.

26 (Thursday)

✂ **HIKE – Family After-School Hike**

Great Falls, VA

Come join us for an exciting, kid-friendly hike after school. We will hike along the River Trail, with great views of the Potomac River along Mather Gorge. This 3-mile circuit hike is not jogging-stroller passable. If you would like, bring a picnic dinner to enjoy at the picnic area near the parking lot after the hike. A great opportunity to enjoy the sunset and avoid rush hour traffic. This hike is designed as a family activity, so an adult must accompany children. Web site: www.nps.gov/gwmp/grfa/. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

28 (Saturday)

✂ **HIKE – West Chapter Tuscarora Trail Series**

Gore, VA

Gore to the Pinnacle. 8.3 miles-strenuous hike. Elevation change of 2300 feet. This hike will take us to the Pinnacle area which contains a shelter and a great view looking towards West Virginia. We'll then backtrack a bit to the Biby Trail to lead us to our cars. INFO: Jason Rainville (superjasonr@hotmail.com) 304/262-0994.

28 (Saturday)

✂ **TRAIL WORK TRIP – Cadillac Crew**

Great Falls, MD

Join the crew to work on the Billy Goat Trail. Overseer Georgeann Smale needs help to repair sections of the trail due to erosion or over use. Potluck supper at nearby pavilion to close out a fun work trip. INFO: Jon or Katherine Rindt (jkrindt@adelphia.net) 540/635-6351.

28 (Saturday)

✂ **TRAIL WORK TRIP – Rock Creek Park**

Washington, DC

8:15 a. m. to noon. Our last trip of 2006. Come out in the morning for the trails and join us afterward for our year-end thank you party. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. Rain or shine. INFO: Alex Sanders (wdctrails@yahoo.com) 703/465-8140 or Ranger Ken Ferebee 202/895-6221.

28 – 29 (Saturday – Sunday)

✂ **CLASS – CPR/AED/Wilderness First Aid**

Vienna, VA

9:00a.m.-5:00 p.m. This two-day class provides American Heart Association certification in Adult CPR, AED, and Basic First Aid. The second day the student will learn American Safety and Health Institute (ASHI) Basic Wilderness First Aid. All certi-

fications are valid for two years. Cost of the class is \$120 for Trail Patrol Members and \$130 for Non-Trail Patrol Members. Pre-Registration is required by October 20. Go to www.patc.net/volunteer/trailpatrol.com for more information and the registration form. INFO: Saleena DeVore (tp1staid@patc.net) 540/972-8394.

28 – 29 (Saturday – Sunday)

✂ **TRAIL WORK TRIP – Shenandoah Bartenders**

Central District, Shenandoah National Park, VA

Warm days paired with cool nights, and what could be better than doing some honest labor on SNP's finest – Old Rag's Ridge Trail. We plan to do some bar tending, and other trail maintenance, as well as enjoy the season with some Halloween fun. Come out for either day, or better yet, join the crew for a backpack overnight. Overnights should bring a dessert and your favorite ghost story to share. No experience in trail work necessary. We will train you, but first timers should call Cathie evenings Mon-Thur. INFO: Cathie Cummins (Cathie@wfa.net) 703/631-7421.

29 (Sunday)

✂ **TRAIL WORK TRIP – West Chapter**

Frederick, MD

Ongoing trail maintenance projects at various locations within Gambrill State Park. Water bars need clearing and placing at appropriate areas along the Black & Blue (a.k.a., Catoctin trail). We also need to complete the cribbing project on a newly relocated section of the Blue trail that was begun last fall. Hopefully we will get enough of a turnout to split into two small crews for greater productivity. Meet at 10:00 a.m. at the Nature Center. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741 or Eric Creter (ecreter@dnr.state.md.us) 301/293-4170.

31 (Tuesday)

✂ **CLASS – GPS 101 (REI)**

College Park, MD

7:00 p.m. Learn how GPS receivers work and what affects accuracy, as well as features, benefits and how to choose a model. We'll also include a brief overview of online resources and batteries, water and shock resistance and accessories. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

31 (Tuesday)

✂ **HIKE – Family Hike**

Boyce, VA

Enjoy the beautiful fall colors at the Blandly Experimental farm on this kid-friendly circuit hike. Hopefully we will hit peak Ginkgo and Maple Color. We will try to find (but not collect) as many tree seeds (pinecones, acorns, nuts, helicopters, etc.) as we can find. We will hike 2-3 miles, depending on the desires of the group. The trail is jogging-stroller friendly. Web site: www.virginia.edu/blandy/. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

31 (Tuesday)

✂ **HIKE – Family Hike**

Laurel, MD

We will hike a beautiful 2-mile circuit along Case Lake in the Patuxent Research Refuge, and into the wetland woodlands. This hike offers a lot of opportunity to see many animals. After the hike you can enjoy the National Wildlife Museum. This hike is jogging -stroller passable. INFO: Jennifer Chambers (jpcjkkc1@starpower.net) 301/588-1716.

31 (Tuesday)

✂ **HIKE – Vigorous Hikers**

Central District, Shenandoah National Park, VA

Climb Corbin Mountain, run down Indian Run, follow Nicholson Hollow up to the AT, see Stony

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Man summit, return via Corbin Hollow. About 15.5 miles and 3500 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

31 (Tuesday)

MEETING - Shenandoah Mountain Rescue Group (Business meeting), 7:30 p.m.

November

1 (Wednesday)

DEADLINE - December *Potomac Appalachian* Material due to editors 5:00 p.m.

All items for the next issue of the newsletter due. Send Forecast events to PA-Forecast@patc.net and all other articles to the editor at PA@patc.net. NOTE: Do not send photos or articles to headquarters. E-mail for address.

