



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 34, Number 4
April 2005

Visit PATC's New Jewels in Pennsylvania

Sunday, April 10 is your chance to see impressive additions to PATC's portfolio along the Tuscarora Trail in South-central Pennsylvania.

54 Acre Tract of Land Purchased

PATC has completed the acquisition of 54 acres of land north of Cowans Gap in Central Pennsylvania. The almost completely wooded tract shares a long boundary with the Buchanan State Forest; the Tuscarora Trail runs along the top of this tract, and a major trout stream, Aughwick Creek, crosses the land. A log cabin, to be known as the Silberman Cabin, will be constructed here beginning in late spring or early summer.

PATC members and friends are invited to see and explore this new property at an 'Open House' on Sunday, April 10, from 10:00 a.m. until 2:00 p.m. To reach the property, take U.S. 30 to the top of Tuscarora Mountain, between Fort Loudon and McConnellsburg,

See Jewels, page 6



Group out in the snow scouting for the future Silberman Cabin site on the newly purchased central Pennsylvania tract. Pictured in foreground is Charlie Graf.

Photo by Walt Smith

Product Review: TrailMaster 'Shenandoah 3500'

A long, cold winter spent indoors can mean an arduous task of getting back in shape for trail work in spring; especially as the years go by, when it seems that getting out of shape happens faster and getting up to speed again takes longer each year. Exercising through the winter months would theoretically eliminate this situation. Until now, no exercise could be 100 percent effective, as nothing was available that could truly simulate trail hiking. Enter the TrailMaster series of hiking treadmills!

Released in the fall of 2004, the TrailMaster series of hiking treadmills is heaven-sent for flabby holiday-treat-overdosed hikers. The TrailMaster "Shenandoah 3500" was tested and reviewed for this article.

The 3500 was unboxed easily from its shipping container and set up in less than 20 minutes. The instruction book is fairly clear for

setup, although less clear for operation. The unit requires normal 110V AC power and comes with a 10' power cord. It starts up with the default setting of "leaves only"/2.0 mph. It took much interpretation of the manual and quite a bit of frustrated button-pressing before the rocks option (as shown) could be added. The 3500 can add up to three concurrent 60-lb. rocks to the simulated trail. The rocks were remarkably random in placement and size, and occasionally would be placed completely across the trail, requiring a short hop.

The menu selections are organized in four groups – speed, inclination, seasons, and obstacles. The speed menu allows for a wide range of speeds; from nature stroll to novice group hike to solo speed hike to the top speed setting, "Thorsen," although the reviewers were mystified at the meaning of this name.

See TrailMaster, page 5

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Council Fire

The Potomac Appalachian Trail Club's regularly scheduled Council Meeting was called to order at 7:00 p.m. on Feb. 8, 2005, at the Club Headquarters by Vice President-Operations, Bruce Glendening in the absence of President Tom Johnson. Bruce welcomed the new Committee chairs whom the ExCom had appointed: Alex McLellan, Publications, Tom Phillips, Public Affairs; Henry Horn, Shelters; and Ozana Halik, Mountaineering Section. Robert Humphry reported that Cliff Firestone's cat died in October. The Council had a responsibility to care for the cat as a condition of Cliff's will (he had left money to the Club) – the cat was 23 years old. Wilson Riley announced that Jim Denham and Charlie Irvin were in the hospital and he encouraged those present to sign the get well cards that he had. Liles Creighton provided some background information on Charlie Irvin who took over the Tuscarora Trail in Pennsylvania, did an outstanding job, and rescued a couple of hypothermic hikers stranded in a shelter during a snowstorm, saving their lives. He is blind, can't hear well, and has been transferred to Johns Hopkins.

Finance

Mickey McDermott wants to establish restricted accounts that more clearly track, for accounting purposes, how money from grants is spent; he will bring a proposal to Council next month. He introduced the motion to increase royalties (paid to authors for books published and sold by the club,) and to increase the Budget from \$4,200 to \$8,500. He also discussed the PATC budgeting procedures he is trying to establish so that there is more order to the budget process.

Trails and Lands

Liles discussed the proposed chain saw policy which is in response to the SNP regulations and policy. PATC has had problems arranging training slots for all those needing this certification. Lewis Tract Manager Kyle Williams met with the developer who has agreed to provide a 100 ft. setback from the falls; the developer has recognized another spring that had not been previously noted, and has given a setback on that. He will provide an emergency access along the fireroad until the

last lot is sold. Charlie Graf arranged a location for the storage container donated by NIH near Rt 70 about 10 miles south of Rocky Run, west of Frederick, at a place called Echo Lake. It had not yet been moved because of weather.

Volunteerism, Information, Education and Activities

Membership: Pat Fankhauser reported for Georgeanne Smale, who was not present; membership was at 6479, 107 new members since Jan. 11, some drops, and a net loss of 23 members.

Activities: Preparations for the Family Weekend are coming along well. The correct date is April 16-17. There was a successful walk-through at Blackburn. The committee is reaching out to the Tuscarora Trail area, and wants to recruit more people as members. The committee is trying to reach out to the public by being represented at small fairs to bring in new members and develop interest in PATC.

Risk Management: Larry Marcoux reported on the first meeting of the Risk Management committee and identified a couple of areas which should be presented to ExCom.

SMRG: Peter Pennington reported that a meeting to be held at Blackburn was canceled due to weather. SMRG participated in one big search and held a successful training weekend at Prince William Forest with over 100 people trained. He also discussed Emergency Locator Transmitters (ELTs) and Personal Location Beacons (PLBs) (see article on page 5 of this issue).

Trail Patrol: Holly Wheeler reported on the hiring of a ridgerunner.

Hikes: Karen Brown reported that the committee will be submitting an excursion proposal to ExCom, July 29 - Aug. 6, 2005. □

—Alan Day, Secretary

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

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

Phone #: 703/242-0315

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

To receive an information packet: Extension 10

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

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

Facsimile #: 703/242-0968

Club e-mail: info@patc.net

World Wide Web URL: www.patc.net

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Potomac Appalachian

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Club Officers and chairs contact info:

www.patc.net/about/contact.html

or call the main club phone number.

Contact list published twice annually in the PA.

Tom's Trail Talk – What's Your Favorite Trail?

I am often asked this by people who presume that I actually know a lot about hiking (which I don't), or think I have access to some extraordinary reserve of hiking experiences (which I haven't). But, though I lack the qualifications to answer the question, I am never at a loss for words. The Kalalau Trail, on the Hawaiian island of Kauai, is my all-time favorite hike. There is nothing like it anywhere.

Stretching eleven miles along the famous Napali Coast, it is a "ribbon of red dirt" (as a New York Times travel writer called it) that zig-zags along an otherwise inaccessible jungle coastline. As you begin, the Pacific Ocean is to your right, far below. To your left rise the cloud-fringed, jungle-cloaked mountains that are the wettest spot on earth (over 400 inches of rain a year). The waterfalls cascade down into the ravines that cut the coastline in an endless succession. You descend into the ravine, hop across the stream, ascend toward the coast, swing around the bend, then descend into the next ravine and cross the next stream.

The breakers crash into the coast, spray shoots up toward you, as you thread your way along the edge of the cliff. There are parts of this trail that are not recommended for the inexperienced, and at the trail head the rangers take your name, in case you disappear into the surf hundreds of feet below. They always want to know whose body has turned up. Kalalau trail is rated a nine on a scale of 10 for difficulty. Myself, I did not agree with the rating,



Tom's favorite trail to hike is the Kalalau Trail, on the Hawaiian island of Kauai.

as it appeared no more daunting, and certainly less strenuous, than some of the sheer ascents in the Whites. But perhaps the rating refers to long and arduous - it is 11 miles each way, and a day hike is 22 miles long. You have to keep moving if you want to do this one in a single day. Although there is no hand-over-hand climbing, the trail is never level, always ascending or descending in a perfect infinity of undulations.

At the end of this trail is the famous Kalalau valley. Most people pack in, spend a few days

in a valley with walls so steep that the beach is the only other access, and then pack out again. A day hike is not a sensible proposition, and is not recommended - which shows you how poor my own judgment is. I began my hike at dawn, and returned at dusk, taking time off only to eat lunch and to cool off at a beach near the trail head. That made it a 12-hour trek into an absolute hiking paradise.

Lace up your boots. This one is for you. □

—Tom Johnson

Volunteers - Appointed in February

Corridor Monitors

Irwin Dubinski and Robin Gerhart
Jay Frankenfield

Keys Gap South
Buzzard Rocks

Trail Overseers

Bill Gallagher
Hugh Robinson
Tom Savage, Co-overseer
Nathan Tanner
Pablo Gutman, Co-overseer
Al Perez
Chris Lockley, Co-overseer
Andrew Stevens, Co-overseer
Chris and Susan Blauert

AT - Riprap Trail parking area to Hairpin Switchback
CCC Road/Trail - End of State Maintenance to Snow Mt. Road
Lower Hannah Run Trail
Great Falls River Trail - North End of Patowmack Canal to Warning Sign
Gold mine Trail
Tuscarora Trail - Larrick Overlook to Lucas Woods
Tuscarora Trail - Lucas Woods to Loman Branch
Cabin John Trail - Mac Arthur Boulevard to Seven Locks Road
River Trail



Newest PATC Excursion: Llama Trip in the Wind River Range

A seven-day Llama Trek into the Wind River Mountains west of Lander, WY, beginning the end of July, has now been approved as a PATC Excursion. This is a particularly appropriate trip for anyone who is capable of hiking eight miles per day on well graded, smooth trails at altitudes of 10,000 feet and above but is not able to arrange such a trip in to the high Rocky Mountains on his own. Tents, sleeping bags, and sleeping pads will be furnished by the Lander Llama Company and transported with all but your day pack on llamas to each campsite. All meals, furnished, cooked, and served by the outfitter, are first class and you can even express your food preferences in advance, including vegetarian. The organizer and his wife have been on two of these trips in the past and recommend the outfitter family and his staff without reservation. You will be impressed with the region and the company if you look at their Web site at www.LanderLlama.com. The all-inclusive trek fee is \$1,400 for the seven days. Information on modest group costs of car rental for one day, motel charges, and meals in advance of the Trek will be furnished to anyone interested.

Participants are responsible for their own transportation by air to the Riverton, WY, airport on July 29 where they will be met by the staff of the Lander Llama Co. and taken to a Lander Motel. The following day will be devoted to easy walks in the Shoshone National Forest to start getting accustomed to the altitude of up to 9,000 feet before returning to 7,000 feet at Lander for a second night. The Trek begins the next morning to the Cirque of Towers area of the Popo Agie Wilderness. It takes two days with one overnight encampment to cover the 14 miles to a base camp at the foot of the Towers. The pace is modest due to the altitude and allows plenty of time for photos and enjoyment of the views. Day hikes will be offered on the following days to the nearby Continental Divide and to other scenic places. The return to Lander will be on Aug. 6 with departure from there the next day.

For details on the excursion, contact Dave Appel ([dwappel@juno.com](mailto:dwappe1@juno.com)) or by phone at the Bears Den Trail Center, 540/554-8708. □

Moran Announces Funding for Trails Included in Transportation Bill

Here is good news for trails enthusiasts – if it passes the Senate and Conference Committee. Congressman Jim Moran, Virginia Democrat, included \$1,000,000 in funding for the Potomac Heritage National Scenic Trail (PHNST) in the House-passed surface transportation reauthorization bill, H.R. 3, officially known as the "Transportation Equity Act: A Legacy for Users" (TEA-LU).

"Northern Virginians use trails for relaxing walks, exercise and as an option for commuting to work via bicycle," said Moran. "It is an integral part of making our urban region a more livable community."

The Potomac Heritage National Scenic Trail (PHNST) was established by Congress in 1968 as a component of the National Trails System. Linking the Chesapeake Bay to the Allegheny Highland, the PHNST, when completed, will traverse 450 miles providing a world-class experience for commuters and outdoor enthusiasts.

