



The Potomac Appalachian

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

Volume 31, Number 4
 April 2002

In our 75th Year!

Trail Crew Weeks — You're Gonna Wanna be There

Each year PATC, in conjunction with the Shenandoah National Park and the George Washington and Jefferson National Forests, sponsors 10 five-day crew weeks, filled on a first-come basis. You do not have to be a member of PATC to participate. In my four-plus years of being a PATC member, I have participated in nine crew weeks in the Shenandoah National Park.

Motivation

Why in the world does anyone want to spend five days rooting around with a bunch of other folks digging up an old trail or building a new one? First, projects picked are usually beyond the capability of individual Overseers either in complexity or effort required. Second, if you are presently an Overseer, a crew week presents an opportunity to develop or fine-tune your existing skills to take back to your trail. Third, you will have a fantastic opportunity to interface with some terrific folks who enjoy working on trails. Fourth, this is just an excellent

See Crew, page 4



Photo by Bernie Steinhmann

Martha Spohn and Sandy Slonaker roll crosscut blowdown from Thornton River Trail

Two PATC Anniversaries

As forecast in Walt's Notes last month, a meeting of interested PATC members will be held in the Nature Center of Rock Creek Park on Tuesday, April 16, at 12:30 p.m. This is the first of several activities to commemorate PATC's 75th anniversary year, and 2002 is also the 25th anniversary of the Club's trail work in the park, which began in February 1977. PATC President Walt Smith will chair the meeting.

Gail Spilsbury of the Smithsonian has compiled a picture-book history, entitled *Rock Creek Park and the Olmstead Brothers*. She will show slides from the book covering the work of the Olmsteads in landscaping and preserving the park, as well as the many outdoor activities now available within it.

Tom Floyd, PATC's legendary Supervisor of Trails in the 1970s and '80s, will recount

his cooperation with Bob Ford, now Resources Manager of the park, in identifying and naming the hiking trails now there.

Past PATC President Phil Barringer will recount some of the highlights and pitfalls of trail construction in the park and its associated areas between 1977 and 1981.

The PATC Wednesday Easy Hikers have adjusted their schedule to participate in this event. They will start from and return to Pierce Mill. The Park's Nature Center is located 1/4 mile south of the intersection of Oregon Ave. and Military Rd. in Northwest Washington. That intersection can be reached by the E-4 and several other Metrobus lines that traverse Military Rd. in both directions. □

—Phil Barringer

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Trail Patrol: Kumait Jawdat
Tuscarora Trail Land Management:
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Cabin Reservations: Darlene Wall
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Potomac Appalachian

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Council Fire

At its regular monthly meeting at headquarters on Feb. 12, the PATC Council approved a Memorandum of Understanding for the Appalachian National Scenic Trail in the State of Maryland and authorized President Smith to sign it. The document describes the working relationships among the Appalachian Trail Park Office, the Maryland State Department of Natural Resources, the Maryland State Police, the Maryland State Department of Transportation, Washington County, the Appalachian Trail Conference, and PATC. The agreement does not require PATC to provide any specific number of ridge runners or Trail Patrol volunteers.

Cabins

The Council approved a policy for dealing with cabin renters who destroy PATC property or show complete disregard for cabin rental rules. Under this policy, serious abusers will be notified that their next rental will be monitored by a volunteer before, during, and possibly after their stay. If the monitor reports continuing violations, the renter is subject to suspension of cabin-rental privileges.

Supervisors have been appointed for all cabins, and they were to meet at Blackburn Trail Center on March 16.

Finance

The Club received \$35,000 as a further distribution of the estate of William Arnold, following an initial distribution of \$11,000.

A final settlement is expected in six months. The use of the funds has not yet been determined.

The Council authorized \$3,500 for upgrading the Headquarters library. New shelving and furniture will enhance the redecorated space and make the library more appealing for recreational reading, study, and research.

The Council allocated \$7,700 for improvements at Weaver Cabin. The cabin, a members-only facility adjoining Shenandoah National Park, will be closed in May, June, and July to complete the reconditioning project, which involves mainly rebuilding the rock chimney of the 19th century structure. Tom Jorgensen will head the project.

The Council approved \$50,000 for restoring the Samuel Eaton Cabin. The project, directed by Tom Hebert, calls for a five-year effort to restore to its original configuration an abandoned 19th Century cabin on PATC's Firestone tract west of the Eaton Hollow Overlook in Shenandoah National Park. Club member Keith Argow donated \$5,000 to stabilize the foundation of the structure pending renovation.

Maps

Maps Chair David Pierce said he is organizing shuttles and lodging for thru-hiker Dr. Vernier (Del Doc), who is re-hiking the AT in 2002 under the sponsorship of ATC to map the path's precise location with GPS

See Council Fire, page 4

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

Address: 118 Park Street, S.E., Vienna, VA 22180
Hours: Monday through Thursday, 7 p.m. to 9 p.m.
and Thursday and Friday 12 noon to 2 p.m.
Phone #: 703/242-0315 **24-hr. Activities Tape #:** 703/242-0965
To receive an information packet: Extension 10
To leave a message for the Club President Walt Smith: Extension 40
Club e-mail: Wriley1226@aol.com **Facsimile #:** 703/242-0968
World Wide Web URL: <http://www.patc.net>

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Business Manager: Monica Clark
Membership/Cabin Coordinator: Pat Fankhauser (Ext. 17) e-mail: pfankh@erols.com
Sales Coordinator: Maureen Estes (Ext. 19) e-mail: patcsales@erols.com

Bus/Metro Directions to Headquarters: When taking Metro Orange line, get off at Dunn Loring station (not Vienna, the last stop). Outside the station, find the stop for Metrobus 2C westbound in the direction of Tyson's Corner. When the bus starts down Maple Avenue in Vienna, exit at the library just past Center St. Walk half a block in the same direction the bus travels, and turn right at Park St. PATC will be on the left only a few yards down from the corner. The fare is \$1.10, but you can ride for \$.25 if you remember to get a transfer ticket at your originating station.

Walt's Notes

Will We be the 'Stewards and Protectors of the Land?'

For the past 18 months, the Futures Group has pondered the role of the Club in coming years. Which of the Club's objectives will be the most meaningful to members by 2027, our 100th anniversary? Will we be known primarily as the people who maintain the trails, simply the "dirt movers?" Or, is our future vision one that contains a broader scope?

A recent draft of the proposed 2027 Vision Statement, now being considered by the Executive Committee and Council for publication this year, begins, "For 75 years the Club has offered and will continue to offer outdoor experiences that allow us to appreciate the beauty of our land and the natural landscape as we escape the congestion of the road, office, and home for the woods. As we walk and work, alone or together, to clear the trails after a storm, put waterbars in place, and build sheltering facilities, we feel a sense of pride and ownership. We are the stewards, the protectors of the land."

Stewards and protectors of the land are uplifting descriptions to me. However, I believe that the titles indicate that I should be taking some additional actions beyond those required by my Overseer's work on Snead Farm Loop in Shenandoah National Park or the Half Moon Mountain Trail in George Washington National Forest. To me, at least, it seems that I should do more than clip the vegetation and remove blow-downs before I can earn such a lofty job description. But what else should we weekend weed warriors be doing in order to protect the trail lands?

Beyond the Blowdowns

In the past, I have quoted from Bill Bryson's book, *A Walk in the Woods*.¹ I do not recommend the book as an authority for the serious thru-hiker, but there is one passage that I especially enjoy because it illustrates how we ordinary people can become an influence over the uninitiated who visit our favorite natural trail lands. Bryson relates how a curious "tourist" reacted to the backpacks that he, Stephen Katz, and John Connolly were using while hiking in Shenandoah National Park.

'No kidding! Sixteen miles on foot? With those things on your back? Man—ain't that a kick.' He called across the lawn.

'Bernice, come here a minute. You gotta see this.' He looked at us again. "So whaddaya got in there? Clothes and stuff, I suppose?'

'And food,' said Connolly.

'You carry your own food, bub?'

'Have to.'

'Well, ain't that a kick.'

Bernice arrived, and he explained to her that we were using our legs to proceed across the landscape. 'Ain't that something? They got all their food and everything in those packs.'

'Is that a fact?' Bernice said with admiration and interest. 'So, you're like walkin' everywhere.' We nodded. 'You walked here? All the way up here?'

"We walk everywhere," said Katz solemnly.

'You never walked all the way up here!'

'Well, we did,' said Katz, for whom this was becoming one of the proudest moments of his life.

Bryson continued to relate his experience while at Big Meadows. "I went off to call home from a pay phone and use the men's room. When I returned a few minutes later, Katz had accumulated a small, appreciative crowd and was demonstrating the use and theory of various straps and toggles on his backpack. Then, at someone's behest, he put the pack on and posed for pictures. I had never seen him so happy."

There are Club members, hikers, Overseers, ridge runners, trail patrol and section members who do reach out to educate members of the public. There are some who achieve the sort of happiness of Katz when in contact with scouting, church, and educational and other community groups. But have these efforts been a priority for us? Are we known primarily by such activities? As the national capitol area becomes more heavily populated, will we be successful stewards if we do not become more of an amateur educator? I fear that the increasing number of people using the trails, without knowledge of trail etiquette or an appreciation for natural beauty, will

overcome us if we do not double our efforts in future outreach programs.

Toward Education in the Future

I do believe that the Club will provide guidance for all of us, even the "dirt movers," in the future that will enable us to become meaningful stewards of the land. The new position of Supervisor of Information, Education, and Activities at the Executive Committee level is meant to provide a means for improving the coordination of educational efforts in the near future. Members have been indicating the desire for educational programs. The Club Membership Survey, conducted in September 1999, reported that 18 percent of the respondents checked "Learn about Outdoor Activities" as the reason why they joined the Club. Only the "Rent Cabins" category scored higher on that portion of the survey.

Another reason why the Club is moving toward more training and education is that members are providing the means to accomplish the job. For example, some members are donating property and monetary resources for educational purposes. In fact, one party has indicated in their will that their substantial property to be donated should be used to develop a program "to further people-nature understanding and living harmony, founded in an attitude expressed in much of the writing of Benton MacKaye, 'father of the Appalachian Trail.'" We have formed a committee to develop some ideas that may be used in the future in order to fulfill the wishes of that particular will.

So move over, Stephen Katz. There will be many more of us demonstrating and explaining the trail in the future. We will still be the No. 1 trail "dirt movers." However, we will also spend a little more time explaining why it is important for us to move the dirt in the first place.

See you on the trail,



¹ *A Walk in the Woods: Rediscovering America on the Appalachian Trail*, Broadway Books, New York, page 151

Crew, from page 1

opportunity to contribute in a meaningful way so that others can enjoy trails to hike. And fifth, if you are bound to a desk for your regular job, this is just a great way to take a break at a minimal expense to you. Meals and lodging are provided, with the dinner meal (at least in the Shenandoah National Park) at a restaurant with selections from the menu. The Massarock Crew that works in the George Washington and Jefferson National Forests operates from a church camp where meals are provided. Though I believe that the Massarock crew dines out at a local restaurant.

The six Shenandoah National Park Crew Week dates this year are South District: Aug. 4-9 and Aug. 11-16; Central District: Aug. 18-23 and Aug. 25-30; and North District: Sept. 2-6 and Sept. 8-13. The four Massarock Crew Week dates are June 16-21; June 23-28; Sept. 8-13 and Sept. 15-20.

How Trips are Planned

I will use my own experiences during the past four years to describe projects and the project selection process. During the year when I either do work on a trail or hike it, I look for locations that need work. I also ask Overseers if they have a project that they believe is beyond their capability to do. I will then discuss the project with Don Harvey, the Park Services North District Trails Supervisor. Once spring begins, Don and his crew are on PATC trails, as well as those the Park maintains, so he has his own list where additional effort is required.

As an example, this past September we worked on the Tuscarora/Overall Run Trail below Overall Run Falls. This is an example of a highly eroded trail, steep in grade (20 to 30 percent in places), that needed a concentrated effort of seven or eight people to rebuild/build water bars and check dams. Over a three-day period, a crew of eight was able to do the work that was needed to ensure the quick removal of water from the trail.