1 (Wednesday)

CLASS - GPS 101 (REI)

Bailey's Crossroads, VA

7:30 p.m. Learn how GPS receivers work and what affects accuracy, as well as features, benefits and how to choose a model. We'll also include a brief overview of online resources and batteries, water and shock resistance and accessories. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

1 (Wednesday)

HIKE - Easy Hikers Lorton, VA

A one-way 4.5-mile historic and scenic hike at Laurel Hill, the former DC Lorton Prison area from Occoquan River to Silverbrook Road. Volunteers will carpool hikers to the trailhead. DIRECTIONS: From I-495 Capital Beltway, take I-95 south. After crossing the Occoquan River, take exit # 160 onto Rt.123 north and drive 1.5 miles (over the Occoquan River again) to park entrance on right. Go 1.5 miles to end of park road and turn right into large parking lot next to the ball fields. Bring lunch and water. Pets not allowed. Meet at Occoquan Regional Park, 9751 Ox Road (Rt. 123) at 10:15 a.m. INFO: Henri Comeau (HenriComeau@aol.com) 703/451-7965.

1 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Oct. 4 event for more information.

4 (Saturday)

HIKE - NSVC In-Between Hikers

North District, Shenandoah National Park, VA

Jack Reeder History Hike in SNP. Another wondrous adventure bushwhacking with Jack. Come learn about the folks who inhabited the park, while visiting the remains of their homes and cemetery. Hike starts at 10:00 a.m. at Turnbridge Curve Parking Area on US 211. INFO: Betsy Fowler (betsy.fowler@ngc.com) 703/403-2919 or 540/933-6136.

4 (Saturday)

MEETING - North Chapter Arentsville, PA

3:00 p.m. North Chapter Fall at Gypsy Spring Cabin followed by supper. Reservations required for supper by Wednesday, Nov. 1. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

4 (Saturday)

SPECIAL EVENT - Cross Country Ski Fair Vienna, VA

It's time to think snow! The Ski Touring Section (STS) opens the 2006 ski season with its annual Ski Fair - your best opportunity to learn about and sign up for the great trips STS is considering for the 2006-07 season to destinations like Yellowstone Park, Vermont's Stowe area, and eastern Canada, as well as our closer favorites like Canaan Valley, the Laurel Highlands, and Tug Hill. Meet the trip leaders and prospective ski buddies. See new ski gear and try out specially-priced fleece wear. Hear about the Ski-Dance Weekend and other special events and training clinics. INFO: Al Larsen (ALarsen120@aol.com) 703/807/1639 or Steve Bergstrom (skifisc1@yahoo.com) 301/564-9696, 12:30 p.m. - 4:30 p.m.

4 (Saturday)

TRAIL WORK TRIP - South Mountaineers AT, MD

The air is getting crisp, come out and enjoy the autumn colors. Work hard and get dirty like when

you were a kid. We meet at 9:00 a.m. in Frederick County, Md. Please bring lunch, water, gloves and boots. Tools provided. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

4 (Saturday)

TRAIL WORK TRIP - Yankee Clippers Appalachian Trail, PA

INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

5 (Sunday)

CLASS - GPS 202 (REI)

College Park, MD

4:30 p.m. This class is for GPS owners using their GPS for hiking, geocaching, or staying "un-lost." We cover plotting positions and routes using the UTM grid system on USGS maps and charts, and terminology, using UTM, creating routes and waypoints and following plotted routes. Classroom exercise followed by field exercise, weather permitting. Participants should be familiar with the basic operation of their GPS, entering numbers and text and using the display screens. Try to review the video tape for your GPS prior to the class. Bring your GPS, owner's manual and fresh batteries. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

7 (Tuesday)

MEETING - Trail Patrol, 7:30 p.m.

8 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Oct. 4 event for more information.

8 (Wednesday)

MEETING - New Members (PATC), 7:30 p.m.

10 - 12 (Friday - Sunday)

CABIN WORK TRIP - Argow Cabin

South District, Shenandoah National Park, VA

Come help restore an old mid-1800's log cabin built by Confederate Soldier James Samuel Eaton. We will be replacing the old floor joists of the cabin and begin construction of the new privy. Communal meals for Sat. dinner, Sun. breakfast and Sun. lunch for a minimal fee. INFO: Jeff Testerman (jtest@ntelos.net) 434/589-2081.

11 (Saturday)

HIKE - Long Distance

New Market, VA

A 17-mile circuit hike that will begin at New Market Gap in Massanutten Mountain and proceed along the connector trail to the Massanutten Loop Trail. Ascending Waterfall Mountain, the hike will proceed along Kern Mountain to Jawbone Gap and cross Crisman Hollow Road to Duncan Knob. Total elevation gain 3,500 feet. Moderate pace, stopping at nature points of interest. Inexperienced hikers contact leader for details. INFO: William Needham (Needham82@aol.com) 410/884-9127.

11 (Saturday)

HIKE - North Chapter

Cowens Gap, PA

Three Springs, PA. Pa. Rte. 944 to Pa. Rte. 475, 6.0 miles on Link Trail. INFO: Christopher Firme (bnc-firme@innet.net) 717/794-2855 after 6:00 p.m.

14 (Tuesday)

MEETING - PATC Council, 7:00 p.m.

15 (Wednesday)

HIKE - Easy Hikers

Vienna, VA

An out-and-back 5-mile hike in Meadowlark Botanical Gardens Regional Park, on natural and paved trails. We start outside of the park, about one mile from the entrance. DIRECTIONS: From I-495



Warlocks has been spotted in SNP! Be on the lookout for these dangerous creatures when backwoods camping or hiking, especially if you are out on or near Halloween.

FORECAST

Capital Beltway, exit 47A west onto route 7. Drive 4.5 miles through Tysons Corner, turn left onto Beulah Rd and go 2 miles to Meadowlark Rd. (pass the Park entrance parking lot). Turn right at Meadowlark Rd. and go less than 1 mile to Abbey Oak Drive, a residential area. Bring water. Lunch after hike will be at a nearby Vienna restaurant. Pets not allowed. Park fee: 55 and over, \$2.50. Meet at 10:15 a.m. INFO: Henri Comeau (HenriComeau@aol.com) 703/451-7965.

15 (Wednesday)

🦷 **HIKE - Midweek Hikers**

Location to be determined

See Oct. 4 event for more information.

15 (Wednesday)

🦷 **MEETING - Mountaineering Section, 8:00 p.m.**

17 - 19 (Friday - Sunday)

🦷 **HIKE - Assateague Island Chincoteague, VA**

Hike and camp amid sand, surf, and wild ponies. Easy day hikes with Center Hiking Club. Low camping fees and optional seafood restaurants. INFO: Ed Evangelidi (edevange@localnet.com) or Jan Zaal 301/468-1896.

