



The Potomac Appalachian

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

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In our 75th Year!

Potomac Heritage Gets a Facelift

“At the end of the day, you can look and say, ‘Well, I did this,’ and it’s going to last, probably, for a generation—or until the next hurricane.” At Dan Dueweke’s words, the young Channel 9 reporter’s eyes lit up. And, in an instant, Dan knew his explanation of why he volunteers for PATC was headed for immortality on Heather’s 11:00 p.m. news show. One more risk of working with the Blue and White Crew.

What the crew did that day was to start building a stone staircase to reroute the Potomac Heritage Trail (PHT) underneath a heavily traveled road. A section of PHT was washed out in last summer’s strong storms (remember parts of D.C. were declared a disaster area—how soon we forget). The washed-out trail abuts the hilly environs surrounding the Chain Bridge crossing of the Potomac River.

As Blue and White leader Kerry Snow explained to Heather, “What it looks like See PHT, page 5



Photo by Bruce Clendenning

John Hebbe, Mike Fleming, and Mark Holland of the Blue and White Crew pry another boulder loose.

You Don’t Want to Miss the Massanutten Trail Dedication

The dedication of the Massanutten Trail is scheduled for June 22, 2002. A special invitation is issued to everyone who has worked on the Massarock Crew, as well as PATC members and others interested in this trail. The trail dedication will recognize the long-term commitment and support of PATC and the Massarock crew in completing this trail (now a 70-mile loop on Massanutten Mountain) and also recognize the Elizabeth Furnace Cabin project, which would not have been possible without the help of the dedicated Massarock folks.

8:00 a.m. – Meet at Camp Roosevelt for approx. 6-mile hike from Mooreland Gap to Waterfall Mountain Trail

2:00 p.m. - Dedication begins at Wildlife Clearing near Waterfall Mountain Trailhead

5:00 p.m - Dinner for Massarock Crew members. Others may attend but need to turn in their reservation (\$8.50 each) by June 1. A reservation form may be obtained at www.southernregion.fs.fed.us/gwj/lee/Massanutten_trail_dedication.htm.

6:00 (ish) pm – til..? Campfire reminiscing at Camp Roosevelt ☐

—Charles T. Hillon

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Council Members, Chairs and PA Staff

Officers

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

VP Operations: Vacant

VP Volunteerism: Mickey McDermott

Supervisor of Trails: Kerry Snow

Supervisor of Corridor Management:
Tom Lupp

General Secretary (Facilities): Jon Rindt

General Counsel: Charles Sloan

Membership Secretary: Liles Creighton

Treasurer: Gerhard Salinger

Recording Secretary: George Meek

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N. Shenandoah Valley Chapter: Gerry Boyd

S. Shenandoah Valley Chapter: John Held

Charlottesville Chapter: John Shannon

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(Council Members)

Blackburn Trail Center: Chris Brunton

Budget: Paul Dery

Cabins Operations: Mel Merritt

Cabin Construction: Charlie Graf

Conservation: Mary Margaret Sloan

Grants & Donations: Susan Nelson

Endowment: Don Price

Finance: Gerhard Salinger

Hikes: Karen Brown & Tom Johnson

Internet Services: Stephen Raia

Land Management: Tom Johnson

Legal: Charles Sloan

Maps: Dave Pierce

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

Potomac Appalachian: Linda Shannon-Beaver

Public Affairs: Larry Rockwell

Publications: Aaron Watkins

Sales: Paul Dery

Shelters: Frank Turk

Trail Lands Acquisition: Phil Paschall

Trail Patrol: Kumait Jawdat

Tuscarora Trail Land Management:
Lloyd MacAskill

Special Committees/Ongoing Activities

Archives & Library: Carol Niedzialek

Cabin Reservations: Darlene Wall

Communications Team: Mike Sutherland

Deputy Supervisor of Trails: Hop Long

Headquarters Facility: Orron Kee

Information/Sales Desks: Marguerite Schneeberger

Medical: John McNamara

Shelters, Cabins, & Cabins Land Fund: Jon Rindt

SNP Boundary Trailheads Study Group:
Mark Holland

Tuscarora Trail Shenandoah Valley Project:
Phoebe Kilby & Larry Bradford

Potomac Appalachian

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

Features Editor: Joanne Erickson

Forecast Editor: Joan Hollen

PA-Forecast@patc.net

Council Fire

At its regular monthly meeting at headquarters on March 12, the Council established a Sales Committee to monitor the Club's two major sources of income: sales and cabin rentals. The new committee will have the following functions: (1) review pricing policy and prices of publications, maps, and resale items with input from the appropriate committee Chairs and recommend changes to the Executive Committee and Council; (2) review rental rates for cabins with input from the Cabin Rentals Committee Chair and recommend changes to the Executive Committee and Council; (3) recommend changes in procedures that can increase the efficiency of Club sales and services; (4) investigate other opportunities to provide services to the membership and general public that also provide an income stream to the Club; and (5) provide technical direction to the appropriate paid staff and offer performance evaluation input to the Director of Administration. (Note: Administrative supervision is as provided in the "Personnel Handbook," Jan. 1, 2001.) The Chair of the Sales Committee will participate as a member of the Finance Committee and as a voting member of the Council.

Finance

Treasurer Gerhard Salinger reported that the general financial state of the Club was good, but the Business Manager had not been able to prepare a monthly report because she was loading data in the new computer system and preparing material for the audit in progress.

Grants Chair Susan Nelson is searching for foundations with an interest in natural resources as possible grant sources. She asked members to check with their employers to see if they offer matching grants to charities.

The Club received \$10,000 from the estate of former member Werner G. Puppa.