What we could not do was haul from areas adjacent to the trail good dirt to smooth the tread to a more enjoyable hiking surface. Our sole purpose was to ensure that the tread did not get worse. In previous

years we have repaired damage from Hurricane Fran (September 1996) on the Thornton River Trail; placed rocks across the four stream crossings on the Thornton River Trail to facilitate crossing during higher flows; constructed steps on a nasty, almost vertical rise on Little Devil Stairs Trail; constructed lateral drains and elevated tread on Piney Branch and Piney Ridge Trails; and did minor relocations on Jeremys Run due to erosion of the existing trail from high water in the stream. And there have been several days of cross-cut sawing of blowdowns on many wilderness trails in the North District.

What Trips are Like

What is a crew week like? We leave from where we are staying about 7 a.m. and return at 5 p.m. to get cleaned up for dinner. Most of the trails that we work on have a one- to two-mile hike to the work site with the same distance to hike out in the late afternoon.

Generally, we spend five to six hours working, with 30 minutes for lunch and a mid-morning and mid-afternoon break. Being able to hike that distance and the ability to use some upper body muscles are all that's required. What I would tell anyone who is truly interested is, if you do not have a fitness program, start a walking exercise program. If you can walk two to three miles without getting tired, I think that you can do OK as a PATC trail crew member. Additionally, and depending on where we are working, we do take short hikes to good view vantage points within the Park.

For more information on Massarock crews, you can contact Charles Hillon at 703/754-7388 or e-mail charleshillon@earthlink.net. For information on the Shenandoah crews, contact Bernie Stalman at 301/725-8876 or e-mail bstalman@aol.com. For an application contact Heidi Forrest at PATC headquarters at 703/242-0315, ext. 12 or e-mail heidif@erols.com. PATC's home page also has information on the summer crews and an online application. □

—Bernie Stalman

Council Fire, from page 2

surveying equipment. The new survey is necessary since the first GPS survey in 1999, also by Del Doc, produced unsatisfactory coordinate values for some segments due to equipment problems.

An elevation profile has been made for this year's Dogwood Half Hundred, which will be held on April 20. The one-page handout will be given to course participants for strategy planning. The 49.1-kilometer course has a cumulative elevation gain of 6,070 feet.

Publications

Carol Niedzialek's history of PATC in the '40s and '50s will be published in connection with the Club's 75th anniversary, and there is a project to interview long-time Club members for the archives. Paula Strain's new history book is on hold in search of an editor, but an editor has been found for George

Meek's account of section-hiking the AT, which should be published by year's end.

Other Business

The Futures Group announced that it expects to disband in April, following approval of the Club Vision Statement for 2027 and review of PATC goals.

Discussions with Lee District of the Forest Service have resulted in adding about 40 miles to the PATC trail inventory.

Volunteers have been trained for Bear's Den Hostel, and new volunteers will be trained individually. Reconstruction of Manassas Gap shelter is completed, and work on Dick's Dome was about to begin.

PATC, as part of the Hikers for Clean Air Coalition, has co-signed a letter to Vice President Cheney calling for efforts to keep coal-fired power plants clean.

The February membership report showed a total of 6,512 (just one less than the previous month), but the figure only includes dues-paying members, not life members.

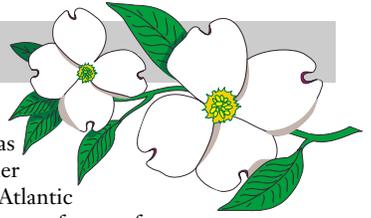
North Chapter reported that several hikes are planned for Hiking Week in Pennsylvania, which will be observed May 11 to 19.

Trail Patrol has received a \$985 grant from ATC for Leave No Trace education materials. The Club has also received a matching grant of \$1,000 from ATC for winch supplies and a high-line grip hoist.

The February Council meeting was attended by eight Club officers, 13 committee chairs, three chapter and section representatives, one staff person, and one other Club member. □

—George Meek, Recording Secretary

Dogwood Half Hundred — The Course



Ever since the relocation of the Dogwood Half Hundred to its new course two years ago, a great number of participants have expressed curiosity in the overall elevation gain of the route.

Thanks to the expertise of Dave Pierce, Chairman of PATC's Map Committee, we now have the answer – 6,070 feet of total elevation gain and 6,070 feet of total elevation loss – since the course starts and finishes at the same location.

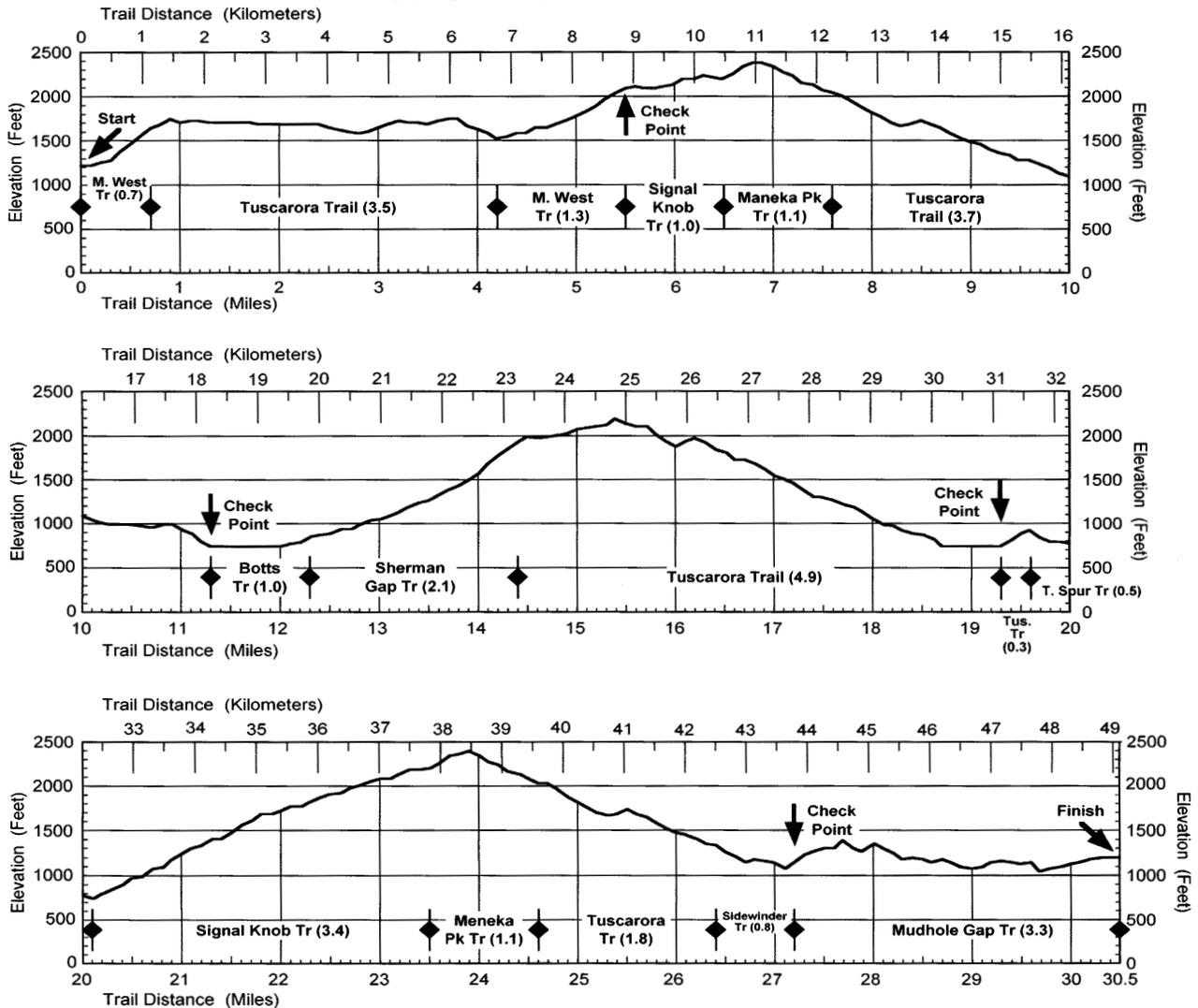
Shaped like a butterfly, or if you prefer, an eagle in flight, the Dogwood course involves 14 changes of trails to reach its scenic highlights: Signal Knob, Meneka Peak, Sherman Gap, Buzzard Rock, and Fort Valley Overlooks and Mudhole Gap, as well as the ridgelines of Three Top, Green and Massanutten Mountains. Nevertheless, there is a common thread binding together all these trails, mountains, and viewpoints – the Tuscarora Trail. Cumulative Dogwood mileage on the Tuscarora is 14.2, nearly half of the total route.

Since its founding 17 years ago, the Dogwood Half Hundred has emerged as one of the premier endurance hikes in the Mid-Atlantic region, regularly drawing participants from as far away as Chicago. The heroic exertion of its hikers is matched by the enthusiasm of its volunteers, who are the backbone of the event. Exemplifying the finest traditions of PATC, the volunteers also spend the day in the mountains, dispensing food, liquid, and medical care and encouragement to the hikers; manning critical trail junctions and the registration and finish tables; tracking the progress of each hiker; and providing sweep teams behind the field and bowls of chili at the finish.

This, then, is the Dogwood Half Hundred, a combination of a challenging route and volunteer commitment that has grown since 1986 into a classic event. □

—Ric Francke

PATC Dogwood Half Hundred --- April 20, 2002 Course Elevation Profile



Having Fun and Feeling Smug on the Trail

“Naming things” is a peculiarly human activity. When we can put a name to something, we “have” it. At an overlook, we recite the names of the peaks and gaps of a distant ridge – especially if we’ve hiked that ridge.

There is a wealth of naming to be done along the trail to the overlook. Flowers, shrubs, trees, birds, insects, even types of rock. In fact, the naming problem is overwhelming. Too many names! A novice hiker once asked me how to begin to learn the names. My suggestion was to start with ferns.

Learning Ferns

Why ferns? Because the naming problem is manageable. There are about a dozen common ferns in our hiking areas.

Most ferns become active in the spring and remain through late fall. Some stay green all year, but even those that wither are often recognizable through the winter. They don’t bite, sting, or give you a rash. They don’t blossom briefly then disappear. They don’t have half a dozen different “calls.” They don’t fly or slither away before you get a good look at them. In short, you can depend on them.

You’ll need a guide, of course. But you can copy the descriptions of the dozen commonest ferns and hike

with only a few sheets of paper. Here are the commonest ferns along our trails: Christmas, common polypody, ebony spleenwort, sensitive, ostrich, interrupted, cinnamon, royal, bracken, oak, hayscented, spinulose wood, and lady. Oops, that’s 13.

Once you “have” these, you are ready to encounter a less common fern and confidently know that you haven’t met it before.



What you learned in order to distinguish the commonest ferns will inform your observations of the newcomer, so that you can make some mental notes and look it up when you get home.

If you are new to the naming of wild things, the ferns offer a chance to train your eyes to see distinctions. You’ll need that ability to put names to other classes of wild things.

Favorite Haunts

Ferns tend to have favorite haunts, so you can anticipate seeing them. “If I were a polypody, I’d locate on these damp rock outcrops.” And there it is – common polypody! If you want to impress your hiking partner, learn the scientific name, “Why, that’s just *Polypodium vulgare*.” Rolls right off the tongue.

If you are homebound during a winter storm, you can read up on the secret, sexual life of ferns. Makes human reproduction appear simple.

Mastering the ferns gives you confidence to tackle something else. You might expand into mosses and groundcovers. Or move up to shrubs and trees of the understory. Or trees of the canopy. Or the fauna – did you realize that we have four species of tree squirrels?

Wait! Start with the ferns. □

—Wil Kohlbrenner

Volunteers Needed for GPS Survey Support

This spring and summer, the Appalachian Trail Conference is sponsoring thru-hiker Dr. Vernon Vernier (trail name “Del Doc”) to repeat his 1999 hike, during which he used Global Positioning System (GPS) equipment to perform a survey of the Trail. At that time, equipment problems and lack of consistent, publicly available base station data made the resulting locational values less than satisfactory. On this year’s hike, Del Doc will be using improved GPS equipment, including his own base station. For those not familiar with professional GPS surveys, a base station, set up at a location whose position has been predetermined, gathers positional data at the same instant the rover instrument is gathering its positional data. Errors in the observed coordinates at the base station are used to adjust, in Del Doc’s case, the observed Trail coordinates. The result will be coordinates at submeter accuracy for the location of the Appalachian Trail.