18 (Saturday)

🦷 **HIKE - Natural History Hike**

North District, Shenandoah National Park, VA

Park Backcountry Wilderness and Trails Manager, Steve Bair, leads Bob Pickett and friends on a hike on and off-trail in the Park. At a destination to be determined, we'll do our regular sauntering around, looking for home sites and learning about the Park's history. More information next month. INFO: Bob Pickett 301/681-1511.

18 (Saturday)

🦷 **HIKE - Waterfall and Wildflower Series**

Central District, Shenandoah National Park, VA

A 15-mile circuit on the Slaughter, Appalachian, Bearfence and Conway River Trails to include the Devil's Ditch Falls. Total elevation gain is approximately 3400 feet. There will be over a mile of bushwhacking. PATC Map 10. Contact leader for details. INFO: Jack Thorsen (thorsen4@Juno.com) 703/339-6716.

18 (Saturday)

🦷 **TRAIL WORK TRIP - Yankee Clippers**

Tuscarora Trail, PA

INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

18 (Saturday)

WATER QUALITY MONITORING

Location to be determined

Continuation of the fall 2006 PATC water quality monitoring season. Monitor water quality by collecting and identifying benthic macroinvertebrates residing in streams that run through PATC lands adjacent to the Tuscarora Trail. Location TBD dependent upon water levels. One or two of the three stream sites will be selected for monitoring about a week prior to October 15. The stream sites are located near Gore, VA; Hancock, MD; and Cowans Gap State Park (PA). Training for the assessment of physical features of the streams which affect the benthic communities will be held also. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

19 (Sunday)

🦷 **TRAIL WORK TRIP - South Mountaineers**

AT, MD

Everyone goes home happy and a bit tired from South Mountaineers events. We start at 9:00 a.m. in Frederick County. Why not join us? Bring water,

lunch, boots and gloves. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

19 (Sunday)

🦷 **TRAIL WORK TRIP - West Chapter Frederick, MD**

Ongoing trail maintenance projects at various locations within Gambrill State Park. Water bars need to be cleared, cribbing project on the Black and recently relocated section of the Blue trails need to be finished, and there are always a few water bars that need to be placed. Hopefully we will get enough of a turnout to spill into two small crews for greater productivity. Meet at 10:00 a.m. at the Nature Center. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741 or Eric Creter (ecreter@dnr.state.md.us) 301/293-4170.

22 (Wednesday)

🦷 **HIKE - Midweek Hikers**

Location to be determined

See Oct. 4 event for more information.

26 (Sunday)

🦷 **HIKE - Sunday Hikers**

Washington, DC

Work off a little of that Thanksgiving Day turkey on this local, holiday-weekend hike in the southern section of Rock Creek Park. We'll hike approximately 7 miles, at a moderate level of difficulty. There are 7 at-grade stream crossings. Holiday travel woes will be avoided as we will be starting the hike from a nearby Metro station. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

28 (Tuesday)

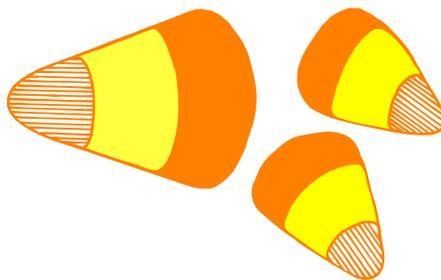
🦷 **MEETING - Shenandoah Mountain Rescue Group (Business meeting), 7:30 p.m.**

29 (Wednesday)

🦷 **HIKE - Midweek Hikers**

Location to be determined

See Oct. 4 event for more information. ☐



Potomac Appalachian Trail Club Trail Patrol presents **Leave No Trace Trainers Course**

October 2006

This course is designed to enhance your understanding of Leave No Trace practices and ethics and to develop your confidence in teaching others about Leave No Trace. Through activities and experience, and both formal and informal discussions, you will be challenged to develop your LNT skills and ethics. This is a fun class where all have a part in demonstrating the choices that can be made to minimize our impact on the land and our resources. It is hoped that graduates of this class will be willing to make LNT presentations to community groups when and if their schedules permit.

The course is Saturday - Sunday, Oct. 14-15 at the Pinnacles Research Station Cabin in the Central District of SNP.

Cost: \$35.00 for PATC Members, \$50.00 for Non-Members (Join PATC and get the member price! Cost of the cabin is included with your fee, as well as Saturday dinner and Sunday breakfast.)

Registration: Forms are available through the Trail Patrol/LNT page of the PATC Web site at www.patc.net or contact Mark Holland (TPLNT@patc.net) or 540/636-3639 (mornings only). Send payment with registration form to: PATC, LNT Trainers Course, 118 Park Street, SE, Vienna, VA 22180-4609. Please include your e-mail address on the check. ☐

Combined Federal Campaign 2006

PATC Agency Number 7956
Make Your Contribution Count!

PATC is participating again this year in the Combined Federal Campaign of the National Capital Area. Please consider a donation to PATC. The fund will be active through December. Thank you for your support, and thanks to the members who contributed via the CFC last year.

It's for a good cause!

Mary A. Bomar Nominated to be Director of National Park Service

Interior Secretary Dirk Kempthorne praised the nomination of Mary A. Bomar to be Director of the National Park Service. Her nomination is subject to confirmation by the U.S. Senate.

Upon confirmation, Bomar would replace Fran Mainella, who announced in July that she will soon be resigning as National Park Service Director.

Since July 2005, Bomar, a career National Park Service employee, has served as director of the NPS Northeast Region, which covers 13 states.

"I greatly admire the passion that Mary brings to her work in the Northeast Region," Kempthorne said. "That passion for our national parks mirrors that of the American people. I am confident that Mary is the right person to ensure that our national parks endure for the enjoyment of future generations."

Headquartered in Philadelphia, the Northeast Region is home to a third of all NPS museum collections, a quarter of all historic structures, almost half of the country's National Historic Landmarks and more than half of the National Heritage Areas. Prior to being named regional director, Bomar served as acting regional director.