2027 Vision

The Council received for comment the Futures Group's draft of the 2027 Vision Statement, "The PATC Looks Ahead," which is being prepared for the Club's 75th anniversary celebration this year. Attendees discussed the desirability of including information on the Club's role in encouraging conservation; the possibility of forming additional special interest groups; and specific projections of growth in membership, land, and facilities.

Officer Duties

The Council approved revised duties of the Executive Committee, based on revisions to the Constitution and Bylaws that were approved by the membership in November 2001. The revised duties will be given to the Nominating Committee. Draft duties of committee and section Chairs and chapter Presidents were provided to incumbents for their review and return to the Executive Committee. It was noted that somewhere it should be clarified that the Executive

See Council Fire, page 4

HEADQUARTERS

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

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

Hours: Monday through Thursday, 7 p.m. to 9 p.m.

and Thursday and Friday 12 noon to 2 p.m.

Phone #: 703/242-0315

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

To receive an information packet: Extension 10

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

Club e-mail: Wriley1226@aol.com

Facsimile #: 703/242-0968

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

STAFF

DURING REGULAR BUSINESS HOURS

Director of Administration: Wilson Riley (Ext. 11) e-mail: Wriley1226@aol.com

Trails Management Coordinator: Heidi Forrest (Ext. 12) e-mail: heidif@erols.com

Business Manager: Monica Clark

Membership/Cabin Coordinator: Pat Fankhauser (Ext. 17) e-mail: pfankh@erols.com

Sales Coordinator: Maureen Estes (Ext. 19) e-mail: patcsales@erols.com

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

Walt's Notes

Unpaid and Paid Staff Responsibilities

I attended a seminar recently on The Fundamentals of Volunteer Program Management. The speaker indicated there were important elements to a successful volunteer program that included a contract, or letter of agreement, for volunteering for specified periods of time, and a position description, which looked very similar to those used for paid staff. The descriptions included position title, position impact, performance standards, qualifications, benefits, commitment required, and required training. The suggestion was made that there really was no difference between volunteers and professional staff except compensation.

Well, I bristled somewhat at this last suggestion. Surely, thought I, there must be more of a difference than just compensation. After all, we are volunteers! In any event, I settled down and began to listen further, taking in the success, in terms of recruitment and retention, of some other organizations that utilized more formalized volunteer programs than does PATC.

I would like to share with you some of the examples provided for two portions of the suggested volunteer job description: performance standards and benefits. Let us mull them over a bit and contemplate in due course how they might relate to our organization.

Performance Standards (examples):

- Puts our clients (hikers) before all others.
- Honors our clients by performing the specific duties and responsibilities on the Position Profile.
- Holds long-term view about what is good for the organization rather than a short-term gain.
- Conducts themselves to the highest ethical standards as indicated in our guiding principles.
- Performs work as part of our team, cheerfully and diligently.
- Understands and honors the lines of responsibility, which are others' and which their own.
- Performs work in a timely fashion so as to allow others to meet their obligations.
- Works to help improve our organization by making suggestions for improvement.

Benefits (examples):

- Volunteers will gain practical knowledge about this field.
- Volunteers will learn new skills in (specific areas).
- Volunteers will meet new people.
- Volunteers will grow their network.
- Volunteers can practice or try out a field of service.
- Volunteers will be shown appreciation from the clients and the staff.
- Volunteers will have the opportunity to try different jobs.

I have no recommendations for Council at this time that would change our current policy on volunteer job descriptions. However, I raise the subject so that we can consider how we may improve our volunteer system, one that does seem to be working fairly well.

The Council and Special Committees

My thanks to volunteers who have recently been elected or appointed to positions on the Council: John Held, President of the Southern Shenandoah Valley Chapter; Susan Nelson, who has assumed the



Photo by Bruce Glendening

With stellar performance standards, Kerry Snow and Mike Fleming heave another boulder into place.

duties of Chair of the Grants & Donations Committee; and Paul Dery, the new Sales Committee Chair.

The Council in March approved the addition of a Sales Committee to the Council in order to oversee the pricing of products and services, including maps, publications, resale items, and cabin rentals, and, in collaboration with other appropriate committees, to recommend changes in procedures that are cost-effective. I am grateful that Paul Dery, with his experience as a member of the Finance Committee and as Budget Committee Chair, has agreed to chair the new committee. Therefore, we are now looking for a new Budget Committee Chair. Please see the announcement in the Notices section if you may be able to assist in this capacity. I feel sure that you would discover that many of the benefits noted above would apply to this position!

We are finally experiencing the results of a successful upgrade in the capabilities of our computers and software at Headquarters, thanks to the work of the Communications Team headed by Mike Sutherland, and the staff. It has been a long struggle to overcome some problems that seemed to be worse than even root canal work, but hopefully the improvement in services will be noted as the year progresses. Thanks to Mike for taking on this task last fall.

Changes to www.patc.net

Have you looked at our Web site lately? Did you know that you can now renew your membership online? I did so in March, and it worked like a charm. I discovered that I could also include my extra donation for the area of my choice. Many thanks to Steve Raia for making this happen!

To all volunteers and staff, many thanks for making this Club shine!

See you on the trail,

Walt

Sixth Year of Keystone Trail Crew Set

Keystone Trail Crew, sponsored by KTA, will again have three weeks of volunteer hiking trail maintenance in the month of June. The work week will run from Wednesday through Sunday. The dates are June 5 through June 9, Quehanna Trail; June 12 through June 16, Chuck Keiper Trail; June 19 through June 23, Mid-State Trail. Meals and lodging/campsites 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, Laflin, PA 18702, e-mail jnlhealey@aol.com, or feel free to call at 570/655-4979. Detailed information and a map directing you to the respective lodging/campsite will then be forwarded.

