



# The Potomac Appalachian

The Newsletter of the Potomac Appalachian Trail Club  
188 Park Street, S.E., Vienna, VA 22180-4609

Volume 29, Number 5  
May 2000

## June 3 is National Trails Day

### Family Activities Planned

The survey we recently completed tells us that we have a lot of family members with children. So we are happy to announce the Family Program for 2000. The program consists of three outings for families with children ages 8-12 and two (to start) activities for teens. If all goes well we hope to expand the program and offer more diverse adventures.

#### Kids' Program

**Saturday, June 24-25**—The first activity is an overnight campout to PATC's Vining Tract in Greene County, Va. We will leave from PATC headquarters in the morning, carpool to the site, hike a while, play games, and have some fun before dinner. A hot meal will be served, and there will be an after dinner activity, maybe catching fireflies or telling stories. There are bunks in the cabin, or you can bring a tent, but space is limited. Sunday morning we will have breakfast and then a nature

walk. If there is interest we could go hiking in Shenandoah National Park. The cabin is rustic with no electricity, so be prepared. It is a wonderful site with great views and maybe some deer roaming around. Contact Terry Cummings at 410/489-4594 or tcivp@mindspring.com.

**Saturday, August 12**—Catoctin State Park hike. Family hiking returns to the Catoctins for a 3 to 5 mile hike to Chimney Rock possibly continuing to Wolf Rock. We will follow a more difficult trail than last year. Best suited for families with children at least 5 years old. Swimming afterwards at Hunting Creek Lake. Contact: Lynn Gulley at 410/730-8034 or earthconcepts@aol.com.

**Saturday, October 28**—Halloween Party in Harpers Ferry. Keep your eyes out for more information about this spooktacular event in the September *PA*.

#### Teen Program

**Saturday, May 13**—Hike Old Rag Mountain. Old Rag is one of the more famous local places for great hiking and great views. The hike will be challenging but entertaining for the group. Bring water and lunch, wear sturdy boots, and be prepared for rain and cool weather. For more information, contact Alex or Greg Christopulos at 703/876-0957 or goclimb@erols.com.

**Saturday, June 10**—White Oak Canyon Hike. Another challenging but interesting hike through dense woods with stream crossings and rocky inclines. Again bring lunch and water. Wear good boots and be prepared for rain. Contact Ric Francke for more information at 703-356-2106 or fbfrancke@aol.com. □

### National Trails Day: Celebrating Millennium Trails and the Legislative Foundation for Trails

#### National Trails Day



June 3, 2000

Now in its eighth year, is an annual nationwide celebration of trails. Held on the first Saturday of June, the nation's hikers will greet the new century by celebrating Millennium Trails, a program led by the U.S. Department of Transportation with the help of American Hiking Society, Rails-to-Trails Conservancy, and others. This year the Millennium Trails program will acknowledge the thousands of community trails, which are the foundation of a nationwide network of trails. The idea of a network of trails was the impetus for NTD. But building a network of footpaths that

connects Maine with Oregon takes not only millions of volunteers but support from state and federal agencies. Today volunteers are receiving significant assistance from Congress and the federal land management agencies. When PATC looks to conserve land along an established trailway, or when communities dream of new paths to nearby rivers and forests, they can look to a variety of federal laws and programs that provide the framework, funds, and technical assistance to help complete the job.

#### National Trails System Act

Perhaps the most influential piece of trail legislation is the National Trails System Act (NTSA). Passed in 1968, it called for a

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## Council Members, Chairs and PA Staff

### Officers

**President:** Walt Smith, 703/242-0693  
Ext. 40, wsmith@visuallink.com

**VP Operations:** Tom Johnson

**VP Volunteerism:** Mickey McDermott

**Supervisor of Trails:** Pete Gatje  
Email: PJGatje@aol.com

**Supervisor of Corridor Management:**  
Tom Lupp

**General Secretary:** Warren Sharp

**General Counsel:** Eric Olson

**Membership Secretary:** Terry Cummings

**Treasurer:** Dick Newcomer

**Recording Secretary:** Gerhard Salinger

### Sections/ Chapters

**Mountaineering Section:** Greg Christopolus

**SMRG:** Peter Pennington

**Ski Touring Section:** Katherine Stentzel

**North Chapter:** Steve Koepfen

**N. Shenandoah Valley Chapter:** Martha Clark

**S. Shenandoah Valley Chapter:** Michael Groah

**Charlottesville Chapter:** John Shannon

**West Virginia Chapter:** Judy Smoot

### Standing Committee Chairs (Council Members)

**Blackburn Trail Center:** Chris Brunton

**Cabins:** Mel Merritt

**Cabin Construction:** Charlie Graf

**Conservation:** Mary Margaret Sloan

**Grants & Donations:** Jack Reeder

**Endowment:** Dick Newcomer

**Finance:** John Richards

**Hikes:** Tom Johnson, 410/647-8554,  
johnts@juno.com

**Internet Services:** Stephen Raia

**Land Management:** Anita Canovas

**Land Acquisition:** Phil Paschall & Eric Olson

**Legal:** Eric Olson

**Maps:** Dave Pierce

**Maryland Appalachian Trail Management  
Committee:** Charlie Graf

**Potomac Appalachian:** Bianca Menendez

**Public Affairs:** Terry Cummings

**Publications:** Aaron Watkins

**Shelters:** Charlie Graf, 410/757-6053

**Trail Patrol:** Kumait Jawdat

**Tuscarora Trail Land Management:**  
Lloyd MacAskill

### Special Committees/Ongoing Activities

**Archives & Library:** Carol Niedzialek

**Cabin Reservations:** Darlene Wall

**Deputy Supervisor of Trails:** Rick Rhoades

**Firestone Tract Management:** Shirley Strong

**Information/Sales Desks:** Marguerite  
Schneeberger

**Medical:** Dennis DeSilvey

**Vining Tract Management:** Howard Johnson

**Vienna Chamber of Commerce:** Patricia  
Driscoll-Smail

**Tuscarora Trail Shenandoah Valley Project:**  
Phoebe Kilby & Larry Bradford

### Potomac Appalachian

**Chief Editor:** Bianca Menendez  
jns-bianca@home.com

**Features Editor:** Joanne Erickson

**Forecast Editor:** Joe O'Neill  
JJONeill@visi.net

**Pre-press:** Nancy Merritt,  
MeritMktg@aol.com

## Council Fire

The Council held its regular meeting on March 14, 2000 at the Club headquarters. The meeting was attended by 21 Council members, 3 staff, and 1 Club member. The PATC membership stands at 7,022, with 167 new members registering in the month of February.

### Personnel

It was noted that Peter Pennington is the new chair of SMRG, Greg Christopolus is the chair of the Mountaineering section, and Judy Smoot is the new Chair of the West Virginia Chapter. Donald Price was voted to be a member of the Endowment Committee.

### Land

Kyle Barbehenn donated a scenic easement over a 48 acre property adjacent to a 75 acre parcel he previously protected with an easement in 1994. This protected land in conjunction with PATC's Glaser cabin, the recently acquired 60 acres from the Oliphants, and the AT corridor makes for a substantial amount of protected land in rapidly growing Clarke County in northern Virginia. Walt Smith and Chris Brunton attended the closing for the purchase of the Hughes property adjacent to Blackburn Trail Center on March 21. This 16 acre property provides a buffer for the AT and the Blackburn Trail Center. After some years of negotiation, the Council was pleased to accept the offer from the Estate of Lorenzo Lewis for the sale of the 72 acre Raven Falls property. This property protects the AT and has a waterfall and a raven rookery.

### Headquarters Building

The roof in the headquarters has developed a leak of unknown origins. Warren Sharp, the General Secretary, suggested that since this is probably the original roof, it is best to re-roof the building. He is seeking the help of a consulting engineer to develop the bid specifications. At the same time, Bruce Berberick, the architect of the plans to renovate the Headquarters building, is providing the list of information needed to develop the bid specifications so that the renovation project can go to bid.

### Headquarters Database

The Council voted funds to update the membership and trails databases. There was discussion about the use of the Web for membership registration and other data input, but it was decided as a first step is to convert the present system to Microsoft Access. The next step will include converting other databases into one Club data-base. Issues of web access will be considered in committee.

### Policies

Eric Olson, the General Counsel, described a conflict of interest policy being developed. The two major parts are full disclosure of potential conflicts and abstention from negotiating and voting on matters for which a conflict exists. The Council agreed on the former, but discussion on abstention raised several issues to be addressed, especially when the conflict does not involve personal gain. Mickey McDermott, Vice President for

*See Council Fire, page 3*

### HEADQUARTERS HOW TO GET IN CONTACT WITH US FOR CABIN RESERVATIONS, MEMBERSHIP INFORMATION, AND SALES

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

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

**Phone #:** 703/242-0315

**To receive an information packet:** Extension 10

**To leave a message for the Club President Walt Smith:** Extension 40

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

**Facsimile #:** 703/242-0968

**Club E-mail #:** Wriley1226@aol.com

**World Wide Web URL:** <http://www.patc.net>

### STAFF DURING REGULAR BUSINESS HOURS

**Director of Administration:** Wilson Riley (Ext. 11) Email: Wriley1226@aol.com

**Trails Management Coordinator:** Heidi Forrest (Ext.12) Email: heidif@erols.com

**Business Manager:** Regina Garnett (Ext. 15) Email: rgarnett@erols.com

**Membership/Cabin Coordinator:** Pat Fankhauser (Ext. 17) Email: pfankh@erols.com

**Sales Coordinator:** Maureen Estes (Ext. 19) Email: patcsales@erols.com

*Council Fire, from page 2*

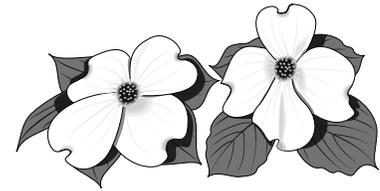
Volunteerism, is studying policies for volunteers developed by various Club activities with the prospect to make consistent policies on issues of dealing with persons in violations of regulations for trails, cabins, shelters, etc. and for procedures for dismissing volunteers. The Council voted to accept the five-year goals developed for trails and lands, facilities, finances, and membership, volunteerism, and communications.

**Help Needed**

PATC needs help to staff a booth at the following events: Alexandria Earth Day May 21, Viva Vienna May 27-28, and Fairfax Fair June 9-11. Please call Pat Fankhauser at 703/242-0315 ext. 17 or email to pfankh@erols.com to volunteer. □

—Gerhard Salinger  
Recording Secretary

April Showers Bring May Flowers. While you're out enjoying those May flowers, don't forget the deadline for the June PA is 1 May.



**Walt's Notes**

**Proud on Our 75th!**

We will be celebrating the 75th anniversary of the founding of the Potomac Appalachian Trail Club in 2002. I have asked Mickey McDermott to chair the committee that will begin planning for the event.

In anticipation of this future celebration I recently reviewed issues of The Potomac Appalachian to reacquaint myself with what we did during the last decade. I was proud of what had transpired:

- Frequent references to purchases or easements of land to establish the Tuscarora Trail and to protect the Appalachian National Scenic Trail and trailheads leading into Shenandoah National Park and in other natural areas.
- Devotion to excellence in the establishment, improvement, and maintenance of almost a thousand miles of trails in four states.
- Construction or renovation of more cabins and shelters than I can remember and indeed the development of a trail community on the Vining Tract, which now includes four popular cabins, and the establishment of trail centers for training, meetings, and the use of work crews.
- So many pictures and stories of happy volunteers accomplishing every task you can think of from maintenance of trails and facilities to making things happen in the Club headquarters.
- Making other people happy, such as children, at-risk youth, and the disadvantaged while hiking, camping, and otherwise enjoying nature.
- The development of a professional staff and the establishment of a useful headquarters building in Vienna.

- Establishing sound management practices, fiscal audits, and the endowment fund, made possible by an increasingly generous membership obviously wanting to further Club objectives through their donations.
- An increase in the dissemination of important information to the membership and the general public through publications, a web site, and an expansion of The Potomac Appalachian.
- Special services and opportunities provided by the Trail Patrol, the Shenandoah Mountain Rescue Group, the Ski Touring and Mountaineering sections, and the many chapters.
- And more, and more, and more...

**Proud of What We are Doing!**

And we continue to demonstrate that we care about these same areas: our level of volunteer participation in terms of hours has never been higher, our purchase of easements and land continues at a higher rate than in the past, our energy devoted to the maintenance of our buildings and other assets receives the highest priority from the Council; also, the level of donations is most significant as we explore new means for financing trail protection, the membership survey indicates that you think we are headed in the right direction, and the appreciative comments from the public continue to inspire the best in us.

Yes, I am very proud to be a member of the Potomac Appalachian Trail Club, and I look forward to further progress in accomplishing our goals as we approach our 75th anniversary. May we, guardians of the hiking experience in vicinity of the nation's capital, continue to excel in all that we do. May we shine as we head into a celebration of the past and a look toward the future!

**New Faces on the Council**

Several new leaders of the chapters and other activities have been elected or appointed during recent months: Michael Groah is President of the Southern Shenandoah Valley Chapter and Judy Smoot recently took over the reins of the West Virginia Chapter. We also welcome leaders Kumait Jawdat of the Trail Patrol and Peter Pennington of the Shenandoah Mountain Rescue Group. Congratulations to all and best wishes for a successful term while serving in these important positions. □

See you on the trail,

*Walt*

The Potomac Sojourners, led by Potomac Heritage Foundation president Harry Belin, are setting off in mid-May on a Potomac Heritage Trail trip from Pittsburgh to the mouth of the Potomac via bicycle, in-line skate, boat, and, yes, their own feet. On National Trails Day (June 3) the group plans on sailing from Point Lookout in Maryland to South Point on the Virginia side as a grand finale to their trip. PATC built a 15-mile stretch of the PHT from Roosevelt Island up to the American Legion Bridge.



*National Trails, from page 1*

national network of trails available to all. The act named the Appalachian Trail and the Pacific Crest Trail the first national scenic trails and, in subsequent years, 6 more scenic trails, 12 national historic trails, and some 800 national recreation trails over 50,000 miles of trail have been added to the system.