From 2003 to 2005, she served as superintendent of Independence National Historical Park in Philadelphia. During her tenure, both the

Liberty Bell Center and the National Constitution Center opened in the park on Independence Mall as part of the largest urban revitalization project in the nation. Also during her tenure, the NPS reopened the park's Second Bank of the United States after a two-year utilities project and installed a new exhibit, "The People of Independence." Concurrently, the park managed a \$5.2 million rehabilitation of Independence Square, the site of Independence Hall. Spurred by the new construction, park visitation surged by 35 percent.

Previously, Bomar served as the first superintendent at the Oklahoma City National Memorial, the first NPS Oklahoma State Coordinator, acting superintendent at Rocky Mountain National Park and assistant superintendent at the San Antonio Missions National Historical Park.

Bomar's National Park Service career began in the financial arena at Amistad National Recreation Area in Texas where she served as chief of administration.

Prior to joining the National Park Service, Bomar worked in a managerial capacity at the Department of Defense.

Raised in Leicester, England, Bomar became a U.S. citizen in 1977. □

—Note: News Release Issued by the Office of the Secretary,
Submitted by Jack Reeder

Shelter, from page 1

Shelter Crew and completed at the end of August. Join us Saturday, Oct. 14 at 10:00 a.m. at the property gate on River Road, Rt. 1, across the bridge from Hancock towards Berkeley Springs. RSVP to Karen Brown (kkbrown46@yahoo.com), 703/521-9050.

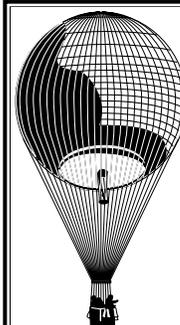
Dugan Hollow Shelter Report Aug. 19-20, 2006

The shelter crew worked on and completed the shelter on the Vos property on Aug. 19-20, 2006. The final crew was Jack Adams, John Coffey, Dave Goodlin, Jason Rainville, Maggie and the fat man (Henry) showed up at last. The privy was painted and the ventilation pipe was installed. The bunk beds were installed in the shelter and were stained a light tan. The rest of the time was spent cleaning up the area of all of the construction materials. Saturday night



we had a celebratory dinner marking the completion of the shelter. We enjoyed bratwurst and hot sausage cooked over an open fire. Along with the sausage we had cooked onions and green peppers and red potato salad. We had chocolate cookies for dessert. It was a hot night Saturday but all that stayed were asleep by dark. I wish to thank all of the people who contributed their time to this project. It is felt by all that the fruits of their labor turned out nicely and will be enjoyed for years. □

—Henry Horn



Volunteers Needed: Hot Air Balloon and Wine Festival

PATC will once again have an information booth at the Shenandoah Valley Hot Air Balloon and Wine Festival at Historic Long Branch Farm on Oct. 21 and 22, 2006.

Volunteers are needed to help man the booth, talk about what PATC does, and help sell PATC maps and guides. By volunteering for a two hour shift, you will get a free pass into the festival for yourself and your family/friends for the day. If interested in helping out contact either Lee Sheaffer, (thumpers@visualink.com) or Pat Fankhauser, (PFankhauser@patc.net). Come join the fun, music, and hot air balloons, and help PATC all at the same time. □

Not all birds migrate. In Virginia, of the 245 species that can be seen in the state, 60 are permanent residents (75 are summer residents, 67 are winter residents and 43 are transients passing through the state).

It is interesting to compare our songbird migration with that of the birds of prey, or raptors. Most noteworthy is that songbirds tend to be nocturnal migrants while raptors are diurnal migrants. Songbirds, shorebirds, and some waterfowl migrate at night when conditions are more favorable (cooler temperatures, calmer air, and fewer predators). Birds of prey, however, take advantage of the rising currents of air, which enable them to soar during the day as the sun heats the earth's surface. Swallows, swifts, and nighthawks are also diurnal migrants because they feed on flying insects that are active only by day.

Another difference between the songbird and raptor migration is that songbirds tend to travel along the lower elevations of the coastal plain or the Ohio/Mississippi River valley corridor while the majority of raptors stick to the mountain ridgelines.

In general, nocturnal migrants travel at higher altitudes than diurnal migrants. For example, songbirds will tend to migrate from 500 – 6,000 feet while raptors will be found between 700 – 4,000 feet. Songbirds also travel at a slower rate, with an average speed of 10-30 MPH compared to 20-45 MPH for raptors.

These fall migrations may take four weeks to four months, depending on species. Typically, migration is accomplished in a series of flights lasting from several hours to several days. Between flights, birds make pit stops for resting and “re-fueling,” which last anywhere from a day to a few weeks. Beginning in early September extending through November, hawks and other birds of prey can be seen migrating along Appalachian ridges from the Northeast to the Southwest to winter in Mexico, Central America, and South America.

The mountain updrafts permit the soaring hawks to travel long distances with little effort. The late naturalist Edwin Way Teale (1899-1980) once rented a plane to fly with the migrating hawks. He was astonished to find that the birds use the updrafts so efficiently that they occasionally travel hundreds of miles without a single wing beat.

The various species migrate at different times throughout the fall. Broad-winged hawks and American kestrels have already peaked in September. By the first week in October, sharp-shinned and Cooper's hawks are at their peak. Merlins and peregrine falcons are also most likely to be seen at this time. After mid-October, you can look for the “big birds,” red-tailed and red-shouldered hawks, northern goshawks, and rough-legged hawks. On a good day, hundreds of these large buteos can be seen. This is also the time to see migrating golden eagles.

The number of migrating hawks that travel the mountain flyway can be enormous. On Sept. 15, 1985, spectators estimated that upwards of 10,000 broad-winged hawks passed by Rockfish Gap at milepost 0 on the Blue Ridge Parkway. In a single day, during the third week of September, birders counted more than 17,000 broad-wings passing by Linden Fire Tower in Northern Virginia.

Virginia has about 10 established hawk lookouts where volunteers sit all day and attempt to count the birds going by in September and October. Most lookouts are in the mountains where ridges run northeast to southwest, the direction the birds are headed. Two are staffed throughout the fall season (mid-August to mid-November), with records kept by the Hawk Migration Association of North America (HMANA). The closest to D.C. is at Snickers Gap, where the AT



crosses Route 7, near Round Hill, Va. This and other sites in Virginia and other states can be found at www.hmana.org/watches.php.