In Northern Virginia, federal, state and local government agencies are developing the PHNST as a trail network that will connect communities, historic sites and existing recreational trails while providing a safe and healthy alternative form of transportation. To date approximately 33 percent of the PHNST in Northern Virginia has been constructed. The planned 121 miles of trail in Northern Virginia represents approximately 26 percent of the total 450 miles of trail.

To learn more about the Potomac Heritage National Scenic Trail, you can visit the National Park Service website at www.nps.gov/pohe/. □

—Austin Durrer
Press Secretary, Congressman James P. Moran

Potomac Appalachian Trail Club Trail Patrol

Presents

Leave No Trace Trainers Course

April 11

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

Classroom: Mon., April 11 - 7:30 p.m., PATC Headquarters, Vienna, Va.

Weekend Field Program: Sat. - Sun., April 16-17, SNP

Cost: \$35.00 for PATC Members, \$50.00 for Non-Members (Join PATC at the time of registration and get the member price!)

Registration: Send payment to PATC, LNT Trainers Course, 118 Park Street, SE, Vienna, VA 22180-4609.

Information: Mark Holland (markholland25@hotmail.com) 540/636-3639 (mornings only).

Electronic Survival Takes to Woods

On July 1, 2003 it became legal to own and use a Personal Locator Beacon (PLB). This handheld, usually bright yellow, gizmo is designed to get a stranded hiker, canoeist, or whomever out of trouble. If triggered it sends a signal up to a satellite which in turn informs the Air Force who in turn informs the state, and, if it is Virginia, they inform the local sheriff. The sheriff may then go back to the state asking for resources and they may inform the Appalachian Search and Rescue Conference which informs SMRG whose members get out of bed (these things always happen at night) and SMRG comes a-looking.

The PLB contains a Global Positioning System device (GPS) so the Air Force knows the position, to a fair degree, of the person in trouble. The PLB also transmits, on a lower frequency, a directional beacon and SMRG is equipped with a highly sophisticated device, that has all the appearance of being made from bent wire coat hangers, to close in on the stranded person. Unfortunately the transmitted signal tends to bounce off wet rocks and valley sides, so using this kit needs much practice. Also, as the PLB needs to be small to be attractive to hikers, it will have a limited battery life. This is, at least, a minimum of 24 hours (in theory).

People purchasing a PLB are required to register their ownership with NOAA. There are those who might feel such registration infringes on their privacy, but being electronic, PLBs risk going off just at the wrong moment. Far better that the owner be contacted by telephone and mutter a polite 'sorry' to the sheriff than have 40 hungry SMRGies arriving on the doorstep two hours later.

If you are in trouble and you do trigger off a PLB, then please hunker down and enjoy the view or feed the squirrels. The GPS will have given us (or our colleagues across the country) your coordinates. Tracking somebody with our bent coat hangers is difficult enough, but to track a moving target becomes nigh impossible and it is every SMRGies ambition to find the lost person as quickly as possible and to get back to bed. SMRGies can be very grumpy if it has been found that the subject has added to the problem by being silly. □

—Peter Pennington
Shenandoah Mountain Rescue Group

Big Changes for Trail Patrol on the PATC Web site

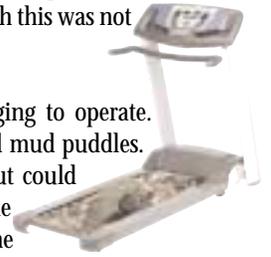
Trail Patrol has been busy updating and expanding its corner of the PATC Web site to better serve PATC members and the public. The site has information on hiking gear and safety, backpacking, protecting the backcountry by practicing Leave No Trace techniques, and on joining Trail Patrol so you can help us to educate others on safe and responsible enjoyment of the outdoors.

Check us out at
www.patc.net/volunteer/trailpatrol

TrailMaster, from page 1

The inclination menu allows for the options "C&O Towpath," "Dickey Ridge," "Stony Man," "Whiteoak Canyon," up to "Robertson." The treadmill also allows for declination, though this was not tested.

The obstacles menu is the most challenging to operate. The 3500 allows only for rocks, sticks, and mud puddles. By default, leaves were always present, but could be turned off by selecting "summer" on the seasons menu. It was difficult to fine-tune the level of each from the poorly-designed button interface. Each setting seemed to be remarkably realistic, although after a few hours of use it was noticed that the rock shapes were tending to repeat. I would not advise using the mud puddles option if you have the TrailMaster set up on a light-colored carpet.



Other TrailMasters in the series of hiking treadmills have simpler and richer feature sets. The Sugarloaf 2500 allows for leaves only, and only occasionally will present a stick. The Clingmans Dome 4500 provides a much denser obstacle set, and can even be put in overseer mode. Overseer mode presents the user with blowdowns up to 12 inches in diameter, and allows for pausing of the unit while a blowdown is cut and removed. A handy sheath for a 21" and 13" Corona saw is an option. In overseer mode, a wide range of random features are presented to be dealt with by the user, including briars, encroaching weeds, silted-in waterbars, and eroded channels. An upgrade to the computer firmware in the 4500 can add a simulated voice of the district manager, either commending the user for each job well done, or an admonishment that the obstacles were not removed properly or safely. A service award rocker bar is produced for every 50 hours in overseer mode, although one has to notice it on the tread and pick it up before it goes by.

TrailMaster, Inc. has indicated that the new models Springer 5500 and Katahdin 6500 will be released next autumn, which further the overseer simulation functions and include chainsaw certification for users who correctly deal with 50 sequential blowdowns. These models will feature the simulated voice of C.T. Campbell when the "help" button is pressed.

All in all, the testing group was impressed by the TrailMaster Shenandoah 3500 despite the minor glitches and rough edges. At a cost of \$4,000 list, it can be a vital means of ensuring that springtime no longer means sore hiking muscles. Available from TrailMaster, Inc., Box 0401, Gotchaux, MD 22222, www.patcaprilfool.com. □

—Tom Jimlin, PATC Overseer



Are You Ready?

*The Acme Treadway Company
is ready for You!*



Check The Forecast
in the Potomac Appalachian or
on patc.net for dates
each month through October!



Old PATC Shelter and Cabin Log Books Needed for Archives

One may think that old log books wouldn't be too important to the general public, but that isn't the case. The club's archives are often host to college students, historians, authors, or columnists who peruse penned stories in those log books. It's actually a good deal of fun to read entries. Even though old log books left at the cabins may be considered part of the renter's entertainment, storing them at headquarters keeps them from becoming too dog-eared or worse – fire starter. The history in them is invaluable and irreplaceable. Any who have spent time in a shelter or cabin, even decades ago, are able to look back and see what you wrote. But only if the logs reside in the archives.

We'd like to get the word out, especially to shelter and cabin overseers, to retrieve old log books and send them in to Carol Niedzialek, Archivist, at PATC Headquarters 118 Park Street, SE Vienna, VA 22180. The latest log books we have on the shelf are:

Cabins (last date on shelf):

Blackburn Trail Center (1993)
Catoctin Cottage (4-02)
Cliff's House (2-02)
Corbin (7-00)
Doyles River (7-97)
Myron Glaser (2-02)
Glass House (2-01)
Olive Green (4-01)
Hermitage (10-02)
Highacre (8-02)
Jones Mountain (11-82)
Little Orleans (7-96)
Meadows (2-03)
Michener (11-03)
Milesburn (2-88)
Morris (2-01)
Mutton Top (1-03)
Pocosin (8-74)
Range View (7-93)

Rock Spring (3-03)
Schairer Trail Center (none)
Weaver (4-00)

Shelters (last date on shelf):

Antietam (6-02)
Birch Run (7-03)
Calf Mountain (7-02)
Philip Cowall (7-02)
Cowan's Gap (none)
Crampton Gap (7-01)
Devils Racecourse (7-03)
Dick's Dome (6-02)
David Lesser (7-02)
Manassas Gap (9-03)
Pinefield Hut (11-02)
Pinnacle (11-03)
Rocky Mountain (6-03)
Toms Run (7-02)

—Patricia Fankhauser
 Cabins Coordinator

Jewels, from page 1

Penn. At the top of the mountain turn north onto Aughwick Rd., and proceed to Cowans Gap State Park. At the junction with Richmond Rd. continue north on Aughwick Rd., 4.6 miles and turn right onto a dirt road (opposite 11203 Aughwick Rd.) Follow the dirt road downhill and cross Aughwick Creek. Continue straight ahead for 500 feet, and someone will be there to greet and orient you to the property.

Dedication of Buchanan Shelter

PATC's newest shelter, the stunning Big Mountain Shelter, is completed and in use. The shelter, just minutes from the Tuscarora Trail in the Buchanan State Forest, will be dedicated at 2:30 p.m., Sunday, April 10. Join us to see this new gem, and perhaps hike on the recently completed four mile relocation of the trail. To reach the shelter, follow the directions above to Aughwick Rd. Take Aughwick Rd. north 1.75 miles and bear right onto the gravel Tower Rd., follow to the loop at its end, about 1.75 miles from Aughwick Rd., to the yellow-gated fire road. Hike down this fire road about 20 minutes to the shelter.

Hike Relocated Section of the Tuscarora Trail

The relocation of a four-mile-plus section of the Tuscarora Trail has recently been opened. This new route, which begins at PATC's Simonson Tract and goes to the old fire tower site on Big Mountain, is mostly wooded and in the Buchanan State Forest. Several spectacular views to the valleys east or west are present, and four miles of road walking on Aughwick and Tower Roads have been eliminated.

An alternate method of getting to the shelter dedication ceremony is to join North Chapter Hike Leader Chris Firme on a hike over this newly opened section of the Tuscarora Trail. Chris will leave the Simonson Tract, just south of U.S. Rt. 30 at 10:00 a.m., arriving at the shelter in time for the dedication ceremony. Call or e-mail Chris for more information (717/765-4833; bncfirme@innernet.net). □

—Jim Peterson

SNP Facility Opening and Closing Dates for 2005

Dickey Ridge Visitor Center	April 16 – Nov. 27
Elkwallow Wayside	March 25 – Oct. 30
Mathews Arm Campground	May 27 – Oct. 30
Skyland Resort	March 24 – Nov. 27
Harry F. Byrd Visitor Center	April 2 – Nov. 27
Big Meadows Lodge	April 28 – Nov. 6
Big Meadows Wayside	March 25 – Nov. 27
Big Meadows Campground	March 25 – Nov. 27
Big Meadows Shower/Laundry	March 25 – Nov. 27
Lewis Mountain Cabins	April 29 – Oct. 30
Lewis Mountain Campstore	April 29 – Oct. 30
Lewis Mountain Campground	April 29 – Oct. 30
Dundo Campground	April 15 – Oct. 30
Loft Mountain Wayside	May 6 – Oct. 30
Loft Mountain Campstore	May 20 – Oct. 30
Loft Mountain Shower/Laundry	May 20 – Oct. 30
Loft Mountain Campground	May 20 – Oct. 30
Loft Mountain Information Center	Closed

Visitor Centers

Dickey Ridge Visitor Center	April 16 – May 28 – Thursday through Monday May 29 – Oct. 29 – Open seven days a week Oct. 30 – Nov. 27 – To Be Determined
Harry F. Byrd Visitor Center	April 2 – Oct. 29 – Open seven days a week Oct. 30 – Nov. 27 – To Be Determined

Big Meadows Campground will open on a first-come, first-served basis on March 25. Sites will be available under the reservation system beginning May 10, through Oct. 31. Big Meadows Campground will revert to first-come, first-served from Nov. 1 through Nov. 27.

Blackburn Center Family Weekend – April 16-17 – Rain or Shine

When was the last time you had an outing with your family to relax and enjoy time together? Trail Patrol and Shenandoah Mountain Rescue (SMRG) will lead activities on hiking safety and Leave No Trace. Hikes, games, arts and crafts, and other activities will involve nature and outdoor education. Groups will be broken up by age, enabling everyone to have a good time. Night hikes and a campfire will end Saturday's events.

Blackburn is located just outside of Round Hill, Va., near the AT, about an hour from DC. Come for the weekend or the day! Food will be pro-

vided Saturday (lunch and dinner) and Sunday (breakfast and lunch). There are a limited number of beds and mattresses, but plenty of camping spaces lie just up the hill. Blackburn has running water, but no flush toilets – three privies are available.