Federal recognition of the national trails system has served American trails in a variety of ways. The National Park Service, the USDA Forest Service, and the Bureau of Land Management became managers of the long distance trails, applying their considerable influence and resources to trail conservation. The National Park Service also manages the Rivers, Trails, & Conservation Assistance program (RTCA), which provides direct technical assistance to nonprofit organizations and state and local government agencies for the conservation of river and trail corridors. The RTCA program is helping PATC protect and manage the Tuscarora (Big Blue) Trail, the 200-mile loop off the AT through Va., W.Va., and Pa.

As promising as the NTSA vision may be, without adequate funding for maintenance and management, trails remain a threatened resource, especially considering that the entire federal budget for the scenic and historic trails is only \$5 million and none of the federal money allocated for trail management can be used to acquire land.

**Land and Water Conservation Fund**

To buy and conserve trail lands NPS and USFS must use money from the Land and Water Conservation Fund (LWCF). Enacted in 1964, the Land and Water Conservation Fund Act provides money for federal and state land managing agencies to purchase land for conservation, recreation, and park use.

Financed by fees from offshore oil and gas leases, the LWCF is authorized by Congress for annual appropriations of \$900 million. The fund was recently tapped to provide \$15.1 million for the purchase of the remaining unprotected land along the Appalachian Trail, completing a 20-year project in which the NPS and USFS bought more than 100,000 acres to secure the 2,200-mile footpath.

LWCF, however, is an insecure fund subject to the whims of Congress. Over the past decade the annual appropriation has averaged only \$250 million, including less than \$40 million in grants to states, an important source of trail-project funding. Instead, the grants to states have been diverted to everything from B1 bombers to international advertising subsidies for American companies. Currently, the 106th Congress is considering the passage of legislation that guarantees full appropriation of federal and state LWCF money. That's why many of this year's National Trails Day events, while celebrating past achievements, will also look to the future; only our continued hard work and advocacy can guarantee the protection of trails in the next century.

**Transportation Equity Act for the Twenty First Century (TEA21)**

In 1991 Congress passed the Intermodal Surface Transportation Efficiency Act (ISTEA), a six-year bill authorizing federal aid for a wide range of transportation programs, including lots of money for trails. Indeed, ISTEA was a boon for trails. In six years it provided millions for trail development, including more than \$350 million for rail trails. In June 1998, the passage of TEA21 continued and expanded those programs for another six years.

TEA21 funds are accessed through two programs, Transportation Enhancement Activities (TEAs) and a Recreational Trails Program (Rec Trails). Trail projects are eligible for funding as TEAs when they serve some transportation purpose. The Rec Trails program provides money to the States to develop and maintain recreational trails for hiking, cycling, and, in some cases, motorized use. Funds can be used for a variety of trail construction and restoration projects as well as the purchase of trail construction equipment, acquisition of land or easements for trails, and educational programs. The Appalachian Trail Conference is applying for TEA21 funds to build a bridge over a busy road in Pennsylvania.

As remote as Washington may seem from the path underfoot, much of what we honor as we Celebrate Millennium Trails is the success of scores of dedicated citizen-activists working in the halls of Congress to help build the foundation for a nation of trails.

For information on PATC activities on National Trails Day see this month's Forecast section. □

—Terry Cummings

**Corridor Management Program Receives Grant**

The Corridor Management Program has received a 2000 grant from Appalachian Trail Conference. A grant of \$3,840 was awarded for the construction of 4 welded pipe gates. The gates will be used to reduce vehicle access on NPS owned Appalachian Trail Corridor Lands. Volunteer hours and Club funds will be used to match this grant.

The ATC's "Grants-to-Clubs" program was funded at \$20,000 this year, thanks to a contribution to the Conference by L.L. Bean. L.L. Bean has been a corporate supporter of the Conference for over a decade and has been the primary funding source for the Grants-to-Clubs program for the past four years. Since 1979, ATC has awarded more than a quarter-million dollars in modest grants through this program to support various club projects.



The Ed Garvey Memorial Shelter pages are now available at the following URL: <http://patc.net/garvey>

Work continues every weekend on the Ed Garvey shelter at the worksite south of Bowie, MD. The shelter is 2 logs high on each wall with 9 or 10 left to go.

Please contact me, Frank Turk (frankturk@aol.com) or Jim Skinner (JSKINNER@EROLS.COM) if you plan to come out or need directions. Work will also occur during the week of April 17 - 21. Please bring: lunch/snacks, water, work gloves, and ear/eye protection.

## A Caretaker's Caretaker

Have we ever got it made here at Blackburn Trail Center. A newly renovated lodge to live in, the Appalachian Trail in our backyard, and Betty "Nightingale" Cather. As overseer of the Hodgson House hiker hostel, Betty pays a visit every Wednesday, rumbling up the road in her cadmium-red Chevy Scottsdale, a physically tiny, spiritually huge slice of humanity perched on the wide bench seat. She makes her way to the sprawling screened-in porch calling for us, a bulging plastic bag of home-baked breads and cookies in hand. After several hugs, she dismisses herself to see, in her own words, "how m'cabin is doin'."

Originally from Loudoun County, Betty, spent most of her years as an R.N. in Tennessee, returning to the Blue Ridge three years ago, at her brother's request, to take care of their aged Uncle Jack, a retired farmer and local lore historian. In Tennessee, she frequently hiked in the Smokies and founded the Sequoia Hiking Club in Madison. Her greatest strides these past few years, however, have been in providing care for her uncle, "sharp as a tack" at 94. She vows when he reaches the centennial mark she is putting him in the hands of another caretaker and starting a northbound AT through-hike. (If this sounds a tad ambitious, note that "Nightingale" is about the only PATC member I personally know who even comes close to giving Chris Brunton a run for the money in the energy department.)

As if keeping the place sparkling and well stocked with candles and Now Wisely Stashed In Mouse-Proof Jar Lollipops is not enough, she never comes empty-handed. A superb and prolific baker, she always arrives laden with cookies and a loaf of her exceptional sourdough or sweet Amish bread. Betty is the real sugar here, however. Greetings and farewells are all hugs and kisses, and not just for we spoiled caretakers. All the hikers ripe off the trail receive the same warm reception. When Betty first noticed the Hiker Box on the porch at Blackburn, we explained that it contained items hikers wished to rid themselves of which those following were welcome to take or leave as well. When she perused the typical assortment of powdered milk, wrinkled tea bags, and half-eaten trail mix

in dusty plastic zip bags, she promptly decided to come prepared the following week with her own homemade trail mix. When we gently suggested that it wasn't necessary to add to the box, she was insistent on bringing something. Sure enough, the next Wednesday, there it was, carefully measured into many hiker-size plastic bags, full of the good stuff, too: mini M&Ms, yogurt-covered pretzels, chocolate-covered peanuts. As she has remarked on many occasions, after all, "they're my family—and you're my family, too."

If you have considered coming to a work-trip weekend at Blackburn but wondered if all the effort was worth it, you've been missing out on more than seeing the Center gradually transformed; Betty faithfully provides the dedicated crew with a huge assortment of her home-baked goods to enjoy between sawing and drilling, hammering and staining.

Hikers, caretakers, and volunteers are not the only people Betty never leaves empty handed. I recently ran into her farrier and his wife in the grocery store, and we swapped our experiences with her signature breads and cookies. All was fine till the farrier and I agreed that her Monkey Bread was among her finest work to which his wife replied, "Monkey Bread? I don't remember trying any Monkey Bread?" turning a sharp eye on her husband's sheepish grin. I won't go into the details of the bag of molasses cookies that mysteriously evaporated before my fellow caretaker returned from out-of-town...

Betty's welcome extends even further. This past summer I accompanied her to the mall where she opened a department store charge account. As the clerk processed her information, Betty found where she was from, how long she'd lived there, where she was born, etc. and extended an open invitation to come out to Round Hill anytime, described her little farm and how to get there. The transaction was completed after she signed her name then stepped behind the counter to give the clerk a big, hikerly hug.

How do you thank and show appreciation for someone of such rare charm and genuine kindness? Christmastime provided an oppor-

tunity for at least part of the answer. When she was unable to make it to the Blackburn Christmas party, Club members decided to bring a little of the party down the mountain to Betty, gathering at dusk on the lawn outside her kitchen window to serenade with carols sung by candlelight. A tearful and incredulous Betty appeared, overwhelmed by this gesture from her beloved trail family.

We may take care of Blackburn, but Betty, our Virginia mountain mama takes care of us—and not only us, every hiker, every human being who is blessed enough to meet her! □

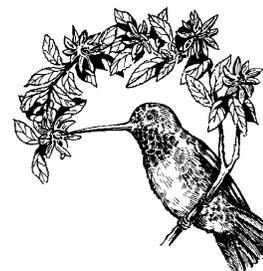
—Courtney Mann,  
Caretaker, Blackburn Trail Center



Photo by Courtney Mann

*Betty on the AT*

**The Annual Pig Roast  
at Blackburn Trail Center  
will be held October 7-8 this  
year. More information to come  
in future issues.**



## A Friend of the Club

It's spring, and Skyland in Shenandoah National Park is preparing for the summer influx of tourists. Many of us have visited there more than once, taking in the views across the Valley, enjoying the soaring ravens, dining in the resort's rustic hall, or going for walks up nearby Stony Man Peak or down White Oak Canyon. It's a favorite destination for hikers, for Skyland's amenities are satisfying to both the physical and spiritual needs of its visitors. Where else can you get good trails, good food, and extraordinary scenery, all within a few hundred yards of each other?

But this paean to one of our favorite resorts simply follows a pattern of adoration many PATCers expressed for Skyland long before our generation, indeed, before there was a PATC. The founder of Skyland, George Freeman Pollock, became a lifelong admirer, friend, and member of PATC and was on close personal terms with its founders, many of who were often his guests, helping them in many diverse ways.

Here is an example of one way PATC benefited almost accidentally from Pollock. In a letter Pollock wrote to Harold Anderson of the Club on May 25, 1931, on stationery that included "Rustic Inn and 50 bark-covered Bungalows with Modern Bath Rooms and Electric Lights," Pollock wrote:

"Will you please send me a half dozen copies of the last *Bulletin* [PATC's predecessor to the *PA*] which talks about the Skyland Frolic on July 11th as I can put them in good hands.

"I am sorry that I haven't seen anything of you lately but hope when Skyland opens that I will get a sight of you and Mrs. Anderson again.

"Mr. Avery and Mr. Allen spent Sunday with me at Skyland, making the final job of the trail measuring. I guess they have told about the wonderful Passaquaddi Trail I am building. They were thrilled, indeed, over its beauty, and have changed the Appalachian Trail route so that it now passes over and through this exquisite (sic) bit of rugged (sic) scenery, in my opinion, the finest in the Park.

"With best regards, I am  
"Sincerely yours,  
"George Freeman Pollock."

The "Summer Frolic" was a traditional Pollock version of Woodstock, with food, dancing, (shall we admit to moonshining?), bonfires, and just plain partying late into the night. The guests would enjoy the "show," with Pollock emceeding, often doing the lead act with pistols and snakes, and all

being observed by the curious mountain people hanging around in the shadows.

Myron Avery, whom you may have heard of by now if you've been in the Club any time at all, and Harold Allen, residents of DC, were among the original founding fathers of the Club, which was formed in 1927. Avery served as President for many, many years, until World War II forced him to turn his duties over to others due to the stress of his wartime job. There was no "Park," in 1931, though it was well on its way, in no small measure due to the promotional activities of both Pollock and Club founders.

Pollock built the trail to Stony Man, which incorporates much of the Stony Man Trail today. He also had trails built to White Oak Canyon Falls and the famous swimming pool en route. Another trail he built was the Limberlost, now an accessibility trail. All of these were likely created using labor from local mountain families.

Thus, the Club is indebted to Pollock both for his early trail-building efforts and for helping bring the Park to a reality. And we, when we bask in the aura of Skyland, can look back to an era where natural beauty was preserved by a single entrepreneur and thank our lucky stars that he did. □

—Jack Reeder

## Hike with the Flowers

As a show, it is unusual, perhaps unique. More performers appear each time the performance is repeated. The performance is relatively brief, and the viewers, fortunately, rarely reach far into the four digit numbers. Seventy years ago, most PATC members had attended one or more performances; today, the majority are ignorant of the spectacle. Another organization has assumed its protection.

I'm writing about the annual display of trillium grandiflora along part of PATC's section of Appalachian Trail, a display of white and rose-pink flowers that bloom in uncounted profusion along the Trail from about a quarter mile south of Manassas Gap Shelter almost to the side trail to Dick's Dome. The flowers extend down to the

edge of the woods to the east and up to the top of Blue Mountain, though the creation of Blue Mountain Estates halted its westward expansion. In early May, just after the bloodroot begins to shed its petals, that hillside, roughly five miles by a mile and a half, is carpeted with the shiny green leaves and the nodding blossoms of trillium. There are other flowers as well—showy orchis, violets, even the rare moccasin flower, but these are lost in the waving sea of trillium.

The large-flower trillium (*T. grandiflora*) is a "most variable species", Ricketts in his *Wildflowers of the United States: Northeastern States* says. Here, in northern Virginia, pale pink and deep rose, colors that elsewhere appear only in fading trillium, appear on newly opened petals and

remain during the whole blooming period. Trillium is usually ivory white. Perhaps ours is a sub-species?

PATC became acquainted with this display soon after the AT was blazed, because the *Bulletin* announced Herbert Solyom's hike May 14, 1932 from Paris, Va., to Linden as a "favorite hike" to see an "amazing display of trillium and bloodroot." It was repeated in 1933, but in 1934 Paul Bradt took the Club to see the trillium show on Old Rag, and for the next dozen years, the Club alternated visiting the two sites at trillium time, with botanist Egbert Walker, who also maintained the Ashby Gap to Linden section, leading the Blue Mountain hike.

See *Trillium*, page 15

## Hiking to Harpers Ferry

Hiking northward from the Blackburn Trail Center along Blue Ridge, the Appalachian Trail follows the borderline between West Virginia, on your left, and Virginia, on your right. After about seventeen miles trudging the ridge, the Trail descends and crosses the Shenandoah River. This is where you enter the historic town of Harpers Ferry.