The second site is at Rockfish Gap (at the southern end of SNP where U.S. 250 crosses the Blue Ridge). You can read about this site, including seasonal and daily counts, at www.home.ntelos.net/~btkin/rockfish_gap_hawk_watch/.

Other good sites for observation include the Tri-County Towers on top of the G. Richard Thompson WMA (known for its spring trillium), and Hawksbill Mountain, Mary's Rock, and Stony Man, all in SNP.

If you want the best, you will have to go to Hawk Mountain, Pa. This is the center of the universe for hawk watchers along the Appalachian flyway in the Eastern U.S., bringing on average more than 24,000 raptors of 16 species over its North Lookout. A five-hour drive and \$7 fee from here, you can read about their counts and much more at www.hawkmountain.org/default.shtml.

Finally, HawkCount.org facilitates the tracking and reporting of raptor migrations. As part of HMANA's Raptors Online effort, many North American hawk watch sites report their daily raptor counts here. Reach them at hawkcount.org/index.php.

And, if you get up to these sites this fall, be sure to keep an eye out for the other migrators that also use these flyways, namely monarch butterflies and dragonflies! □

Trailhead

As we await the remnants of Ernesto at the end of August, we are thankful we have not had any major hurricanes in PATC country this summer. However we could use the rain due to an extremely dry August that has turned some trails into dust, but slowed weed growth. Many overseers took a break in the heat of August after the hard work in June and July attacking weeds and other trailside vegetation. Next up, cleaning waterbars especially after the leaves have fallen. Overseer work seems to go on and on but what a challenge!

Trails Over Time

While hiking a familiar section of trail, South Tuscarora District Manager Rick Rhoades reflected on how much better shape it was in than when he first hiked it 10 years ago. One of the best aspects of trail maintenance is seeing immediate results from one's work. Experience has taught that for sections of trail that have been neglected, it may take a couple of years of good overseer work to get them back into shape. It is amazing what a difference two years of diligent "brushing" a previously overgrown trail can do, making it open and appealing. Add to that some work on the tread, good blazes, and a previously poor section becomes a real joy to travel. Much of the Tuscarora Trail is tough to maintain. Many sections are a long drive and sometimes a hike to get to. "The Tuscarora is not for sissies." To those like Carol Saah, Glenn Palatini, and

Emeline Otey who have tackled and rehabilitated trail sections – "Thank you."

Blue and White Reprise

Except for a slightly different cast, the Blue and White Crew August trip was identical to the July version. Patrick Wilson led a small crew to the lower Buck Hollow trailhead to complete the installation of a new stream crossing. The original crossing, built in 1998, was still in place, but was occasionally submerged, when the Thornton River ran high. The new stones should accommodate anything short of a millennial event.

The rest of the crew headed south to continue work on an AT rehab project, just north of the Bearfence Rock Scramble. The crew installed numerous locust checkdams and waterbars, dug new sidehill tread, and refurbished portions of the trail that had been gouged by recent rains. Charles Hillon manned the timber truck and was successful in sweet-talking his way around a possible infraction of the NPS rule prohibiting the launching of locust logs from the back of moving vehicles.

The two crews reunited at the Pinnacles Research Station for an evening of skits, karaoke, and horseplay. Grill chefs Fran, Charles, and Chris manned the coals, while Sissy and Janet distributed dozens of deviled eggs to the starving multitudes.

The crew returned, later in the month, for its highly publicized Son of Vegetation Gala weekend. Crew members spent Saturday taking care of a few stretches of AT jungle and Sunday cleaning up blowdowns on Central District trails. Saturday dinner was celebrated at Ray's Steakhouse in Luray (five stars on the Hallett International Guide to Fine Dining). Afterward, the crew had a ball, listening to Patrick relate the peculiarities of chimp warfare.

In August, Central District volunteers surpassed the 9,000-hour mark for work reporting in 2006. With one month left in the reporting year, SNP Central volunteers are on track to meet the 10,000-hour mark they achieved in 2005.

Uninvited Volunteers at Whitehaven

August saw the Rock Creek Crew's final trip to Whitehaven this year. A steady group of about 12 volunteers set to work installing checkdams and waterbars, cleaning out culverts, and improving the tread. Their excellent work was marred only by a mob of unhappy wasps that objected to the work in an unmistakable fashion. Happily, the stings will fade long before the trail improvements. After three trips to the trail this year, the crew is glad to leave Whitehaven behind and begin new projects in the valley.

Yankee Clippers Feat for a Feast

The beginning of August found the North Chapter Yankee Clippers observing their traditional Corn Roast. Charlie Irvin met the trail crew in the morning at the gathering point, both to motivate the group with descriptions of his upcoming feast and to assess how many ears of corn each worker was likely to eat. Turnout was large, and one group, led by Pete Brown and Chris Firme, split off to get a grip hoist and reposition a large boulder that had been placed by a contractor of ATC to block ATV access to the trail. It apparently wasn't big enough since it had been moved aside so ATVs could get through. While the one group worked to move the boulder and replant it in a hole to make it harder to move, the rest headed off to work on water control.

The material of choice for the waterbars was logs supplied by Al and his chainsaw. At times



Photo by Vic Fickes

Karen Shull hiking "The Keyhole" section of the Longs Peak Trail in Colorado.

See Trailhead, page 21

Trailhead, from page 20

some extended scouting was required to produce the right log, but in a few spots the group made checkdams out of the results from earlier blowdown cleanup. There is nothing wrong with a little reuse, especially when it is conveniently located right on the side of the trail. Usually the waterbars and checkdams were placed on the trail, but in one case, a waterbar was built in a side drainage area.

Wendy Cox first noticed that the remains of an earlier blowdown had partially blocked the ditch. This blockage caused the course of the runoff to shift and eventually cut a new path back to run down the trail. The answer was to clear out the ditch, repair the breach and place a waterbar to divert the run-off to its original course, away from the trail.