A cook is needed for the first week. If interested, please contact Joe Healey. □

—Joe Healey

PATC Trail Patrol Presents Hike Leadership Training June 15 and 16, 2002

The Trail Patrol is hosting a Hike Leadership Training course on June 15 and 16 at Prince William Forest Park. The two-day course uses classroom and hands-on instruction to teach participants the essential skills for leading safe, enjoyable hikes with minimal environmental impact.

The topics to be covered include: Medical Emergencies, Planning, Personal Equipment, Leave No Trace, Leadership Skills, Standard Procedures, Emergency Procedures, and Navigation and Map Reading.

For more information contact Ben Fernandez at 703/327-9788 or go to our website: trailpatrol.patc.net □

Council Fire, from page 2

Committee will resolve any conflicts in priorities for staff work.

Land Management

Seventeen of the 23 Managers attended the semiannual meeting of tract Managers, which was held in February at the Blackburn Trail Center. The Managers received copies of the new Land Management policy that had been approved by the Council in January. They located the corner markers for the Hughes Tract with difficulty; additional equipment such as a metal detector and GPS may be needed for future identification of property lines.

Cabins

There was a general discussion of how the Overseer cabin construction on the Vining Tract relates to the tract management plan for the property, which will take additional time to prepare. The project was authorized by the Council in December 2000. The Executive Committee will receive an updated project-planning document for the Overseer cabin with revised cost estimates.

Facilities

At Headquarters, the installation of shelving in the new library area has begun, and the area should be finished in a couple of months. The installation of the new computers at Headquarters is complete, and the DSL line should be up and running shortly.

The cabin Overseers meeting was to be held March 16 at the Blackburn Trail Center.

Chinking was under way on Tulip Tree Cabin. A contract has been signed to stabilize and build a foundation for the Eaton Cabin, and work continues on the Rosser-Lamb Cabin.

Annual inspections of all huts in the Shenandoah National Park had been completed, and a report was due shortly.

Membership

The March membership report showed a total of 6,659 dues-paying members, which was an increase of 147 over the previous month. During the month, 227 new members enrolled, many of whom completed the new interest questionnaire online (at www.patc.net). The online form needs some minor adjustments. Response to a letter to dropped members indicates that most of them intend to renew. It was suggested that the Club establish a default policy of automatic dues renewal by credit card unless the member opts out.

Trail Patrol reported that New Member Meetings have been a good source of volunteers and that a new Trail Patrol report form is available online.

Maps

The updated Maryland map was to be printed shortly, and three others—the Northern District of Shenandoah National Park, Map G for Massanutten, and Map 12 for the area south of Shenandoah Park—should be done by summer.

Potomac Heritage Trail

Don Briggs, Superintendent of the Potomac Heritage National Scenic Trail, expressed appreciation for the work of PATC volunteers in maintaining a portion of the footpath, which has been completed through about 53 percent of its 425-mile corridor. He presented the Club with a framed picture of a group of the volunteers at Riverbend Park in December 2001.

Incidents

National Park authorities have reported finding the remains of a person from Maryland who apparently died of a self-inflicted gunshot wound at Loudoun Heights.

The Shenandoah Mountain Rescue Group conducted a futile search near Front Royal for a missing woman, who turned up in Manassas.

A pipe bomb exploded under a Southern States propane tank adjacent to PATC Headquarters, but the tank did not ignite.

Equipment at Headquarters is surprisingly working better following an underground fire due to an electrical fault. The fire did not cause any damage and may, in fact, have been beneficial.

The March Council meeting was attended by five Club officers, eight committee Chairs, one chapter representative, two section representatives, one other PATC member, two staff persons, and one guest. □

—George Meek, Recording Secretary

Attendance High at Annual Cabins Overseers Meeting



Mel Merritt speaking to his group of 38 cabin Overseers, in the kitchen of Blackburn Trail Center.

The Third Annual Cabin Overseers Meeting was held at Blackburn Trail Center on March 16. Once again attendance was high with all but four of our cabins represented including cabins under construction.

Those attending the meeting were able to take advantage of the best free flea market yet assembled! Overseers stocked up on tools, pots, pans, dishes, etc.

The newly assembled Cabins Committee was introduced. This committee is comprised of four cabin Overseers who have agreed to be regional supervisors, Cabins (Operations) Chair Mel Merritt and PATC Cabins Coordinator Pat Fankhauser. The District Supervisors are: Tyler Somerville (Milesburn) Northern District; Ben Maycock (Highacre) Central District; Cliff Willey (Corbin) Shenandoah National Park; and Tom Jorgensen (Weaver) South District.

The new cabins monitor program was also introduced. This program was established to identify problem renters in order to restrict their future rental options.



Photos by Pat Fankhauser

Facing - l to r, Ben Maycock (Highacre), Thomas Jorgensen (Weaver), Steve Dempsey (Morris), and Michael Petty (Jones Mountain), listen to suggestions offered by Marilyn Stone (Conley) on problem-solving issues specific to her cabin.

Tom Johnson, Chair of the Land Management Committee, explained the implementation of the tract Managers for all of our Club-owned tracts.

Overseers then reported their progress and plans for each cabin.

Awards were presented. The “Right Hand Person” award went to Tom Jorgensen, South District Supervisor, for heading up the Meadows Cabin renovation. The “Most Improved Cabin” award was presented to Steve and Lynn Dempsey for Morris cabin with three honorable mentions going to Harry and Jeannie Henkel for Glass House, Dirk Helder for Dawson, and Bob Oliver for Hermitage.

After lunch the Cabins Committee met and made further plans for improving our cabins system.

Overall it was another productive meeting, which bears repeating in March 2003. □

—Mel Merritt

PHT, from page 1

today is a steep, rocky, muddy cliff, and what we are hoping to do is carve a trail into the side of it with the idea of keeping hikers off Glebe Road here—a dangerous intersection.”

So between Heather and the film camera work of two other local TV stations,



In the shadow of GW parkway, the crew pulls another boulder into place.