Harpers Ferry seems to have an attraction for almost anyone. Here two beautiful rivers, the Potomac and the Shenandoah, meet amid rocky, turbulent waters, making this a river-runner's paradise. For those who hold a fondness for trains, the old B&O Railroad line runs through here, crossing the Potomac from West Virginia and entering a tunnel under the cliffs of Maryland Heights. For history buffs, there are few places anywhere in the United States with more stories to tell. To the hiker, Harpers Ferry is a wonderful place to enjoy all these things and a great trail to boot.

After crossing the Shenandoah, the trail turns to the right and up into the woods above the old main road into town. The trail follows

along the top of the cliffs, from which you can often find rock climbers practicing their rappelling skills on a nice summer day. After just over a quarter of a mile, a blue-blazed trail leads off to the left and takes the hiker to the headquarters of the ATC, on Washington Street in Harpers Ferry. Staying on the AT, you'll soon pass another side-trail, this one leading to the campus of historic Storer College, the first black college in the country. Continuing straight, you will come first to a short path that takes you to the Harpers Cemetery and then another short path leading to Jefferson Rock. It was from this site that Thomas Jefferson said, "This scene is worth a voyage across the Atlantic". Though the original rock is long gone, the view that Jefferson observed is still largely intact. You can see the Shenandoah coming down on your right, the Potomac and the town off to your left, and Loudon Heights straight ahead in Virginia.

Now your walk will take you into the town itself, first passing the ruins of St. John's Episcopal Church, and then St. Peter's Roman Catholic Church, still active after 167 years of service to the Harpers Ferry

community. You are now in the town's historic district, and here you will find Robert Harper's house, the oldest structure in Harpers Ferry, dating from 1775. At the bottom of the steps coming from the church and Harper's house, there are many other historic buildings, including a reproduction of the original firehouse that John Brown used as a fort during his famous raid on the arsenal here. And since this is a national park, you can find interpretative programs and even a bookstore to fill your hunger for knowledge of this great place.

After finishing your stay in Harpers Ferry, you'll want to continue north on the AT. The trail follows the walkway on the train bridge leading out of town and into Maryland. From here it will take you along the historic C&O Canal towpath for about 3 miles before re-entering the woods, up the steep path to Weverton Cliffs, and on to even more historic sites in the Free State.

If you haven't taken the trail to Harpers Ferry yet, put it on your list. The scene will be worth your "voyage" as well. □

—*Vincent G. Ferrari*

## PATC Hikes—a Six-Year Report

In 1994, PATC instituted new policies regarding its hiking regimen. At the time, the program had sunk into a disorganized state, without any rules, controls or planning. But a newly published Hike Leader Guide required members leading official Club hikes to submit trip reports. We have now accumulated six years' worth of these reports, which are being archived at PATC headquarters.

Aside from establishing a control mechanism for the hiking program, the reports have yielded a wealth of statistical data. Taken together with the recent membership survey, we can now determine, with some degree of confidence, who hikes, where they hike, and how many of us truly participate in PATC hikes.

In the six years since the reporting requirement was instituted, reports have been submitted for 553 hikes. Well over six thousand hikers participated, for an average of about 11.5 people per hike. Overall,

hikes have averaged about 10 miles in length. Each year, more hikes are reported, but this is more a measure of increased compliance with the reporting policy than it is an indication of a more robust program.

About two-thirds of those responding to the membership survey were men. But in the hike reports hikers split about 50/50; men represented 50.7% of hikers, women 49.3%. This result has been consistent through the years. Women predominate in the shorter hikes, especially the Wednesday hiking groups that have been so popular with older members. Men are more likely to sign up for the long, fast conditioning hikes. If hiking is a measure of fitness, the women are staying fit longer than the men. (They also seem to exercise better judgment about maxing out on physical training.)

In addition to the Wednesday hiking groups (there is more than one), three other hiking

groups deserve mention. In the "fast and long" category, no one challenges Cliff Noyes, who has led more hikes than any other Club member over the past six years. At the opposite end of the spectrum, Bob Pickett's shorter and more leisurely nature hikes usually draw a crowd. Finally, William Needham and Jack Thorsen have put together several hiking series that have drawn a dedicated core of enthusiasts. Their hikes violate the general rule that longer hikes draw fewer people. Perhaps people are attracted to the long-term goal of the series hike scenario.

According to the membership survey, hiking is far and away the most popular recreational activity in PATC (no surprise there), and backpacking, as a special form of hiking, comes in for its own share of popularity. But Club leaders would rather lead work trips. So here is a paradox—there is a large group of would-be hikers out there

*See PATC Hikes, page 13*

## Chapters

### Charlottesville Chapter

The Charlottesville Chapter hikes every Saturday, summer, winter and in between. Hikes are about 8 miles. Trail maintenance is usually done on the last Saturday of the month. Meet at Sprint parking lot, 2307 Hydraulic Road at 9 a.m. with food and water for the day. We hike trails in the Southern, Central and occasionally Northern Districts of Shenandoah National Park, and in George Washington National Forest. INFO: Jere Bidwell 804/295-2143, John Shannon 804/293-2953 or Lois Mansfield 804/973-7184.

### North Chapter

The North Chapter of PATC conducts monthly trail work trips on the Maryland and Pennsylvania sections of the Appalachian Trail (AT) and on the Pennsylvania sections of the Tuscarora Trail. We also lead hikes on these and other trails. Maryland AT work trips are generally held on the first and third Saturdays—contact Mark Mitchell (mdtrail@yahoo.com), 301/461-7048 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday—contact Charlie Irvin, 301/447-2848 or Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday night stay at the Gypsy Spring cabin. Dinner, breakfast, and camaraderie available. For information on upcoming hikes, contact Chris Firme (bncfirme@innet.net) 717/765-4833. For general chapter information, contact chapter president Steve Koeppen (patc-north@mail.com) 410/756-2916 or visit the North Chapter home page ([www.patc.net/north\\_ch.html](http://www.patc.net/north_ch.html)).

### 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 Martha Clark (mclark@visuallink.com) 540/665-2101.

### Southern Shenandoah Valley Chapter

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

### West Virginia Chapter

Chapter meeting at Highacre on the first Wednesday of the month. See Forecast for upcoming activities. For information about the chapter or to receive the newsletter, contact Judy Smoot at 540/667-2036 or wvpatc@hotmail.com.

### Ski Touring Section

The Ski Touring Section has served since 1974 to introduce Washington area residents to cross-country skiing and to provide cross-country skiing opportunities to experienced skiers. The Section sponsors winter weekend ski trips for all levels of skiers to nearby mountains in Maryland, West Virginia and Pennsylvania, as well as periodic social events year round. INFO: Katherine Stentzel 703/781-3249.

### Mountaineering Section

We're a diverse group of local Washington, DC area climbers. Young and old, male and female, crag rat, sport climber, and alpinist, active and armchair types — we all enjoy climbing in its many varieties. We also share common interest in promoting safe climbing, conserving the outdoors, developing new climbers' skills, representing the Washington area climbing community, and having fun! We provide instruction for those who want 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 Greg Christopoulos at greg.christopoulos@do.treas.gov).

### PATC Midweek Hikes

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

### Other Clubs' Hikes

Capital and Wanderbirds hike on Sundays, traveling by bus and leaving from downtown, with suburban stops as well. Center Club, Northern Virginia Hiking Club and Sierra Clubs hike on both Saturdays and Sundays using carpools, which often leave from a suburban Metro stop. Schedules are available at PATC Headquarters and are published in area newspapers on Fridays.

## KEY to Forecast Activities

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

-  Hiking Trips
-  Backpacking Trips
-  Trail Work Trips
-  Cabin/Shelter Work Trips
-  Special Events
-  Meetings
-  National Trails Day

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

## Meetings

### Meetings

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

### Trail Patrol - First Tuesday

7:30 p.m. Trail Patrol volunteers are PATC's goodwill trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, educating the public on good hiking practices, minimum impact hiking and camping ethics. Patrol members are trained in land navigation, emergency procedures, radio communications and personal equipment. All patrol volunteers are also expected to become certified in a recognized basic first aid course. Some equipment and uniform items are provided upon completion of training. INFO: Kumait Jawdat 202/328-8137 or see PATC's website (<http://patc.net/trailpatrol>).

### New Members (PATC) - First Wednesday

7:30 p.m. Curious about the Club? Want to learn more? The best way is to attend a New Members Meeting (but you don't have to be new to qualify). Attend the meeting and find the mysteries of PATC revealed in full. Refreshments will be served. Directions to PATC: Take Rt.123 into Vienna, VA and turn east on Park St.(Rt.675) to 118 Park St. on your left. INFO: Terry Cummings (TCIVP@mindspring.com) 410/489-4594.

### Shenandoah Mountain Rescue Group

(New Members meeting) - Second Monday  
7:30 p.m. New members meeting. INFO: SMRG Operations 703/255-5034, then press #5.

### PATC Council - Second Tuesday

7:00 p.m. sharp. The PATC Council meets the second Tuesday of every month to conduct business of the Club. All members are welcome. INFO: Wilson Riley (wriley1226@aol.com) 703/242-0693 x11.

### Mountaineering Section - Second Wednesday

8:00 p.m. Second Wednesday of every month. INFO: Greg Christopoulos (greg.christopoulos@do.treas.gov) or see PATC's website ([http://www.patc.net/mtn\\_sect/](http://www.patc.net/mtn_sect/)).

### The Futures Group - Third Tuesday

7:00 p.m. Meets to research, develop, and recommend to membership changes to PATC organization, constitution, and bylaws in order to meet challenges of the new century. PATC members welcomed. INFO: Gerhard Saling (evger@erols.com) or Walt Smith (wsmith@visuallink.com), Co-Chairs.

### Shenandoah Mountain Rescue Group

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

# May

1 (Monday)

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

5:00 p.m. All items for the next issue of the PATC newsletter must be submitted on disk if possible to headquarters, or via e-mail or e-mail attachment to jns-bianca@home.com. Allow one week for postal service delivery.

2 (Tuesday)

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

2 (Tuesday)

 **HIKE - Vigorous Hikers Prince William Forest Park, VA**

Circuit hike of about 19 miles along the streams and wooded hills of close-in Prince William Forest Park (about 20 miles south of the Beltway). INFO: Cliff Noyes (Cliff.noyes@juno.com) 703/451-5181 before 9:30 p.m.

3 (Wednesday)

 **HIKE - Easy Hikers Rock Creek Park, Washington, DC**

This will be a Zoo hike starting at Pierce Mill at 10:00 a.m. Connecticut Ave. to Tilden—parking lot to the right of Pierce Mill. It is a short hike through Rock Creek Park, but walking around the Zoo looking at the animals adds up the mileage. Bring lunch, or there is a snack bar available where we meet for lunch. INFO: Betty G. Sanders 202/686-1022.

3 (Wednesday)

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

4 (Thursday)

**CLASS - Spring Hiking/Backpacking Destinations (REI)**

**REI, College Park, MD**

7:30 p.m. Find your way to some new places in the Mid-Atlantic backcountry. REI's Mark Nelson will detail a variety of great destinations from those suitable for families and first-timers all the way to off-trail treks for veteran bushwhackers. Everyone is invited to contribute their own favorite destination! Put yourself in the foreground of your dream outdoor adventure! INFO: REI 301/982-9681.

6 (Saturday)

 **TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD**

Enjoy a comfortable weather day with the South Mountaineers. Get dirty and have fun as we maintain the AT, giving back to our treasured resource. Novices welcome. Bring water, lunch, gloves, and boots. Consider sunscreen; foliage has not appeared on the trail yet. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

6 (Saturday)

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

Join Bob Pickett for a seven mile hike along the Appalachian Trail near Sky Meadows, VA. This is botanically rich area, known for its famous white trillium display. Yellow lady slippers and showy orchis should also be in flower. The warblers should be calling, the snakes crawling and we might even find some mores! Reservations/INFO: Bob Pickett 310/681-1511.

6 - 7 (Saturday - Sunday)

 **TRAIL WORK TRIP - North Chapter Appalachian Trail, PA**

Meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Charlie Irvin 301/447-2848.

6 - 7 (Saturday - Sunday)

**CLASS - Wilderness First Aid Annandale, VA**

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

6 - 7 (Saturday - Sunday)

 **SHELTER WORK TRIP - Ed Garvey Memorial Shelter**

**Bowie, MD**

Log shelter construction. Join volunteers as we continue working on the Ed Garvey Memorial Shelter and privy near Bowie, MD. Assembling logs, wood chiseling and more. When completed (approximately June/July) it will be disassembled and hauled to the Appalachian Trail for reassembly near Harpers Ferry, MD. Additional information available at website <http://patc.net/garvey/> (developed by Stan Turk and his son Robert). INFO: Frank Turk (FrankTurk@aol.com) 301/249-8243 or Jim Skinner (jskinner@erols.com) 301/588-8607.

6 - 7 (Saturday - Sunday)

**CLASS - Beginner Backpacking (O) Harpers Ferry, WV**

Two-day, easy mileage trip from the Outfitter at Harpers Ferry. Course will focus on safety, outdoor ethics, trip planning, map reading, and how to keep your pack lightweight. Equipment and instruction will be provided at a fee. INFO: Outfitter 888/535-2087.

6 - 7 (Saturday - Sunday)

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

Are you up in the air about what to do this weekend? If so, you are just the person we are looking for. While you are up in the air you can help us install the roof on Tulip Tree Cabin. There will be plenty of interesting things to do on the roof. If you are a little less adventurous we can find something for you to do on the ground, like prepare rafters to be installed on the roof, or maybe carry boards and hand things up to the workers on the roof. Whatever you do you will learn plenty and have a good time too. INFO: Charlie Graf 410/757-6053.

8 (Monday)

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

9 (Tuesday)

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

9 (Tuesday)

 **TRAIL WORK TRIP - Vigorous Hikers North District, Shenandoah National Park, VA**

Trail work trip on Dickey Ridge in North District of SNP whipping weeds and clearing any deadfalls. Bring work gloves. INFO: Cliff Noyes (Cliff.noyes@juno.com) 703/451-5181 before 9:30 p.m.