The crew consisted of both regulars and newcomers. One first-timer was from practically right down the road. Another was a Midwestern lawyer, Bob, who had come out East to attend a wilderness seminar the previous week. Bob said he was a long-time hiker and wanted to make a contribution by doing a little trail work on his way back home. He had read the *PA* Forecast page to find a group to volunteer with on the day he had available. When the time came, Bob grabbed a pick, asked to be directed what to do, and jumped into the work with great enthusiasm. As each waterbar or check dam was nearing completion, Bob would walk across it from both directions and assess whether he would have any issues with it as a hiker. Of special concern was whether he had a wide, flat, stable area to place each foot.

All were glad to conclude the day's activities with the awaiting feast, but the happiest was a thru-hiker who had walked 28 miles through the night to get to the post office by the noon Saturday closing. (He made it there at 11:05). With about a week to go before flip-flopping, "Butterfly" lucked in to the right person to hitch a ride from and settled in to the overloaded buffet table at Gypsy Spring cottage. Later, as "Butterfly" had one more ear of the delicious corn, Bob was overheard telling him how rewarding trail work could be, and how he ought to give some thought to doing some after he finished his hike.

South Mountain Rockfest

The South Mountaineers chose to observe their annual Humiturefest by building a series of new waterbars and checkdams. Their targeted AT stretch near the Washington Monument had a large collection of rocks



Photo by Gary Steele

Rattlesnake observed by Overseer Gary Steele and daughter Ashley on a work trip to Nicholson Hollow Trail in SNP.

nearby, and they opted to build with stone. Rick Canter drew short straw and went off to accomplish summer mowing of various fields adjoining the trail. The rest of the crew hiked in to the top of a long, straight slope and split into three teams informally captained by Ralph, John, and Jim. Every 60 feet or so a new waterbar went in, with checkdams built instead where the side hill was too high to get water properly diverted. An informal competition developed among teams for which could locate the best large rocks, with nice flat sides and somewhat square edges. Everyone ended up working on the final structure, which shored up a badly eroded stretch of about 15 feet that was being held together mostly by poplar roots.

Later the group enjoyed nice cold watermelon in one of the state park's fine stone shelters. After an idle comment about bees, the group looked up at the ceiling and saw a wasp nest in the corner, which would need to be reported. Ralph Heimlich observed that was nothing; he remembered clearing a huge blowdown that had crashed through that (previous) roof and into the area where the group was sitting. That might have been a little disconcerting to your average picnic-goers, but it was great entertainment for a trail crew. Folks jumped up to examine the old stump, spot the discarded stonework from the wall that had to

be rebuilt, and search for the remnants of the logs rolled down the hill off the trail.

Where Is It?

Overseer Gary Steele and daughter Ashley's late August work trip on Nicholson Hollow Trail was generally uneventful. That was until they chatted with a couple passing hikers who mentioned seeing a bear near Corbin Cabin and a rattlesnake along the trail. A few minutes later a family of four approached and when questioned, said they had not seen a bear or a rattlesnake. Gary and Ashley giggled about the missing snake but decided to keep a watchful eye just in case. Sure enough, on the other side of a boulder along the trail was a rattlesnake relaxing in the sun. According to Ashley, Gary apparently simultaneously leapt up and back. Ashley, hiding behind her father in a state somewhere between laughter and primal fear asked, "Where is it?"

Longs Peak

There's this 14,255' mountain called Longs Peak in Northern Colorado. It's the highest peak in Northern Colorado and dominates the view all along the Front Range between Fort Collins and Denver. The trail to the top is very difficult, but for local hikers it's nearly a must to at least attempt to summit the mountain. Trail veteran Dean Mitchell found

See Trailhead, page 22

Trailhead, from page 21

it had been taunting him since he moved out here! This year he trained and convinced/bribed/begged four friends (Lee, Cory, Karen, and PATC's own Vic Fickes) to try it with him!

As those who hike Western peaks know, trail conditions are very different from what hikers in PATC territory encounter. Longs Peak, a 15 mile hike, with 4,500' elevation change, takes about 12 or so hours, and the last 1.5 miles is a scary class II and III hike (on average about one person a year dies on it). Some people don't make it because they get tired, or get altitude sickness, or get scared because of the drop offs.

It's a normal six-mile hike to The Boulder field, which is a horseshoe area at 12,000' with tent sites and a privy. On the far edge of The Boulder field is The Keyhole, a notch in the rocks that marks the start of the last 1.5 miles and 1200' to the summit. The trail ends here and is a boulder scramble to the top, marked by painted bull's eyes on the rocks. It's also the place where many people turn back, because this is where it gets scary with 2,000' drop offs.

The group got up at 2:30 a.m. to allow 6 or 7 hours to reach the summit and be off by noon to avoid lightning. Headlamps were barely necessary because it was a beautiful full-moon night. Above the tree line was a pretty cool sight. A string of bobbing headlamps way up and down the dark mountain illustrated the popularity of the trail.

Arriving at Granite Pass around 6:00 a.m., the group took a bunch of sunrise pictures and continued to the Boulder field and breakfast. Splitting up to accommodate different paces, all made it to as far as the 13,100' Keyhole. Here Lee took one look at the precipice after The Keyhole and turned back. Karen too had to turn back because of dizziness.

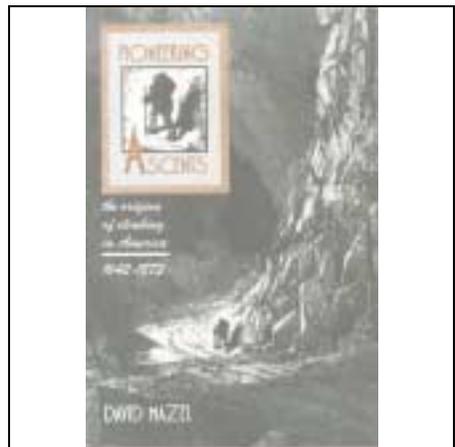
With Cory way out ahead, Vic and Dean continued on to The Ledges. Almost immediately, Dean felt uncomfortable with the drop offs. Reaching a place that required climbing up a sheer boulder had everyone pretty nervous. Vic and Dean made it past this, but Dean was shaken and sat down immediately to regain his nerves. The rest of The Ledges was okay, and they continued to the long ascent up The Trough.