Channels 4 and 5, the Blue and White crew learned firsthand what it is like to work near the heart of a city. The telegenic sight of 300- to 600-pound boulders being raised from a nearby gully and traveling along a thick steel cable “highline” system was a magnet for local media.

But the story runs deeper—stone staircase work like this probably has not been seen in the Washington area since the 1930s and Civilian Conservation Corps days. Credit the National Park Service at the George Washington Memorial Parkway, with a bit of prompting from the local Congressman’s office, that saw the advantage of approving this proposed PATC project quickly and bringing in the Blue and White crew before their schedule became full with Shenandoah National Park projects.



Photos by Bruce Glendening

Another boulder finds its place into the PHT on the steep hillside.

So on a muggy, cloudy Saturday—under the threat of rain, the crew put about 20 perfectly placed steps into the toughest part of the hillside. The next day, the crew was chased away by a steady rain, but the reroute is now “roughed in.” With the help of other PATC volunteers, the crew will finish the job in April, and the PHT will get a much needed facelift. □

—Bruce Glendening

Bob Pickett's Appalachian Nature: Spring Bird Migration

May is the month of the spring bird migration. Best known of these migrants are the wood warblers, or just warblers. The warblers are a family of birds within the larger group of passerine birds, or perching birds. The most advanced of all birds, this Order Passeriformes includes flycatchers, swallows, titmice, wrens, thrushes, vireos, wood warblers, orioles, and sparrows, among others. (At the other extreme, the most primitive of all birds is the loon; so primitive, it still retains the solid bones of its ancestors. No wonder this large bird is such a low swimmer!)

The warblers have just finished a trip of roughly six weeks from Central and South America, where they have been wintering since last November. Following the green-ing procession of the forests northward, these birds consume the newly hatched insects for their fuel, while the insects, in turn, turn the leaves into their fuel. Migrants come through a given area in waves, corresponding to the weather. The ideal day to observe the spring migration is the first warm, sunny day after a prolonged cold and wet period. A warm front from the south is ideal for the migrants, not only because the birds can take advantage of the prevailing winds, but because it stimulates insect development. While some warblers reach Maryland as early as late March (black and white, prothonotary, and northern parula), the main wave hits our region in mid to late April. By the first week of May, nearly all the summer breeding birds have arrived in our region.

Hormones Instigate Migration

Migration is initiated by the increasing day length. The production of discrete hormones by the pituitary gland stimulates the birds to react with specified instincts, such as migration and mating. Birds migrate either by day or by night. Many songbirds, such as thrushes, warblers, orioles, tanagers, and finches, migrate at night. Nocturnal migration enables these birds to feed during the day, their normal foraging time. Diurnal migrants include swifts and swallows, which feed on airborne insects, and hawks, which utilize daytime thermal currents to achieve energy-efficient soaring flight.

Male wood warblers arrive at their nesting site five to 10 days before the females. Each male needs a territory of some 12 to 25 acres of forest with ample understory brush. Returning males will return to the exact

same territory for its two- or three-year life. This "site fidelity" allows the warblers to minimize conflicts with other returning birds. Even if a returning bird had a marginal site the previous season, the benefits of accepting its place overrides the battle of securing a new and, perhaps, better-quality site. The birds have established boundaries and maintain a détente year after year by becoming, what evolutionary biologists term, "dear enemies." Such agreements are maintained through the ability to recognize and remember a neighbor's songs from one year to the next. More on that next month.

Birds That Like to Travel

While worldwide only 15 percent of all bird species migrate, in North America, of the 650 breeding bird species, 332 (51 percent) winter in the American tropics. Many others migrate to the Southern states, while still others migrate locally, such as some juncos and chickadees, which migrate to lower elevations, and grackles, which travel west to east from the Blue Ridge to the Dismal Swamp. Some, like robins, have a shift in populations of several hundred miles, so that we here in the Mid-Atlantic states actually always have robins around, just not the same birds in winter as in summer. Severe winter weather patterns may see the robins travel another hundred miles or more south to avoid the low pressure system but they'll return as soon as it passes. We may not see robins in winter, since they stay in the deeper woods where their food sources and shelter can be found. However, come March, with the warming of our yards and the surfacing of worms and other insects, back come the robins. In fact, the Native Americans called the full moon of March the "Worm Moon," to signify the importance of this event.



Even hummingbirds migrate 1,000 miles.

The Arctic tern holds the record for migration, covering 11,000 miles twice a year. The blackpoll warbler is a close second, traveling 10,000 miles between the Hudson Bay and Venezuela. However, the majority of our wood warblers travel about 2,000 miles. Even hummingbirds regularly migrate 1,000 miles.

It's interesting to note that site fidelity applies to the wintering grounds as well. Studies have shown that wintering migrants with a specific territory have a much better chance of survival than floaters—birds with no specific winter territory. This helps to explain the impact of loss of habitat, with many of the territorial birds having to become floaters. In a final nod to "dear enemies," the year-round residents of the tropics do not take over the vacated territories of their winter guests, rather these sites are left unoccupied, an apparent acknowledgement of both the benefits of avoiding competition with the fall returning migrants and the quality (and quantity) of available habitat. Once again, with the continuing reduction of habitat, it will certainly have an effect on this natural balance between the residents and migrants.

It's a busy and difficult time for birders, with the early weeks of May revealing many Northern breeding birds passing through our area, and many species presenting themselves in habitats where they normally wouldn't reside. But a birder wouldn't want it to be any other time of the year.

Even if you don't know the birds, it's the best month to be out, bar none. Whether you love the birds, the flowers, the frogs, or snakes, May is the month that life explodes in our Appalachian natural world. □

—Bob Pickett

In Memorium

Wade Martin Bowman, 71, of Harrisonburg, Va., died Tuesday, Feb. 5, 2002, at Rockingham Memorial Hospital in Harrisonburg, where he had been a patient since Jan. 25.