10 (Wednesday)

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

10 (Wednesday)

**CLASS - Spring Hiking/Backpacking Destinations (REI)**

**REI, Baileys Crossroads, VA**

Same as 5/4, except at Baileys Crossroads. INFO: REI 703/379-9400.

10 (Wednesday)

 **HIKE - Easy Hikers Fort Washington National Park, MD**

About 4 miles on perimeter trail plus a half hour or so exploring ruined fort. Meet at parking lot just inside entrance station at 10:00 a.m. Beltway exit 3, south on Indian Head Hwy. (MD 210) 7 miles to Ft Washington Rd. (right turn). This road ends at park entrance. Small fee except for holders of Golden Eagle or Golden Age pass. Bring lunch and water. Call if weather is doubtful. No children under 12. INFO: Henry Shryock 202/479-4130 or Pauline LeMarie 202/484-3966.

13 (Saturday)

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

We're rebuilding the sidehill tread of the Massanutten East Trail between Waterfall Mountain Trail and Scothorn Gap. INFO: Wil Kohlbrenner (wmaxk@shentel.net) 540/477-2971.

13 (Saturday)

 **TRAIL WORK TRIP - Maryland Metrolites Cabin John Trail, MD**

Join the Maryland Metrolites for a work trip in Cabin John Park, Montgomery County. We meet at 9:30 a.m. at the Nature Center parking lot (also site of enclosed tennis courts) off Democracy Boulevard near Montgomery Mall. Bring lunch, gloves, water, and high spirits. INFO: Liles Creighton 410/573-0067.

13 (Saturday)

 **TRAIL WORK TRIP - Rock Creek Park Crew Rock Creek Park, Washington, DC**

8:15-11:30 a.m. Because of the Leap Year, we were only able to work in one work trip during the month of May. Don't miss this once-a-month chance to help improve Rock Creek's hiking trails. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31.

13 (Saturday)

 **MEETING - Rock Creek/D.C. Overseer Meeting**

**Rock Creek Park, Washington, DC**

11:30 a.m. All overseers for trail sections in Rock Creek Park and other D.C. parks should attend this overseer meeting to discuss trail maintenance and organizational issues. Ranger Ken Ferebee will give some tips and District Manager Mark Anderson will give out free goodies and blazing paint. Come to the work crew trip that precedes this meeting from 8:15 to 11:30 and get to know some of the other volunteers who give their time in Rock Creek Park. Meet at the Rock Creek Nature Center. We won't keep you long. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31.

# FORECAST

13 (Saturday)

🚶 **HIKE - Bird Knob**  
New Market, VA

Get a good up close look at the mountain laurel on the Bird Knob circuit hike. With a 1000 foot elevation gain and loss, and at 8.5 miles, this is a good leg stretcher. This hike will take place near New Market, VA. INFO: Susan Bly (sbly@shepherd.edu) 304/258-3319 evenings 6-9.

13 (Saturday)

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

On the Sidewinder Trail. The sidehill tread that we built a year ago has come through the winter in fine shape. We'll adjust the outslope in places, deepen a drainage area to keep flood water off the trail, and reshape a steep, gutted section. INFO: Wil Kohlbrenner (wmaxk@shentel.net) 540/477-2971.

13 (Saturday)

🚶 **HIKE - Teen Hike**

Central District, Shenandoah National Park, VA

Hike Old Rag Mountain. Old Rag is one of the more famous local places for great hiking and great views. The hike will be challenging but entertaining for the group. Bring water and lunch, wear sturdy boots, and be prepared for rain and cool weather. INFO: Alex or Greg Christopoulos (goclimb@erols.com) 703/876-0957.

13 - 14 (Saturday - Sunday)

🏠 **Cabin Work Trip - Blackburn Trail Center**  
Round Hill, VA

So you missed our "Privy Moving Weekend". Well, not to worry, we are now ready to move a second one. This is your chance to join PATC's privy expert and learn all aspects of this extremely important work (this way, the next time you are applying for a new job, you can add this to your resume and, I can assure you, you will beat the competition hands down !!). Actually, if the idea of moving a privy doesn't move you, we do have many other jobs underway from simple sanding and painting to installing our new standing-seam metal roof. Come for the day or for all weekend. Reservation/INFO: Chris Brunton 703/560-8070 or Bruce Clendaniel 410/820-7550.

13 - 14 (Saturday - Sunday)

🏠 **TRAIL WORK TRIP - Hogback Mountain**

North District, Shenandoah National Park, VA

Come help rework the treadway on Hogback Mountain. Bring lunch, water, and workgloves. Overnight at Indian Run Maintenance Hut for those who desire. Dinner's on me!! INFO: John McCrea (jkmac@voicenet.com) 610/352-9287.

13 - 14 (Saturday - Sunday)

🏠 **SHELTER WORK TRIP - Ed Garvey Memorial Shelter**

Bowie, MD

See 5/6-7 for details. INFO: Frank Turk (FrankTurk@aol.com) 301/249-8243 or Jim Skinner (jskinner@erols.com) 301/588-8607.

13 - 14 (Saturday - Sunday)

🏠 **TRAIL WORK TRIP - Cadillac Crew**

Vining Tract, Lydia, VA

Join the Cadillac Crew as we make our yearly trip to clear that gosh darn Cliff Trail. (The weeds just keep coming back!) Bring a lunch and water for Saturday noon. And if you plan on some extracurricular hiking after the work is done, bring

long pants, a long-sleeved shirt and gloves. You'll need them. Trust us. Community dinner on Saturday night. Overnight at a Vining Tract cabin. INFO: Fran Keenan (outdoorsnow@mgfairfax.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

16 (Tuesday)

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

16 (Tuesday)

🚶 **HIKE - Vigorous Hikers**

G. Richard Thompson WMA, VA

Circuit hike near the AT in Northern Virginia to look for trillium which should form a pink and white blanket on the hillsides of Thompson Wildlife Area. INFO: Cliff Noyes (Cliff.noyes@juno.com) 703/451-5181 before 9:30 p.m.

17 (Wednesday)

🚶 **HIKE - Easy Hikers**

Great Falls, MD

Hike 4 or 5 miles along the C&O Canal. Meet 10 a.m. at the Visitor's Center. Bring Golden Eagle or Golden Age Pass (\$4 per car otherwise), lunch, and water. Directions: I-495 to exit 41 (Carderock) to MacArthur Blvd. into Park. INFO: Nancie Coan, 202/338-4580.

17 (Wednesday)

🚶 **HIKE - Easy Hikers**

Rock Creek Park, Washington, DC

Meet at 10:00 a.m. at the Rock Creek Nature Center, off Military Road between Connecticut Ave. and 16th Street. We will do a 5.5-mile loop hike on the Western Ridge and Valley Trails in the northern section of the park. Bring lunch and water. INFO: Nancie Coan, 202/338-4580.

19 (Friday)

🏠 **Chapter Dinner MEETING - Northern Shenandoah Valley Chapter**

Winchester, VA

The spring dinner meeting of the NSVC will be at Manuel's & Wife restaurant on Valley Ave. in Winchester, beginning at 6:30 p.m. Lee Sheaffer will be presenting a slide show and description of his recent hike up Mt. Ranier in Washington state. If you plan to attend, please call so we can plan enough accommodations. Reservations/INFO: Martha Clark 540/665-2101.

20 (Saturday)

🏠 **TRAIL WORK TRIP - North Chapter**

Tuscarora Trail, PA

For meeting place and other details, call Charlie Irvin, 301/447-2848.

20 (Saturday)

🏠 **TRAIL WORK TRIP - South Mountaineers**

Appalachian Trail, MD

You have seen our ads, why not join us? We are a fun-loving social group that goes home happy and tired — like when you were a kid. Bring water, lunch, gloves, boots, and sunscreen (foliage still not out along the trail). INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

20 (Saturday)

🚶 **HIKE - Great North Mountain**

George Washington National Forest

Springtime at its best on Great North Mountain! Join me for a moderately-paced 12-mile circuit hike culminating at Big Schloss. This annual event features some uncommon wildflowers, the

fragrant pink azalea, and incomparable views. The 1800 foot elevation gain involves moderate grades and is suitable for experienced hikers in decent shape. See *Circuit Hikes in VA, WV, MD, and PA* for details. RSVP/INFO: Janet Dombrowski 703/243-4232 before 9:30 p.m.

20 (Saturday)

🏠 **TRAIL WORK TRIP - Stonewall Brigade**  
Shenandoah County, VA

Great North Mountain on the VA/WV state line. Join the Stonewall Brigade at Wolf Gap Recreation Area at 9:00 a.m. to work on Mill Mountain Trail near Big Schloss. This popular area offers fine panoramic views of Trout Run Valley from the mountain crest. We will rework the sidehill on Mill Mountain Trail just below the Schloss, where the tread is eroding in the center of the tread. We will also remove rocks and smooth the tread between that point and the spur trail to Big Schloss. RSVP/INFO: Hop Long (theFSLongs@erols.com) 301/942-6177.

20 (Saturday)

🚶 **HIKE - Mason-Dixon Trail Series #4**  
East of York, PA

A moderately paced 17-mile hike along the Susquehanna River from Wrightsville to York Furnace, PA. A car shuttle is required. Mason-Dixon Trail map 4. INFO: Jack Thorsen 703/339-6716 or William Needham 410/884-9127.

20 - 21 (Saturday - Sunday)

🏠 **TRAIL WORK TRIP**

Central District, Shenandoah National Park, VA

Having a hard time getting out of the winter doldrums? (Want to know from whence came that term, "doldrums?") Well, at least you've built up your upper body strength, shoveling snow. Come out and help a crew of trailbuilders rebuild a section of the Appalachian Trail in Shenandoah National Park! That's right! Dig, again! Have fun, moving and sifting dirt back into the treadway. Meet at 9:30 a.m. on Saturday at the Timber Hollow Overlook on Skyline Drive. Overnight accommodations at Pocosin Cabin. Reservation/INFO: Don White (whitedh@hotmail.com) 703/443-1572.

20 - 21 (Saturday - Sunday)

🏠 **SHELTER WORK TRIP - Ed Garvey Memorial Shelter**

Bowie, MD

See 5/6-7 for details. INFO: Frank Turk (FrankTurk@aol.com) 301/249-8243 or Jim Skinner (jskinner@erols.com) 301/588-8607.

20 - 21 (Saturday - Sunday)

🏠 **South-of-the-border TRAIL WORK TRIP - North District Hoodlums**

North District, Shenandoah National Park, VA

Hola! Come ride with the Hoodlums Trail Crew for a weekend of fun and trailwork! No entiendo? Well let's just say that a day's work on the A.T. in the North District of the park will be rewarded afterwards with a Tex-Mex spread that even ZZ Top would be proud of! No experience necessary—tools provided. Bring work gloves, lunch, and a smile. Overnight stay at Indian Run Hut within the park. Come for the day, stay for the evening meal, or spend the entire weekend. The crew meets at 10 a.m. at Piney River Ranger Station in the North District. RSVP/INFO: George Walters (gjwalters@erols.com) 410/426-2724.

## 20 - 21 (Saturday - Sunday)

### CLASS - Wilderness First Aid Certification (ATC) Blackburn Trail Center, Round Hill, VA

This ATC-sponsored course will be taught by instructors from Stonehearth Open Learning Opportunities (SOLO). The course will introduce trail maintainers, chainsaw operators, and trip leaders to the basic principals of wilderness first aid. Minimum class size is 15 participants, and the maximum is 20. Participants must be 18 years of age. \$80 for AT club members, \$100 for non-members. INFO: Heidi Forrest 703/242-5771.

## 20 - 21 (Saturday - Sunday)

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

Work will continue on the roof. We are doing our best to get the cabin under roof by the middle of the summer. That will be a major milestone (Gerhard are you reading this?). Once the cabin is under roof all sorts of interesting things can happen; we can start sleeping in it; we can cook and eat in it; we can chink the logs; we can install the doors and windows, etc., etc. There is still plenty of interesting work to do with those primitive hand tools so don't be discouraged, we can still find plenty of backbreaking, blister making work to do. INFO: Charlie Graf 410/757-6053.

## 24 (Wednesday)

### HIKE - Easy Hikers

#### Black Hill Regional Park, MD

We will hike about 4.5 miles in this park north of Gaithersburg. Meadow flowers should be in bloom and the birds will be back, perhaps some bluebirds. Meet at 10:00 a.m. Bring lunch and water. Directions: I-270 to Exit 18. Left on Rt. 121 (Clarksburg Road) for 1.5 mi. Left on Old Baltimore Road for 1 mi. to Park entrance on right (Lake Ridge Road). Go 1.7 mi. to the Visitor Center. Park in lot to the left of the Visitor Center under trees. INFO: Carol Niedzialek (niedze@erols.com) 301/439-1654.

## 27 (Saturday)

### CLASS - Energy Bar Tasting (HTO)

#### Hudson Trail Outfitters, all locations

Sample energy bars from PowerBar, Balance, Luna, and Clif. Find out what your favorite flavor is. Tastings will begin at 11:00 a.m. and will continue until the samples are gone. INFO: Eric Stalzer 301/840-0650.

## 27 (Saturday)

### HIKE - Northern Shenandoah Valley Chapter Duncan Knob, George Washington National Forest

Duncan Knob offers spectacular views of Massanutten Mountain, Page Valley, and the Shenandoah Valley. Duncan Knob is situated on one of the Center Ridges of the Massanutten Range, so when you are on its summit, you are surrounded by mountains but high enough to see over the nearby parallel ridges. The mountains abound in mountain laurel, which should be in bloom at this time of year; in good years the mountainsides are tinged in a wonderful shade of pink. The trail up is of moderate difficulty and to reach the top of the mountain requires a long but not difficult rock-scramble. Leader/INFO: Carl Bock 703/323-5306.

## 27 - 28 (Saturday - Sunday)

### TRAIL WORK TRIP - North Chapter Appalachian Trail, PA

Meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Charlie Irvin, 301/447-2848.