At the top of The Trough was another sheer boulder to scale and another moment of near

panic. Once past The Trough was the start of The Narrows, and another long precipice to look over. The drop offs from The Narrows are worse than The Ledges. Dean spent a long time at this juncture trying to decide what to do. Vic opted to continue on, and Dean waved to him as he was finishing up The Narrows. Around the bend was The Homestretch, which seemed straight up and sheer. Plenty of people were crawling right up it. Others found themselves emotionally drained from trying to suppress fear and panic and opted to turn back even though they could see people on the summit 200' above. Cory and Vic did make it to the top, but Cory admitted he was pretty shaken up by the whole thing. Regardless of how far each person ended up going, there was a fairly universal sentiment: what an experience!

A Fond Farewell and a Welcome

Catherine Kelleher has graciously volunteered to take over as Trailhead editor. So please send any interesting tale, technical advice, individual or group accomplishments, and trail maintenance questions to her at cckelleher@earthlink.net. Or send them to me, Jon Rindt, at jkrindt@adelphia.net, and I will pass them to her. □



Overstock Book Special

Take advantage of our mistake! For a short time you can purchase "Pioneering Ascents" for only \$5.00. Virginia sales tax, plus shipping charges still apply. Come by headquarters to save the shipping costs, or purchase this item online. Go to www.patc.net, or call 703/242-0315, ext. 19.

Council, from page 24

MASSANUTTEN SOUTH – MAP H
Tate Heuer, 202/255-6055
tate@wth2.com

Massanutten Mt. South Trail
Pitt Spring to Morgan Run Trail (1.4 m FR 65)
(3.3 miles)

Massanutten Mt. South Trail
Morgan Run Trail (1.4 m FR 65) to Fridley Gap
(2.3 miles)

SUBURBAN MARYLAND – MAP D
Liles Creighton, 410/573-0067
kb3jmf@comcast.net

Cabin John Trail
Seven Locks Road to River Road (0.5 miles)
Cabin John Trail

Bradley Blvd. to Democracy Blvd. (1.5 miles)
Goldmine Loop Trail
Tavern to Tavern (3.2 miles)

Woodland Trail
Gold Mine Loop to Anglers Spur (0.7 miles)
Valley Trail

Gold Mine Loop to Anglers Spur (0.6 miles)
River Trail
Gold Mine Trail to Towpath (1.0 miles)

BULL RUN OCCOQUAN TRAIL
Dave Fellers, 703/560-2171
Fellers_2000@excite.com

Bull Run Occoquan Trail
Route 28 Parking to Little Rocky Run
(1.5 miles)

MUTTON HOLLOW – MAP 11
Hugh Robinson, 703/525-8726
mes.htr@verizon.net

Ken Williams, 703/836-8134
ken409@comcast.net
Chimney Trail

Waymond's Barn to Meadow Trail
(0.1 miles)

CCC Road
Snow Mt. Road [Rte. 626] to Western boundary
(1.0 miles) □

**POTOMAC
APPALACHIAN**

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Appalachian Trail Club, Inc.

Published monthly by the Potomac
Appalachian Trail Club, 118 Park
Street, S.E., Vienna, VA 22180.

Periodical class postage paid at
Vienna, VA. Postmaster: send
address changes to: Potomac
Appalachian Trail Club, 118 Park
Street, S.E., Vienna, VA 22180

Subscription: (Free with PATC
membership)
\$6.00 annually; \$.70 single copies.

VOLUNTEER OPPORTUNITIES

Wanted – Web Designer

PATC plans to redesign its Web site and needs an experienced volunteer to lead its effort. Commitment is a minimum of 4 hours per week to implement a total Web site redesign. If interested, please e-mail IT Committee Chair Steve Sharp, SteveITPlanning@comcast.net.

Wanted — Paid

IT Network Administrator/Maintenance

PATC needs an IT company or individual to monitor PATC's IT network (eight workstations and one server located at headquarters). Duties include: Responding to network problems as they arise; keeping network "in tune" — e-mail spam sometimes clogs PATC's system; insure anti-virus protection and Microsoft patches are up to date. Many service aspects can be handled by the IT Administrator remotely. Payment terms negotiable. Contact Steve Sharp at SteveITPlanning@comcast.net. □

Help Tell Our Club's Stories!!

PATC's Public Affairs Committee is looking for two volunteers to help promote the club, its activities and how it benefits the PATC service area to the public using media outlets such as print, broadcast and online. What's needed? Some enthusiasm for the club and a willingness to pitch story ideas to reporters. The ability to write would be an extra asset. For more information, call Tom Phillips, 202/434-4813, or email him at tom.phillips@siemens.com. Thanks!

Be a giver, not a taker!

Volunteer programmers needed to design and build Web applications. Willing to donate time writing PHP, Perl, SQL, and Java code? Current projects are: 1.) expanding Web-based cabin reservations and 2.) creating Web interfaces for internal databases. Interested? E-mail Matt Novinger at mnovinger@patc.net.

Cabin Reservation Volunteers Needed

We need help on the cabin reservations desk on weekday evenings and Thursday and Friday during the daytime. If you think you're the person to help us out please call, or just come by Headquarters or call Pat Fankhauser 703/242-0693, Ext. 17, Tuesday through Friday 9:00 a.m. to 7:00 p.m. Make a difference, call today.

Back-Country Ski Tour in Yellowstone National Park, Feb. 24 - March 1, 2007

Are you a guy who would like to join 5 others on a 5 day, full package XC excursion at the Canyon Skier's Yurt Camp in YNP near the Yellowstone Canyon? The camp is run by Yellowstone Expeditions, a concessionaire of the National Park Service. Bring your own equipment. Everything else is provided including heated double occupancy sleeping huts, bedding, shower, cedar sauna, guides (ratio of 1 to 4 guests), heated out-houses, all meals and transportation into the park from West Yellowstone. Much of the skiing is moderate on rolling terrain. INFO: www.YellowstoneExpeditions.com. Price is \$1,610 and also includes round trip air into Bozeman, round trip ground transportation to West Yellowstone, and one night in West Yellowstone. Call Donna Brothier at 703/435-8315 for further information.