As much as possible, Dr. Vernier will be “speed hiking” without tent or food but will be hauling 20 pounds of electronic gear and batter-

ies. In addition, he has to retrieve stored data from the base station every evening and reposition the base station every few days.

Volunteers are needed to lodge and/or shuttle Dr. Vernier to and from trailheads. Lodging should be reasonably close to one or several public road crossings of the AT. For the evening pickup, shuttle drivers should have access to a cell phone so they can receive last-minute rendezvous information from Dr. Vernier. Volunteers are also needed to allow Dr. Vernier to set up the GPS base station at their home or office building. These locations should be reasonably close to the AT and preferably on a ridge, or similar high location, offering a clear view of the sky 30-degrees above the horizon.

If you can help with the support needed, please contact Dave Pierce, preferably as soon as possible but no later than May 15, 2002 (evenings by phone at 703/281-6273, or by e-mail at davepierce@erols.com). □

—Dave Pierce

Potomac Appalachian

Small (?!?) Visitors Inspire Cabin Restoration

In early summer, the troubles with the neighbors at Manassas Gap Shelter increased. Furthermore, there were some notes to the effect that the accommodations were not up to PATC's high standards. Shelter Chairperson Frank Turk visited the shelter and observed that the neighbors had in fact moved in and firmly established house-keeping. Rodney and Harriet Rat could not be persuaded to leave and were often heard making noise, partying all night long. After consultation with pest-control experts, it was decided that formal eviction notices should be served to the Rat family and that the sleeping platform would need to be removed. After more planning and reflection, it seemed that this would also be a good time to do some much-needed structural repair on the shelter.

The shelter, constructed of logs, was sitting directly on the ground, and rot had already consumed several of the bottom logs. Therefore, it was decided that the logs would be replaced, which required the shelter to be jacked up so that new pilings could be erected under the repaired shelter. As the saying goes, "This was much easier said than done." Obtaining the supplies and the transportation required to get everything to the site proved to be much more of a challenge than was originally envisioned.

Project leader Frank contacted his hard-core group of volunteers who have helped him in the past and asked if they had any good ideas on what the best method would be to lift a log shelter and if they happened to have any spare logs to donate, because finding enough timber is always a problem. Fortunately, at this point fate stepped in. Frank happened to have a meeting scheduled with the Park Ranger at Greenbrier State Park. As he was driving on the access road into the Park, he noticed workers were clearing trees from the right of way. The trees were just the right size needed for the Manassas Gap Shelter, and after a short conversation with the Park Ranger, the log supply problem was solved! The logs and other supplies began to flow into the site several weeks before work started.

Cleaning House

The first order of business was to remove the sleeping platform that was home to the rats. Volunteers Henry Horn and John Coffey donned biohazard suits and respirators to protect themselves while removing the platform. The trash and sleeping deck had first been sprayed with several applications of bleach to control any rodent-borne diseases. It was amazing to see all of the different things that the rats had amassed. Perhaps they were even helped by a few careless hikers! The rats had collected metal silverware, lighters, coins, socks, knives, and clothing of all kind. Frank and Bob Stransky, another volunteer, burned all of the trash that was burnable. Cleaning out the rat's "house" took almost a full Saturday.

Sunday was then spent beginning the jacking up process. The shelter needed to be lifted above the damaged logs to allow their removal. It was during this process that volunteers discovered that there were more bad logs than originally thought! Workers also ascertained that they didn't have enough blocking and jacks to take the job to the next level that particular weekend. Moreover, the outhouse was in need of repair and volunteer Jim Stacy spent the weekend painting and getting the measurements for the wood that needed to be replaced. The first weekend was filled with hard work, and by the end the workers had progressed to a good stopping point.

The volunteers looked forward to the next weekend with much anticipation. We now had the proper equipment to raise the shelter high



John Coffey and Henry Horn in bio suits. Think they're kidding about avoiding mice???

enough to put the new logs underneath and to dig the holes for the new pilings. The logs had been peeled and notched before being placed into the right position. Each time this was done the shelter raised higher in order to allow the new logs to fit underneath the other "healthy" logs. This was a time- and labor-consuming endeavor. Somehow, to our misfortune, we ended up being one log short. Auspiciously, there was a locust log nearby, and we were able to cut it to the proper length. The team of volunteers then used log carriers and brought it to the worksite where it was peeled and notched just like the others.

Concurrently, a hardy team of workers was digging the new piling holes. The holes needed to be under the raised shelter, and this made it quite difficult to get the shovels under the overhead logs. Therefore the digging of the new holes took a lot more time and effort than was expected. On Sunday, big cardboard sono-tubes were placed into the holes that had painstakingly been dug on Saturday. The tubes were then filled with concrete and rebar. When dry, these concrete-filled tubes would be the new pilings the shelter would sit on. Jim Stacy continued working on the outhouse. This time he replaced the damaged wood, the toilet seat, and the old opaque skylight panel for a new clear one. With the new paint and the light that the clear panel allowed in, the outhouse interior was now bright and clean.

Pilings Dry, Work Resumes

There was a gap of two weeks before the third work session was to roll around, allowing the pilings to dry sufficiently to support the shelter. Lowering the shelter was a difficult task because the pilings had a 4-inch piece of rebar sticking out of the top, and the shelter needed to have holes drilled into the logs directly above the pilings. Then the shelter was lowered carefully and slowly. Once this was accomplished, the work on the new sleeping deck could begin. New stonework was placed around the pilings. By the end of the weekend, a new deck was in place and the shelter was in its permanent position.

On the fourth weekend, a large and ready-to-work crew of volunteers showed up to try to put the finishing touches on the shelter. The logs needed to be chinked and the insides painted, and the deck also needed more work. Volunteers Pat Sanborn and others painted both the exterior and the interior of the shelter. Volunteers John Coffey and Eric Duce filled the gaps between the logs with scrap wood and covered the remaining gap with hardware cloth, while Henry Horn and

See Shelter, page 8

Bob Pickett's Appalachian Nature: Lepidopterans

Did you know that some of our moths and butterflies spend the winter as winged adults? Moths and butterflies, known as lepidopterans, are members of the insect order. They exhibit complete metamorphosis, meaning their larval form (in this case, known as caterpillars) is totally different from the adult form. This differs from incomplete metamorphosis exhibited by more primitive insects (like crickets and grasshoppers), where the adults look the same as the larval form (in this case, known as nymphs), only larger and with wings. Lepidopterans can over-winter as eggs, larvae, pupae, or adults, depending on the species. While most species of both moths and butterflies over-winter as pupae in silk-wrapped cocoons (moths) or secreted shells, called chrysalis (butterflies), three butterflies can be found throughout the winter as adults. In March and early April, Mourning Cloak, Question Mark, and Comma butterflies can be seen flying in the leafless forest searching for mates. These members of the brush-footed butterfly family survive the winter by drastically lowering their metabolism, producing glycols (an antifreeze substance in the blood), and supercooling the water in their cells (allowing the water to drop below the freezing point and still remain a liquid). While most of the winter these butterflies will remain dormant, they can occasionally be seen in flight during late winter warm spells.

Surprisingly, there are about 50 species of North American moths that not only over-winter as adults, but also are active during warm spells throughout the winter. What is more surprising is that some moth species of the Geometrid family can fly at temperatures as low as 26 degrees F., yet they cannot generate heat, shiver, produce glycols, or even supercool! Science does not yet know how they do it. They apparently feed exclusively on sweet sap oozing from wounds in tree branches made by squirrels for fuel. This is the time to find these unique moths by scraping honey, molasses, and mashed fruit on tree bark and checking them after dark. By the end of April, these moths will have mated and laid eggs. The eggs will hatch into caterpillars that will eat the newly emerging foliage and then drop into the leaf litter to form a cocoon, remaining dormant throughout the summer (aestivating – the opposite of hibernating) until it is time for the fall metamorphosis.

While evolutionary relationships among major lepidopteran groups are not well understood, due to the paucity of fossils, current theory suggests that butterflies are just a branch of brightly colored moths. It is believed that the first lepidopterans were moths that evolved with flowering plants

during the Cretaceous Period, often called the “Age of Flowering Plants,” 65 million to 135 million years ago – a time when dinosaurs also roamed the earth. Early in their evolutionary history, moths probably escaped most bird predation by becoming nocturnal. But by the Eocene, some 45 million years ago, echolocating bats evolved, and moths were again vulnerable at night. In response, some moth species evolved ear structures that allowed them to hear the bat's sonar. In a typical tit-for-tat fashion, bats then evolved a higher frequency-pitch that could not be heard by moths. At present, the ball is again in the moth's court. Butterflies, on the other hand, originally all nocturnal fliers, opted to return to a diurnal existence. (Again, the exception to the case exists with a nocturnal group of butterflies known in Panama. Not surprisingly, these butterflies have an unusual ear, found on their wings, capable of hearing ultrasound!)

There are roughly 10 times more species of moths than butterflies. Comparing species of moths to butterflies respectively, there are 100,000 versus 15-20,000 species worldwide; 11,000 versus 750 in North America, and 1,000 versus 150 species found in Maryland. □

—Bob Pickett

Shelter, from page 7

Paul “Lucky” Luckenbaugh finished the sleeping deck. Carl Bock, a highly skilled volunteer, began the stonework around the pilings, making them truly beautiful and artistic. Frank, Henry, and John then spent the night to inaugurate Manassas Gap as being once again a serviceable shelter. Sunday was a short day spent chinking the logs, but as hard as everyone tried, the shelter still remained unfinished in several areas.

Work Crew Perseveres

Two weeks prior to Christmas, a work crew was assembled to finish up the loose ends. Henry and John finished chinking in between the



Manassas Gap Shelter is again safe and sound (before picture)!

logs and completed the sleeping deck. Frank cut up all of the downed trees in the area. As the day progressed, more people came to help. Kim Grutzik, the shelter's Overseer, and three friends arrived and started to split and stack the wood Frank had just cut. By the end of the day there were two cords of wood for future campers to use. The rockwork around the pilings was finished, and Henry assembled the new entrance platform and shaped the threshold board. The group held a potluck lunch to celebrate the completion of the shelter! Hotdogs, cold cuts, and beef stew started the feast, and cheesecake for dessert helped polish off the meal. The shelter was given another coat of paint inside and the area cleared of all construction debris. The shelter was complete.

Now that the work was done, the volunteers could step back and admire all of the changes they had wrought. The renovated shelter is now the cozy type of place any hiker would love to see at the end of a long and rocky day. A sincere note of gratitude goes out to all of the workers; not enough can be said about the wonderful group of volunteers that made this whole project possible.

As a postscript to all of our hard work, Carl Bock made a new sign for the shelter, and it is now prominently displayed on the shelter's side. Kim Grutzik has constructed a new logbook box and installed it in the shelter. Good luck to Kim as Overseer, and happy hiking to all! □

—Henry Horn

Potomac Appalachian

I Became Part of It

In the midst of the fury, there was calm. Seemingly unperturbed, the spray-covered figure gently and precisely parted the surface with his blade, like a master surgeon carving flesh. The paddle entered and exited the water without making the slightest disturbance, looking more like a natural extension of the paddler's arm than an artificial tool to be manipulated. The fragile-looking craft, seemingly held just above the maelstrom by some supernatural protecting force, responded to the subtle influence and was guided on exactly the course it needed to be on to thread itself between the huge boulders and standing waves. In a few more breathtaking seconds, it shot out into the quiet glide below the rapids, and suddenly it was over.

Water Dancing

It was one of those rare summer days, when the usually oppressive Virginia heat had for a time given way to an invigorating coolness that reminded one of spring. Remnants of the pre-dawn fog drifted up from the river surface in tenuous wisps, mixing with the mists born of the white water, adding an aura of otherworldliness to the scene. I was perched on a high cliff overlooking Great Falls, watching a group of kayakers work the rapids of the Potomac River far below. Distant kin to the water strider, their surface maneuverings were a magnification of the classic strider pattern of shooting down the main flow of the rapids, catching an eddy into a quiet backwater, and furiously paddling back upstream along the bank to do it all over again. And, like the strider, it seemed that for the kayakers it was not so much the destination, but the going that really mattered.