## 27 - 28 (Saturday - Sunday)

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

Work continues at the Blackburn Center and we have plenty of room for you. We are only 50 miles from the Beltway and offer great accommodations, food and company. We will continue to work on the installation of our new metal roof, build 16 new bunks, dig a new pump room for the water system, plus we have much outside garden cleanup type work that needs to be done. Come out for the day or stay all weekend with us. Reservations/INFO: Chris Brunton 703/560-8070 or Bruce Clendaniel 410/820-7557.

## 27 - 28 (Saturday - Sunday)

### SHELTER WORK TRIP - Ed Garvey Memorial Shelter

#### Bowie, MD

See 5/6-7 for details. INFO: Frank Turk (FrankTurk@aol.com) 301/249-8243 or Jim Skinner (jskinner@erols.com) 301/588-8607.

## 27 - 28 (Saturday - Sunday)

### TRAIL WORK TRIP - Cadillac Crew North District, Shenandoah National Park, VA

The Cadillac Crew will spend the weekend repairing tread on a section of the AT near Indian Run in the SNP North District. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at Indian Run Hut. INFO: Fran Keenan (outdoorsnow@mgfairfax.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

## 30 (Tuesday)

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

## 31 (Wednesday)

### HIKE - Easy Hikers

#### Glen Echo, MD

10:00 a.m. Sycamore Island Club — C&O Canal Tow Path. Hike three to four miles. Meet in parking area across street from Sycamore Store (7027 MacArthur Blvd.). Hike on towpath until noon, returning to the Sycamore Island Club for lunch and tour of island. Enjoy short rope-pulled raft trip to the island from towpath. Bring lunch and a drink, relax, and stroll around this home of the Sycamore Island Canoe Club on Maryland side of the Potomac. RSVP by Monday (5/29). Call if inclement weather is forecast. INFO: Dawn Carlisle 301/924-4765.

# June

## 1 (Thursday)

### DEADLINE - July Potomac Appalachian Headquarters, Vienna, VA

5:00 p.m. All items for the next issue of the PATC newsletter must be submitted on disk if possible to headquarters, or via e-mail or e-mail attachment to jns-bianca@home.com. Allow one week for postal service delivery.

## 3 (Saturday)

### TRAIL WORK TRIP - National Trails Day Rock Creek Park, Washington, DC

8:15-11:30 a.m. This work trip is being held in honor of National Trails Day. We'll probably do a little pleasure hiking along with our work to take in the beauty that D.C.'s trails offer. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31.

## 3 (Saturday)

### TRAIL WORK TRIP Massanutten Mountain (South), VA

Celebrate National Trails Day by helping a new overseer with trail maintenance. Pitt Springs Trail south to Morgan Run Trail. INFO: Bill Schmidt (weschem@gwu.edu) 301/585-2477.

## 3 (Saturday)

### TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

Join the South Mountaineers on National Trails Day. This is a great opportunity to give back to the trail you love and meet many of the volunteers responsible for its care in Maryland. Weeding on the agenda. A picnic is planned after the event. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

## 3 (Saturday)

### TRAIL WORK TRIP - National Trails Day Service Project (REI)

#### Turkey Run Park, VA

8:30 a.m. - 4:00 p.m. Join the National Park Service, REI, and PATC for a great celebration of National Trails Day! Join us for a day of outdoor recreation doing great work that makes a difference in keeping our local parks and trails in top shape for outdoor adventurers of all ages. This year we will reconstruct trail sections, install erosion controls, remove invasive plants, and clean up the area. There will be work for all ages and skill levels. Registration is necessary to aid us in organizing the work and having the correct number of tools. Registration/INFO: REI 301/982-9681 or 703/379-9400.

## 3 - 4 (Saturday - Sunday)

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

Work continues at the Blackburn Center and we have plenty of room for you. We are only 50 miles from the Beltway and offer great accommodations, food and company. We will continue to work on the installation of our new metal roof, build 16 new bunks, dig a new pump room for the water system, plus we have much outside garden cleanup type work that needs to be done. Come out for the day or stay all weekend with us. Reservations/INFO: Chris Brunton 703/560-8070 or Bruce Clendaniel 410/820-7557.

## 3 - 4 (Saturday - Sunday)

### TRAIL WORK TRIP - North Chapter Appalachian Trail, PA

Set a good example and join the North Chapter trail crew for a National Trails Day work trip. We will meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Charlie Irvin 301/447-2848.

# FORECAST

## 3 - 4 (Saturday - Sunday) CLASS - Wilderness First Aid (WSC) Annandale, VA

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

## 3 - 4 (Saturday - Sunday) SHELTER WORK TRIP - Ed Garvey Memorial Shelter Bowie, MD

Log shelter construction. Join volunteers as we continue working on the Ed Garvey Memorial Shelter and privy near Bowie, MD. Assembling logs, wood chiseling and more. When completed (approximately June/July) it will be disassembled and hauled to the Appalachian Trail for reassembly near Harpers Ferry, MD. Additional information available at website <http://patc.net/garvey/> (developed by Stan Turk and his son Robert). INFO: Frank Turk ([FrankTurk@aol.com](mailto:FrankTurk@aol.com)) 301/249-8243 or Jim Skinner ([jskinner@erols.com](mailto:jskinner@erols.com)) 301/588-8607.

## 3 - 4 (Saturday - Sunday) CABIN WORK TRIP - Tulip Tree Cabin Shaver Hollow, VA

With any luck we will be putting the double-crimp standing seam tern roof on the cabin. This is the most common type of roof that you see on old Virginia farm houses throughout the countryside. Tools for doing this work are becoming rare and are sold as antiques, and the skills and knowledge for doing the work are becoming rare. We have the tools and we know how to use them. If you would like to learn this dying art join us this weekend and get some first hand experience. INFO: Charlie Graf 410/757 - 6053.

## 3 - 4 (Saturday - Sunday) OPENING CEREMONIES - Fairfax Cross-County Trail (FT&S/FCPA) Fairfax County, VA

The following are Fairfax Trails and Streams' 4 related NTD events, in cooperation with the Fairfax County Park Authority (which will erect the signposts):

**6/3 9:00 a.m. PART 1** — Brief ceremonies to unveil 3 "Cross-County Trail" signposts in Great Falls, Reston and Oakton (carpools), then 7-mile hike back along the new trail (mostly natural surface). Meet at Colvin Run Mill Park, Route 7, 4 miles west of I-495.

**6/4 8:30 a.m. PART 2** — Brief ceremonies to unveil 2 "Cross-County Trail" signposts at King Arthur Road and Prosperity Ave. Two-mile hike along the bike trail.

**6/4 11:00 a.m. PART 3** — Brief ceremonies to unveil 2 "Cross-County Trail" signposts at Wakefield Park and Lake Accotink, during a 5-mile circuit hike of the lake. The lake will be temporarily drained at the time — though less beautiful, it will be more intriguing to see! Directions: take Braddock Road west from I-495, first right into Wakefield Park. This event is part of the annual "Springfield Days" festival.

**6/4 5:00 p.m. PART 4** — Brief ceremonies to unveil 2 "Cross-County Trail" signposts at Hooes Road and Alban Road along Pohick

Creek (carpool), then 3-mile hike back along this little-used, scenic section. Check late details for the foregoing events at [www.mindspring.com/~potomacgreenways](http://www.mindspring.com/~potomacgreenways). INFO: Bill Niedringhaus ([rowemm@aol.com](mailto:rowemm@aol.com)) 703/821-0975.

## 6 (Tuesday) MEETING - Trail Patrol, 7:30 p.m.

## 6 (Tuesday) HIKE - Vigorous Hikers Great North Mountain, VA/WV

Circuit hike of 18 miles from Rt. 55 to Waites Run and return along the ridge of Great North Mountain on the VA/West VA border. INFO: Cliff Noyes ([Cliff.noyes@juno.com](mailto:Cliff.noyes@juno.com)) 703/451-5181 before 9:30 p.m.

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

## 10 (Saturday) TRAIL WORK TRIP - Massanutten Crew Massanutten Mountain, VA

We'll reshape the tread, and construct ditches and waterbars on the Gap Creek Trail in Crisman Hollow. INFO: Wil Kohlbrenner ([wmaxk@shentel.net](mailto:wmaxk@shentel.net)) 540/477-2971.

## 10 (Saturday) HIKE - Teen Hike Central District, Shenandoah National Park, VA

White Oak Canyon hike. Another challenging but interesting hike through dense woods with stream crossings and rocky inclines. Bring lunch and water. Wear good boots and be prepared for rain. INFO: Ric Francke ([fbfrancke@aol.com](mailto:fbfrancke@aol.com)) 703/356-2106.

## 10 - 11 (Saturday - Sunday) BACKPACKING TRIP - Natural History St. Mary's Wilderness, GW National Forest, VA

Trip has an OPTIONAL MONDAY EXTENSION. Join Bob Pickett in this relatively easy overnight backpacking trip in this area just south of the Shenandoah National Park. Hike along the beautiful St. Mary's River in a designated wilderness area up to Green Pond (6.0 miles) the first day. Clintonia, wild lilies of the valley, and mountain laurel should be in bloom. We'll look for snakes, turtles, salamanders and frogs around Green Pond. Sunday, we'll hike out 4.1 miles along an old mountain road. For those who wish to take Monday off, we'll spend Sunday night in the area, and hike up St. Mary's River from the bottom (without backpacks) to the Falls and return to our cars for an approximate 6.5 mile hike. INFO: Bob Pickett 301/681-1511.

## 10 - 11 (Saturday - Sunday) SHELTER WORK TRIP - Ed Garvey Memorial Shelter Bowie, MD

See 6/3-4 for details. INFO: Frank Turk ([FrankTurk@aol.com](mailto:FrankTurk@aol.com)) 301/249-8243 or Jim Skinner ([jskinner@erols.com](mailto:jskinner@erols.com)) 301/588-8607.

## 10 - 11 (Saturday - Sunday) TRAIL WORK TRIP - Cadillac Crew Shockeysville, VA

Shockeys Knob. Our Tuscarora Trail relocation project is nearly done! Join the Cadillac Crew as we clear and blaze the north and south ends of the relocation on the Brill property. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at a local cabin.

INFO: Fran Keenan ([outdoorsnow@mgfairfax.rr.com](mailto:outdoorsnow@mgfairfax.rr.com)) 703/938-3973 or Jon Rindt ([jkkrindt@erols.com](mailto:jkkrindt@erols.com)) 540/635-6351.

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

## 13 (Tuesday) MEETING - PATC Council, 7:00 p.m. sharp.

## 13 (Tuesday) HIKE - Vigorous Hikers GW National Forest, VA

Strenuous circuit hike of 18 miles in George Washington National Forest including the views from the crenellated towers of Big Schloss. INFO: Cliff Noyes ([Cliff.noyes@juno.com](mailto:Cliff.noyes@juno.com)) 703/451-5181 before 9:30 p.m.

## 14 (Wednesday) MEETING - Mountaineering Section, 8:00 p.m.

## 14 (Wednesday) HIKE - Easy Hikers Manassas Battlefield Park, VA

A hike of about 5 miles over the area of the first battle of Manassas. Meet at 10:00 a.m. at the Visitor's Center of the Manassas Battlefield Park. Take I-66 west from the Capital Beltway to VA Route 234 at Manassas. Follow 234 north to visitor center on right. Bring lunch. INFO: Bill or Helen Bryant 703/379-1888.

## 17 (Saturday) HIKE - North Chapter Link Trail, PA

Link Trail Series #3. State Games Land parking area (Pa. 829) to Mapleton Depot. 17.6 miles with an elevation change of 1500 feet, mostly downhill. INFO: Chris Firme 717/765-4833 after 6:30 p.m.

## 17 (Saturday) TRAIL WORK TRIP - North Chapter Tuscarora Trail, PA

For meeting place and other details, call Charlie Irvin, 301/447-2848.

## 17 (Saturday) TRAIL WORK TRIP - Stonewall Brigade Shenandoah County, VA

Great North Mountain on the VA/WV state line. Join the Stonewall Brigade at Wolf Gap Recreation Area at 9:00 a.m. to work on Mill Mountain Trail near Big Schloss. This popular area offers fine panoramic views of Trout Run Valley from the mountain crest. We will rework the sidehill on Mill Mountain Trail just below the Schloss, where the tread is eroding in the center of the tread. We will also remove rocks and smooth the tread between that point and the spur trail to Big Schloss. RSVP/INFO: Hop Long ([theFLongs@erols.com](mailto:theFLongs@erols.com)) 301/942-6177.

## 17 (Saturday) TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

The South Mountaineers volunteer hundreds of hours each year to maintain PATC trails in Maryland. Join us and the fun! Bring a lot of water, lunch, gloves, and boots. We meet in Frederick County, MD. INFO: Mark Mitchell ([mdtrail@yahoo.com](mailto:mdtrail@yahoo.com)) 301/461-7048.

**17 (Saturday)****⚡ HIKE - Three States in One Day  
The Blue Ridge, VA and WV**

Summer is almost here so it is time to enjoy some warm weather hiking. This is an opportunity to hike the only place along the AT where it is feasible to hike in three states in one day — Virginia, West Virginia, and Maryland. We will start on the AT at Snickers Gap in Virginia then “thru-hike” West Virginia to Sandy Hook Road in Maryland for a distance of 20.4 miles. Along the way we will pass Crescent Rock, Blackburn Trail Center, and Harpers Ferry. The pace will be fairly fast and there are enough climbs to make this a somewhat challenging hike. Northern Virginia sections 1 and 2, PATC map 7. INFO: Rob Shaw (rshaw@coltplumbing.com) 717/697-4618 x233.

**17 (Saturday)****⚡ HIKE - Mason-Dixon Trail Series #5  
Southeast of York, PA**

A moderately paced 17-mile hike along the Susquehanna River from York Furnace to Muddy Creek, PA. A car shuttle is required. Mason-Dixon Trail map 5. INFO: Jack Thorsen 703/339-6716 or William Needham 410/884-9127.

**17 - 18 (Saturday - Sunday)****CLASS - Backpacking (REI)  
REI, Baileys Crossroads, VA**

Taught by veteran backpacker Ted Fryberger, this intensive two-day class covers the skills and gear necessary for safe, enjoyable backcountry adventure. Get started right, take a solid class from an experienced instructor. Registration is limited. Call early! INFO: REI 703/379-9400.