Sign up early to ensure there is room! Fill out the form below, and mail it with your check today! There is no cost for the use of Blackburn, but we do need to clean up – your help is appreciated. For more information contact Jane Thompson, (jayteehike@yahoo.com) 301/349-2496. □

—Jane Thompson

PATC Family Weekend Reservation Form

Name: _____ Phone Number: (____) _____

Home Address: _____ E-mail Address: _____

Number of Adults: _____ Number of Children: _____ Ages of Children: _____

Meals (ages 3 and under are free) **Sat. lunch/dinner, Sun. Breakfast/lunch**

_____ people over 10 years of age x \$15.00 = _____ people ages 4-9 x \$9.00 = _____

_____ people ages 10 and over x \$8.00 = _____ **Saturday only** people ages 4-9 x \$5.00 = _____

Total Cost for Meals: _____

T-Shirts: forest green heavyweight 50/50 shirts, supplies provided to make nature silhouette prints on shirts during the weekend

	Adult	Youth	Toddler
Please indicate quantity next to each size	S _____ M _____ L _____ XL _____	S (6-8) _____ M (10-12) _____ L (14-16) _____	2T _____ 3T _____ 4T _____
	Total number of shirts _____		x \$3.50 = \$ _____

HOW I WILL HELP: Indicate 1st, 2nd, and 3rd choice

Total Amount Enclosed: \$ _____

_____ bring 2 dozen brownies, cookies, rice crispie treats, or similar.

_____ Help prepare a meal: _____ Sat. lunch _____ Sat. dinner _____ Sun. breakfast _____ Sun. lunch

_____ Help clean up after a meal: _____ Sat. lunch _____ Sat. dinner _____ Sun. breakfast _____ Sun. lunch

_____ Help clean up before leaving on Sunday _____ We would like to sleep inside if accommodations are available.

Please send completed form and check for total amount to: Jane Thompson, PO Box 82, Barnesville, MD 20838 by April 9, 2005. Due to limited space, reservations are taken on a first-come, first-serve basis. An e-mail will be sent to you when your reservation is received.

Potomac Appalachian Trail Club — Trail Patrol presents

BACKPACKING 101 An Introductory Backpacking Course

Expand your enjoyment of the outdoors through the practice of backpacking. Provides basic instruction in equipment selection and use, information and techniques to enhance safety and comfort, and Leave No Trace methods to protect our fragile backcountry environment. Includes an overnight backpacking trip accompanied by experienced backpacking instructors. Designed for persons 18 years and older who have no prior backpacking experience, as well as former backpackers seeking to update their skills.

Introduction Night

Mon., April 4, 7:30 p.m. – 9:30 p.m.

Headquarters, 118 Park Street, SE, Vienna, Va.

Instructional Weekend

April 9-10: 8:00 a.m. -7:00 p.m. Sat., 8:00 a.m. – 4:00 p.m. Sun.

Prince William Forest Park, Triangle, Va.

(Sat. overnight car camping in campground encouraged but not required)

Overnight Backpacking Trip

April 30 – May 1 (Sat.– Sun.), Trip destination and times TBD

Fee: \$75.00 for PATC Members; \$95.00 for Non-Members

For more information, contact John Browne

(TPBackpack@patc.net) 703/425-5645

PATC Trail Patrol

Presents

Lighter Weight Backpacking

Seeking ways to reduce your pack weight? This one-day workshop provides tips and techniques for developing a weight-conscious mindset when choosing and using equipment. Students will be encouraged to bring their packs fully loaded for a multi-day trip – for evaluation by instructors.

Sat., May 21, 8:30 a.m. – 5:00 p.m.

PATC Headquarters,

118 Park Street, SE, Vienna, Va.

Fee: \$30 PATC Members; \$40 Non-Members

For more information, contact John Browne

(TPBackpack@patc.net) 703/425-5645

Building the Arizona Trail

Before I even thought about moving to Arizona, I knew about the Arizona Trail and the Arizona Trail Association. Its President Jan Hancock has given presentations at the biennial ATC meetings, and I happened to listen to two of them. They have an excellent home page at www.aztrail.org that, starting in March 2004, I began to monitor. So when I arrived at the end of Aug. 2004, it was easy for me to send Jan an e-mail to let her know a well-trained trail dog from PATC had arrived and was ready to go to work. Because of the summer heat, no one does organized trail worktrips in the months of June through September. So wait I did until mid-October. In the ensuing four and one-half months, I have participated in quite a few weekend worktrips. And as an aside when I feel the urge, I motor on down to the Coronado National Memorial, a small 5,000-acre memorial to the Spanish explorer Francisco Vasquez de Coronado who passed through the area in search of the Seven Cities of Cibola, and help maintain their 7.5 miles of trails, 3-plus miles of which are part of the AZT. Before describing work trips on the AZT, it is relevant to give some history about its beginnings.

The Arizona Trail is the idea of Dale Shewalter, a Flagstaff school teacher, who envisioned a trail traversing Arizona from Mexico to Utah as far back as the mid-1980s. When completed the AZT will traverse 790 miles of the state. Over 690 miles are in place with less than 100 miles under construction or soon to be under construction. Many of the



We call it a trail - in Arizona they call it a passage. And out west, overseers are known as stewards.

completed miles of the AZT include existing trails in the Grand Canyon National Park, the Coronado National Memorial, and several of the National Forests in Arizona. Trail use will include hikers, horse riders, and mountain bikers, the latter two in those areas allowed. As those of us who have worked in the Shenandoah National Park are well aware, bicycles and horses (on most trails) are not allowed. There may not be another long distance trail in the United States as ecologically diverse. Unlike the AT that generally follows the Appalachian chain, the AZT crosses several mountain ranges (known as sky islands) as well as grasslands, the Sonoran desert and Alpine forests in Northern Arizona.

Whereas we in PATC are used to district managers and trail overseers, the AZT has segment stewards who have the responsibility to maintain their trails, also known as passages. The AZT has 43 passages or an average of about 18 miles per segment steward, compared with the PATC overseer who may have one to two miles. And like the PATC district manager concept, there is a regional steward who has five or six segment stewards under his or her watch.

My desert construction experience to date has been in the Cienega Corridor, a 25-mile stretch of new trail from the boundary of the Saguaro National Park to Interstate 10 (south and east of Tucson) and in a segment known as the Boulders about halfway between Tucson and Phoenix. Construction of a trail in the desert has a few challenges. First are the temperatures and lack of shade. Even in the winter months the sun and heat can be debilitating, and staying covered and drinking water is very critical. In low-humidity environments the loss of fluids is not as apparent, and crew leaders always need to watch crew members. In areas of heavy brush and cacti, thick-soled boots and heavy trousers are also important as stickers are everywhere. I have traded poison ivy and ticks for stickers. Elevation changes on the desert floor are subtle and there are many dry washes to cross. On sloping ground one does not pick a straight line, but a line that weaves back and forth across the fall line (natural flow of water down a grade). Following a fall line, especial-

See AZT, page 9



As mountain bikers and horse riders are welcome on trails, the maintainers must plan for these heavier loads.

ly in the granular desert soils, will allow the trail to erode quicker during periods of heavy rain in the summer monsoon season. Building waterbars and checkdams are not practical as rocks and trees are just not that plentiful. And horse hooves and mountain bike tires can be worse than black bears for removing rock or log structures. Crossing washes is another challenge. Steep washes over four to six feet deep generally require a side slope approach and the same on the far side upslope. Keeping the grade at 6 to 8 percent is important in the desert just like in the mountains. Shallower washes can be approached at 90-degree crossings with rocks on the downstream side of the wash to catch and hold moving sand.

Across the open range on Arizona Trust Lands, center lines for new trail sections are generally marked with small flags or rooster tails placed in the sand. Turns to accommodate the bikers have to be more gradual but hooves and feet pretty much can make the same turns. Trust lands are also home to cattle, and the ranchers who lease said lands are not happy to see the AZT coming through. The concern is that numerous gates will have to be put in place, and users of the trail may not close gates after opening. Where the AT uses stiles, fence ladders or dodgeways, we haven't figured out yet how to get mountain bikers or horses up and over on those devices.

Breaking Trail in Arizona

First comes the brushing crew. Armed with loppers, pick mattocks, and a McLeod or two, desert shrubs like mesquite, sagebrush, paloverde, desert ironwood, ocotillo, and buckwheat disappear quickly. There are also "shin daggers," agave and yuccas, and the many cacti – prickly pear, barrel, cholla, and the Christmas cactus that may be in the way.



Building a good trail is a challenge in the land of many "shin daggers."



Waterbars and checkdams are nowhere to be found, but a 6- to 8-percent grade is important to prevent erosion.

We have skirted the barrel and Christmas cacti to leave them in as they are not as plentiful as the others. And the saguaro cactus (those that are tall with long arms) are used as landmarks and reference points. The brushing crew removes limbs and arms approximately four feet across the path of the new trail. Limbs are cut close to the ground or at a joint. The McLeods are used to break up prickly pear cacti and pull out the shallow rooted shin daggers. Removed debris is spread out 10 to 20 feet from the trail but not placed in piles. Following the brushing crew comes the construction crew. This crew has the responsibility to define the two-foot-wide tread and remove any and all roots in the trail. They also build up the tread where needed and remove rocks that will adversely impact users. If the trail parallels a slope or hillside, we try very hard to do full benches to have as much original ground in place rather than a fill for part of the trail. Every trail needs to survive the next monsoon season in the summer months before it is a usable trail. Finally,

a crew goes back and buffs what has been constructed to make sure there is slope for drainage and to make sure that what has been constructed will last. At a later date the gate crew will come along and install gates that can be operated without horseback riders having to dismount.

A later article will address construction and maintenance of the AZT in the mountains. □

—Bernie Stalman



Hiker's Notebook

Common Name: Wood Ear, Tree Ear, Cloud Ear, Judas's Ear Fungus, Black Fungus, Mo-Ehr ("little ear" in Chinese)

Scientific Name: *Auricularia auricular-judae* (Latin *auris* meaning ear)

A thin, rubbery, ear-shaped fungus that grows in clusters on decaying logs and stumps of deciduous trees characterized by a smooth, almost waxen upper surface that is reddish-brown in color and a hairy undersurface.

Potpourri: The Mo-Ehr is actually an Asian species (*Auricularia polytrica*) that is closely related to the North American Wood Ear. Their similarity in edibility and appearance has led to the use of synonymous common names to refer to both. The "little ear" has been cultivated in China since as early as 600 CE and is widely used in Chinese cooking, particularly in hot and sour soups. In 1994, production of *Auricularia* was 420 million kilograms, 8.5 percent of total cultivated mushrooms world-wide.

Auricularia has been used in traditional Chinese folk medicine as a treatment for everything from postpartum weakness to hemorrhoids. Recent laboratory testing revealed that the fungus had a hypoglycemic effect on obese mice and that it reduced the serum LDL cholesterol level of rats by 24 percent.

The name Judas's Ear given to the *Auricularia* derives from the legend that the tree on which Judas Iscariot hanged himself in atonement for the betrayal of Jesus sprouted ears as a visible curse to his actions. □

—William Needham

Visit the Hiker's Notebook Web site at: www.mwrop.org/W_Needham/h_notebook.html

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 9:00 a.m., with food and water for the day. The majority of hikes are in the south and central districts of SNP, with some in the north district and in George Washington National Forest. Our Chapter hikes are posted at www.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 AT and on the Pennsylvania sections of the Tuscarora Trail. We also lead hikes on these and other trails. Maryland AT work trips are generally held on the first and third Saturdays – contact Nancy Hammond (mdtrail@yahoo.com) 301/739-0442 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday – contact Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday evening dinner at the Gypsy Spring cabin. For information on upcoming hikes, contact Chris Firme (bncfirme@innet.net) 717/765-4833. For general chapter information, contact chapter president Pete Brown or visit the North Chapter home page (www.patc.net/chapters/north/).