Mr. Bowman was born Dec. 15, 1930, in Rockingham County. On Aug. 18, 1962, he married Lois A. Burkholder, who survives.

The Bowmans have been members and supporters of PATC for 20 years. □

Potomac Appalachian

The Four-Day March at Nijmegen, Netherlands

Can you imagine walking through the Dutch countryside and villages for four days with more than 40,000 people from 51 countries around the world? That was the case when I participated in the 84th annual Nijmegen Four-Day March, in July 2000.

Nijmegen is a city of about 150,000 people in the Gelderland province of eastern Netherlands, very close to the German border. This area saw a lot of action during World War II, and the countryside has several cemeteries dedicated to war dead.

The Nijmegen Four-Day March is affiliated with the International Marching League, which has a series of multiday marches around the world, this year scheduled in 22 countries. The one in the United States was scheduled in Vancouver, Wash., April 19-21. Most of them are either two or three days. The only other four-dayer is in Ireland.

World's Largest Walking Event

This annual event in the Netherlands, which is billed as the world's largest walking event, began in 1909 and is sponsored by the Royal Dutch League for Physical Education (KNBLO). It was interrupted by the World Wars, but now begins each year on the third Tuesday in July. The night before the first day of the walk, a big opening ceremony called the Flag Parade is held in the city stadium. The ceremony is the event's version of the Olympic opening ceremonies. The highlight of the 2000 opening ceremony was a large group of sky divers parachuting into the stadium. Bands played, and groups representing the different participating countries marched with their flags raised.

Participants in the march walk either 30, 40, or 50 kilometers a day, depending on age and gender, in order to get a medal. All participants except for military units begin and end each day in the middle of Nijmegen and do a big loop, each day in a different direction. The groups begin at different times in the morning: 50 km, 4-4:45 am; 40 km, 5:30-6:45 am; 30 km, 7:30-8 am. Everyone must finish by 5 pm, except for the last day when the finish time is 6 pm. The routes are defined by color-coded signs for the different distance groups. Running and race walking are not permitted.

In order to ensure that participants are walking the required distances, everyone checks in the day before the march begins and is given a barcoded card with a unique number and a card that will be punched at various checkpoints along the way. This card is turned in after each day's finish, and a new card is issued for the next day. This control system serves two purposes. It allows the organizers to keep



While marchers stroll through towns, thousands of spectators line the route.



The Flag Parade features bands and units from the 51 countries at the opening ceremonies.

track of the marchers, and with the unique number from the barcode, progress reports are available to friends and relatives at the end of each day via the World Wide Web. Since I was given my unique marching number when I preregistered, there were people from Virginia Beach to California checking on me each day.

Along the way everyone is in a happy mood. Over the four days as marchers make their way along the mostly narrow roads and through towns and villages, bands are playing and children hand out flowers, candy, and fruit to the participants. There are thousands of spectators.

On the final day of the march, the whole area closes down, and the main street coming back into Nijmegen is renamed "Via Gladiola." Spectators, especially the children, hand out stalks of gladioluses to the marchers. Large stands are set up and filled with applauding spectators, including all the VIPs. It is truly a sight to see!

Honors and Rewards

When marchers check in in the afternoon of the fourth day, they are given beautiful medals. These are official Dutch medals, and Dutch military wear them on their uniforms. As many marchers finish additional annual four-day marches, the medals become progressively more beautiful. If you have completed 60 or more of these annual adventures you will be presented with a museum piece! One woman has completed 65 of them, if you can imagine that!

As you can guess, accommodations are in short supply for the march, with participants coming in from all over the world. A tourist agency finds rooms for many marchers. I stayed in a Dutch home with nine other marchers, all Dutch. The hostess prepared all the meals, including lunches to take with us. She was an excellent, creative cook and took very good care of us.

The 86th annual Nijmegen Four-Day March will begin on July 16, 2002. All necessary information is available in a brochure, which can be obtained by sending an e-mail to 4daagse@knblo-nl.nl

On the night that the march ended, I caught the overnight train to Switzerland where I—what else?—spent a week walking in the Alps! This time it was with 20 Englishmen. □

—Harry Bridges

Mike Karpie's Photo Tips: Focusing on High Resolution

When you have the luxury of time it is quite easy to focus accurately on your subject. Rotate your focus ring to a point just past what appears to be the correct focus point and then bring it back until your subject appears sharp. Focusing can be more accurate when your aperture is at its widest setting. Your depth of field is shallow, and the zone of focus is more apparent.

When you do not anticipate much time for focusing, as in action shots, try pre-focusing on an object that will be the same distance from you as the subject.

Don't trust infinity. While it might seem an impossibility, some private-label lens manu-



Photo by Michael Karpie

facturers design their lenses to focus beyond infinity to ensure compatibility with most cameras.

I have covered exposure in a previous article; however, there is one more technique I would like to mention. Sometimes in extreme lighting conditions we do not have the opportunity to obtain accurate meter readings. The next best option is guesswork. Choose your settings based on your experience or a similarly lit object and then bracket your exposures. Try several shots over-and/or under-exposed by one-stop increments (a stop is usually the difference of one change in your shutter speed or aperture setting). Of course your camera must be set in manual mode for this technique to work.

Next Month: Camera Care. □

—Michael Karpie

Annual Blackburn Summer BBQ is Approaching!