**17 - 18 (Saturday - Sunday)****🏠 SHELTER WORK TRIP - Ed Garvey Memorial  
Shelter****Bowie, MD**

See 6/3-4 for details. INFO: Frank Turk (FrankTurk@aol.com) 301/249-8243 or Jim Skinner (jskinner@erols.com) 301/588-8607.

**17 - 18 (Saturday - Sunday)****✂ TRAIL WORK TRIP****Central District, Shenandoah National Park, VA**

Having a hard time getting out of the winter doldrums? (Want to know from whence came that term, “doldrums?”) Well, at least you’ve built up your upper body strength, shoveling snow. Come out and help a crew of trail builders rebuild a section of the Appalachian Trail in Shenandoah National Park! That’s right! Dig, again! Have fun, moving and sifting dirt back into the treadway. Meet at 9:30 a.m. on Saturday at the Timber Hollow Overlook on Skyline Drive. Overnight accommodations at Pocosin Cabin.

Reservation/INFO: Don White (whitedh@hotmail.com) 703/443-1572.

**17 - 18 (Saturday - Sunday)****🏠 CABIN WORK TRIP - Tulip Tree Cabin  
Shaver Hollow, VA**

It’s not too late to learn how to make a double-crimp standing seam tern roof. There will be plenty of other interesting things to do too. At any rate if you join our crew this weekend you will have interesting and challenging work to perform and will have fun too. We always have a happy hour and enjoy a good community dinner on Saturday evening prepared by one of our backwoods gourmet chefs. INFO: Charlie Graf 410/757-6053.

**20 (Tuesday)****🏠 MEETING - The Futures Group, 7:00 p.m.****20 (Tuesday)****⚡ HIKE - Vigorous Hikers****Central District, Shenandoah National Park, VA**

Strenuous 17-mile circuit hike in Central SNP including ascents of Old Rag Mountain and White Oak Canyon. INFO: Cliff Noyes (Cliff.noyes@juno.com) 703/451-5181 before 9:30 p.m.

**24 (Saturday)****✂ TRAIL WORK TRIP - Rock Creek Trail Crew  
Rock Creek Park, Washington, DC**

8:15-11:30 a.m. It’s entirely possible we’ll be working on a multi-week project by now. This is also the last Rock Creek work trip before Washington’s summer weather begins to punish us for going outside. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31.

**24 (Saturday)****✂ TRAIL WORK TRIP - South Mountaineers  
Appalachian Trail, MD**

Halfway through the season with the South Mountaineers’ events. We weed, do tread repair, remove deadfalls, or relocate trail depending on what needs to be done. Novices welcome. Bring plenty of water, lunch, gloves, and boots. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

**24 - 25 (Saturday - Sunday)****CLASS - Land Navigation (REI)****Baileys Crossroads & Prince William Forest Park, VA**

Find your way out of the maze! Take REI’s Land Navigation Class. Instructor Tom Terry takes you step by step from the basics of map reading and compass use to hard practical problems in the field at Prince William Forest Park. This intensive two day class will definitely help you stay found as you explore your world! Call early, registration is limited. Registration/INFO: REI 703/379-9400.

**24 - 25 (Saturday - Sunday)****⚡ HIKE/Camp - Family Activity  
Vining Tract, Lydia, VA**

The first activity is an overnight campout to PATC’s Vining Tract in Greene County, Virginia. We will leave from PATC headquarters in the morning, carpool to the site, hike a while, play games, and have some fun before dinner. A hot meal will be served and there will be an after dinner activity; maybe catching fireflies or telling stories. There are bunks in the cabin, or you can bring a tent but space is limited. Sunday morning we will have breakfast and then a nature walk. If there is interest we could go hiking in Shenandoah National Park. The cabin is rustic with no electricity, so be prepared. It is a wonderful site with great views and maybe some deer roaming around. INFO: Terry Cummings (tcivp@mindspring.com) 410/489-4594.

**24 - 25 (Saturday - Sunday)****🏠 SHELTER WORK TRIP - Ed Garvey Memorial  
Shelter****Bowie, MD**

See 6/3-4 for details. INFO: Frank Turk (FrankTurk@aol.com) 301/249-8243 or Jim Skinner (jskinner@erols.com) 301/588-8607.

**24 - 25 (Saturday - Sunday)****✂ TRAIL WORK TRIP - Cadillac Crew  
Tuscarora Trail**

Join the Cadillac Crew as we work on the Doll Ridge section of the Tuscarora Trail. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at Glass House. INFO: Fran Keenan (outdoorsnow@mgfairfax.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

**27 (Tuesday)****🏠 MEETING - Shenandoah Mountain Rescue  
Group (Business meeting), 7:30 p.m.****27 (Tuesday)****⚡ HIKE/Canoe - Vigorous Hikers  
Massanutten Mtn./Shenandoah River, VA**

Annual hike and canoe trip. Hike 12 miles from Bentonville Landing south along the ridge of Massanutten Mountain and down Indian Graves Ridge, ford the Shenandoah River and then paddle downstream for 12 miles over some gentle rapids (OK for beginners). Cost of canoe rental, probably about \$25 each, must be paid in advance to reserve space on this trip. Details available in early June. INFO: Cliff Noyes (Cliff.noyes@juno.com) 703/451-5181 before 9:30 p.m.

***PATC Hikes, from page 7***

who are leaderless. PATC could probably run twice as many hikes as it now does and still draw well from the membership. All we need is leaders. During the past year the Club has taken two actions to encourage hike leaders to get out and lead: once-a-year advantage in renting Club cabins, and a partial tuition break for those who want to take a hike or safety-related course, in

return for leading three hikes during the ensuing year. We have no empirical evidence concerning how the cabin rental policy is working with potential hike leaders, and so far no one has taken advantage of the tuition break.

PATC could use more hikes of any type and distance but especially shorter hikes on

weekends. There has always been an inverse relationship between the length of the hike and the number of hikers. We need hike leaders who are willing to offer hikes in the five and six mile category on Saturdays and Sundays. So if that appeals to you, call Tom Johnson at 410/647-8554 (johntns3@juno.com). □

—Tom Johnson

# NOTICES

## NEW NOTICES

**TRAIL REPORT COMPUTER DATABASE PERSON:** Volunteer needed to come in 2-3 nights a month to enter trail work reports in the Club's database. If interested call Heidi Forrest at 703/242-0693 x12, or e-mail heidi@erols.com.

**A HEARTFELT THANK-YOU** to all who were kind enough to donate bath towels and clothing to Bears Den Hostel. We were overwhelmed with the response that we received and it is greatly appreciated. As we prepare for the 2000 through-hikers to arrive, it will be nice to have these items available for their use. The simple pleasures in life mean so much. Melody Blaney and Patti Landovek.

**BEARS DEN HOSTEL**, owned and operated by the Appalachian Trail Conference, is looking for groups or individuals to help with various projects of the facility and grounds. On the schedule for this year: painting, tending gardens, building a new tool shed; replacing a deck, building a privy; and office work. Bears Den is a stone lodge located 250 yards from the AT near Bluemont, Virginia and the ATC in Harpers Ferry. We will provide one night's free lodging if you are interested in joining us for any of these projects. INFO: Melody Blaney or Patti Landovek, Managers 540/554-8708 or bearden@crosslink.net.

**WANTED:** Mamiya ZE-X 35mm camera body. Have an older camera lying around in your closet that you would like to get rid of? I currently have lenses that will fit this specific camera body. My former ZE-X has bit the dust, so I am looking for a replacement. Price negotiable. Contact Susan Bly at 304/258-3319 or e-mail sbly@shepherd.edu

## VOLUNTEER OPPORTUNITIES

**SNP-PATC TRAIL CREW WEBSITES.** The trail crews in the three Districts of Shenandoah National Park are on the web. Visit the sites to find out about upcoming worktrips, to see photos of previous projects, or to learn about opportunities in the Park. The addresses for the web pages are: North District: <http://www.patc.net/hoodlums/index.html> Central District: <http://sites.netscape.net/kerrysnow/homepage> and South District: <http://www.geocities.com/mkarpie/districtnews/index.html>

**FOURTH YEAR OF THE KEYSTONE TRAIL CREW.** Keystone Trail Crew, sponsored by KTA, will be having three weeks of TrailCare in June. The workweek runs from Thursday through Monday. The dates are June 8 through 12, Quehanna Trail; June 15 through 19, Chuck Keiper Trail and June 22 through 26, Mid State Trail Southern Extension. Meals and lodging will be provided. If you can spare a week, volunteer a weekend, or come for just a day or two, please think about signing up. No volunteer will be turned away. Forward all inquiries to Joe Healey, 93 Cedarwood Drive, Laffin, PA 18702, e-mail [jnlhealey@aol.com](mailto:jnlhealey@aol.com), or feel free to call him at 570/655-4979. Detailed information and a map directing you to the respective campsites/campsites will then be forwarded.

**A COOK IS NEEDED FOR THE ABOVE TIME FRAMES.** This is a paid position and all pots, pans, etc. will be supplied, although the cook will be responsible for the purchase of the food. Cost of the food can either be reimbursed after purchase or given up front as a lump sum. If you are interested or know of someone who is, please contact

Joe at 93 Cedarwood Drive, Laffin, PA 18702, e-mail [jnlhealey@aol.com](mailto:jnlhealey@aol.com), or feel free to call him at (570) 655-4979.

**NEEDED: VOLUNTEER COORDINATOR**—a Club member to coordinate volunteer opportunities and place volunteers in jobs. There is currently no placement system to match volunteers with open tasks; you can devise and implement one. No experience needed, just a general understanding of Club activities and a willingness to work. Most work will take place at the headquarters in Vienna. Call Tom Johnson, vice president for volunteerism, at 410/647-8554, or e-mail him at [johns@erols.com](mailto:johns@erols.com).

**THE SALES OFFICE** is looking for volunteers interested in working as little or as long as you can manage it—Monday through Friday between 9 and 5 p.m. If interested, please contact the Sales Coordinator, Maureen Estes, by either calling headquarters at 703/242/0693, ext. 19, or by e-mail at [patcsales@erols.com](mailto:patcsales@erols.com).

**NOT INTERESTED IN WORKING OUTDOORS?** PATC has a continuous need for Headquarters Volunteers willing to help out with a variety of tasks—from manning the sales desk in the evening, to providing typing or office support. It takes a lot more than trail workers to keep the Club going! INFO: Wilson Riley ([wirley1226@aol.com](mailto:wirley1226@aol.com)) 703/242-0693, Ext. 11.

**PATC OVERSEERS** get BIG discounts from the following merchants who support our volunteer programs: -Blue Ridge Mountain Sports (Charlottesville/ Tidewater)-20% -Hudson Trail Outfitters (DC Metro Region) 15% -The Trailhouse (Frederick, MD) 15% -Casual Adventures (Arlington, VA) 10% -Campmor (Mail Order via PATC HQ) 10%. Check the back page of the PA for the latest trail, cabin, and shelter overseer opportunities. And 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.

**SHENANDOAH MOUNTAIN RESCUE GROUP (SMRG)** is seeking people interested in wilderness search and rescue. New member orientation meetings are held every month at PATC headquarters. NO EXPERIENCE IS NECESSARY. INFO: SMRG Operations 703/255-5034, then press #5.

## HIKING PARTNERS

**SLOW HIKER (10 MILES PER DAY)** who has done 1200 miles of AT seeks companions for sections of the southern half: Catawba to Daleville, Va. (June 5-7), Daleville to Glasgow (June 8-13), Glasgow to Tyro, Va. (June 14-18), Tyro to Rockfish Gap VA (June 19-21), Franklin to

Nantahala River NC (June 27-30), Nantahala R. to Fontana (July 1-3), Fontana to Davenport Gap (July 4-11), Davenport Gap to Allen Gap (July 12-16), Springer Mt. to Hiawasse, Ga. (Aug 2-9), Hiawasse to Franklin, NC (Aug 10-14), Allen Gap to Erwin, Tenn. (Aug 15-20), Erwin to El Park, NC (Aug 21-24), Elk Park to Damascus, Va. (Aug 25-31), Damascus to Troutdale, Va. (Sept 11-15), Troutdale to Atkins VA (Sept 16-17), Atkins to Bland VA (Sept 18-22), Bland to Pearisburg, Va. (Sept 23-26), Pearisburg to Catawba, Va. (Sept 27- Oct 3), Rockfish Gap to Front Royal, Va. (Oct 4-14). George Meek ("Poet") 703/875-3021 or [gmeek@mciworld.com](mailto:gmeek@mciworld.com).

## HIKING VACATIONS

**HIKING PARTNERS WELCOME** to join PATC member for July-August trip to Colorado Weminuche Wilderness. Two or three night trip over continental divide trail with probable bushwhacking down drainage to hot springs. Dates approximately 7/31-8/3. Denver nearest airport. INFO: J Christian Adams, e-mail [jcadams@erols.com](mailto:jcadams@erols.com).

## MISCELLANEOUS

**WANTED: USED WORKING CAROUSEL SLIDE PROJECTORS.** If you have a working carousel projector you no longer use, PATC could use it for meetings and classes held at HQ. The last working projector disappeared more than a month ago and has not returned. If interested please drop it by PATC HQ or give us a call at 703/242-0693, ext. 11 or 12.

## FOR SALE

**LLAMAS FOR SALE:** a trail companion to help carry your gear. Please contact Noel Dingman for a visit to our farm. 301/831-1131, or [halfaloaf@accessa.net](mailto:halfaloaf@accessa.net).

## LOST and FOUND

**LOST: SILVER ARROWHEAD NECKERCHIEF SLIDE,** 2 1/2" long, 1" wide, made with turquoise and coral. Lost Saturday, January 15 between Pen Mar Rd. and High Rock. If found, please contact or send to: Jeff Hollis, Rt. 4, Box 261, Martinsburg, WV 25401, 304/263-6974 day, 304/263-6140 evening.