PATC Swap Meet

Notices are published free of charge for PATC members only. PATC cannot vouch for any of the advertised items. No commercial advertisement or personal notices unrelated to hiking will be accepted. Deadline for inclusion is the first day of the month preceding issuance of the newsletter. Notices will be run for three months, at the discretion of the editor, unless we are otherwise advised. □

LOST AND FOUND

A 14 year old boy who is hemiplegic was backpacking with us 8/21/06 on the AT from the Ed Garvey Shelter to the Youth Hostel at 19123 Sandy Hook Road. He evidently lost an extremely valuable Jewish religious item from his backpack. The item is in a dark blue velvet bag about 8 x 8 inches, with Hebrew writing on the front. Please contact Robert Kreitman (kreitmar@mail.nih.gov).

FOR SALE

Used Bibler "ToddTex" I-Tent/poles, in great condition; green tent weighs 4 pounds; \$275. Used North Face "Starlight Extreme" tent/poles & NF ground cloth, in great condition; green 4-season tent weighs under 5 pounds; \$80; used Sierra Designs Stretch Dome tent/poles in fair condition; old-style tent weighs 7 pounds; still waterproof but aged; \$25. Contact ATC life member Nick Williams, 703/321-9783 (najwilliams@aol.com).

Trail, Shelter, and Corridor Overseers / Monitors Needed

CORRIDOR MONITOR OPENINGS

Tom Lupp, 301/271-7340
tlupp@erols.com

Wilson Gap -VA - PATC Map 7
Duke Hollow -VA - PATC Map 8
Ashby Gap South -VA - PATC Map 8

VOLUNTEERS NEEDED FOR THE SHELTER CREW IN MARYLAND

Henry Horn, 301/498-8254
ATHike@aol.com

NEW - Dugan Hollow Shelter - VA - PATC Map L [E2]

OPEN TRAILS - CONTACT THE DISTRICT MANAGER FOR THE SECTION THAT INTERESTS YOU.

PENNSYLVANIA MAPS 2-3, 4, J, & K

Opportunity to work long hours with no pay or benefits. Generous allowance of blisters, stinging/biting insects, and poisonous plants. Special provision for rain and mud. Little or no supervision. Work hours optional. Location somewhere on the Tuscarora Trail in Pennsylvania. No certification from your doctor or hospital required.

Pete Brown, 410/343-1140
peter.brown4@worldnet.att.net

Appalachian Trail - Co-Overseer
US 30/Caledonia SP to Rocky Mountain (2.5 miles)

PA Tuscarora Trail [J] - [4WD required]
Hemlock Road to Mountain Rd (4.9 miles)

PA Tuscarora Trail [J] - Co-Overseer
Bill Miller Trail to Cowpens Rd (4.7 miles)

PA Tuscarora Trail [J] - Co-Overseer
Cowans Gap State Park to Lincoln Trail (4.3 miles)

HARPERS FERRY/ASHBY GAP AT & BB - MAP 7 & 8

Chris Brunton, 703/924-0406
trailbossbtc@msn.com

Appalachian Trail
High Rock to Sand Spring (1.4 miles)
Appalachian Trail
Fent Wiley Hollow to the Old Woods Road (1.0 miles)

Appalachian Trail
Trans Mountain Trail to Duke Hollow (1.3 miles)

Appalachian Trail
Duke Hollow to Southern Glasser Cabin Trail (0.9 miles)

Appalachian Trail
Southern Glasser Cabin Trail to Ashby Gap (1.6 miles)

ASHBY/POSSUMS AT/BB [RTE. 50 TO SNP] - MAP 8, 9

Lloyd Parriott, 540/622-2743
lparriott@hotmail.com

Barking Dog Trail
AT to Barking Dog Spring/Rte 604 (0.34 miles)

SNP NORTH DISTRICT BLUE-BLAZED - MAP 9

Peter Harris, 540/349-2595
peter.harris@lmco.com

Piney Branch Trail (lower)
Power line to Hull School Trail (2.2 miles)

Pole Bridge Link Trail
Piney Branch Trail to Keyser Run Fire Road (1.0 miles)

Lower Jeremys Run Trail
8th Ford of Jeremys Run to West Park Boundary (3.5 miles)

SNP CENTRAL AT - MAP 10

Kerry Snow, 301/345-9408
kerrysnow@verizon.net
or Charles Hillon, 703/754-7388
charleshillon@comcast.net

Appalachian Trail
Spitler Knoll Overlook to Fishers Gap (1.3 miles)

SNP CENTRAL BLUE-BLAZED [NORTH END] - MAP 10

Dan Dueweke, 703/266-3248
danjan3@cox.net

New overseer opportunities coming available soon. Choice trails rich in Shenandoah history. Don't miss this rare opportunity to stake your claim.

Catlett Mountain Trail
Hannah Run Trail to Hazel Mountain Trail (1.2 miles)

Robertson Mountain Trail - Co-Overseer
Old Rag Fire Road to Weakley Hollow Fire Road (RM) (2.4 miles)

SNP CENTRAL BLUE-BLAZED [SOUTH END] - MAP 10

stevepaul@yahoo.com

Laurel Prong Trail
AT to Fork Mountain Trail (2.8 miles)

TUSCARORA CENTRAL - MAP L
Walt Smith, 540/967-3058
waltermunroesmith@hotmail.com

Millrace Trail
High Rock Parking Area to Tuscarora Trail (1.4 miles)

Frye Path Trail
at The Pinnacle (0.4 miles)

Laurel Run Trail
at The Pinnacle (0.5 miles)
Rock Cave Trail & Overlook
at The Pinnacle (0.1 miles)

TUSCARORA SOUTH - MAP F, G, 9
Rick Rhoades, 540/477-3247
Rrhoades@shentel.net

Tuscarora Trail
Sherman Gap to Veach Gap (3.1 miles)
Tuscarora Trail
Veach Gap to Morgan Rd./Massanutten split (1.0 miles)

Tuscarora Trail
Morgan Rd./Massanutten split to US 340 (5.5 miles)

See Volunteers, page 22



The Potomac Appalachian

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Telephone: 703/242-0315
Mon.-Thurs. 7:00 p.m. - 9:00 p.m.
Thurs. & Fri. 12:00 noon - 2:00 p.m.

Periodical
Postage
PAID
Vienna, VA