A few of the kayakers, the really good ones, stood apart from the rest by their ability to make what they were doing look effortless. One of them, in a breathtaking maneuver that made the front end of his kayak go straight down into the water so that the entire craft was vertical, did a double pirouette on the nose of his craft and made it look graceful and easy, like a master ballroom dancer working his magic across a watery dance floor.

Then it struck me – that was just what the kayakers were doing – dancing on water. A water dance, a physical exhibition every bit as practiced and as graceful as the one performed by the ballroom dancer. It was the same kind of grace that I had seen once before, when I watched with awe an aging

master of the martial arts performing his solo forms in an empty, dimly lit studio. It was a grace that comes from being totally immersed in the actions you are engaged in, a grace that comes not from the logical thinking mind, but from somewhere deeper. It was a grace that comes with having a completely integrated mind and body, with being one with what you are doing, completely a part of the natural flow of events.

A Fusion of Mind and Body

It seems to me that this grace, this personal integration of the mind and body, can be viewed not only as an end in itself, but as evidence of an even higher state of being. A

*The mountains,
I become part of it,
the herbs, the fir tree,
I become part of it.
The morning mists, the
clouds, the gathering waters,
I become part of it.
The wilderness, the dew
drops, the pollen,
I become part of it.
—Old Navajo chant*

student of the spiritual history of our species eventually notices a common thread running through most spiritual and religious traditions. It's not just an interesting historical coincidence that cultures as vastly different and as widely separated as ancient China, imperial Japan, and many Native American nations have viewed the integration of the mind and body as a gateway to an even greater state of integration, the integration of the individual with the universe itself.

Wise men in these ancient cultures, whenever they were in need of meaning or direction in their lives, would embark upon an outward journey, which they viewed as valuable mainly as the setting for another kind of journey, an inward journey. This dual journey of the body and spirit took many forms, but almost inevitably at its center was a solitary wilderness sojourn that served as a prelude to deep insight and personal vision. So, the Native American went alone into the woods questing for his vision, the Zen monk went into the mountains in search of his

enlightenment, the Christian ascetic went into the desert in search of his God. Using various physical, meditative, breathing, and prayer techniques, they would attempt to communicate directly with their God. If they were of the proper sort, they would return with a vision or a message that would provide them meaning, bringing together the disparate parts of their lives into a cohesive whole. The pattern would have become clear. They would have become fully integrated human beings.

Finding the Connection

I would put it down that this integrated state of being is reserved not only for the spiritually elite or those with special abilities, but may be approached in ways in which we all can participate. It could be as simple as sitting beneath a tree for an entire day until you feel totally connected, an integral part of the myriad natural processes taking place all around you. It could mean practicing low-impact camping, not to the point where you sleep standing up because you don't want to damage the ground, but just leaving no permanent scars on the land, not only for the sake of the people that come after you, but also out of a deep respect for the land itself. It could mean looking at that approaching storm front not with trepidation, but as a welcome opportunity to experience a different facet of nature by sitting out unprotected in the midst of the storm and observing its life and death firsthand, rather than taking shelter and insulating yourself from one of the grandest natural processes of all. It could also mean leaving the trail occasionally to venture cross-country where few choose to go and in the process, discovering, in the heart of the wilderness, your own true heart.

It would seem, then, that it's not really important exactly what you do, but your attitude that is key. The goal is to dissolve the boundaries that usually separate us from the natural world, to feel so much a part of things that there is no "I," there is no "wilderness," there is only the all-inclusive process – what the ancient Chinese called "the Tao," what Native Americans call "the spirit that moves in all things," and what we shallowly refer to as "Nature." Colin Fletcher described the experience well when he said that "at such moments you do not 'commune with nature' (a trite phrase that seems to classify nature as something outside and separate from we humans). At such moments you know, deep down in your fab-

See Kayak, page 16

FORECAST

Chapters

Charlottesville Chapter

The Charlottesville Chapter hikes every Saturday, summer, winter and in between. Hikes are usually 8 to 10 miles. We usually maintain trails on the last Saturday of the month. Meet at Sprint parking lot, 2307 Hydraulic Road at 9 a.m. with food and water for the day. The majority of hikes are in the southern and central districts of Shenandoah National Park, with some in the north district and in George Washington National Forest. Our Chapter hikes are posted at www.patc.net/chapters/char/hikes.html. 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 Appalachian Trail (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 Mark Mitchell (mdtrail@yahoo.com) 301/461-7048 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday - contact Charlie Irvin 301/447-2848 or Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday night stay at the Gypsy Spring cabin. Dinner, breakfast, and camaraderie available. 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 Gerry Boyd (gerryb@compuserve.com) 703/281-7216.

Southern Shenandoah Valley Chapter

See Forecast (or our link from PATC website) for work trips and hiking events sponsored by the Southern Shenandoah Valley Chapter. Hikers from the DC area should allow about 3 hours to get to our region. INFO: in Harrisonburg, call Alvin 540/434-6244 or Lynn 540/234-6273; in Waynesboro, call Michael 540/943-8695; in Staunton, call Doris 540/885-4526.

West Virginia Chapter

Chapter meeting at Highacre are on the second Wednesday of Feb., Apr., Jun., Aug., Oct., and Dec. See Forecast for upcoming activities. For information about the chapter or to receive the newsletter, contact Judy Smoot 540/667-2036 or e-mail wvpatc@hotmail.com.

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: Steve Brickel 301/946-2520 or sbrickel@erols.com.

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 interest 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 Mack Muir 703/768-5724 (MackMuir@edisaurus.com).

PATC Midweek Hikes

PATC's Vigorous Group hikes 8-10 miles at a fast pace; and the Easy Hikers hike 5-8 miles on trails with little elevation change. See below for scheduled trips; check the weekly tape (703/242-0965) on Thursday or Friday for any changes or additions.

Other Clubs' Hikes

Capital and Wanderbirds hike on Sundays, traveling by bus and leaving from downtown, with suburban stops as well. Center Club, Northern Virginia Hiking Club and Sierra Clubs 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.

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.

-  Hiking Trips
-  Backpacking Trips
-  Trail Work Trips
-  Cabin/Shelter Work Trips
-  Special Events
-  Meetings
-  Skiing

Note to all hike leaders: Please ask nonmembers 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.

Trail Patrol - First Tuesday

7:30 p.m. Trail Patrol volunteers are PATC's goodwill trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, educating 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. All patrol volunteers are also expected to become certified in a recognized basic first aid course. Some equipment and uniform items are provided upon completion of training. INFO: Kumait Jawdat 202/328-8137 or see PATC's website: (www.patc.net/volunteer/trailpatrol).

New Members (PATC) - First Wednesday

7:30 p.m. Curious about the Club? Want to learn more? The best way is to attend a new Members meeting (but you don't have to be new to qualify). Attend the meeting and find the mysteries of PATC revealed in full. Refreshments will be served. Directions to PATC: Take Rt. 23 into Vienna, Va. and turn east on Park St. (Rt.675) to 118 Park St. on your left. INFO: Liles Creighton 410/573-0067.

Shenandoah Mountain Rescue Group

(New Members meeting) - Second Monday 7:30 p.m. New members meeting. INFO: Martin Juenge (mjuenge@rpihq.com) 703/255-5034, then press #5.

PATC Council - Second Tuesday

7:00 p.m. sharp. The PATC Council meets the second Tuesday of every month to conduct business of the Club. All members are welcome. INFO: Wilson Riley (wiley@aol.com) 703/242-0693 x11.

Mountaineering Section - Second Wednesday

8:00 p.m. Second Wednesday of every month. INFO: Mack Muir at 703/768-5724 or (MackMuir@edisaurus.com) or PATC's website: (www.patc.net/chapters/mtn_sect).

The Futures Group - Third Tuesday

7:00 p.m. Meets to develop a Vision for the Club for the year 2027, the Club's One-Hundredth Anniversary. PATC members welcomed. INFO: Gerhard Salinge (evger@erols.com) or Walt Smith (wsmith@visuallink.com), Co-Chairs.

Shenandoah Mountain Rescue Group

(Business meeting) - Last Tuesday 7:30 p.m. Meet in conference room. INFO: Martin Juenge (mjuenge@rpihq.com) 703/255-5034 then press #5.

April

1 (Monday)

DEADLINE - May Potomac Appalachian Headquarters, Vienna, VA

5:00 p.m. All items for the next issue of the newsletter must be submitted electronically, if possible, to headquarters, or by e-mail to PA@patc.net. Please e-mail Forecast events to PA-Forecast@patc.net. Allow one week for postal service delivery.

1 (Monday)

🚰 HIKE - Family Hike

Theodore Roosevelt Island, Washington, DC

Join us for a stroller-friendly 2 mile hike. There is a great boardwalk for the kids to walk along part of the way and a wide gravel path the rest of the way. We will picnic at the monument. Designed for the under 5 crowd but all ages welcome. INFO: Karen Brenner (Brenner@wserv.com) 703/421-6250.

2 (Tuesday)

🚰 HIKE - Vigorous Hikers

Roller Coaster, Appalachian Trail, VA

Starting at Snickers Gap each person will hike at his or her own pace on the AT roller coaster south for 3.5 hours and then turn around to return in 7 hours total. Worthless prizes might even be awarded for the longest distance hiked. A great way to train for the Dogwood. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Dave Kennamer (dkennamr@yahoo.com) 301/299-9563.

2 (Tuesday)

📅 MEETING - Trail Patrol, 7:30 p.m.

3 (Wednesday)

🚰 HIKE - Easy Hikers

Cedarville State Forest, MD

Easy 4-mile circuit hike with optional 2-mile extension. Bring lunch and water. Park entrance fee \$2.00 per car. Call for directions. INFO: Paul Van Order 703/536-4378.

3 (Wednesday)

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

6 (Saturday)

🚰 HIKE - Green Ridge State Forest Part I

Green Ridge State Forest, MD

This hike will begin a two-part series involving the Pine Lick and Deep Run/Big Run trails. This first hike is moderate with 9 miles of hiking. There will be several stream crossings so bring along some dry socks. The spring flora and fauna will just be beginning their debut. INFO: Susan Bly (sbly@shepherd.edu) 304/258-3319.

6 (Saturday)

🚰 TRAIL WORK TRIP - Potomac Watershed Cleanup Day Potomac Heritage Trail, VA

9:00 a.m. - 11:30 a.m. Be part of something bigger - even if it is only picking up trash. On "Potomac Watershed Cleanup Day" many groups (D.C. Singles, Potomac Conservancy, Arlingtonians for a Clean Environment) are doing a spring trash cleanup along the Potomac. PATC leaders will be at the Theodore Island parking lot and at Chain Bridge to take groups on the Potomac Heritage Trail or along the river for a couple hour cleanup. Bring water, gloves and trash bags will be provided. INFO: Bruce Glendening (bglendening@yahoo.com) 703/532-9093.

6 (Saturday)

🚰 TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

Join this work event as the weather gets nicer. The South Mountaineers always have a good time "working" along the Appalachian Trail in Maryland. We meet at 9:00 a.m. in Frederick County. INFO: Mark Mitchel (mdtrail@yahoo.com) 301/461-7048.

6 (Saturday)

🚰 TRAIL WORK TRIP - Yankee Clippers Trail Crew Appalachian Trail, PA

Meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Charlie Irvin 301/447-2848 or Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

6 - 7 (Saturday - Sunday)

🚰 CABIN WORK TRIP - Tulip Tree Cabin Shaver Hollow, VA

No matter what the season or weather Shaver Hollow is a beautiful and magical place. Imagine yourself an early settler in the Virginia Blue Ridge Mountains living in the Virgin forest with the abundance of wild game and myriad of lush vegetation. You have built your home with the materials provided to you by the abundant forest. Your landscape consists of what nature provided and a few revered plants that you were able to bring with you. This is what we are attempting to recreate here in Shaver Hollow. If this sounds like your dream give me a call. INFO: Charlie Graf 410/757-6053.

6 - 7 (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 \$140. Registration is limited to 25 people. More information and registration at: <http://wfa.net>. INFO: Christopher Tate (chris@wfa.net) 703/836-8905.