**PAIR OF PETER LIMMER BOOTS:** These are widely recognized as the best hiking boots made in the U.S., built to measure by Peter Limmer & Sons in Intervale, NH. I have a pair of men's boots, sized around 13 or 13 1/2, made for me some years back and completely rebuilt recently. Sad to say, my aging feet no longer fit in them since the rebuild, so they're available at the \$100 cost of the rebuilding. The payment will be donated directly to PATC, so we will all benefit. Call Richard Frankel, 202/547-3118, to arrange a try-on.

## PAID OPPORTUNITY

**PART-TIME OFFICE AND FIELD SUPPORT NEEDED** for this summer's trail crew and trail patrol programs. Anyone, 18 years or older, with own transportation may apply. Contact Wilson Riley at 703/ 242-0693 X11 or see our web page at PATC.net for additional information.

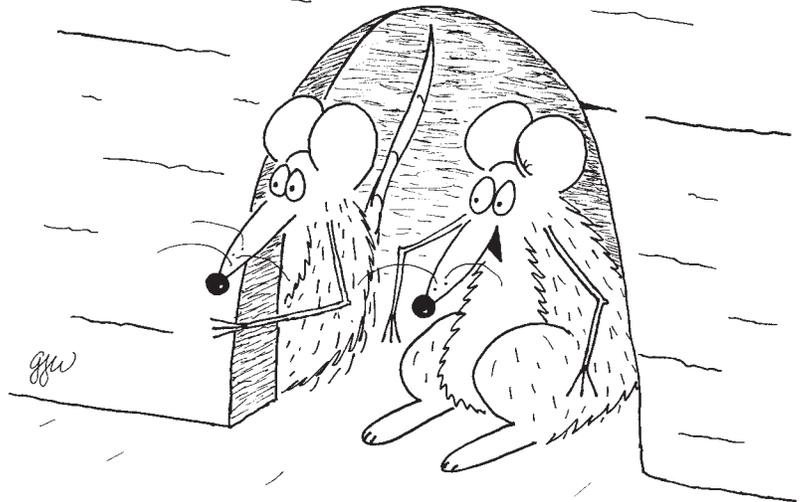
*Notices are published free of charge for PATC members only. PATC cannot vouch for any of the advertised items. No commercial advertisement or personal notices unrelated to hiking will be accepted. Deadline for inclusion is the first day of the month preceding issuance of the newsletter. Notices will be run for 3 months unless we are otherwise advised.*





April Showers Bring May Flowers. While you're out enjoying those May flowers, don't forget the deadline for the June PA is 1 May.

## Tails from the Woods by George Walters



"...CHEESE CRACKERS!! DOUBLE-DARE ME!!"

### Trillium, from page 6

When G.P.M. Barger, M.D. was Maps Chairman in the early 1950s, he produced mimeographed maps for each announced hike. One of his maps for the Linden trillium hike survives in Club archives. It locates the notable trillium displays at several places along the 12-mile section—one patch well north of the present Dick's Dome and two separate patches on the present AT route east of Trico Fire Tower but not reaching the Manassas Gap Shelter. The map does not show how far east and west the flowers grew. Evidently, in the last half century, the trillium has found the Apple Manor Wildlife Management Area (now the G. Richard Thompson Game Preserve) favorable and is spreading as far as the tree canopy permits.

For a decade or two, the Club forgot about wildflower hikes, although Frank Schairer regularly brought the Washington Orchid Society out to view the Trico Fire Tower display, usually bringing some PATC friends as well. In the 1970s, I explored the jeep roads in the Thompson Game Preserve and reintroduced a Club trillium hike in May 4, 1975, using the jeep trails and the AT to make a circuit hike possible. Since then the Club has been returning regularly to view the floral display.

Other groups have begun to learn about the unbelievable number of blossoms, and there

are now a few hundred visitors coming to the Management Area each day during the ten to fourteen day blooming period. One of these groups is the Virginia Wild Flower Society, which in the mid 1990s became concerned about the uniqueness of the display and the need to protect it. The state gave it additional protection by making it a botanic preserve, as well as a game management area.

No PATC hike announcement to Old Rag in decades has mentioned the trillium in its Saddle as a notable part of the hike. This suggests that hiking traffic on Old Ray has killed that trillium display. Does any reader have better knowledge of the situation?

If you go to see this display of trillium blossoms, stay on the trails. It's a floral display found nowhere else on the Appalachian Trail—and no one yet has succeeded in getting a picture that shows its unique magnificence. □

—Paula M. Strain



*The AT near Trico Fire Tower  
Trillium time 1994*



Join Bob Pickett for a Trillium Hike at the G. Richard Thompson Wildlife Management Area on May 6. See Forecast for Details.

## Second Annual SNP Central District Overseer Workshop Scheduled for June 3-4

The Blue and White Crew has used the Trails Day weekend (the first weekend in June) to schedule large trail work projects in the Central District of Shenandoah National Park since 1977. Last year, the Crew joined forces with the National Park Service to sponsor an Overseer Workshop, designed to tackle a few big jobs in the District and to teach Club volunteers some new skills. This year, the Crew and the trail professionals in Shenandoah will repeat the event.

### Last Year's Workshop

In 1999, workshop participants completed four projects on trails in the SNP Central District: a stream crossing on the Hughes River, a treadwork project on the AT, a major rehab of the Crescent Rock Trail, and a turnpike project on the White Oak Canyon Trail. Club volunteers learned crosscut skills, winch and rigging methods, rockwork techniques, and the issues involved with tread conservation. Accommodations for the weekend were at the historic Pinnacles Research Station (a CCC camp that has been restored by the NPS). The Aulhouse family, famous in the PATC for their workshop catering, prepared the weekend fare. Warm weather, sunny skies, and great trail camaraderie combined to create a memorable weekend for all of the participants.

### Workshop 2000

All of the elements are in place for a repeat of last year's event. The Pinnacles Research Station and the Aulhouse family chuckwagon have been reserved far in advance. Shenandoah National Park has agreed to supply their considerable expertise, and PATC trail stalwarts will be chipping in as instructors. To complete the preparations, the appropriate paperwork (and environmental impact statements) has been filed to guarantee a warm, breezy weekend (gnats will be prohibited from attending).

Planned projects (tentatively) include a stonework project on the west side of Hawksbill, a GripHoist project on lower Cedar Run, a tread reclamation project on the Salamander Trail, and a Basic Overseer Skills Course. Crews will be limited to approximately 7 registrants per group, so that plenty of time will be available for dis-

cussion and demonstration of techniques.

The fee for the June Workshop will be \$25.00 per registrant, which will cover all meals (lunch and dinner on Saturday, breakfast and lunch on Sunday), a Workshop 2000 t-shirt, and an overseer information folder. The Workshop will begin promptly at 9AM on Saturday morning and end after lunch on Sunday (around 3PM). The Workshop will rumble on, rain or shine.

### Registration

Due to a large influx of enthusiastic new overseers in the District (a first priority for our training efforts), available spaces are very limited (and, by the time this is printed, may be non-existent). Those interested in attending should contact Kerry Snow (info below) by phone or e-mail to check on available spaces for the event or to add their names to the waiting list. Registered participants are asked to mail their checks as soon as possible (so that the Aulhouses can begin their food purchases). A registration packet will be mailed in late May, detailing personal gear requirements, directions to the Pinnacles Research Station, and last-minute Workshop updates.

### North District Workshop Coming In September

The granddaddy of trail get-togethers, the North District Overseer Workshop, is scheduled for September 9-10. George



*Turnpike*



*Rockwork*

Walters will host the event and is planning to use the Mathew's Arm Campground as a staging ground. The Aulhouse family will provide the home-cooked meals, and the NPS Trail Crew will provide instruction. George's Work-shop always fills early, so watch the *PA* for registration information.

### Contact Info for June Workshop:

Kerry Snow 301/570-0596 (best time to call is during the day, I'll return your call) or KerrySnow@prodigy.net ☐

## Volunteers - Appointed April 5, 2000

### Trail District Manager

Dan Dueweke

Co District Manager for SNP Central Blue-blaze

### Trail Overseers

Jim Logan

[co-overseer]

Big Devils Stairs

Davie Gearhart

[co-overseer]

Tuscarora—Gore to Northern Rockfield

Timothy Anderson

[co-overseer]

Tuscarora—Gore to Northern Rockfield

John S. Haines

[co-overseer]

Tuscarora—Larrick Overlook to Lucas Woods

Reenie Parris

[co-overseer]

Tuscarora—Larrick Overlook to Lucas Woods

John Longstreet

[co-overseer]

Raccoon Run Trail

Jack Danner

[co-overseer]

Raccoon Run Trail

# The Dancing Parrot and Other Costa Rican Tales

PATC's annual trip to Costa Rica departed in early February. Led by Los Dos Hermanos, Unincorporated (AKA me and my baby brother Steve), it was highlighted this year by an assault on 12,500 foot Chirripo, the highest mountain in the land of sun and smiles. Now that was a tale in itself, but it was not the only misadventure experienced by the 16 dedicated PATCers. What with white water rafting, jungle walks, hedonistic soaks in bubbling hot springs, splashing about in the Pacific Ocean on white sand beaches, climbing Arenal Volcano to the point where hot lava threatened life and limb, and of course the annual Cerro Chato Death March, it was an eventful and fun-filled two weeks. Sometimes it was hard to tell whether we all were having a good time or just skirting death by inches. We have urged our hikers not to tell their mothers about this trip. (About the parrot, more later.)

## Climbing Chirripo

Chirripo was the banquet centerpiece. Located in the Talamanca range of southern Costa Rica, it is a more daunting hike than the altitude would suggest. We embarked on the three-day trek up and down the mountain with a rousing salute (hiking sticks raised high and a hearty "Chirripo" on our lips). But after that overly-optimistic stick-clanking, we were soon hard at work on our first day's hiking, a 10.5 mile, 7,000-foot-gain, struggle. Now 7,000 in a day is not for the faint of heart, especially when it ends at a lung-stretching 10,500 foot elevation. Our plan was to overnight at a hiker hostel operated by the Costa Rican National Park Service, and then do the summit the next day, returning to our "base camp" at San Gerardo de Rivas on the third day.

The climb started in Alpine cow pastures, then ascended into the cloud forest. As we labored upward we spotted a resplendent quetzal, the holy grail of birdwatchers, as well as a baby jaguar and many varieties of high altitude birds. But after lunch, as we emerged from the tropical forest into a scrub Alpine zone, the mottled sunlight and shirtsleeve temperatures changed to a low, murky overcast with high winds, pelting rain, and plummeting temperatures. The temperature drop from there to the hiker hostel was on the order of 25 or 30 degrees.

The hostel provides bunkrooms, sleeping bags, and blankets, but is built of cold stone, has large apertures through which the wind whistles, has no source of heat, and is no warmer (although definitely drier) than the great outdoors. Staying warm, especially after an expenditure of energy rivaling the toughest hikes, is an intense activity. The first arrivals busied themselves preparing hot food and drink for the hikers who were sure to come in wet, cold, and shivering. Everyone spent what remained of the day in an effort to maintain core body temperature. The last contingent struggled in about 7 pm. They had hiked for 12 hours, the last hour in the dark, lashing rain. They were promptly relieved of their wet clothes, bundled into sleeping bags, covered high with blankets, and given hot drinks. Mina Goodrich and Jane Thompson must be singled out for their dedication to ministering to the multitude of ailments. At the end of the trip, Mina got the Mother Theresa Award, and Jane got Best Supporting Actress.

I lay awake all night listening to the howling gale outside. Inside, temperatures were in the high 30s, and it was clear to me that the next morning would amount to an ignominious retreat down the mountain to higher temperatures and safer elevations. Some of our party suffered from incipient hypothermia, and several admitted to being affected by the altitude. There was no doubt that the climb would end in failure. But the next morning dawned clear and sunny, with little wind and almost pleasant outside temperatures. Over breakfast several stated, with fierce determination, that they wanted to summit that day. So rather than retreat, we pressed on. Twelve PATCers pushed on to the top, a 2,000 foot climb and 12-kilometer walk from the hostel and back. Others, evaluating their energy reserves, chose shorter hikes with smaller elevation gains, in the vicinity of the hostel. Several climbed Crestones, a summit only slightly lower than Chirripo but immediately adjacent to the hostel rather than a lengthy trek in.

The last 500 yards of Chirripo was a hand-over-hand ascent of a narrow rock ridge, a climb resembling rock scrambling on parts of Old Rag. (I myself compare it to descriptions of the Hillary Step on Everest, but perhaps I am losing it.) On top I encoun-

tered Joe, Steve's son, who accompanied the PATC crew. He pulled a bottle of Costa Rican rum out of his backpack, and I threw down a shot, determined to find out what a buzz was like at 12,500 feet. After the celebration, and with only a slight, non-dangerous, buzz, I descended again to the hostel.

The last day was the first day in reverse, but with sunny weather and warmer temperatures. Seven thousand feet down is just about as hard as 7,000 up, and everyone was pretty wiped out when they limped into the hotel at San Gerardo.

## Warmer Weather and Interesting Wildlife

The next morning, for their heroic efforts, Team PATC was rewarded with a long soak in a hot spring in San Gerardo. That felt pretty scrumptious, but it was only a warm up to the next event, a day-long sprawl on the white sands of Beach 3, Manuel Antonio National Park. Our search for wildlife was fulfilled by monkeys (who stole Bill Stachowiak's lunch), menacing but harmless iguanas, Jesus Christ lizards (so-called because they walk on water), and a mother sloth with her baby in a tree above a jungle hiking trail. We inspected the handiwork by Paula Strain's work crew, done in the 1980s on a trail out to a point of land at Manuel Antonio, and found it still in good shape.

Week two (did all this Chirripo stuff just last a week?) was spent entirely in the vicinity of Arenal Volcano. Initial quarters were at Arenal Lodge, in which each of the large, sumptuous rooms with verandas looks out across the valley toward the mountain. The first night the group invaded Tabacon Hot Springs, at the very foot of Arenal. Team PATC spent at least two hours splashing about in the many hot pools, careening down the water slide, buying drinks poolside, and forming conga lines in the main pool. There is a certain risk to a stay at Tabacon—vulcanologists say that when Arenal next blows (it blew in 1968), the resort will be inundated with lava and pyroclastic materials. Even fast runners will live only a matter of seconds. Last May an explosion came close to closing the facility. I understand that alcoholic consumption at Tabacon is very high.