Northern Shenandoah Valley Chapter

The Northern Shenandoah Valley Chapter sponsors hikes in national and state parks and forests in the Shenandoah Valley vicinity, open to the public, on a monthly basis except during the winter. Hikes are posted in the Forecast. Other activities are in the NSV Chapter Newsletter. For further information contact Lee Sheaffer, (thumpers@visuallink.com) 540/955-0736.

Southern Shenandoah Valley Chapter

See www.ssvc.org or the one linked to the PATC Web site for descriptions of hikes and work trips. We usually hike in the southern and central districts of the SNP and in the GWNF. Contact the listed hike leader for information about a specific event, or contact Michael Seth 540/438-1301.

West Virginia Chapter

The West Virginia Chapter meets twice a year in March and September. The Chapter maintains a section of the Black Locust circuit trail in Gambrill State Park near Frederick, Md. Work trips and hikes are usually scheduled monthly from March through December. We also lead overnight weekend trips for day hikes or backpacking. All activities are listed in the PA Forecast. For further information contact Dave Jordahl (wvpatc@hotmail.com) 304/876-7062 (evenings) or 240/777-7741 (days).

Ski Touring Section

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

Mountaineering Section

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

climbers. For further information contact Ozana Halik, (mrkayak1@verizon.net) 703/242-0177, or Mack Muir (MackMuir@edisaurus.com).

PATC Hikes

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

Other Clubs' Hikes

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

KEY to Forecast Activities

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

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

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

Meetings

Meetings

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

New Members (PATC) – First Wednesday

7:30 p.m. 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. 123 into Vienna, Va., and turn east on Park St. (Rt.675) to 118 Park St. on your left. INFO: Jane Thompson 301/349-2496.

Mountaineering Section – Second Wednesday

7:30 p.m. – We meet every month unless noted in the Forecast. INFO: Ozana Halik (mrkayak1@verizon.net) 703/242-0177 or PATC's Web site: www.patc.net/chapters/mtn_sect.

Shenandoah Mountain Rescue Group

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

PATC Council – Second Tuesday

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

Trail Patrol – First Tuesday

7:30 p.m. Trail Patrol volunteers are PATC's goodwill trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, and strive to educate the public on good hiking practices, minimum impact hiking, and camping ethics. Patrol members are trained in land navigation, emergency procedures, radio communications, and personal equipment. All Trail 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: Holly Wheeler (trailpatrol@patc.net) 301/486-1598, or see our section in PATC's Web site: www.patc.net/volunteer/trailpatrol.

APRIL

1 (Friday) (No fooling!)

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

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

2 (Saturday)

TRAIL WORK TRIP – K9Trailblazers

McLean, VA

K9Trailblazers has adopted Turkey Run Park (www.nps.gov/gwmp/vapa/turkey.htm) for our 4th year of participation in the Annual Potomac Watershed Clean up Day. It's our way of thanking the National Park Service for being so dog-friendly, and an opportunity to give something back to the environment. K9Trailblazers and their family and friends will clean up about 4 miles of trails and roads in Turkey Run Park, and about 2 miles of shoreline trail along the Potomac. Newcomers are welcome! Wear sturdy hiking boots with good ankle support, old clothes and bring work gloves, water and snacks/lunch. No children under 12, and children under 18 must be accompanied by a parent. Your well-behaved dog is welcome if you keep it with you, on leash, and scoop after it. However, past experience has been that most active dogs do not enjoy this event very much! But some dogs will do anything to be with their owners! If your dog is one of those, be sure to bring water, snacks and an extra leash so you can tie him to the tree. Visit www.k9trailblazers.org for more details. INFO: Pat Fuhrer (psfuhrer@k9trailblazers.org) 301/482-2468 or Jeff Bolognese (jabolognese@k9trailblazers.org) 410/247-4434.

2 (Saturday)

TRAIL WORK TRIP – Pinnacle Crew

Shawnee Land, VA

The crew will work on the Tuscarora, Rock Cave & Overlook, and Frey Path trails at the scenic Pinnacle of Great North Mountain. Meet at 9:30 a.m. at the mailboxes at the entrance to Shawnee Land (off VA 600 south of US 50). INFO: Walt Smith (wsmith@visuallink.com) 540/678-1043 or Steve Sharp (stevensharp@comcast.net) 240/338-3655.

2 (Saturday)

TRAIL WORK TRIP - Yankee Clippers

Fayetteville, PA

Meet at US 30 and PA 233, at the parking lot for Caledonia State Park. Departure is at 9:00 a.m. sharp. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

2 – 3 (Saturday – Sunday)

CLASS – Wilderness First Aid (WSC)

Alexandria, VA

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

4 (Monday)

CLASS – Backpacking 101

Vienna, VA

7:30 p.m. - 9:30 p.m. The BP101 class provides basic instruction in equipment selection and use, information and techniques to enhance safety and comfort, and Leave No Trace methods to protect our fragile backcountry environment. Includes an overnight backpacking trip accompanied by experienced instructors. Designed for persons 18 years and older who have no prior backpacking experi-

ence, as well as former backpackers seeking to update their skills. Instructional Weekend: Apr 9 - 10. Backpacking trip: Apr 30 - May 1. Fee: \$75.00 for PATC Members: \$95.00 for non-members. INFO: John Browne (TPBackpack@patc.net) 703/425-5645.

5 (Tuesday)

HIKE – Family Hike

Comus, MD

Join us on Sugarloaf Mountain at 12:00 p.m. for a 2-mile kid-friendly hike on the White and Blue Trails and then up to the summit of Sugarloaf. This is not a jogging-stroller passable hike. Please expect some steep climbs to the summit. Bring a picnic lunch to enjoy before the hike at the East View picnic area. INFO: Jennifer Chambers (jpckjkc1@starpower.net) 301/588-1716.

5 (Tuesday)

HIKE - Vigorous Hikers

North District, Shenandoah National Park, VA

A training hike takes the AT from Rt. 522 via Possums Rest then veers west to descend Lands Run Gap Trail for a 2-mile road walk and a climb to Jenkins Gap returning on the AT, 20 miles and 3500 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

5 (Tuesday)

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

6 (Wednesday)

CLASS – Backcountry Cooking – (REI)

Bailey's Crossroads, VA

7:30 p.m. Explore the adventurous world of backcountry dining at REI. Members of our crew will share their favorite hints for planning and preparing tasty, nutritious trail meals. Get tips for enjoying prepackaged foods as well as learn ideas for do-it-yourself cuisine. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

6 (Wednesday)

CLASS – Leave No Trace - (REI)

College Park, MD

7:00 p.m. to 8:30 p.m. Participate in a discussion of Outdoor Ethics. We will go over the seven Leave No Trace principles and discuss the techniques you can use to minimize your impact on the environment, and promote environmental awareness in kids. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

6 (Wednesday)

HIKE – Easy Hikers

Washington, DC

What's in bloom? The Easy Hikers will check out 4-5 miles of the National Arboretum to find out. Meet at the Grove of State Trees parking lot at 10:15 a.m. Bring lunch and water. Directions: Take the Baltimore-Washington Parkway south from the Beltway. At the split with I-295, bear right onto New York Avenue toward Washington. Continue 2 miles to Bladensburg Road, a major intersection. Turn left and go 0.4 miles to R Street, NE. Turn left and go 0.3 miles to the Arboretum entrance. Bear right at the entrance, and proceed straight, keeping the Capital Columns on your left for about 0.4 miles to the Grove of State Trees Parking Lot. INFO: Jennifer Newton (jennifernewton@verizon.net) 202/543-3039.

6 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

The PATC Midweek Hikers carpool each Wednesday from the Washington, DC area to various trailheads. Hikes are at a moderate pace and about 8 to 12 miles in length with varied elevations. Current infor-

mation, including meeting place, time, leader's name and phone number, and a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

6 (Wednesday)

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

9 (Saturday)

TRAIL WORK TRIP – Rock Creek Park

Washington, DC

It is that time of year again. Join us for the first of many exciting trail work trips in Rock Creek Park. You won't believe what we're going to do this year. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. 8:15 a.m. to Noon. INFO: Mark Anderson (dc.trails@verizon.net) 202/462.7718 or Ranger Ken Ferebee at 202/895-6221.

9 (Saturday)

TRAIL WORK TRIP – South Mountaineers

Appalachian Trail, MD

Nature is waking up, and that means trail work is needed. Come join the South Mountaineers as we work on the AT and associated trails in Maryland. We meet at 9:00 a.m. in Frederick County. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

9 – 10 (Saturday – Sunday)

CLASS – Backpacking 101

Triangle, VA

This instructional weekend in Prince William Forest follows the introductory night (see Apr. 4 event listing). INFO: John Browne (TPBackpack@patc.net) 703/425-5645.

9 – 10 (Saturday – Sunday)

TRAIL WORK TRIP – Cadillac Crew

Gainesboro, VA

The Crew will begin building a new trail that connects the Tuscarora Trail to the old Packhorse Road Trail through Sleepy Creek WMA. This new trail will ultimately be part of a loop trail including Shockey's Knob Shelter and High Rocks Trail. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at Brill cabin. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

10 (Sunday)

HIKE – Natural History Wildflower Hike

Rosslyn, VA

This is PATC's traditional spring wildflower hike! Succeeding Phil Stone, Bob Pickett has led this popular hike since 1988. This 6-mile hike will take us along the Potomac River and along Turkey Run, where forty or more species of wildflowers are normally found in bloom. Early migrant warblers and waterthrush are calling and the sunny days will bring out the black rat snakes from their wintering sites. We will do several small stream crossings and may encounter some muddy stretches along the river. INFO: Bob Pickett (pickett@us.net) 301/681-1511.

10 (Sunday)

TRAIL WORK TRIP – West Virginia Chapter

Frederick, MD

Meet at 10:00 a.m. at the Nature Center of Gambrill State Park. INFO: Dave Jordahl (wvpatc@hotmail.com or dave.jordahl@askdep.com) 240/777-7741.

11 (Monday)

CLASS – Leave No Trace

Vienna, VA

This indoor classroom course, combined with the later outdoor classroom (backpacking weekend) course is designed to enhance your understanding of Leave No Trace practices and ethics and to

FORECAST

develop your confidence in teaching others about Leave No Trace. Through activities, field/classroom experience, and both formal and informal discussions, you will be challenged to develop your LNT skills and ethics. This is a fun class where all have a part in demonstrating the choices that can be made to minimize our impact on the land and our resources. It is hoped that graduates of this class will be willing to make LNT presentations to community groups when and if your schedule permits. INFO: Mark Holland (markholland25@hotmail.com) 540/636-3639 (morning only).

12 (Tuesday)

CLASS – Intro to Orienteering – (REI) Fairfax, VA

7:00 p.m. Presented by the Quantico Orienteering Club. Learn how to navigate through the woods and find precise locations based on your knowledge of the map and terrain. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

12 (Tuesday)

HIKE – Family Hike Centreville, VA

Come out and see bluebells in full bloom. Bull Run Park has acres and acres of them and it is a real treat. We'll do a two-mile kid-paced hike on the Bull Run/Occoquan Trail. This hike is jogging-stroller passable, but there is usually some mud. INFO: Anne Regan (anne.c.regan@verizon.net) 703/689-3883.

12 (Tuesday)

HIKE – Vigorous Hikers

Central District, Shenandoah National Park, VA
Stony Man to Hawksbill loop of about 14 miles and 2800 ft. climb. View from the two highest peaks in the Shenandoah. Hike AT and scenic upper Whiteoak Canyon Trail and Passamaquoddy Trail. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

12 (Tuesday)

MEETING – PATC Council, 7:00 p.m.