To Those Who Love the Mountains, Great Friends, and Fabulous Food:

The annual summer "Texas BBQ" at Blackburn Trail Center, located a click off the AT—just outside of Round Hill, Va.—is getting into gear! This year the event is scheduled for July 6-7, 2002. If you have never experienced one of these delightful gatherings, we urge you to put it on your list of must dos! Come join us for a day of hiking, arts and craft activities for the kids, relaxing on the porch, and the best BBQ, some say, outside of Texas! (The Barbeque as always, features the famous Texan Chef Dean Caraway as well as his West Virginia sidekick Blaine Robinson. Can you imagine a better cultural combo to turn out some mean brisket, ribs, and chicken?) Besides bringing good people together to enjoy great food, hiking, and the wonderful views from Blackburn, this event seeks to find new members as well as to raise funds for the Club. Last year, the event provided funding for the Conservation Committee to support the purchase of property surrounding Blackburn and the AT. We raise funds at the event through registration fees and a raffle.

The Blackburn Trail Center can accommodate approximately 30 people in bunkrooms, which are available on a first-come first-served basis. In addition, the nearby campground has ample space

for tents. Bring your lunch on Saturday; dinner Saturday evening and breakfast on Sunday are included. The cost of the BBQ is \$20 for adults and children 13 and older, \$7 for children 5-12, under five years old free. Please mail the attached registration form along with the appropriate fee to Lisa Still at 5812 Cove Landing Rd., Unit #302, Burke, VA 22015

- CHECKS SHOULD BE MADE OUT TO LISA STILL AND SENT WITH THE ENCLOSED REGISTRATION FORM NO LATER THAN JUNE 21, 2002.

- AS MUCH AS WE LOVE THEM, PLEASE LEAVE YOUR DOGS AT HOME OR AT THE PET HOTEL!

- THIS YEAR WE ARE INTRODUCING THE FIRST-EVER DESSERT CONTEST. BRING YOUR BEST COOKIES, CAKES, PIES, OR OTHERWISE GRANDMA'S FAVORITE RECIPE. PRIZES AWARDED TO FIRST, SECOND, AND THIRD PLACE WINNERS.

Volunteers are welcome and needed for several activities. If you would like to assist with this event or have any questions, please call Caren Rothstein-Robinson at 703/560-1361 before 9:00 p.m. or e-mail her at: IMSHEMISH@AOL.COM. □

Blackburn Summer BBQ Registration — Saturday and Sunday, July 6-7, 2002

Name: _____

Address: _____

Phone: (day) _____ (evening) _____

DESSERT CONTEST ITEM: _____ (Please indicate what item you will be entering in the contest!)

Number of adults/children 13 and older: _____ (@ \$20.00 each) \$ _____

Number of children ages 5-12: _____ (@ \$7each) \$ _____

Total enclosed: \$ _____

Please mail reservation form and check to: Lisa Still at 5812 Cove Landing Rd., Unit #302, Burke, VA 22015.

Registration forms must be received no later than June 21

IMPORTANT: Please be sure to make your check payable to Lisa Still.

Book Review: End to End on the Horse-Shoe Trail

“End to End on the Horse-Shoe Trail: Hiking the Horse-Shoe Trail from Valley Forge to the Appalachian Trail,” by Michael D. Pavelek II. Hershey, Pa., Pavelek Publishing Co., 2000. 177 pp., \$12.00.

Thirty years ago, Ed Garvey inspired a generation of hikers to go hike the AT after they read his book “Appalachian Hiker.” Hopefully, Michael Pavelek can do the same for the 140-mile-long Horse-Shoe Trail in Pennsylvania.

In 1999, Pavelek, a Hershey, Pa., resident who had not hiked in many years, decided to hike this trail because it literally went through his hometown. His experiences, triumphs, frustrations, and insights during 18 days and two nights on the trail combine for a personal, interesting narrative.

The first chapter, “There is More Than one way to Take a Hike!” in which the author explains the seven methods he used to arrange transportation to and from the trailheads, will be of greatest interest to novice hikers who have never arranged shuttles or pick-ups. Pavelek points out the drawbacks to some arrangements and uses his misad-

ventures to caution readers about making thorough advance preparations.

Each succeeding chapter recounts the events of one day on the trail. The author explains how he got to each hike, the effects of the weather (from snow storms to summer heat) on the hike, discusses trail conditions, comments on his experiences during the day, and shares his feelings about the hike and trail segment he walked.

Accompanying the text are 60 color photographs that capture the flavor of the trail. Many shots will be recognizable to anyone who has hiked the Horse-Shoe Trail.

The author lists several reasons for writing this book. First, he hopes to motivate others to hike the Horse-Shoe Trail. As he observes, this is not a crowded hiking trail. He wants readers to understand the environmental and social challenges faced by trails in an urban and suburban setting. He also is trying to impart an appreciation of the value of hiking trails as a community and recreational resource. And finally, he wants readers to actively support the Horse-Shoe Trail and other walking trails both with physical labor and advocacy.

As Pavelek describes, the Horse-Shoe Trail is not a protected, wilderness trail. Since its establishment in 1935, the Horse-Shoe Trail Club has struggled to maintain the continuity of the trail route as developments have gobbled up wooded tracts and pushed the trail onto roads. Today, the trail traverses the urban and suburban areas of southeastern Pennsylvania, using public roads and private land as links between public lands, such as state and county parks, state forests, and state game lands. However, as the author discovered and points out, this is a trail that can offer a variety of hiking experiences, from gentle strolls to rugged, rocky treks with good climbs. It offers valuable recreational opportunities that should not be ignored or abandoned by hikers or the communities through which the trail passes.

So, when you visit southeastern Pennsylvania and want to hike a trail “off the beaten path,” get a copy of Michael’s guide, and walk the Horse-Shoe Trail.

[Guidebook and maps are available from the Horse-Shoe Trail Club, PO Box 182, Birchrunville, PA 19421-0182.] □

—Barbara Wiemann

In Memory of Mary Jo Williams

Mary Jo Williams, a member of PATC’s first trail crew “The Dirty Dozen,” died at her home on March 17.