*See Parrot, page 19*

## Trailhead

**B**eat the bugs and take advantage of longer, warmer days to reintroduce yourself to PATC trails. By the beginning of May, overseers will have removed winter's blowdowns, cleared drains, and started attacking persistent erosion problems.

Trail crews are coming out of hibernation (see below), and the schedules for this summer's SNP and Massarock crews have been established. The dates for the four Massarock crews are June 11-16, June 18-23, Sep 10-15, and Sep 17-22. The six SNP trail crews are July 30-Aug 4, Aug 6-11, Aug 13-18, Aug 20-25, Aug 27-Sep 1, and Sep 4-8. Contact Heidi Forrest at 703/242-0315x12 for trail crew applications. SNP and Massarock crewmembers must 18 or older (thankfully there is no upper limit) and no pets are allowed on these weeklong sessions.

### Ready For Dogwood

Rick Rhoades thanks overseers along the Tuscarora in the Northern Massanutters, Wil Kohlbrenner, and Hop Long for the hard work to insure the Dogwood Half-Hundred route was ready.

### Central District Herniators?

An early March cold spell in Shenandoah left a load of ice on the high AT sections in the Park. That, combined with a series of very windy days, resulted in a minor "ice event", bringing down some dead oaks and quite a bit of debris. The Blue and White crew used their March work trip to clear several sections of the Central District AT, as well as the Saddleback Trail, the Passamaquoddy Trail, and the Salamander Trail. Overnight festivities were held at the Rock Spring Cabin. The Crew welcomed several new overseers in the District (Cathie and Randy Cummins and Bill Jayne), the new overseers of the Manassas Gap Shelter (Kim and John Grutzik), and the arrival of the new Dyas-mobile (a handsome, green pickup). The quandary continued concerning the possible renaming of the Crew. Several holdouts for "the Tease Cows" were successfully filibustered, while a new motion for consideration of "the Central District Herniators" was tabled for further consideration (over the next batch of home brewed bitter).

The Central District welcomes Dan Dueweke as the new Side Trails District co-Manager. Dan maintains the AT section from Thornton Gap to Mary's Rock and has been a Blue and White Crew regular for the past several years. Dan is planning to augment the monthly Blue and White weekend trips with regular weekday excursions. Watch the *PA* and the Blue and White web site (link from <http://www.patc.net/workcrew.html>) for details.

### D.C. Overseers Invited

All Rock Creek Park and D.C. trail overseers are encouraged to come to the May 13 work trip in the park or at a minimum attend an overseer's meeting that will be held at 11:30 a.m. Following the work trip, which begins at 8:15 a.m., District Manager Mark Anderson and Ranger Ken Ferebee want to acquaint themselves with several of the new overseers, give volunteers a chance to meet each other for coordination purposes, and go over some trail maintenance items. Coming on the work trip in addition to the meeting will give overseers a chance to see what kind of work the trail crews do in the way of larger-scale trail maintenance issues in the park.

### Runners Cut Tread

The Virginia Happy Trails Running Club sponsors an ultra-marathon on Massanutten Mountain every year, but they also do their share of trail maintenance. They usually hit the 90-odd miles of mountain trails that they run with bow saws and clippers. This spring, they opted for some tread maintenance and asked Wil Kohlbrenner for a suggestion.

While some of their group were sawing and clipping their section of the Massanutten West Trail, fifteen more showed up for tread work on PATC's Massanutten East Trail. They started a mile north of US211, near the midpoint of their 100-mile run. They run this section in both directions.

They transformed a mile of collapsing, rocky sidehill tread into a 2-foot wide ribbon of well drained, dirt tread. Comments heard during the day:

"I often curse the rocks, but wonder who would ever bother to remove them? Here I am, helping to remove them!"

"I'll enjoy running on this tread—I helped create it!"

"This is a really pretty gorge. I've never been here in daylight before. I run so slowly that I'm always on this section at night."

For a write-up and pictures, visit the VHTRC web site at <http://vhtrc.simplenet.com/files/work00rpt.htm>

### Tuscarora Rehab

Lee Curry and four high school students from Annapolis joined the Cadillac Crew on a late March work trip to rehab a section of the Tuscarora Trail before it leaves the SNP and crosses US 340 near Bentonville, VA. District Manager Bernie Stalman, and overseer Tyler Williamson invited the crew to tackle a chronic "sunken road" drainage problem. The students, undeterred by mud, quickly became familiar with the tools of the trade: McLeod, Pulaski, and Pick Mattock. An approaching thunderstorm caused the crew to retire a little early on Saturday to Katherine Rindt's house for a delicious pot roast dinner.

### Help Wanted

PATC is looking for some part time seasonal help to take care of summer trail crew and Ridgerunner programs and some office work. Those interested should contact Wilson Riley at PATC Headquarters or 703/242-0698 x11.

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@erols.com](mailto:jkrindt@erols.com). □

The Orchard at Altapass is an antique apple orchard located on the Blue Ridge Parkway. The orchard is bringing back the old trees (the orchard is 90 years old) and planting new ones. They provide trip planning for individuals or groups interested in hiking through the orchard or in the area. Contact the orchard at 888/765-9531 or [altapassorchard.com](http://altapassorchard.com).

Parrot, from page 17

## Hiking the Volcano

The following day's Cerro Chato Death March, considered the toughest hike in previous years, was merely a pale imitation of the Chirripo climb. Cerro Chato is a smaller volcano next to Arenal. Arenal is unclimbable because it is in a constant state of eruption, but Cerro Chato is extinct, and its summit affords an outstanding view of the adjoining Arenal. Our guide, Giovanni, always adds a lot to the hike by finding wildlife and by pointing out interesting plants. He was in rare form this year. Later that day Giovanni led a hike to an Arenal lava field, where the terrified hikers watched refrigerator-sized boulders come crashing toward them, only to break up into red-hot chunks and slam to a stop on the slope just above them. Smoke and fire was all around. Our resident geologist, Carl Bock, was enthralled.

As we left Arenal Lodge the next day, a pack of coati mundis (kind of a large tropical raccoon) peeped out of the underbrush beside the road. I had the not-too-bright idea of feeding them from a bag of somewhat overripe fruit purchased at a market several days earlier. We first tried them on mangoes—Mina put them out but had to retreat to the van in the face of the

swarming animals. They devoured the mangoes. Next came grapefruits, but they didn't know quite what to do with them and tried a kind of primitive soccer game, to no effect. We then cut up the grapefruit into pieces in hopes that they could get to them, but coatis, it seems, do not like grapefruit, and quickly lost interest.

We ended our Arenal stay at the plush tropical resort of Tilajari, about a million miles from the Chirripo hiker hostel. Some went on river float trips, some did whitewater rafting, some checked out the butterfly farm, some hiked to La Fortuna waterfall, and some (like me) lay inert by the side of the pool. (Vacationing, after all, can be pretty tiring.)

## The Rhythm of the Avian Rumba

And finally to the dancing parrot. One day we stopped for lunch at an unprepossessing open-air restaurant near Arenal. It had polished picnic tables with benches to match, and the décor exuded a tropical somnolence. This was belied, however, by lively marimba music put on for our benefit by a professional musician doing a one-man marimba act. It was an engrossing beat, and we all began to sway and clap. Enter a pet green parrot, which restaurant employees took off its perch in a tree next to one of the picnic tables. Once down on the table,

the parrot began to squawk and dance to the music, flapping its wings to the beat in kind of an aviary rumba. It was so engrossing that we returned the following evening. The marimba player was there (we made sure of that by hiring him for the night), but the parrot had already been put to bed. The music was still good, however, and certain of the rowdier members of the group were seen dancing in the gravel parking lot in front of the restaurant. (I wouldn't mention any names, but Ed Harvey and Mary Lou Eaton won the Fred Astaire and Ginger Rogers awards at the end of the trip.)

So now you know the whole sordid story of the dancing parrot. Now would anyone in his or her right mind ever go back to Costa Rica?

Members of the entourage were John Zell, Mary Lou Eaton, Ed Harvey, David Appel, Bill Stachoviak, Carl Bock, Jane Thompson, Janet Dombrowski, Linda Hope, Ann Slayton, Randy Swisher, Carol Schaffer, Mina Goodrich and Larry Dean. Steve and Tom Johnson were the "guides." Steve's sons Joe and Steve Jr. accompanied the group up Chirripo, and provided a lot of help in the process. □

—Tom Johnson

## Mike Karpie's Photo Tips: A Word About Film Choice

There was a time when your choice of film was critical to getting high-quality results from your photographs. Now most films will give you exceptional detail and enlargeability. There are still some good general guidelines to follow. If you will be in bright light or using a flash at relatively close distances it is good to use a film with a low ISO rating. The film's ISO is an indication as to its sensitivity to light. The higher the number, the more sensitive the film and the less light needed.

In low-light situations where flash will not be used or the range of the flash needs to be extended, it is good to use a film with a high ISO rating. The tradeoff is in the structure of the film. High ISO, or "High speed" films produce a coarser grain pattern (the dots that make up the picture) and therefore they do not record detail as well. But the difference is very minimal compared to just eight or ten years ago. Still, for the very best results, choose the proper speed film for the

lighting conditions you expect to encounter. If you enjoy photographing waterfalls you might try a low ISO film and mount your camera on a tripod. The water takes on a soft, cottony, flowing appearance that seems almost magical.

Slide films tend to provide brilliant color, but it is important to find a lab that can produce high-quality prints (if that is what you want) from your transparencies. The process of making prints from slides can be costly, but prints are generally more convenient to display. If you prefer to use prints then print film is recommended instead of slide film.

There are some advantages to using black and white film. First, it is not likely to fade as quickly as color film. Also it presents a challenge to the photographer to compose visually stimulating photos without the aid of bright colors. It is fun to hand-color black and white prints for additional creative fun.

Next month: "A Word about Film Processing Labs."



The archive of Photo Tips and sample photos can be found at: <http://www.geocities.com/mkarpie/tips.html> □

—Michael Karpie

## Book reviews

Ross, Cindy. *Hiking: A Celebration of the Sport and The World's Best Places to Enjoy It*. A Richard Ballantyne/Byron Press book, c1992. 184p. illus. \$12 paper.

Cindy Ross, an end-to-ender of both the Appalachian and the Pacific Crest Trails, who was a speaker at the AT Conference hosted by PATC, writes about the pleasures of hiking as she finds them and intersperses her story with information and advice useful to a beginning hiker or

See Book reviews, page 20

## TRAIL OVERSEERS WANTED

Trail Overseer Openings April 6, 2000. Contact the district manager for the region that interests you.

**TUSCARORA SOUTH - Map F, G, 9**  
[CALL RICK RHOADES AT 703/239-0965 or  
E-mail: RTRhoades@aol.com]

**Tuscarora Trail**  
Waites Run Road to Mill Mountain Trail [3.30 miles]  
**Tuscarora Trail**  
Mill Mountain Trail to White Rocks Trail [2.90 miles]

**GREAT NORTH MOUNTAIN - Map # F**  
[CALL "HOP" LONG AT 301/942-6177  
or E-mail: theFSLongs@erols.com]

**White Rock Trail**  
Tuscarora Trail to White Rock Cliff [0.20 mile]  
**Gerhard Shelter Trail**  
Tuscarora Trail to Gerhart Shelter [0.10 mile]

**MASSANUTTEN NORTH - Map # G**  
[CALL WIL KOHLBRENNER AT 540/477-2971  
or E-mail: wmaxk@shentel.net]  
**Massanutten Mt. East Trail**  
Habron Gap to Kennedy Peak Trail [3.60 miles]

**MASSANUTTEN SOUTH - Map # H**  
[CALL BILL SCHMIDT AT 301/585-2477 or  
E-mail: weschem@gwis2.circ.gwu.edu]  
**Massanutten Mt. South Trail**  
Pitt Spring to Morgan Run Trail [3.3 miles]

**Billy Goat Trail**  
Carderock to Lock 14 [2.0 miles]

### *Book reviews, from page 19*

The last forty pages contain lists of the suppliers, magazines, and other sources beginners want to know and descriptions of twenty-five hikes in six continents, compiled by John Harlin, editor of SUMMIT. Not surprisingly, many of those hikes are on or around mountains. This is a light-hearted book. It would make a good present for that relative who doesn't understand why you hike or the younger friend who needs to be interested in the sport. Cindy did the illustrations herself.

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*Maryland: a New Guide to the Old Line State*, by Earl Arnett, Robert J. Brugger, Edward C. Papenfuss. Johns Hopkins University Press, May 1999. 608p. illus. \$45 and \$22.50 paper.

Back-roads drivers in Maryland will want this revised and updated version of the 1978 guide, which was, in turn, updated from the Works Progress Administration guide to Maryland, published in 1940. The WPA guides were the best guides published for each state. Maryland is one of the very few states that has kept its guide current.

The 1999 guide has about 150 more pages than the 1976 one, and the pages are wider. More information has been included, though some has been dropped, as a comparison of the familiar Frederick to the District line tour shows. The 1976 guide described Frederick, Urbana, Gaithersburg, Rockville, Bethesda, and Glen Echo in eight pages. Using ten of the wider pages, descriptions cover Frederick, Gaithersburg, Rockville, Norbeck, Layhill, Veirs Mill Village, and Bethesda.

Some very minor errors have crept in. The 1999 book says the Rockville City Hall is on Vinton Street, which opens onto South Montgomery. Alas! Montgomery runs only east and west. Vinton opens on Maryland Avenue with no "South" in the name. Like its predecessors, the new edition is laid out by regions of the state and by tours on highways within each region. This is just what one wants for a Sunday drive. That it lacks a place name index, which earlier editions had, poses problems for finding information about places seen mentioned in print. Accident and Cella will continue to be mysterious places unless the searcher happens to know what part of the state they lie in and on what highway between two bigger places they stand. □

—Paula Strain

### POTOMAC APPALACHIAN

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