12 (Tuesday)

SPECIAL EVENT – Heli-Hiking - (REI) Rockville, MD

7:00 p.m. to 8:30 p.m. The Canadian Rockies are majestic, awe-inspiring, and more. Heli-Hiking is one of the world's greatest and rarest summer mountain experiences. The combination of luxurious lodges, service, guides, and casual gourmet cuisine is as good as it gets, anywhere. And the mountains are remote wilderness-inaccessible without the careful and sensitive use of helicopters. Come out for an evening's glimpse of what you can experience in Canada! INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

13 (Wednesday)

CLASS – GPS 101 – (REI) Baileys' Crossroads, VA

7:30 p.m. We'll discuss and demonstrate the features and functions of GPS units and get you headed in the right direction. We'll show you how they work, what affects their accuracy, and how to choose a model based on your intended activities. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

13 (Wednesday)

CLASS – GPS 101 – (REI) Rockville, MD

7:00 p.m. to 8:30 p.m. We'll discuss and demonstrate the features and functions of GPS units and get you headed in the right direction. We'll show you how they work, what affects their accuracy, and how to choose a model based on your intended activities. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

13 (Wednesday)

HIKE – Easy Hikers Great Falls, VA

The Easy Hikers will hike 4-5 moderate miles in Great Falls Park, VA. Meet at 10:15 a.m. at the Visitor Center and bring lunch and water. Directions: Exit 44 from the Beltway, go west on Georgetown Pike (VA 193) 4.1 miles to light at park entrance. Turn right 1.1 miles to parking lot just past the Visitor Center. Sometimes an admission fee is charged. INFO: Shirley Rettig (shirley_rettig@yahoo.com) 703/836-0147.

13 (Wednesday)

HIKE – Midweek Hikers Location to be determined

See Apr. 6 event for more information.

13 (Wednesday)

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

14 (Thursday)

SPECIAL EVENT – Heli-Hiking – (REI) College Park, MD

7:00 p.m. to 8:30 p.m. The Canadian Rockies are majestic, awe-inspiring, and more. Heli-Hiking is one of the world's greatest and rarest summer mountain experiences. The combination of luxurious lodges, service, guides, and casual gourmet cuisine is as good as it gets, anywhere. And the mountains are remote wilderness-inaccessible without the careful and sensitive use of helicopters. Come out for an evening's glimpse of what you can experience in Canada! INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

16 (Saturday)

CLASS – Climbing 101 – (REI) Bailey's Crossroads, VA

11:00 a.m. If you are ready to learn the ropes in one of this country's fastest growing sports, then this is the event for you! REI climbing gurus offer this primer on rock climbing. Topics will include an overview of climbing, equipment, safety, and training. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

16 (Saturday)

HIKE – North Chapter Burkittsville, MD

Appalachian Trail Hike IX-Weverton Cliffs/Potomac section. We'll hike from Crampton Gap/Gathland State Park to the Harpers Ferry, WV ATC headquarters, a distance of 10 miles. This is a moderate hike, with an elevation change of 900 feet. This section of the AT is relatively flat on the ridge. After the view of the Potomac River from Weverton Cliffs we will descend off of the mountain and onto the C&O Canal Towpath, which will take us to the railroad/footbridge to get us across the river into Harpers Ferry. INFO: Christopher Firme (bncfirme@innet.net) 717/794-2855, after 6:00 p.m.

16 (Saturday)

HIKE – Waterfall and Wildflower Series Central District, Shenandoah National Park, VA

A hike to Hazel River Falls and White Oak Cave of about 14 miles with a 3100-foot elevation gain. Could involve some bushwhacking. PATC Map 10. Meet at the Oakton Shopping Center parking lot at 7:30 a.m. INFO: Jack Thorsen, (thorsen4@juno.com) 703/339-6716 or William Needham (Needham82@aol.com) 410/884-9127.

16 (Saturday)

TRAIL WORK TRIP – Maryland Metrolites Bethesda, MD

The Maryland Metrolites will work on the Cabin John Trail. We intend to rework some sidehill, which is too steep, and to fix some other trail conditions. Meet at the Cabin John Tennis Courts off Democracy Blvd at 9:30 a.m. INFO: Liles Creighton (Lcrei@aol.com) 410/573-0067.

16 (Saturday)

TRAIL WORK TRIP – South Mountaineers Appalachian Trail, MD

Quench your spring fever with a South Mountaineers trail work trip! We meet at 9:00 a.m. in Frederick County, Maryland. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

16 (Saturday)

TRAIL WORK TRIP - Yankee Clippers Tuscarora Trail, PA

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

16 – 17 (Saturday – Sunday)

CABIN WORK TRIP – Vining Tract Stanardsville, VA

Come join us on the Vining Tract for a weekend of cabin construction, maintenance and trail projects. The logs are in place at the new Butternut cabin, and now it's time for chinking. We also have trails to build, and work to be done to keep Conley and Wineberry cabins in mint condition. Community meals. Overnight at Conley and Wineberry. INFO: Hugh Robinson (mes.htr@verizon.net) 703/525-8726.

16 – 17 (Saturday – Sunday)

CLASS – Leave No Trace Shenandoah National Park, VA

This outdoor classroom (backpacking weekend) course, combined with the indoor course (see April 11), is designed to enhance your understanding of Leave No Trace practices and ethics and to develop your confidence in teaching others about Leave No Trace. INFO: Mark Holland (markholland25@hotmail.com) 540/636-3639 (morning only).

16 – 17 (Saturday – Sunday)

SPECIAL EVENT – Family Weekend Round Hill, VA

Join us this weekend at Blackburn Trail Center for a gathering of PATC members – young and old alike. Send in your registration today. INFO: Jane Thompson (jayteehike@yahoo.com) 301/349-2496.

16 – 17 (Saturday – Sunday)

TRAIL WORK TRIP – North District Hoodlums North District, Shenandoah National Park, VA

Hola! Here's an invitation to come ride with the Hoodlum hombres on their Southwestern Worktrip! ¡tendremos un buen rato mis amigos! The North District Hoodlums Trail Crew works on the Appalachian Trail and Blue-Blazed Trails in the North section of the park. We work hard and enjoy the fruits of our labor afterwards via a theme meal and good company at a facility within the park. Newcomers are always welcome. Come for the day, stay for the evening meal, camp out overnight in SNP – lots of options. Not a bad way to spend a weekend! We meet at Piney River Ranger Station, MP 22 on Skyline Drive, at 10 a.m. on Saturday morning. INFO: George Walters (gjwalters@starpower.net) 410/426-2724.

17 (Sunday)

HIKE – Sunday Hikers

Harpers Ferry, WV

This is an ambitious hike of some 12.5 miles, with a total elevation gain of about 1,400 ft. Starting in Harpers Ferry, we'll head south on the AT, climbing Loudon Heights and continuing to the Blackburn Trail Center. PATC Map 7. Volunteers will be needed to position cars at each end of the hike. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

19 (Tuesday)

HIKE – Family Hike

Round Hill, VA

Come out and enjoy the beautiful area around the Blackburn Trail Center. This kid-paced hike will be rocky and steep. We will hike up to an overlook on this 1.5-mile circuit. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

19 (Tuesday)

HIKE - Long Distance Hike

Front Royal, VA

REDBUD-III. The Third Annual Dogwood Memorial Hike, a 30-plus-mile loop around the Massanutten Mountains in George Washington National Forest, following the route of PATC's long distance hikes of a dozen years ago. This self-supported reprise will take us along the Massanutten East Trail, the Massanutten West Trail and the Tuscarora Trail to Elizabeth Furnace. The exact route is to be determined. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Cliff Noyes (cliff.noyes@juno.com) 540/373-8267.

20 (Wednesday)

CLASS – HERA Climb For Life (REI)

Fairfax, VA

7:00 p.m. Road Tour Kick Off Event, Join REI and HERA (Health, Empowerment, Research, and Advocacy) Women's Cancer Foundation, to raise awareness and money for ovarian cancer research, for the Climb for Life Road Tour. Participants will have access to local gyms and REI climbing pinnacles during a three-day weekend as they raise money for HERA. Meet world class climber, Kim Cszmazia of Black Diamond. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

20 (Wednesday)

HIKE – Easy Hikers

Comus, MD

We'll meet at 10:15 a.m. for this 5-mile hike with hills. Directions: I-270 north one exit beyond Father Hurley. Exit on Route 121. Turn right at the end of the exit ramp. Turn left onto Rt. 355 (Frederick Road) at the first light. Look carefully for the next turn left onto Comus Road. Follow Comus Road to the base of Sugarloaf Mountain where we will meet. Bring lunch and water. INFO: Margaret Chapman (MargtChapm@aol.com) 301/977-8988.

20 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Apr. 6 event for more information.

20 (Wednesday)

SPECIAL EVENT – Best Local Hikes – (REI)

Bailey's Crossroads, VA

7:30 p.m. Join local guidebook author Paul Elliott for an evening and get ready to hit the trail! Paul will provide a selection of his favorite hikes from his book, 60 Hikes Within 60 Miles of DC, along with tips and suggestions on gear and planning to make your outings fun and memorable. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

21 (Thursday)

CLASS – Local Hikes – (REI)

Rockville, MD

7:00 p.m. to 8:30 p.m. Are you new to the area or looking for new ideas on good places to hike within a 2-hour radius of Washington, DC? Join us for a discussion on different places to hike, day hikes and backpacking. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

23 (Saturday)

HIKE – West Virginia Chapter

Central District, Shenandoah National Park, VA

Section 3, Thornton Gap to Skyland, 9.5 miles (15km). INFO: Dave Jordahl (wvpatc@hotmail.com or dave.jordahl@askdep.com) 240/777-7741.

23 (Saturday)

TRAIL WORK TRIP - Muddy Branch Trail (REI)

Gaithersburg, MD

REI Annual Volunteer Service Project, 9:00 a.m. - 2:00 p.m., Join REI and the Maryland National Capital Park and Planning Commission as we construct the first section of the new Muddy Branch Trail, through Muddy Branch Park between Maryland Rt 28 and Maryland Rt 124. Minimum age is 14. Volunteers between 14 and 18 years of age must be accompanied by a participating parent/guardian. Registration is necessary to ensure we have proper tools, gear and t-shirts for all volunteers. Come out and be a part of Montgomery County's 100-Mile-Natural Surface Trail Initiative. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

23 (Saturday)

TRAIL WORK TRIP – Rock Creek Park

Washington, DC

Have you wanted to try out a trail work trip but didn't want to commit a whole weekend? Then come to Rock Creek Park. Our work trips are local and only last a half-day, leaving time to spend 3 hours picking up toilet paper at the local store. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. INFO: Mark Anderson (dc.trails@verizon.net) 202/462.7718, or Ranger Ken Ferebee at 202/895.6221.

23 – 24 (Saturday – Sunday)

CABIN WORK TRIP – Blackburn Trail Center

Round Hill, VA

2005 - a new work season with some new and several leftover jobs. Tasks include painting, installing new flooring in carriage house, basement digging and lots of landscaping and roadwork. No special skills required. Community meal on Saturday evening. INFO: Chris Brunton (trailbossbtc@msn.com) 703/924-0406.

23 – 24 (Saturday – Sunday)

CLASS – Chainsaw

Central District, Shenandoah National Park, VA

Chainsaw Class at Pinnacles in SNP. 15-student limit. Priority is being given to those who need to renew certification. INFO: Liles Creighton (Lcrei@aol.com) 410/573-0067.

23 – 24 (Saturday – Sunday)

TRAIL WORK TRIP – Shenandoah Bartenders

Central District, Shenandoah National Park, VA

Join us for treadway restoration on the AT. Erosion has taken a toll on this section. The through-hikers are hitting their stride and beginning to pass through our territory. Let's show them how the PATC does trail work! Come for either day or the weekend. Limited cabin accommodations available, but tent space aplenty. INFO: Cathie Cummins (Cathie@wfa.net) 703/631-7421.

26 (Tuesday)

CLASS – Intro to GPS – (REI)

Fairfax, VA

7:00 p.m. This free clinic offers an overview of the features and functions of GPS units, and how to choose a model based on your intended activities. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

26 (Tuesday)

HIKE – Family Hike

Boyce, VA

Come explore one of the largest collections of trees in the Southeastern U.S., at the State Arboretum of Virginia. Hopefully we will hit the peak blooming of the trees along Dogwood Lane. The Arboretum has more than half the world's pine species. Check out their web site at www.virginia.edu/blandy. We will hike along the Virginia Native Plant Trail, down Dogwood Lane, and to the Ginko Grove. It will be a kid-friendly, jogging-stroller passable hike of about 2-3 miles. INFO: Lauren Lang (at94L@netzero.net) 571/242-3950.