6 - 7 (Saturday - Sunday)

🚰 TRAIL WORK TRIP - Blue and White Crew

Pocosin Cabin, Shenandoah National Park, VA

The Blue and White Crew will continue work on the new Entry Run Trail. Join the crew in construction of the trail that will eventually lead from the John's Rest Cabin to Shenandoah National Park. Saturday dinner and Sunday breakfast are pot luck. INFO: Kerry Snow (kerrysnow@telocity.com) 301/570-0596.

7 (Sunday)

🚰 HIKE - Natural History Hike

Potomac Heritage Trail, VA

Here's a chance to do the whole 9.7 mile Potomac Heritage Trail from the Beltway to Roosevelt Island. Early wildflowers will be emerging and we should be able to find the rare white trout lily and harbinger of spring. If you want to do a good hike without a long drive, this hike can't be beat! Let's look for waterbirds, snakes and wildflowers together! For those who would rather do just the northern five miles, a drop-off point at Fort Marcy can be made. Make sure you move your clocks forward! INFO: Bob Pickett 301/681-1511.

8 (Monday)

📅 MEETING - New members (Shenandoah Mountain Rescue Group), 7:30 p.m.

8 (Monday)

CLASS - Trail Patrol Backpacking 101 PATC Headquarters, Vienna, VA

7:30 - 9:30 p.m. Trail Patrol presents an introductory class on backpacking. Topics include equipment selection and use; techniques to enhance safety and comfort; and Leave No Trace methods to protect our fragile backcountry. The class is also suitable for more experienced backpackers who want to hone their skills or adapt their experience to the Leave No Trace ethic. The session is followed by an instructional weekend and an overnight backpacking trip. INFO: Larry Marcoux (nolsintmaster@aol.com) 703/979-1066 or 703/402-5441.

8 (Monday)

🚰 HIKE - Family Hike

Difficult Run, Reston, VA

Join us for a 3-4 mile out-and-back hike starting at the historic Colvin Mill. The kids will enjoy the ducks and geese at the mill. We will picnic on the trail. Designed for the under 5 crowd but all ages welcome. INFO: Karen Brenner (Brenner@wserv.com) 703/421-6250.

9 (Tuesday)

🚰 HIKE - Vigorous Hikers

Appalachian Trail, Northern VA

16-mile circuit hike with views from Loudon Heights, Maryland Heights, and Jefferson Rock in Harpers Ferry. 2000 foot elevation gain. Trailhead where AT crosses RT 9 on VA/WVA line. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181. Before 9:00 p.m.

9 (Tuesday)

📅 MEETING - PATC Council, 7:00 p.m.

10 (Wednesday)

🚰 HIKE - Easy Hikers

Meadowlark Botanical Gardens, Vienna, VA

A delightful 5 miles on mostly natural trails with minimum elevation change. We start outside of the Park, a mile from the entrance. Fee \$1. From the Beltway I-495, exit 47A west onto RT 7. Drive 4 1/2 miles through Tysons Corner, left onto Beulah Road and drive 2 miles to Meadowlark Road (you will have just passed the Park entrance parking lot.) Turn right at Meadowlark Road and go less than 1 mile to Abbey Oak Drive, a residential area. Bring lunch, water and a seasonal poem. Starts at 10:15 a.m. INFO: Henri Comeau (henricomeau@aol.com) 703/451-7965.

10 (Wednesday)

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

11 (Thursday)

🚰 HIKE - In-Between Hikers

Sugarloaf Mountain, MD

Moderately paced 8 miles over varied terrain. Take RT 270 to exit 22. Follow signs to Sugarloaf Mountain. Meet at entrance to Sugarloaf on Comus Road at 10:00 a.m. INFO: Nena Ewing 301/652-9147.

13 (Saturday)

🚰 HIKE - Meet the Trail Patrol Shenandoah National Park, VA

Hike with the Trail Patrol and learn what the PATC's goodwill ambassadors do. These adventurous, dedicated men and women monitor the Club's 1000 miles of trails, helping people, instructing them in safe hiking practices and reporting on the conditions of the trails. Today's loop hike covers 9 miles from Skyline Drive to near the summit of Hazel Mountain and back. INFO: Jon Ortega (jortega@ix.netcom.com) 703/490-1986 Monday-Friday 9:00 a.m. until 5:00 p.m.

FORECAST

13 (Saturday)

🚶 **HIKE - Natural History Wildflower Hike**
Turkey Run Park, VA

This is the annual wildflower hike Bob Pickett has lead for the past 15 years. This traditional PATC hike takes us about 2 miles down Turkey Run to the Potomac River where we'll have lunch and make a small loop in search of the beautiful twinleaf before retracing our route back up the stream for a total hike of about 5 miles. We will be stopping to identify 30 or more different species, there are numerous rock hops over the small Turkey Run, and some steep slopes to climb, so hiking boots are highly recommended. INFO: Bob Pickett 301/681-1511.

13 (Saturday)

🚶 **TRAIL WORK TRIP - Massanutten Crew**
Massanutten Mountain, VA

Enjoy spring with exercise, fresh air, and the camaraderie of your fellow hikers. Join us as we rebuild tread and waterbars on Massanutten Mountain. Work with us and take pride in the support you give to the trail community! INFO: Mike Sutherland (msutherland@cox.rr.com) 703/591-8330.

13 (Saturday)

🚶 **TRAIL WORK TRIP - Rock Creek Park**
Washington, D.C.

8:15 a.m. to noon. This is the moment you've been waiting for, the first work trip of the year in Rock Creek Park. As usual, we expect to get dirty this year with a series of targeted treadway and stream-crossing projects. Come find out just how easy manual labor can be. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 ext. 31.

13 - 14 (Saturday - Sunday)

🚶 **CABIN WORK TRIP - Blackburn Trail Center**
Round Hill, VA

Join us in our 6th year of the Blackburn Renovation Project where club volunteers have put in a total of over 10,000 hours! Work that has to be finished includes installing a steel support beam in the basement, raising and replacing the Carriage House roof, painting the Hikers Hostel and the Carriage House, building a new picnic table and much work getting the Blackburn grounds cleared and ready for the new season. Come out for a day or the whole weekend. Community meal on Saturday evening. INFO: Chris Brunton 703/560-8070.

13 - 14 (Saturday - Sunday)

🚶 **CABIN WORK TRIP - Vining Tract Crew**
Lydia, VA

The Vining Tract crew meets once a month to work on cabin and land management projects on the beautiful Vining property. We are now building a small cabin using logs from an old barn, as well as projects at Conley and Wineberry cabins and around the property to keep everything in top shape. Come join us and raise a hammer, a paintbrush, or a log in the cause. Overnight at Conley and Wineberry. INFO: Larry Lang 703/631-9278 or Hugh Robinson 703/525-8726.

13 - 14 (Saturday - Sunday)

🚶 **CLASS - Trail Patrol Backpacking 101**
Prince William Forest Park, VA

Trail Patrol presents a weekend of hands-on instruction at Prince William Forest Park, in the second session of its introductory class on backpacking. INFO: Larry Marcoux (nolsintmaster@aol.com) 703/979-1066 or 703/402-5441.

13 - 14 (Saturday - Sunday)

🚶 **TRAIL WORK TRIP - Cadillac Crew**
Dickey Ridge Trail, North District SNP, VA

The crew will be regrading the tread, adding waterbars, and replacing a culvert on the northern end of the Dickey Ridge Trail. Bring a lunch and water for Saturday noon. Community dinner on Saturday night and Sunday breakfast. Overnight at Rindt's house. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

13 - 14 (Saturday - Sunday)

🚶 **TRAIL WORK TRIP - North District Hoodlums**
North District Shenandoah National Park, VA

SNP's C.T. Campbell will be fixin' up a batch of his famous chili for this month's SOUTHWESTERN work trip! After a good day's work, the crew enjoys a theme meal and festivities at a facility within the park. No trail work experience is necessary and newcomers are always welcome. Visit our web site at www.patc.net/volunteer/trails/hoodlums/hoodlums.html. Come for the day, stay for the evening meal, camp out overnight in SNP - lots of options! We meet at Piney River Ranger Station, mp 22 on Skyline Drive, at 10:00 a.m. on Saturday. RSVP by mid-week prior. INFO: George Walters (gjwalters@starpower.net) 410/426-2724.

15 (Monday)

🚶 **HIKE - Family Hike**

Bull Run Regional Park, Chantilly, VA

Join us for a 2-3 mile toddler-friendly hike. (At least 2 miles is stroller-friendly.) We will follow the Blue Trail down to Cub Run to the largest stand of Bluebells on the east coast. There is a great playground nearby where we will go to play and have a picnic afterwards. Designed for the under 5 crowd but all ages welcome. INFO: Karen Brenner (Brenner@wserv.com) 703/421-6250.

16 (Tuesday)

🚶 **HIKE - Vigorous Hikers**

Shenandoah National Park, VA

Stoney Man to Hawksbill, about 12 miles and 2800 feet. View from the two highest peaks in the Shenandoah. Hike south on the AT from Little Stoney Man to Hawksbill returning via upper Whiteoak Canyon Trail and Passamaquoddy Trail. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Dave Kennamer (dkennamr@yahoo.com) 301/299-9563.

16 (Tuesday)

🗺️ **MEETING - The Futures Group, 7:00 p.m.**

16 (Tuesday)

🚶 **HIKE - Easy Hikers**

Washington, DC

Note change in weekday. At the Rock Creek Nature Center Auditorium, there will be a PATC program at 12:30 honoring our 75th anniversary (q.v.). We will hike from Pierce Mill parking lot to the Nature Center and have our lunch (bring your own) there beforehand. About 4 miles round trip. Meet at Pierce Mill at 10:15 a.m. Info: Henry Schryock 202/479-4130 or Pauline LeMarie 202/484-2966.

17 (Wednesday)

🚶 **CLASS - Outdoor Survival Skills (REI)**

REI Bailey's Crossroads, VA

7:30 p.m. Fire Without Matches. Along with solid planning, preparation and good land navigation skills, the ability to start a fire under tough conditions (including no matches) is a necessary outdoor skill. Earth Connection's Tim MacWelch, an outdoor skills instructor, will demonstrate fire-making methods, including flint and steel, friction bow drill and friction hand drill. Participants will then have the opportunity to make fire by the friction bow drill method. Join us for an exciting evening exploring the history and physics of fire. INFO: REI 703/379-9400.

18 (Thursday)

🚶 **HIKE - In-Between Hikers**

Great Falls Park and Riverbend Park, VA

A 5 to 9 mile hike at moderate-fast pace. Starts at 10:00 a.m. Meet at Great Falls Park, Va. Visitor Center parking lot. From 495 Beltway take Exit 44 west on VA 193 (Georgetown Pike) for 4 miles to Old Dominion Drive. At traffic light turn right. Go 1 mile to park entrance. Fee \$5 per vehicle or Park Pass. Bring lunch and water. RSVP not required. INFO: Mary Siu (sibirds@juno.com) or Henri Comeau (henrycomeau@aol.com) 703/451-7965.

20 (Saturday)

🚶 **SPECIAL EVENT - Dogwood Half Hundred**
Powells Fort Camp, VA

Although this endurance event is full, you can still come out to watch your fellow hikers take on this challenging half hundred kilometer hike through the Massanutten Mountain area near Front Royal. Volunteers are always welcome and this event attracts competitors from around the country. See article on page 5, of the April PA. INFO: Ric Francke, Dogwood Director, at 703/356-2106 (evenings before 10:00 p.m.) or by e-mail at bfcrancke@aol.com.

20 (Saturday)

🚶 **HIKE - In-Between Hikers**

Great Falls, VA

A moderate-to-fast 9 to 10 miles over variable terrain. There is a 5-mile hike option after the first half which is along the Difficult Run loop. \$5 vehicle fee. Bring water and lunch. No pets. Hike starts at Great Falls Visitor Center at 10:00 a.m. INFO: Henri Comeau (henricomeau@aol.com) 703/451-7965.

20 (Saturday)

🚶 **TRAIL WORK TRIP - Maryland Metrolites**

Cabin John Trail, Montgomery County, MD

We invite one and all to join us for a work trip on the Cabin John Trail in Montgomery County. We meet at 9:30 a.m. in the Nature Center parking lot off Democracy Blvd. Bring lunch, gloves, enthusiasm, and water. INFO: Liles Creighton (LCrei@aol.com) 410/573-0067.