Mary Jo Kempt joined PATC in 1929 after going on a Club hike in the Harpers Ferry area at the suggestion of her boss at the American Civic Association, Harlean James. Miss James was Executive Secretary at the association and of the Appalachian Trail Conference, as well as an early PATC member. Mary Jo joined PATC soon after (December 1929) and became active, as most members then did, in PATC affairs.

The AT was being laid out on the Blue Ridge south of Harpers Ferry. Myron Avery, Frank Schairer, Charlie Williams, and a few other men would scout a section of Trail route, perhaps marking its general route with string. PATC’s Sunday hike would have members carrying clippers, saws, and paintbrushes to cut and blaze the section. When the route was reasonably open, and much

was (if you read the early guidebook, you’ll find mention of many “fine views” that no one has seen for 50 years or more), that section of AT was done. But not all Trail sections were cleared to Avery’s satisfaction in one day, even by the work of 30 to 50 people. That’s when Frank Schairer called on a group of enthusiastic members to do Trail work the Club members didn’t do. Mary Jo Kempt was one of that group. At an annual dinner in the 1970s, she told participants about the group, its work, and its good times.

Besides trail work, Mary Jo was first on the Publicity Committee, then Assistant Editor of PATC’s *BULLETIN*, and then Editor. She continued to work with Miss James after she married Charlie Williams in 1935. About 1940-41, the Williams family moved to the country near Brighton Dam, and Mary Jo became a full-time housewife. (Since Charlie was PATC Tool Chair, the move meant a new home had to be found,

other than the Williams cellar, for PATC tools.)

The Williams were members of the Allemande Lefters, the PATC square dance group that held monthly dances from the late 1930s to 1988. This group gave the Williams, no longer active on the Trail, new friends who had joined the Club in the 1950s through the 1970s, as well as those of the first PATC generation.

These friendships continued after Charlie’s death. As long as she could drive safely at night, Mary Jo attended the annual dinners and annual meetings. When she stopped driving, except in the Brookeville-Brighton area, these friends brought her to private PATC parties or to groups such as the Third Thursday Lunch Bunch. She gave active support to PATC and to the Sandy Spring Museum, to the choir and the quilting society of St. Luke’s Church in Brighton. □

—Paula Strain

FORECAST

Chapters

Charlottesville Chapter

The Charlottesville Chapter hikes every Saturday, summer, winter and in between. Hikes are usually 8 to 10 miles. We usually maintain trails on the last Saturday of the month. Meet at Sprint parking lot, 2307 Hydraulic Road at 9 a.m. with food and water for the day. The majority of hikes are in the southern and central districts of Shenandoah National Park, with some in the north district and in George Washington National Forest. Our Chapter hikes are posted at www.patc.net/chapters/char/hikes.html. INFO: Jere Bidwell 434/295-2143 or John Shannon 434/293-2953.

North Chapter

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

Northern Shenandoah Valley Chapter

The Northern Shenandoah Valley Chapter sponsors hikes in national and state parks and forests in the Shenandoah Valley vicinity, open to the public, on a monthly basis except during the winter. Hikes are posted in the Forecast. Other activities are in the NSV Chapter Newsletter. For further information contact Gerry Boyd (geryb@compuserve.com) 703/281-7216.

Southern Shenandoah Valley Chapter

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

West Virginia Chapter

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

Ski Touring Section

The Ski Touring Section has served since 1974 to introduce Washington area residents to cross-country skiing and to provide cross-country skiing opportunities to experienced skiers. The Section sponsors winter weekend ski trips for all levels of skiers to nearby mountains in Maryland, West Virginia and Pennsylvania, as well as periodic social events year round. INFO: Steve Brickel 301/946-2520 or sbrickel@erols.com.

Mountaineering Section

We're a diverse group of local Washington, DC area climbers. Young and old, male and female, crag rat, sport climber, and alpinist, active and armchair types - we all enjoy climbing in its many varieties. We also share common interest in promoting safe climbing, conserving the outdoors, developing new climbers' skills, representing the Washington area climbing community, and having fun! We provide instruction for those wanting to learn the basics - we're not a school, but we can get you started. We go climbing, either locally or further afield, nearly every weekend. In the winter we organize trips to the Ice Festivals in the Adirondacks and the White Mountains for beginning and advanced ice climbers. For further information contact Mack Muir 703/768-5724 (MackMuir@edisaurus.com).

PATC Midweek Hikes








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

Other Clubs' Hikes

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

KEY to Forecast Activities

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

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

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

Meetings

Meetings

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

New Members (PATC) - First Wednesday

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

Mountaineering Section - Second Wednesday

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

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 (wriley@aol.com) 703/242-0693 x11.

(Special meeting for May. See May 18.)

Shenandoah Mountain Rescue Group

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

Shenandoah Mountain Rescue Group

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

Trail Patrol - First Tuesday

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

May

1 (Wednesday)

DEADLINE - June Potomac Appalachian Headquarters, Vienna, VA

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

1 (Wednesday)

CLASS - Exploring the C&O Towpath (REI) REI Bailey's Crossroads, VA

7:30 p.m. Come along as we trace the mule towpath, 605 feet down through the locks from Cumberland to Georgetown. REI's Ed Neville and Mark Nelson will detail geology, history, wildlife and points of interest along 184 miles of adventure, on the C&O Canal. INFO: REI 703/379-9400.

1 (Wednesday)

HIKE - Easy Hikers

Glover Archbold Trail, Washington, DC

Meet at 10:15 a.m. in parking lot (National Presbyterian Church) near Van Ness and 41st Street. Hike four easy miles from Van Ness Street NW to Georgetown. Wooded, rolling terrain, birds, wild flowers. Bring water. Lunch in Georgetown Mall Food Court and return to starting point by Metrobus (exact change \$.50 or \$1.10 required). DIRECTIONS: From Maryland go south on RT 355 about five miles from Beltway. Turn right on Van Ness from Wisconsin Avenue, go one block to parking lot on left. From Virginia cross Key Bridge, turn right on M Street. Get in left lane: turn left on 33rd Street, merge left onto Wisconsin Avenue. Go 2 plus miles, turn left on Van Ness, go about a block to parking lot. Hike canceled if rain is imminent. INFO: Frank Berfield (berfield@bellatlantic.net) 301/438-7975.