26 (Tuesday)

HIKE – Family Hike

Laurel, MD

Join us at 10:00 a.m. for a kid-friendly 2-mile hike in the Patuxent Wildlife Research Refuge, a bird's paradise. We will hike the Cash Lake, Valley, and Fire Road Trail, which are jogging-stroller passable. After the hike, we can enjoy the National Wildlife Visitor Center. INFO: Jennifer Chambers (jpckjkk1@starpower.net) 301/588-1716.

26 (Tuesday)

HIKE – Vigorous Hikers

Hamburg, VA

We'll do a 15-mile circuit on Massanutten Mountain features an 1100-ft. bushwhack to the rocky top of Strickler Knob in the GWNF. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

26 (Tuesday)

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

27 (Wednesday)

CLASS – Map & Compass 101 – (REI)

Rockville, MD

7:00 p.m. to 8:30 p.m. This clinic is aimed at the newcomer to map and compass. We will cover the basics such as understanding map symbols, orienting the map and compass, triangulation, declination adjustment, and reading terrain features. Participants are encouraged to bring their own compasses. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

27 (Wednesday)

HIKE – Easy Hikers

Great Falls, VA

We will hike about 5 miles along the Potomac from River Bend Park in Virginia to Great Falls Park on the Heritage Trail and return via the Upland Trail. Meet at 10:15 a.m. Some moderate hills and a couple of rocky areas. Elevation change of 50 ft. Bring water and lunch. Directions: Take Beltway to Exit 44, Georgetown Pike/Great Falls. Take Georgetown Pike towards Great Falls for 4.4 miles and turn right on River Bend Road. (This is the first right turn after the stoplight at Great Falls Park entrance road). Continue on River Bend Road for 2.1 miles to Jeffery Rd., right on Jeffery Rd. for 0.9 miles to Riverbend Park entrance. Meet in right hand parking lot beyond Visitors Center. INFO: Sigrid Crane (introibo@worldnet.att.net) 703/938-0954.

FORECAST

27 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Apr. 6 event for more information.

28 (Thursday)

CLASS - Map and Compass 101 - (REI)

College Park, MD

7:00 p.m. to 8:30 p.m. This clinic is aimed at the newcomer to map and compass. We will cover the basics such as understanding map symbols, orienting the map and compass, triangulation, declination adjustment, and reading terrain features. Participants are encouraged to bring their own compasses. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

30 - 5/1 (Saturday - Sunday)

CLASS - Backpacking 101

Location to be determined

This backpacking trip follows the previously listed class sessions. Limited to students enrolled in Backpacking 101 (see Apr. 4 event listing). INFO: John Browne (TPBackpack@patc.net) 703/425-5645.

30 - 5/1 (Saturday - Sunday)

CLASS - Wilderness First Aid (WSC)

Alexandria, VA

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

MAY

1 (Sunday)

DEADLINE - June Potomac Appalachian

Material due to editors 5:00 p.m.

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

3 (Tuesday)

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

4 (Wednesday)

HIKE - Easy Hikers

Brandywine, MD

This is a 4-mile, easy circuit hike with an optional 2-mile extension in Cedarville State Forest. From Beltway exit 7, south on MD route 5 (Branch Ave.) merging with US 301 after 10 miles. Stay in left lane for 1.8 miles, left at Cedarville Road. Go 2.4 miles to intersection with Bee Oak Road. Turn right, proceed 1 mile to meeting place outside forest office at 10:15 a.m. Entrance fee \$4.00 per car. Bring lunch and water. INFO: Paul Van Order 703/536-4378.

4 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Apr. 6 event for more information.

4 (Wednesday)

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

7 (Saturday)

HIKE - K9 Trailblazers

Hereford, MD

We'll hike at a moderate pace for approximately a 5-mile loop through the Hereford section of Gunpowder Falls State Park. This will be our spring wildflower hike, and we'll take in the wide variety of flowers blooming in the woodlands and flood plains of Gunpowder Falls. This hike will be on

wooded, rocky trails and on sometimes muddy trails down near the river. There will be relatively moderate climbs in and out of the valley (about 250 ft. total elevation change). Sturdy hiking boots with good ankle support are required. This is a joint hike with K9Trailblazers so well-behaved dogs are welcome as long as you keep them on a leash and scoop up after them. Maps, chocolate, and dog biscuits provided at the trailhead! Bring lunch, snacks, and water for you and your dog. Visit <http://www.k9trailblazers.org> for more details. INFO: Jeff Bolognese (jbolognese@k9trailblazers.org) 410/247-4434.

7 (Saturday)

HIKE - Natural History Trillium Hike

Linden, VA

If you ever wanted to celebrate spring's flowering beauty, G. Richard Thompson WMA in Virginia is the place to visit. Several square miles of large-flowering white trillium, with a multitude of pink shading, carpet the forest floor. Accents of yellow lady slippers, red columbine, bluish geranium and numerous white flowers all add to the elegance of this natural cathedral. Scarlet tanagers, yellow and blue warblers (including a nice population of the Cerulean warbler), mushrooms, snakes and toads, and just this time of the year make this my favorite hike of the year. We'll hike about seven miles with a gain of about 1,000 ft. INFO: Bob Pickett (pickett@us.net) 301/681-1511.

7 (Saturday)

TRAIL WORK TRIP - Pinnacle Crew

Shanghai, WV

The crew will be opening up a view and a new one-quarter mile trail to Pee Wee Point in Sleepy Creek Wildlife Management Area. Meet at 9:00 a.m. in Shanghai, WV (WV Rt. 7). INFO: Walt Smith (wsmith@visuallink.com) 540/678-1043.

7 (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. Why not join us? Please bring water, lunch, boots and gloves. INFO: Nancy Hammond, (mdtrail@yahoo.com) 301/739-0442.

7 (Saturday)

TRAIL WORK TRIP - Yankee Clippers

Fayetteville, PA

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

8 (Sunday)

HIKE - North Chapter

Sylvan, PA

Tuscarora Trail Hike I: Tuscarora Mountain section: PA Rte 456 to PA Rte 16. This is a difficult hike of 14.4 miles, with an elevation change of 1200 feet. We'll see excellent views at the top of this ridge to the east of the valley below. It has a fantastic view at the southern half looking towards the west and on a

very clear day one can see the Sidling Hill cut from this view. INFO: Christopher Firme (bncfirme@innernet.net) 717/794-2855, after 6:00 p.m.

10 (Tuesday)

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

11 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Apr. 6 event for more information.

11 (Wednesday)

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

13 - 14 (Saturday - Sunday)

CABIN WORK TRIP - Vining Tract

Stanardsville, VA

Come join us on the Vining Tract for a weekend of cabin construction, maintenance and trail projects. The logs are in place at the new Butternut cabin, and now it's time for chinking. We also have trails to build, and work to be done to keep Conley and Wineberry cabins in mint condition. Community meals. Overnight at Conley and Wineberry. INFO: Hugh Robinson (mes.htr@verizon.net) 703/525-8726.

13-15 (Friday - Sunday)

CABIN WORK TRIP - Highacre

Harpers Ferry, WV

Join us as we continue to work on this beautiful old Victorian house in Harpers Ferry. There's always a lot of work to be done and everyone's invited. Bring work clothes and hiking boots (optional). INFO: Ben Mayock (BMayock@yahoo.com) 410/461-1327 or Pat Fankhauser (PFankhauser@patc.net) 703/242-0693, Ext. 17.

14 (Saturday)

TRAIL WORK TRIP - Cadillac Crew

Washington, DC

Mark Anderson, District Manager for D.C. trails has asked the crew to help relocate an eroded trail in Rock Creek Park. This is a one-day trip that should be an opportunity to enjoy the Park and learn basic trail construction techniques. Bring water and a lunch for Saturday noon. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

14 (Saturday)

TRAIL WORK TRIP - Rock Creek Park

Washington, DC

8:15 a.m. to Noon. We're bringing in the big guns for this trip. The Cadillac Crew will join the Rock Creek crew to begin and possibly finish a re-route near the historic Boulder Bridge. Did someone say come-along? Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. INFO: Mark Anderson (dc.trails@verizon.net) 202/462.7718 or Ranger Ken Ferebee (ken_ferebee@nps.gov) 202/895.6221.

14 - 15 (Saturday - Sunday)

TRAIL WORK TRIP - Shenandoah Bartenders

Central District, Shenandoah National Park, VA

You can't beat this merry band at making work look like a jolly good time. Work? What work? It's a loving embrace of our trails, either at the highest point on Skyline Drive, or on the Park's most remarkable mountain. This trail crew only works the premier spots and we want you to join us. INFO: Cathie Cummins (Cathie@wfa.net) 703/631-7421.

15 (Sunday)

HIKE - Sunday Hikers

Comus, MD

We're going to visit an old favorite, Sugarloaf Mountain. In May on Sugarloaf, the mountain laurel



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and many other wildflowers come into bloom, and hopefully we'll catch them on their best weekend. This is an 8.5-mile moderate hike, with an elevation change of 1700 ft. On this route, we'll catch all the great overlooks and get a good workout as well. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

18 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Apr. 6 event for more information.

21 (Saturday)

CLASS - Lighter Weight Backpacking

Vienna, VA

8:30 a.m. - 5:00 p.m. For both experienced and new backpackers. This one-day workshop is designed to acquaint backpackers with the importance of weight considerations when choosing and using equipment, and to instill a weight-consciousness mind set when packing for an overnight trip. Fee: \$30.00 for PATC Members; \$40.00 for non-members. See ad elsewhere in this issue. INFO: John Browne (TPBackpack@patc.net) 703/425-5645.

21 (Saturday)

TRAIL WORK TRIP - Stonewall Brigade

Woodstock, VA

Join the Stonewall Brigade to keep trails clear in one of PATC's least crowded and scenic districts. Experience unnecessary, all tools and training provided. Help us put together a new group of interested volunteers who like to be outdoors making trails more enjoyable for others. Our schedule will be the third Saturday of every month; you are welcome to join us as many times as you can. Work will usually be in the area covered by PATC Map F - Great North Mountain on the VA/WV border. Meet at the Wolf Gap Recreation Area campground parking lot (PATC Map F coordinates E-19) at 9:00 a.m. This trip is subject to forecast weather. Please check before going to the meeting site. INFO: Hop Long (theFSLongs@comcast.net) 301/942-6177 or Jim Tomlin (jtomlin@helix.nih.gov).

21 (Saturday)

TRAIL WORK TRIP - Yankee Clippers

Tuscarora Trail, PA

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

22 (Sunday)

TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

An unusual Sunday South Mountaineers work event. We meet at 9:00 a.m. in Frederick County. Please bring water, lunch, boots and gloves. INFO: Nancy Hammond, (mdtrail@yahoo.com) 301/739-0442.

25 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Apr. 6 event for more information.

28 - 30 (Friday - Sunday)

TRAIL WORK TRIP - Cadillac Crew

Stanardsville, VA

Memorial Day weekend is a great time to join the Crew as we maintain some tract trails and clear around cabins. The Vining Tract provides a lot of opportunities to enjoy the outdoors. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at Mutton Top Cabin - great views. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

31 (Tuesday)

MEETING - Shenandoah Mountain Rescue

Group (Business meeting), 7:30 p.m. □

Book Review: 'Guide to ... Wildflowers and Trees'

An Illustrated Guide to Eastern Woodland Wildflowers and Trees, by *Melanie Choukas-Bradley*. Illus. by *Tina Thieme Brown*, Charlottesville: University of Virginia Press, 2004. Hardcover, 6x9, 424p, b&w illus, glossary, index, bibliography. \$39.95.

The book contains 350 plants but the author states that these are indigenous to eastern U.S. and that includes Sugarloaf Mountain. The book is a supplement to their book Sugarloaf. The front of the book provides the key to flowering plants. The flowers here are classified as to physical characteristics of that family. In identifying plants, a novice may still need to consult the glossary that is included. A very good map, not the usual Stronghold map, of Sugarloaf and the surrounding roads to the rivers is supplied.