20 (Saturday)

🚶 **TRAIL WORK TRIP - Mountaineering Section**

Great Falls, VA

Great Falls Climbing Areas Work Day, 9:00 a.m. until 4:00 p.m. Work will be focused on erosion control at the tops of popular climbs. We will also attempt to close off unauthorized "social trails" from the cliff tops down to the climbs. Additionally, the trail near the Aid Box is an ongoing need for serious improvement. Dress appropriately and bring work gloves if you have them (tools will be provided), and a bag lunch. INFO: Mack Muir (mackmuir@edisaurus.com) 703/768-5724.

20 (Saturday)

🚶 **TRAIL WORK TRIP - Stonewall Brigade**

Shenandoah County, VA

Great North Mountain on the VA/WV state line. Join the Stonewall Brigade at Wolf Gap Recreation Area at 9:00 a.m. to get tools then work on a trail in the nearby area. Enjoy panoramic views of Trout Run Valley from the mountain crest. We will remove and break up rocks in the tread and work on waterbars. RSVP by Wednesday. Bring lunch, work gloves, water, seasonal clothing, and hiking shoes. INFO: Hop Long (mgrgnmd@hotmail.com) 301/942-6177.

20 (Saturday)

🚶 **TRAIL WORK TRIP - Yankee Clippers Trail Crew**

Tuscarora Trail, PA

Call for meeting place and other details. INFO: Charlie Irvin 301/447-2848.

20 - 21 (Saturday - Sunday)

**CABIN WORK TRIP - Tulip Tree Cabin
Shaver Hollow, VA**

Have you met the Lamberts or read their books? Do you even know who the Lamberts are? They are wonderful people who live what some would consider a utopian life in a rustic log cabin far up a hollow on the western slope of the Blue Ridge. They have given the PATC a piece of land near their cabin for us to build a PATC rental cabin. Their hope is that PATC members renting the cabin will have the opportunity to experience nature as they have and learn some of what they have learned. We are working hard to fulfill that hope. Would you like to learn more? INFO: Charlie Graf 410/757-6053.

20 - 21 (Saturday - Sunday)

**CLASS - Chain Saw Weekend Workshop
Shenandoah National Park, VA**

The PATC and Shenandoah National Park will host the weekend workshop, intended to train new sawyers and recertify sawyers whose cards expire in 2002. Recertifications will receive first priority. Overnight accommodations, including meals, are available (\$20 for lunch and dinner Saturday, breakfast and lunch on Sunday). The workshop is expected to fill quickly. INFO: Kerry Snow (kerrysnow@telocity.com) 301/570-0596.

21 (Sunday)

**HIKE - West Virginia Chapter
Appalachian Trail, WV**

RT 40 to Gathland State Park. Meet at Gathland State Park parking lot at 9:00 a.m. to set up shuttles. INFO: Dave Jordahl (dave.jordahl@askdep.com) 301/834-7729.

22 (Monday)

HIKE - Family Hike

Scotts Run, Great Falls, VA

Join us for a 3-mile circuit hike along Scotts Run to a waterfall at the Potomac River. (Backpacks only - No Strollers). We will picnic on the trail. Designed for the under 5 crowd but all ages welcome. INFO: Karen Brenner (Brenner@wsew.com) 703/421-6250.

23 (Tuesday)

HIKE - Vigorous Hikers

Waites Run, GW National Forest, VA

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 foot climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Dave Kennamer (dkennamr@yahoo.com) 301/299-9563.

24 (Wednesday)

HIKE - Easy Hikers

C & O Canal, Swain's Lock, MD

Hike 6 miles along the canal from Swains Lock to Pennyfield and back. Bring lunch and water. Starts at 10:15 a.m. From Capital Beltway, exit 39 west towards Potomac Village on River Road. Two miles after Potomac, turn left on Swains Lock Road and continue 1/3 mile to parking lot. INFO: Mary-Margaret McGrail 703/751-8126.

27 (Saturday)

CLASS - Exploring America (REI)

REI Bailey's Crossroads, VA

3:00 p.m. Hiking rough trails and exploring America's remote and spectacular corners has kept Nick Williams busy for decades. From the wild crags of Washington's North Cascades to Wyoming's Absarokas, and Montana's Bob Marshall Wilderness to Shenandoah National Park and beyond, Nick has seen it all. Nick's ability to find high, lonely places and bring back great photographs is legendary in the local hiking community. Join as we Explore America with Nick Williams! INFO: REI 703/379-9400.

27 (Saturday)

**HIKE - Northern Shenandoah Valley Chapter
Fishers Hill Battlefield, Fishers Hill, VA**

Take a 5-mile walk through the village of Fishers Hill on your way to a Civil War battlefield. Richard Kleese, author of Shenandoah County in the Civil War, will interpret the Battle of Fishers Hill. INFO: Rita Bradford (bradford@shentel.net) 540/459-3571.

27 (Saturday)

**TRAIL WORK TRIP - Potomac River Work Crew
Potomac Heritage Trail, Chain Bridge, VA (side)**

9:00 a.m. Full-day trail maintenance workshops. Stay close to home as you learn from the experts and celebrate the finish of the new PHT reroute near the Chain Bridge crossing of the Potomac River. Join us as we train a new "Potomac River Work Crew" to maintain the PHT. Parking is extremely limited, but you will be directed to space further away and walk or be car shuttled back. Bring food, water, work gloves and sturdy footwear. Rain date April 28. Space is limited, registration required. INFO: Bruce Glendening (bglendening@yahoo.com) 703/532-9093.

27 (Saturday)

**TRAIL WORK TRIP - Rock Creek Park
Washington, D.C.**

8:15 a.m. to noon. Springtime in the woods might help you overlook the fact you have a shovel in your hand. Come work in the beauty of Rock Creek Park as we continue tidying up the trails. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 ext. 31.

27 - 28 (Saturday - Sunday)

**BACKPACKING TRIP - GW National Forest
George Washington National Forest, Va.**

Spring is here and it's time to hike. Take the pack and boots out of the closet and join us for a moderate 18 plus/minus mile backpack in the GWNF. Mostly ridge hiking with good views east and west - maybe some spring wildflowers too. Depart Friday evening. INFO: John Koutze or Kathy McDermott 703/846-9207 (leave phone number and e-mail address).

27 - 28 (Saturday - Sunday)

**CABIN WORK TRIP - Blackburn Trail Center
Round Hill, VA**

Come and help us make 2002 the last year of the project, as we would like to go hiking again! Work that has to be finished include installing a steel support beam in the basement, raising and replacing the Carriage House roof, painting the Hikers Hostel and the Carriage House, building a new picnic table and much work getting the Blackburn grounds cleared and ready for the new season. Come out for a day or the whole weekend. Community meal on Saturday evening. INFO: Chris Brunton 703/560-8070.

27 - 28 (Saturday - Sunday)

**CABIN WORK TRIP - Rosser Lamb at Per-Lee
Stanardsville, VA**

Our second work trip. Please join us as we continue our renovation efforts on the old Rosser Lamb farmhouse and work on the surrounding grounds. Since this is being written before we have had our first work trip, please refer to our March entry for details. Once we have some experience in doing this we will be more specific. INFO: Peg Manuel 540/972-7093 or Park (parkplva@yahoo.com).

27 - 28 (Saturday - Sunday)

**CLASS - Primitive Wilderness Survival Skills (Intro)
Schairster Trail Center, Shenandoah National Park, VA**

An introduction on how to survive in the woods without any modern tools or supplies. Taught by members of the Mid-Atlantic Primitive Skills Group. The class is for adults only. Registration fee \$40 for PATC members, \$55 for non-members (food, lodging, and instructional materials are included). Pre-registration is required and the enrollment will be limited to 20 participants. Details at www.maps-group.org (Schedule of Events). INFO: Rita Haney 301/271-5023.

27 - 28 (Saturday - Sunday)

**TRAIL WORK TRIP - Cadillac Crew
Sugarloaf Mountain, MD**

Enjoy early spring on Northern Peaks Trail on unique Sugarloaf Mountain. The crew will rehab eroded sections on the trail. Water bars and tread improvement are the name of the game. Bring a lunch and water for Saturday noon. Community dinner on Saturday night and Sunday breakfast. Overnight at Thompson's House near Leesburg. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

29 (Monday)

HIKE - Family Hike

Seneca Road, Great Falls, VA

Join us for a 3-4 mile (jogging stroller friendly) out-and-back hike through mature forest. The gravel road parallels the Potomac River and crosses 2 small streams. Designed for the under 5 crowd but all ages welcome. INFO: Karen Brenner (Brenner@wsew.com) 703/421-6250.

30 (Tuesday)

HIKE - Vigorous Hikers

Rose River, Shenandoah National Park, VA

18 miles 4300 ft climb. Up Rose River fire road to unmarked Cutoff Trail connecting to Rose River Loop Trail. Climb to drive and go south on AT to the Lewis Fall Trail. Return via Rapidan fire road and Dark Hollow Falls Trail. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Dave Kennamer (dkennamr@yahoo.com) 301/299-9563.

30 (Tuesday)

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

May

1 (Wednesday)

**DEADLINE - June Potomac Appalachian
Headquarters, Vienna, VA**

5:00 p.m. All items for the next issue of the newsletter must be submitted electronically, if possible, to headquarters, or by e-mail to PA@patc.net. Please e-mail Forecast events to PA-Forecast@patc.net. Allow one week for postal service delivery.

1 (Wednesday)

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

4 (Saturday)

**HIKE - Green Ridge State Forest Part II
Green Ridge State Forest, MD**

Moderate 9.5 miles along the Log Roll Trail and C&O Canal. Also, journey through the Paw Paw Tunnel as part of the C&O Canal experience. Come out and enjoy spring in full swing as we hike next to a stream and the Potomac River. Be prepared for potential wet feet. INFO: Susan Bly (sbly@shepherd.edu) 304/258-3319.

FORECAST

4 (Saturday)

🚰 HIKE - Natural History Trillium Hike G. Richard Thompson WMA, VA

Join Bob Pickett on the 13th annual trek to the trillium fields along the Appalachian Trail near Linden, VA. After a moderately difficult mile ascent up to the ridgeline, we'll spend the afternoon hiking through some of the densest stands of trillium known on the east coast. Yellow lady's slippers and a small patch of nodding trillium are also highlights of this trip. And if flowers aren't enough, we'll identify the spring migrant passerine birds, including warblers and scarlet tanagers. And, if we're really lucky (like last year), we might even catch a black rat snake! If you want to enjoy spring in Virginia, this is the hike. INFO/RSVP: Bob Pickett 301/681-1511.

4 (Saturday)

🚰 TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

Everyone goes home happy and a bit tired from South Mountaineers events. We start at 9:00 a.m. in Frederick County and quit when the Fun-o-meter runs low. Why not join us? Bring water, lunch, boots and gloves. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

4 (Saturday)

🚰 TRAIL WORK TRIP - Yankee Clippers Trail Crew Appalachian Trail, PA

Meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Charlie Irvin 301/447-2848 or Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

4 - 5 (Saturday - Sunday)

🚰 BACKPACKING TRIP - Trail Patrol Backpacking 101 Location To Be Announced

The final part of Trail Patrol's introduction to backpacking consists of a weekend trip in which students have the opportunity to practice what they have learned under the guidance of experienced instructors. INFO: Larry Marcoux (nolsintmaster@aol.com) 703/979-1066 or 703/402-5441.

4 - 5 (Saturday - Sunday)

CLASS - Wilderness First Aid (WSC) Alexandria, VA

A program of the Wilderness Safety Council, this 18-hour class includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$140. Registration is limited to 25 people. More information and registration at <http://wfa.net>. INFO: Christopher Tate (chris@wfa.net) 703/836-8905.

4 - 5 (Saturday - Sunday)

🚰 TRAIL WORK TRIP - Blue and White Crew Central District Shenandoah National Park, VA

Pinnacles Research Station. Join the Blue and White Crew in the Central District of Shenandoah National Park. We'll be starting a new trail project in the Park. Overnight accommodations at the Pinnacles Research Station. Saturday dinner and Sunday breakfast will be pot-luck. INFO: Kerry Snow (kerrysnow@trailcrews.com) 301/570-0596.

4 - 5 (Saturday - Sunday)

🚰 TRAIL WORK TRIP - Mountaineering Section Seneca Rocks, WV

Seneca Rocks Spring Work Days 8:00 a.m. until 5:00 p.m. This volunteer project makes climber trails at Seneca easier to walk on, more resistant to erosion, and helps preserve native plant life. Bring helmets, work gloves, food and water (heavy tools provided by the Forest Service). Free camping at the Seneca Shadows Campground plus an appreciation dinner Saturday evening (place TBA). Please "sign up" for specific days

(this helps us know who to plan for and what we can expect to accomplish). INFO: Bill Wright (William.Wright@USPTO.GOV) 703/305-7792 (8:00 - 5:00 Mon - Thurs) or Mack Muir (mackmuir@edisaurus.com) 703/768-5724.

7 (Tuesday)

🚰 MEETING - Trail Patrol, 7:30 p.m.

8 (Wednesday)

🚰 HIKE - Easy Hikers

Colvin Run Mill Park, Great Falls, VA

A 5-mile hike on the developing Fairfax Cross County Trail. We will hike on flat natural trails following Difficult Run for 2.5 miles to the Old Dominion Drive bridge (over our heads) then return to the Mill for lunch. Boots recommended, may be some muddy areas. If recent rains, an alternate hike from the Mill will be done. After lunch, take a tour for \$2. From the Beltway/I-495, exit 47A west onto RT 7. Drive 5 miles through Tysons Corner, and turn right at light onto Colvin Run Road then an immediate left to the parking lot. Bring lunch and water. Dessert provided. Starts at 10:15 a.m., rain or whatever. INFO: Henri Comeau (henricomeau@aol.com) 703/451-7965.

8 (Wednesday)

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

11 (Saturday)

🚰 TRAIL WORK TRIP - Massanutten Crew Massanutten Mountain, VA

Exercise, fresh air, and the camaraderie of your fellow hikers - it just doesn't get any better than this! Join us as we rebuild tread and waterbars on Massanutten Mountain. Work with us and take pride in the support you give to the trail community! INFO: Mike Sutherland (msutherland@cox.rr.com) 703/591-8330.

11 (Saturday)

🚰 TRAIL WORK TRIP - Rock Creek Park Washington, D.C.

8:15 a.m. until noon. The 10th annual trails day is just around the corner. Come practice on your trail maintenance skills so you'll be in top form when National Trails Day rolls around in June. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 ext. 31.

11 - 12 (Saturday - Sunday)

🚰 TRAIL WORK TRIP - Cadillac Crew Per-Lee Tract, Madison, VA

Interested in how new trails happen? The crew will continue the trail building project on the Per-Lee Tract with the ultimate goal to connect with the SNP trail system. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at PATC's Rosser-Lamb Cabin. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

13 (Monday)

🚰 HIKE - Family Hike

Huntley Meadows, Franconia, VA

Join us for a 2-mile toddler-friendly loop hike out into a marsh and view the wetlands from the two-story observation tower. Designed for the under 5 crowd but all ages welcome. INFO: Karen Brenner (Brenner@wserv.com) 703/421-6250.

13 (Monday)

🚰 MEETING - New members (Shenandoah Mountain Rescue Group), 7:30 p.m.

14 (Tuesday)

🚰 MEETING - PATC Council, 7:00 p.m.

18 (Saturday)

🚰 HIKE - Massanutten Mountain Series Luray, VA

The third hike of the series will be 14 miles on the Massanutten East Trail from Camp Roosevelt to Scothorn Gap Trail and return on the Gap Creek and Duncan Hollow Trails with side trips to Strickler Knob and Duncan Knob. Total elevation gain is 1800 feet. PATC Map G. Meet at 7:30 a.m. at the Oakton Shopping Center parking lot. Contact leaders for requirements and details. INFO: Jack Thorsen (thorsen4@Juno.com) 703/339-6716 or William Needham 410/884-9127.

18 (Saturday)

🚰 TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

Another great event in Maryland, moving rocks and dirt around and being happy it wasn't on your lawn! We meet at 9:00 a.m. in Frederick County. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

18 (Saturday)

🚰 TRAIL WORK TRIP - Stonewall Brigade Shenandoah County, VA

Great North Mountain on the VA/WV state line. Join the Stonewall Brigade at Wolf Gap Recreation Area at 9:00 a.m. to get tools then work on a trail in the nearby area. This popular venue offers fine panoramic views of Trout Run Valley from the mountain crest. We will remove and break up rocks in the tread and work on waterbars. RSVP by Wednesday evening if you plan to attend. Bring lunch, work gloves, water, seasonal clothing, and hiking shoes. INFO: Hop Long (mgrgnmd@hotmail.com) 301/942-6177.

18 (Saturday)

🚰 TRAIL WORK TRIP - Yankee Clippers Trail Crew Tuscarora Trail, PA.

Call for meeting place and other details. INFO: Charlie Irvin 301/447-2848.

18 - 19 (Saturday - Sunday)

🚰 CABIN WORK TRIP - Vining Tract Crew Lydia, VA

The Vining Tract crew meets once a month to work on cabin and land management projects on the beautiful Vining property. We are now building a small cabin using logs from an old barn, as well as projects at Conley and Wineberry cabins and around the property to keep everything in top shape. Come join us and raise a hammer, a paintbrush, or a log in the cause. Overnight at Conley and Wineberry. INFO: Larry Lang 703/631-9278 or Hugh Robinson 703/525-8726.

20 (Monday)

🚰 HIKE - Family Hike

Gold Mine Loop, Great Falls, MD

Join us for a 4 mile backpack only (no strollers) circuit hike through forest with an opportunity to view mining ruins. Designed for the under 5 crowd but all ages welcome. INFO: Karen Brenner (Brenner@wserv.com) 703/421-6250.

25 - 26 (Saturday - Sunday)

🚰 BACKPACK TRIP - Family Backpacking

Central District Shenandoah National Park, VA

Parent with Teens Backpacking weekend. Come join us for a 5 to 8 mile backpacking trip and stay in the beautiful rustic Corbin cabin nestled in Nicholson Hollow of SNP. See waterfalls, visit old cabin sites and wade in the chilly waters of the Hughes River. Space is limited so call early. INFO: Jim Ward aka. Eagle Trail Dancer (james35026@aol.com) 703/451-3283.

FORECAST

25 - 26 (Saturday - Sunday)

✂ TRAIL WORK TRIP - Cadillac Crew

Vining Tract, Lydia, VA

Have a need for some extensive yard work on one of the most popular and scenic PATC Tracts? Join us for a little tree work, brush clearing, and trail development. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at PATC's Mutton Top Cabin. INFO: Fran Keenan (outdoorsnow@cox.r.com) 703/938-3973 or Jon Rindt (krindt@erols.com) 540/635-6351.

28 (Tuesday)

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

Massanutten Trail Dedication

Prepare to mark you calendars for the dedication of the 70.2 mile Massanutten Trail.

This trail was completed by the Massarock Crew in September 2001 after 12 years of construction. Watch for details next month. ☐

—Kerry Snow

Pennsylvania Hiking Trails Week

The Pennsylvania Department of Conservation and Natural Resources (DCNR) has teamed up with the Keystone Trails Association (KTA) to sponsor the first-ever Pennsylvania Hiking Trails Week, May 11 through May 19. During this week there will be numerous hikes throughout the state parks and forests. The PATC North Chapter will be leading a number of these hikes on the Appalachian Trail, the Tuscarora Trail, and adjoining side-trails.

There should now be a link on the North Chapter web-page listing the PATC-led hikes. Also, Pennsylvania should have a statewide list of hikes and activities that can be found on the DCNR web-site www.dcnr.state.pa.us. If you go on any of these hikes you may even have a chance to hike with the Pennsylvania Governor, Mark Schweiker, and the DCNR Secretary, John Oliver. ☐

—Peter Brown

Shenandoah National Park Is Accepting Applications for Youth Conservation Corps Crew Leaders

Shenandoah National Park, Va.—Shenandoah National Park is now accepting applications for Crew Leaders for its 2002 Youth Conservation Corps (YCC) summer program. Crew Leader positions run for 10 weeks from June 10-Aug. 16, 2002. Crew Leaders supervise five YCC youth, aged 15-18, in the performance of natural resource conservation projects and facility maintenance. The salary is \$10.12 per hour.

For applications or further information, contact the Shenandoah National Park, Attention: Personnel Office, 3655 U.S. Highway 211 East, Luray, VA 22835; phone 540/999-3479. Completed applications must be postmarked by April 8, 2002. Applicants must be U.S. citizens, 18 years of age or older, and must possess a valid driver's license. ☐

—Lyn Rothgeb



Photo by Michael Karpie

Mike Karpie's Photo Tips: High-Resolution Photography With Long Telephoto Lenses

Modern higher-powered telephoto lenses tend to be somewhat lightweight and require special handling. One the most effective, though somewhat limiting, methods is to use a tripod with an enlarged platform and two sandbags. Needless to say, this method is not well-suited for backpacking!

Place one sandbag on the platform of the tripod, and rest your camera on top of it. Place the second sandbag over the top of the lens barrel. This sandbag "sandwich" will dampen vibrations very effectively. Limited movement of the camera might still be possible using the tripod controls.

A modification of this technique, suitable for trail use, is to design a "cradle" that can be attached to your tripod in such a manner that it hangs between the three legs suspended from the center of the tripod. The cradle should be designed to hold a good-sized rock that would be "borrowed" from the surrounding area. The weight of the rock will increase the stability of the tripod significantly.

Next Month: Focusing and Exposure for High Resolution. ☐

—Michael Karpie, PATC
District Trails Manager
Appalachian Trail, SNP South

Green Infrastructure: A Strategic Approach to Green Space and Conservation

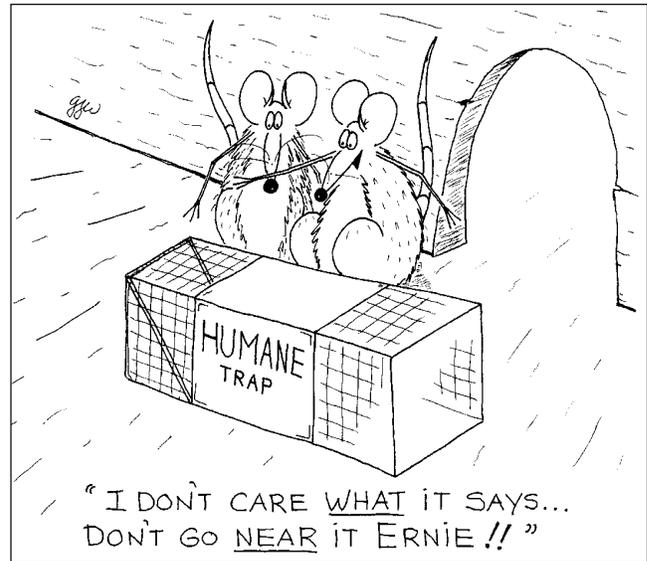
The Conservation Leadership Network announces the second offering of "Green Infrastructure: A Strategic Approach to Green Space and Conservation" in Grayslake, IL on May 14-16, 2002. This course is offered through a partnership between The Conservation Fund, the U.S. Fish & Wildlife Service, and the USDA Forest Service. The registration deadline is March 14, 2002.

Lead instructors will include Dr. Mark A. Benedict and Edward T. McMahon of The Conservation Fund, Bill Jenkins from Maryland DNR and Avery Patillo from the USDA Natural Resource Conservation Service. A number of guest speakers will present case studies, showcasing their successful green infrastructure design and implementation efforts.

If you have any questions regarding the course or registration procedures, please contact Kristin Peppel, Conservation Leadership Network Program Coordinator 304/876-7462, or Nancy Zapotocki, USFWS/NCTC 304/876-7473. □

—Leigh Anne McDonald

Tails from the Woods by George Walters



Kayak, from page 9

ric, with a certainty far more secure than intellect can offer, that you are a part of the web of life, and that the web of life is a part of the rock and air and water of pre-life. You know the wholeness of the universe, the great unity." And when you come to this knowledge, you also know that, in the final analysis, there is no discovery apart from self-discovery.