The book is intended to be a simple guide to answer the question, "What is that flower over there?" The arrangement is by family with a description of family and samples with drawings, which is the system used in a USDA Graduate School course and the Audubon Society. The glossary is especially nice with drawings to illustrate the family's definition. I didn't know what panicles, pappuses, and umbels are. The introduction provides general knowledge on plant habitats and soil, and an explanation of their botanical keys.

Several years ago in the spring, on coming down from a mountaintop I saw a blue flower I had never seen before so I drew the flower parts. I had never been able to identify it, but upon going through this guide, I'm sure it was a bird's-eye speedwell, and now I'm glad I solved that question. □

—Carol Niedzialek

PATC Paint at Duron Paints

For our southern district trail and tract overseers, Duron Paints in Charlottesville now has on file at that store the official PATC formulas for the different colors of paint we use out in the field. What ever color you need, be it white for the AT blazes, blue for the side trail blazes, or that "you really call that green?" for tract boundaries, or the lovely, um, purple for George Washington/Jefferson National Forests, they will have it there. Thanks to Mary Smith for getting this information to us after purchasing the tract boundary green. □

Overseer Discount Honored at the sole source

Please consider joining PATC's Southern Shenandoah Valley Chapter as they participate in the grand opening, April 16, of the sole source, a new outdoors merchant located in Harrisonburg, Va., specializing in foot products geared for the hiker. You won't find any bikes or kayaks, but real good boots and walking shoes and socks, poles, and accessories for hiking.

According to the co-owner, Keith Trevvet, "We are primarily a performance and comfort footwear store with a focus on active lifestyles and walking. We are selling brands from Merrell, Garmont, Salomon, Columbia, La Sportiva, and Nike. And comfort brands from Naot, Dansk, Keen, and sport sandals from Chaco, and Teva. To set us aside from the average shoe store we are also carrying day hiking accessories, hiking poles daypacks, books maps, and compasses. To round out the complete dayhiking package we are also carrying some performance clothing, quick dry shorts and T-shirts and waterproof breathable jackets and pants. Not only are we a shoe store but David and I have a wealth of information about the local trails and hope to be an information center for folks wanting to learn about hiking and getting involved with the trail club."

A special bonus for PATC's overseers is that the sole source is honoring the 10 percent volunteer discount granted to PATC volunteers by many merchants. The store is located at 1790-92 East Market St., Harrisonburg, Va. 22801. For more information contact Dave Burns or Keith Trevvet (TheSoleSource@aol.com) 540/564.BOOT (2668). □

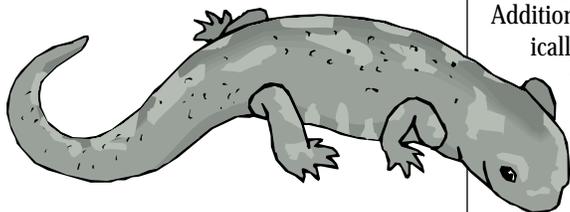
Bob Pickett's Appalachian Nature: The Arrival of Spring

Every year, I eagerly look forward to the first cold rains of spring. When the air temperature rises to about 40°F and an extended rain begins in the afternoon and continues into the evening, its time to put on my raingear and visit the vernal pools in search of amphibians.

Vernal pools are characterized by being small bodies of water that generally go dry by late summer. This eliminates predaceous fish from the pools. The pools are fueled by the decaying leaf vegetation that support insect larvae, fairy shrimp, and other invertebrate life that feed the amphibian larvae. Vernal pool amphibians are migratory breeders that move into pools to reproduce but spend most of their lives elsewhere. They include most members of the mole salamander family (Ambystomatidae) and many anurans (frogs and toads).

The first species to look for is the spotted salamander. In the course of one evening a well-timed rain event can result in hundreds of these large yellow-spotted mole salamanders traveling from the upland woods to these ephemeral water-filled basins for a few nights of frenzied mating. For reasons unknown to me, biologists have termed this mating mayhem a "breeding congress." Nuptial dances precede the deposition of numerous spermatophores by each male. Females pick up these sperm packets, and lay up to 250 eggs in the water over the course of several days. The underwater egg masses quickly swell with water into softball-sized masses. They are often white-cloudy (not always), firm in the hand, with the peripheral individual eggs somewhat flattened.

The spotted salamander is one of approximately 30 extant species in a single genus which make up the Ambystomidae family. This family of large salamanders is widespread in North America, but not found on any other continent. Ambystomatids are called mole salamanders for their tendency to live under litter or in burrows, emerging and returning to water only to breed. While the spotted salamander is an early season breeder,



there are other mole salamanders known to breed earlier. The tiger salamander can cross snow and ice to breed during January and February thaws, but, depending on how you look at it, perhaps the earliest breeder is the marbled salamander, who gets a head start by breeding in the dry vernal pool sites in the fall. The female will wrap herself around the eggs until the fall rains fill the pond, at which point, she will leave them to their own care. The big advantage of this timing is that when the spring-breeding salamander eggs hatch, the large marbled salamander larvae, being carnivorous (like all salamander larvae) have an unlimited and convenient food source.

Most of the mole salamanders will breed in these vernal pools for a week or less and then retreat to their subterranean habits for the rest of the year. Species that adapt such a breeding technique are known as explosive breeders. The deposited eggs then begin a race against time. The abandoned eggs require about three months to hatch and metamorphose into juveniles (depending on species) and must be able to leave the aquatic environment before the pool dries up.

The spring rains bring more than just large salamanders to these vernal pools. There is perhaps nothing more exciting than to hear the first wood frogs of the season. Their duck-like calls will fill the air for several days as these explosive breeders emerge and congregate in the hundreds. The wood frog egg mass contains 500 or more eggs, is more often clear and more gelatinous, with the peripheral eggs retaining their spherical shape. Egg masses are laid in communal clusters, with often more than a hundred females producing egg masses in the same location of the pool.

Wood frogs are truly remarkable creatures. They are the most widely distributed amphibian in North America, and are the only ones found north of the Arctic circle. One of their unique capabilities is their freeze-tolerance. They can withstand temps of 21° and freezing of 60-70 percent of their internal body water. This they do by flooding the cells with glucose, a natural sugar, which acts as an anti-freeze, protecting the cell walls from erupting. Additionally, much of the cell water is osmotically removed from the cells and organs to the intracellular space, where it can freeze and not affect the integrity of the cell walls or internal organs. When this frozen condition persists

for sixteen hours, the heart goes into cardiac arrest, with no further heartbeat until the frog is thawed out. Gray tree frogs, chorus frogs, and spring peepers also have a freeze-tolerance, although research has demonstrated a freeze tolerance of up to only 50 percent of the internal body fluids. Surprisingly, toads do not have this ability. They survive the winter simply by burrowing below the freeze line.



Three species of tree frogs breed in vernal pools; the chorus frog, the gray tree frog, and the spring peeper. Of these, only the summer-breeding gray tree frog will not be found in the March pools. Chorus frogs can be identified by their song, which resembles running your thumb along the teeth of a plastic comb. Females deposit several small masses of 20 to 100 eggs attached, in shallow water, to grasses or other material. Another explosive breeder, their calling period is very ephemeral, lasting about a week, depending on the weather.

Beginning with, or shortly after the wood frogs and chorus frogs begin their calling, the spring peeper will begin its serenade. Everyone recognizes the high-pitched "preep" of the spring peeper. It's believed that spring peepers exert more energy in an evening of calling than any other animal in the world with respect to their size. Up to a thousand eggs are attached singularly to underwater grass stems. Unlike the explosive breeders, the spring peeper is an extended breeder, with its mating call being heard over the next six or more weeks.

If you were to visit a breeding pond after the eggs are laid, you can guess the amphibians by the nature of the egg masses. Frog eggs are found in a surface mass, toad eggs in a long double string, and mole salamander eggs in firm masses in deeper water.

Vernal pools are critical habitats for these highly seasonal amphibians and their predators and prey. The dynamic interactions of the pool residents create a living classroom that provides an ideal ecological teaching environment. And this is the time to go out and discover their beauty. □

—Bob Pickett

TRAILHEAD

Winter had a fling in late February after a few false calls. But at least there is more sun and it is getting warmer so the snow and ice depart quicker. Except for a few, most overseers and trail crews are waiting for March to begin the season's work. Those who were out in February report that winter has been kind so far with fewer than usual blow-downs and, other than the normal frost heave, trails are in relatively good shape.

Back On Line

The PATC on-line work-trip reporting system is finally functioning after over six months of server and other problems. The system response is quick and the reports are being sent to the proper places. A special thanks goes to Steve Koeppen for his tireless effort working with the Trails community and getting the system running again.

PATC/Forest Service Meeting

Several PATC District Managers, the SOT, and Heidi Forrest met with Lee District Rangers on Feb. 26 in Edinburgh, Va. Work to be done by seasonal crews and a number of other trail maintenance topics were discussed. The focus of discussion was the use of chainsaws and chainsaw certifications. By the time this is published, the class, scheduled for mid-March, will be over.

Chainsaw certifications given by the ATC will be either apprentice or intermediate. These equate to the Forest Service "A" and "B" level certifications, except that "B" certification includes felling. A Forest Service "C" or "C Certified" level is given to those with more extensive experience and training (C means complex, indicating that the person can handle any situation. C Certified means that the person can certify people as A, B, or C saw operators.)

ATC recertification requires full attendance at a weekend course. Lee Ranger District recertification requires that the person attend the second day of class (outdoors) and demonstrate proficiency. ATC upgrade from apprentice to intermediate requires attendance at a weekend course both days. Lee Ranger District upgrade from A to B can be done by calling the Lee Ranger District instructors and arranging a time to demonstrate skills and abilities to follow safe practices. You must have attended the Lee Ranger District course to obtain the recertification.



At the recent wedding of Sandi Marra and Chris "Trailboss" Brunton, a collection of Blackburn caretaker alumni gathered on the lawn following the ceremony. Needless to say, the wedding took place at the Blackburn Trail Center where the bride and groom met each other — as well as these great folks! Front row: Philippe Pierre (Crazy Frenchman), 2001; Sarah Clemmitt and Kai Parlett, 2003 and 2004; Bobby Lowery (Treeslayer) 1984; Wolf Alterman (Jester), 1995 Back row: Bill Parlett; (Smith, of Smith and Jones), 2003 and 2004; Don Looney (Looney Tunes), 1992; Elizabeth McGowan (Blister Sister), 1992; Mary Sue Roach (Southern Harp), 1996 and 1997; George Roach (Traveling Man), 1996 and 1997; Jack Eshelman (I.D.H.F.H.), 1990; Jan Eshelman (Goldilocks), 1990. Bride and groom on porch in background. (Trail name is shown in parenthesis. Year shown is year worked as caretaker.)

The wedding took place on Saturday, Sept. 18, 2004, following a long (a very long) engagement. Though Hurricane Ivan was wreaking havoc along the East coast the skies cleared in time for the ceremony on the Blackburn lawn. In addition to family members, many friends from PATC, ATC, and our years with the AT were among the guests. A wonderful time was had by all! □

—Chris "Trailboss" Brunton

Personal Protective Equipment (PPE) is required by both the ATC and Lee Ranger District (and PATC). The only difference at this time is that saw operators must wear 8-inch boots in the Lee Ranger District and can wear 6-inch boots for ATC and on PATC lands. Boots must be all leather and cut resistant. First aid and CPR training is required for saw operators.

On a technical note: Chainsaw classes in the future will address felling. Those interested in becoming a feller should make that need known to instructors. You are urged to attend a Lee Ranger District course if this is the case. Alternatively, attending the Game of Logging is beneficial. A problem that has been identified is that the course as outlined in the Missoula curriculum teaches the old method of felling, and ignores the safer borecut method. Borecuts offer benefits of safety and control over the tree that older

straight cuts don't. This holds true for blow-downs as well as felling or large leaners. All PATC saw operators should learn to make bore cuts safely.

Those who labored through the discussions on chain saw certification were rewarded with a great chili lunch offered up by Ranger Don Sawyer.

Polar Bears Rebuild PHT Stream Crossing

Braving the winter elements, Dan Radke, Bruce Glendening, and Ric Francke ventured into Pimmit Run on Feb. 12 to reconstruct the stepping-stone ford conveying the Potomac Heritage Trail. Accumulated high water had washed out the northern side of the crossing and effectively cut the PHT in two.

See Trailhead, page 18

Trailhead, from page 17

Protected by hip waders against the effect of cold water on their lower extremities, the three intrepid polar bears hooked up a winch and began to maneuver boulders through the water and into position at the ford. Waders, however, provided no thermal protection for hands and fingers as they threaded chains under some rocks and flipped others end-over-end through the depths.

Cold water turned out to be no match for polar bear blood, though, as the final stepping stone was successfully moved into position just before hands went numb.

The crossing has now been restored to a passable condition and the trail reconnected; although a follow-up visit will be required, the polar bears have retired from their mid-winter labors and returned to hibernation until spring.

Rock Creek Relo

The Rock Creek Park work crew is getting a helping hand from the big guns this year. In May the Cadillac Crew will swoop in on Washington, D.C. and help with Rock Creek Park's first major reroute in several years. The setting is a beautiful section of the Valley Trail that runs close to Rock Creek near the historic Boulder Bridge (a bridge built literally with a veneer of large boulders). After a hard rain, parts of this trail are underwater and other sections are being undercut by

Rock Creek, which suffers from fast runoff problems typical of urban streams.

DC Trails Manager Mark Anderson is looking forward to the help and hopes the Cadillac Crew can help cut the time it takes to do the reroute. He's also hoping to see a grip hoist in action. The last trail diversion undertaken by the Rock Creek crew took half a season, cutting into the DC crew's ability to take care of smaller problems in the trail system. This reroute is a little easier, but still involves several difficulties. The hillside is steep in areas, the work will demand care to minimize impact in an environmentally sensitive area of the park, and a rocky outcropping near the end of the reroute poses challenges for finding the best route which is uphill of the old trail.

The Rock Creek Park crew typically includes 6-10 individuals who work on smaller half-day projects. The Cadillac Crew, on the other hand, is often involved in larger scale efforts. The cross pollination will give both groups exposure to different working styles while laboring to get an important trail reroute done.

Stonewall Brigade Makes a Comeback

The Stonewall Brigade Trail Crew will again be working the Great North Mountain area of the George Washington National Forest. Most trips will be on the third Saturday of the month. The Brigade is recruiting volunteers

who like to be outdoors and make trails more enjoyable for others. No experience is necessary. Tools and training are provided. You are welcome to join us every month, a few times a year, or as many times as you can.

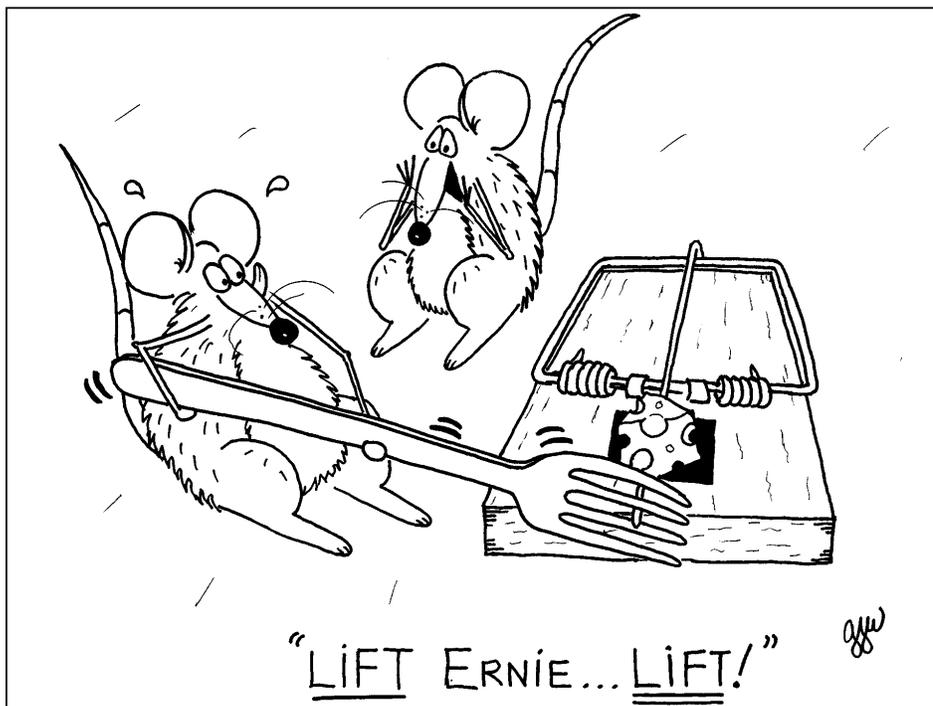
The Brigade meets at the Wolf Gap Recreation Area campground parking lot (PATC Map F coordinates E-19) at 9:00 a.m. Trips schedules may change due to prevailing or forecast weather. Please check before going to the meeting site. Hop Long (theFSLongs@comcast.net) 301/942-6177 or Jim Tomlin (jtomlin@helix.nih.gov).

Hoodlums "Irish" Kickoff

The North District Hoodlums crew was to kick off their trail year with the March "Irish" work trip on the fourth weekend of March. After that, the crew si to revert to their traditional third weekend of the month with work trips from April through October. John McCrea has compiled an excellent detailed summary of AT conditions and potential projects and along with some projects on the BB trails; it appears that the Hoodlums have enough work on the boards to last all year...and then some. Contact George Walters (gjwalters@starpower.net).

Please send any interesting tale, technical advice, individual or group accomplishments, and trail maintenance questions to Trailhead, c/o Jon Rindt, 621 Skyline Forest Drive, Front Royal, VA 22630 or to jkrindt@shentel.net. □

Tails from the Woods by George Walters



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VOLUNTEER OPPORTUNITIES

Volunteers needed for the Family Weekend April 16-17, Blackburn Trail Center

YOU can make the Family Weekend a success by stopping by and giving a hand! Needed are people to help in the kitchen preparing food and/or cleaning up, as well as with various planned activities. Even if you can only help with one meal or activity, we'll have a job for you. Details are in the front of the PA or log onto: www.PATC.net. Contact Jane Thompson, 301/349-2496, jayteehike@yahoo.com, to sign up or for more information.

Trail Talkers: Talk the Walk!

The PATC is looking for a few talkative people to become spokespersons for the PATC's newest program, Trail Talkers. This will be a group trained to take the message on the road, speaking to community groups and at festival tables to help spread the word about the PATC and its recent activities. The group sets up a box of marketing tools (banners, signs, fliers, etc.) to take with them when "talking the walk." Take a backpack to a college fair, fill it with 30 lbs. of camping gear, and then challenge the students to see if they could hike 2,000 miles carrying such a heavy load. Become a champion for the Tuscarora Trail and the AT. Talk to scout groups or educate scout leaders. There are lots of opportunities out there to promote our club. We can use your help. This group requires energy, the love of the trail, and a few free hours each month to participate. The times are flexible. For those interested in joining the Trail Talkers group, please contact Jane Thompson, 301/349-2496, jayteehike@yahoo.com.

TRAIL OVERSEER DISCOUNTS

PATC OVERSEERS GET DISCOUNTS from the following merchants who support our volunteer programs: Blue Ridge Mountain Sports (Charlottesville, Tidewater) – 20%, Hudson Trail Outfitters (Metro D.C.) – 15%, The Trail House (Frederick, Md.) – 15%, Casual Adventures (Arlington, Va.) – 10%, Campmor (mail order via PATC HQ) – 10%, Weasel Creek Outfitters in Front Royal – 10%, and The Outfitter at Harpers Ferry – 15%. Check the back page of the PA for the latest trail, cabin, and shelter overseer opportunities. All PATC members receive a 10% discount from Blue Ridge Mountain Sports. Be sure to have your membership ID or overseer ID ready when you shop.

FOR SALE

BICYCLE TRAILER, Burley D'Lite, in good condition. \$175 OBO. Located in Rockville, MD. Contact Al Taylor (alt@ieee.org).

FREE TO GOOD HOME

Need some boots? Have an extra tent? Looking for a hiking buddy? The Swap Meet might be just the place to start your search. Send your queries to PA@PATC.net.

HIKING PARTNERSHIPS

I live in Gaithersburg, MD and am looking for hiking and camping buddies. I am 29 and willing to hike/camp anywhere. I prefer to do something within 120 miles of the DC area. I also have a dual propane stove unit that I am giving away. Any takers? Contact Jeffrey Scott (knight_1_nu@yahoo.com) 301/466-3373.

PATC Swap Meet

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

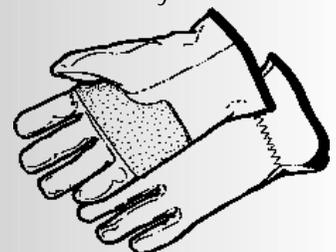
LOST AND FOUND

FOUND:

Thin frame eyeglasses found at Michener Cabin November 2004.

Winnie the Pooh satchel, Fabiano hiking boots, and Timberland hiking boots found at Cliff's House January 2005.

These items can be claimed at PATC headquarters. Please call Pat Fankhauser at 703/242-0693, Ext. 17 to identify them.



Trail, Shelter, and Corridor Overseers / Monitors Wanted

CORRIDOR MONITOR OPENINGS

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

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

DISTRICT MANAGER

Massanutten South — Map H
Liles Creighton, 410/573-0067
lcrei@aol.com

TRAIL OVERSEER OPENINGS.

Contact the District Manager for the section that interests you.

TUSCARORA PENNSYLVANIA MAPS J & K

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

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

HARPERS FERRY / ASHBY GAP AT & BB

—MAP 7, 8

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

Appalachian Trail

Loudoun Heights Trail to Powerline
(2.3 miles)

ASHBY/POSSUMS AT/BB [RTE. 50 TO SNP]

—MAP 8, 9

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

New A.T. trail sections being developed near Ashby Gap, Va., Hwy 50. Some open meadow, some wooded. Available soon.

Appalachian Trail

Dicks Dome Shelter Rd. to Parking lot #8
(0.43 miles)

Barking Dog Trail

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

SNP NORTH DISTRICT BLUE-BLAZED

—MAP 9

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

Knob Mountain Cutoff Trail

Knob Mountain Trail to Jeremys Run Trail
(0.5 miles)

Dickey Ridge Trail

Snead Farm Road to Low Gap (2.5 miles)

SNP CENTRAL BLUE-BLAZED [NORTH END]

—MAP 10

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

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

Volunteers!



SNP CENTRAL BLUE-BLAZED [SOUTH END]

—MAP 10

Steve Paull, 703/361-3869
stevepaull@yahoo.com

Rose River Loop — Co-Overseer

Rose River Fire Rd. to Skyland-Big Meadows Horse Trail (2.7 miles)

TUSCARORA CENTRAL —MAP L

Walt Smith, 540/678-0423
wsmith@visuallink.com

Tuscarora Trail

Yellow Spring Road to Capon Springs Road

TUSCARORA SOUTH —MAP F, G, 9

Rick Rhoades, 540/477-3247
rrhoades@shentel.net

Tuscarora Trail

Fetzer Gap to Maurertown (5.7 miles)

Tuscarora Trail

Cedar Creek to Ridge Crest (2.8 miles)

Tuscarora Trail

Ridge Crest to Fetzer Gap (3.1 miles)

GREAT NORTH MOUNTAIN —MAP F

Hop Long, 301/942-6177
theFSLongs@comcast.net

Gerhard Shelter Trail

Tuscarora Trail to Vances Cove (1.5 miles)

SUBURBAN MARYLAND —MAP D

Liles Creighton, 410/573-0067
lcrei@aol.com

Billy Goat Trail - B

Cropley to Carderock (2.2 miles)



The Potomac Appalachian

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