Participate Fully

The realization of all of this is not a piece of mere academic knowledge that can come from a simple effort of intelligence. It's a way of experiencing the world and everything in it that must of necessity integrate itself into your whole being. Reason can't take you all of the way there – only with feeling can you complete the journey. You must feel the connections that exist between you and everything else in the world, the invisible web that binds everything together. As some Native Americans would say, you have to have an experience that makes you feel the earth.

This is a very different state of being than just appreciating nature, although that is a first step. When you go out into the wild to "appreciate" the natural world, you usually see that world as being something separate from yourself. You are a distinct being, placed in the natural world, yet really standing outside that world looking in, so to speak. It is only when you can begin to see yourself as being a part of the greater whole, no more or no less important than any other part, that you can experience the feeling I'm talking about – the feeling of being a totally connected, integral part of the world, of everything that exists. It is at bottom a spiritual feeling and, unfortunately, it is not a feeling that is commonplace, or one that comes easily.

Wider Implications

And it's not just a matter of your own personal or spiritual fulfillment – it has become a matter of survival for our civilization as a whole. Separating oneself from the natural world almost inevitably leads to the idea that man occupies a privileged position in the hierarchy of things and that, because of his intellect or some other rationalized criteria, he is rightfully above the plants, birds, beasts, and other

creatures with which we share the planet. This, in turn, leads to the idea that man has dominion over the natural world, that it was created for his use and that it is his to do with as he sees fit. And, if modern civilization has taught us nothing else, it should have by now taught us the enormous potential for destruction that lurks within this arrogant idea.

A very wise Native American named Chief Seattle once spoke eloquently on the subject. Long before the inception of the modern environmental consciousness he said, in words befitting a great poet, "The earth does not belong to man; man belongs to the earth. This we know. Man did not weave the web of life; he is merely a strand in it. Whatever he does to the web, he does to himself. All things are connected. Whatever befalls the earth befalls the children of the earth." If mankind is to survive much longer on this planet, we must each learn the true meaning of those words, must feel them in our hearts, and must act in accordance with their spirit. If we do not as a species learn the lesson Chief Seattle spoke of, if we do not become true "children of the earth," our days may be as numbered as those of many of the creatures we are pushing toward the abyss of eternal extinction.

Sitting there high above the river that mid-summer morning, watching the kayakers dance on the water far below, all of this seemed to become clear to me, all of the ideas seemed suddenly to connect. The kayakers know the lesson, I thought, know that they are part of the web. They do not seek to "conquer" the river. They only seek to blend with its life and its power in harmonious coexistence, to "become part of it," to use the Navajo phrase.

The kayakers have met the challenge of the river and embraced the philosophy of the web. Their challenge is also our challenge. Until we all can apply that philosophy on both a personal and a societal level, we are in the same dangerous and vulnerable position as the inexperienced kayaker who, overreaching his capabilities in a moment of arrogance, shoots out over the edge of a great waterfall into empty space and hangs there for an instant, not knowing if he will land safely or perish in the tumult below. □

—Kevin Haney

Potomac Appalachian

Trailhead

With the arrival of April, District Managers are encouraging Overseers to come out of hibernation and check trail conditions. If checking your trail doesn't satisfy your need to escape the stressful commercial environment, consider joining a PATC summer trail crew for a week in the Shenandoah National Park, Jefferson National Forest, or George Washington National Forest supporting our government partners. Working with the crews is a great way to learn trail work (the crews are led by NPS and Forest Service trail professionals) and is a great way to contribute some important work to the trail system. Details about these 10 weeks of sweat and an application form are located on the PATC Web site. Also see related articles in this issue of the Potomac Appalachian.

PATC—FS Annual Meeting

U.S. Forest Service (Lee District) and PATC held their annual planning meeting for trails on Feb. 9. Results and updates from the discussions and planning are below.

Massarock Crew: The dates for the 2002 Massarock Crew are: June 16-21, June 23-28, Sept. 8-13, and Sept. 15-20. The project for the first two weeks will involve adding signs to the newly constructed Massanutten Trail (approximately 110 signs will be installed). The crew will prepare breakfast and lunch in camp and will dine out at local restaurants. Showers will be provided at the Lutheran Camp. The projects and base camp for the September crews will be announced at a later date. The crew project might include building an extension to the Great North Mountain Trail. Charles Hillon and Heidi Forrest will redesign the T-shirt for this year's crew, to recognize the achievement of the crew in completing the Massanutten Trail.

Massanutten Trail: The newly built 70-mile circuit will be named the Massanutten Trail. The dedication of the trail will be held on June 22, 2002 (time and place to be announced later). Mike Sutherland, Massanutten North District Manager, will consider adding the loop to the PATC trail inventory. It's anticipated that addition of the loop will require the services of approximately 10 new Overseers.

Chainsaw Training: The Lee District will recognize sawyer certification, issued by the joint agreement of the ATC, USDA Forest Service, and NPS. Sawyers operating chainsaws in the Lee District must have current CPR and First Aid certification and be accompanied by a second certified sawyer (in addition to all other requirements, regarding PPE and training, as stated in the ATC/FS/NPS agreement). Sawyers without certification are NOT ALLOWED to operate chainsaws in the Lee District.

Trail Updates: PATC will drop the Peer Trail from its inventory. The Forest Service Maintenance Plan (including spraying schedule) was distributed to District Managers. The Forest Service will investigate a suggestion by Mike Sutherland to construct a bridge on the Signal Knob Trail.

National Forest Chainsaw Experience

Mike Sutherland and Wil Kohlbrenner, both carded chainsaw operators, cleared a long section of the Massanutten West Trail in February. The trail section had not been cleared in a few years, so there was a lot of sawing.

Four members of the Virginia Happy Trails Running Club accompanied the sawyers. These guys run ultramarathons: 100 miles in less than 36 hours. (VHTRC sponsors their own yearly work trip

on Massanutten and usually has 30 runners out for a day of hand-sawing and lopper work along "their trails" as well as "PATC's trails." At the end of the trail work, some of them swap their hiking boots for running shoes and run another 15 miles or so, before the evening party begins!)

Wil and Mike had a learning experience. Approaching a log that they expected to saw into two or more pieces, they found that the runners would just as soon muscle it off the trail without a single cut! Larger logs often needed only one cut. It took a while to adjust the sawing to the strength and stamina of a very fit crew. The result was that almost 200 trees were removed from an eight-mile trail in nine hours. One hundred fifteen of these trees were cut at least once, but the rest were just muscled off the trail without a single cut.

Mosby District

As reported previously, several sections of the AT in the Mosby District were recently determined to be outside the AT corridor. Two of these sections are in the High Knob area north of Rte. 522 and the other in the vicinity of Mosby Campground. District Managers Ed McKnew and Lloyd Parriott, with help from Overseers, began a relocation project in late February to move the trail back within the corridor. The two sections at High Knob will be replaced by a single relocation but will retain access to a rock outcropping with a good view. The relocation near Mosby Campground will utilize some existing old roadbeds and require only minor trail construction. Ed and Lloyd plan to complete the relocations before spring growth takes over.

D.C. Crew Starts Season

The D.C. Trail Crew kicks off its 2002 season in April with a 10-trip schedule that runs through the end of October. Two work trips will be held in April—one on the 13th and the other on the 27th. So far, several medium-sized projects have been identified for the work trips, including a trail relocation and possible bridge construction, a bridge repair, and an intensive tread improvement. Smaller work projects will include some new waterbars on a trail added to the system last year and the usual erosion-control efforts. The D.C. trips remain half-day affairs so volunteers can get out and enjoy the rest of the weekend. The trips are also good initiations for weekend-long trips with some of the other crews. Contact Mark Anderson, 202/462-7718, for more information.

Tuscarora Hike

Tyler Williamson and his dog Zip (AT 94-95, PCT 98, TT 01) completed the last 70 miles of the Tuscarora Trail on Dec. 13. Tyler, a forester by trade, is the Tract Manager for PATC's Oliphant, Glaser, and Barbahenn tracts.

Tyler's report: "In contrast to January last year when deep snow and freezing temperature forced us off the trail, this past December was mild with no precipitation. All of the sections I hiked (from Cowans Gap State Park in Pennsylvania north to the AT) were in good condition except Barkley Ridge just South of Rte. 74 near the end of the trail. It was there that the Welch Hill Hunt Club posted "their land" and blacked out blazes in an attempt to obliterate the trail in the area. They even pushed some trees across the trail with a tractor at the south end of the section. The north end is heavily posted. All of the blazes have been painted over. The Tuscarora was a joy to hike,

See Trailhead, page 19

Potomac Appalachian

TRAIL, SHELTER and CORRIDOR OVERSEERS/MONITORS WANTED

WANTED 3/5/2002

DISTRICT MANAGER
CONTACT KERRY SNOW, 301/295-5084
E-mail: KerrySnow@telocity.com
DISTRICT MANAGER MASSANUTTEN SOUTH

TRAIL OVERSEERS
Trail Overseer Openings.

Contact the District Manager for the section that interests you.

ASHBY GAP/ SNP AT & BB - MAP 8 (RTE. 50 TO RTE. 638)

CALL ED MCKNEW, 540/622-6004

E-mail: emcknew@aol.com

Manassas Gap Shelter Trail

AT to Manassas Gap Shelter (0.10 miles)

Dicks Dome Shelter Trail

AT to Shelter (0.20 miles)

SNP NORTH AT -MAP 9

CALL JOHN MCCREA, 610/352-9287

E-mail: mcreajf@aol.com

Appalachian Trail

Beahms Gap to Pass Mountain Trail (1.9 miles)

SNP NORTH BLUE-BLAZED - MAP 9

CALL BERNIE STALMANN, 301/725-8876

E-mail: Bstalmann@aol.com

Pass Mountain Hut Trail

AT to hut (.2 mile)

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

CALL DAN DUEWEKE, 703/266-3248

E-mail: danjan@fcc.net

Corbin Mt. Trail [co-overseer]

Nicholson Hollow Trail to Old Rag Fire Road (4.40 miles)

SNP SOUTH BLUE-BLAZED - MAP #11

CALL PETE GATJE, 434/361-1309

E-mail: pjgatje@aol.com

Rocky Mount Trail

Intersection of Gap Run [upper] to summit (1.2 miles)

Rocky Mount Trail

Summit of Gap Run [lower] (2 miles)

Wildcat Ridge Trail

Wildcat Ridge Parking to Riprap Trail (2.5 miles)

TUSCARORA SOUTH - MAP F, G, 9

CALL RICK RHOADES, 540/477-3247

E-mail: RRhoades@shentel.net

Tuscarora Trail

Mill Mountain Trail to White Rocks Trail (2.90 miles)

Tuscarora Trail

Sherman Gap Trail to Veach Gap (3.10 miles)

Tuscarora Trail

Rock marker to Massanutten Trail (1.5 miles)

MASSANUTTEN SOUTH - MAP #H

CALL BILL SCHMIDT, 301/585-2477

E-mail: wmeschmidt@aol.com

Massanutten Mt. South Trail

TV Tower to Pitt Spring (3.40 miles)

Massanutten Mt. South Trail

Pitt Spring to Morgan Run Trail (3.3 miles)

Fridley Gap Trail

VA 868 to Cub Run (2.60 miles)

GREAT NORTH MOUNTAIN - MAP F

CALL HOP LONG, 301/942-6177

E-mail: mgrnmd@hotmail.com

Mill Mountain Trail

Big Schloss Cutoff Trail to the Tuscarora Trail (3.3 miles)

Great North Mountain Trail

Stack Rock to Barb Gap/FR252 (4.2 miles)

Big Schloss Cutoff Trail

Mill Mt. To FR 92 (1.9 miles)

SUBURBAN MARYLAND - MAP D

CALL LILES CREIGHTON, 410/573-0067

E-mail: lcrei@aol.com

Northern Peaks West Trail

Picnic area of Sugar Loaf to 1020 Elevation Marker

Ford Mine Trail

Maintenance area to maintenance area (.5 mile)

Cabin John Trail

River Road to Bradley Blvd. (1.5 miles)



The Potomac Appalachian

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