1 (Wednesday)

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

2 (Thursday)

HIKE - In-Between Hikers

Scotts Run Nature Preserve, Langley, VA

Scotts Run Nature Preserve to Turkey Run and return. 9 to 10 miles at a moderate to fast pace. Varied terrain includes small stream crossings. Boots recommended. Starts at 10:00 a.m. at 2nd parking lot. From, I-495, exit 44 west, RT 193 (Georgetown Pike) 0.5 miles to Swinks Mill Road, turn right into lot. Bring water and lunch. INFO: Henri Comeau (henricomeau@aol.com) 703/451-7965.

4 (Saturday)

HIKE - Green Ridge State Forest Part II

Green Ridge State Forest, MD

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

4 (Saturday)

HIKE - Natural History Trillium Hike

G. Richard Thompson WMA, VA

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

4 (Saturday)

TRAIL WORK TRIP - AT over Hazeltop Mountain Central District, Shenandoah National Park, VA

Join PATC's online Trails Forum Manager for this one-day event to clear waterbars on one of Shenandoah National Park's higher summits. Newcomers welcome, all instruction and tools provided. May include an optional overnight stay at a local maintenance hut. INFO: Andy Hiltz (jhiltz@cox.rr.com) 703/764-0121.

4 (Saturday)

TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

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

4 (Saturday)

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

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

4 - 5 (Saturday - Sunday)

BACKPACKING TRIP - Trail Patrol

Backpacking 101, Location To Be Announced

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

4 - 5 (Saturday - Sunday)

CLASS - Wilderness First Aid (WSC) Alexandria, VA

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

4 - 5 (Saturday - Sunday)

TRAIL WORK TRIP - Mountaineering Section Seneca Rocks, WV

Seneca Rocks Spring Work Days 8:00 a.m. until 5:00 p.m. This volunteer project makes climber trails at Seneca easier to walk on, more resistant to erosion, and helps preserve native plant life. Bring helmets, work gloves, food and water (heavy tools provided by the Forest Service). Free camping at the Seneca Shadows Campground plus an appreciation dinner Saturday evening (place TBA). Please "sign up" for specific days (this helps us know who to plan for and what we can expect to accomplish). INFO: Bill Wright (William.Wright@USPTO.GOV) 703/305-7792 (8:00 - 5:00 Mon - Thurs) or Mack Muir (mackmuir@edisaurus.com) 703/768-5724.

5 (Sunday)

TRAIL WORK TRIP - WV Chapter Gambrell State Park, Frederick, MD

Two trail reroutes and blazing on Black Trail. Meet 9:00 a.m. at Nature Center. INFO: Dave Jordahl (dave.jordahl@askdep.com) 301/834-7729.

7 (Tuesday)

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

8 (Wednesday)

HIKE - Easy Hikers

Colvin Run Mill Park, Great Falls, VA

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

8 (Wednesday)

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

11 (Saturday)

HIKE - Meet the Trail Patrol

G. Richard Thompson WMA, VA

Hike with the Trail Patrol and learn what the PATC's goodwill ambassadors do. These adventurous, dedicated men and women monitor the Club's 1000 miles of trails, helping people, instructing them in safe hiking practices and reporting on the conditions of the trails. Today's loop hike covers 9 miles through the G. Richard Thompson Wildlife Management Area. INFO: Jon Ortega (jortega@ix.netcom.com) 703/490-1986 Monday - Friday 5:00 to 9:00 p.m.

11 (Saturday)

HIKE - North Chapter

Raccoon Run, Appalachian Trail, PA

Meet at 9:00 a.m. at RT 30 and RT 233 parking lot (next to Furnace). This hike will use the old Appalachian Trail now called the Raccoon Run Trail. Return to Caledonia State Park on the Rocky Mountain section of the AT. Views to the east end of South Mountain Restoration Center from ridge. An Indian tale will be told on the trail before descending to Caledonia State Park. Bring food, water and dress appropriately. INFO: Jack Longstreet (jlongs@cyberia.com).

11 (Saturday)

TRAIL WORK TRIP - Massanutten Crew Massanutten Mountain, VA

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

11 (Saturday)

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

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

11 - 12 (Saturday - Sunday)

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

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

FORECAST

11 - 12 (Saturday - Sunday)

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

Join the B&W crew as they tackle mammoth rocks and existential quagmires. We'll be overnighing high on the Blue Ridge at the historic Pinnacles Research Station. Saturday dinner and Sunday breakfast will be pot luck feasts. INFO: Kerry Snow (kerrysnow@telocity.com) 301/570-0596.

11 - 12 (Saturday - Sunday)

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

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

13 (Monday)

🔗 HIKE - Family Hike
Huntley Meadows, Franconia, VA

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

13 (Monday)

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

15 (Wednesday)

🔗 HIKE - Easy Hikers
Cabin John Park, MD

Hike about 5 easy miles through the woods at Cabin John Park. Bring water and lunch. Meet at 10:15 a.m. at the Tennis Bubble parking lot at 7801 Democracy Boulevard, about 0.2 miles west of Montgomery Mall. INFO: Renee Schick, (rs530@aol.com) 301/493-9525.

18 (Saturday)

🔗 HIKE - In-Between Hikers
Rock Creek Park, Washington, DC

Please join us for a closed circuit, 10 mile hike that parallels Rock Creek in Washington, DC. We will visit Fort DeRussy, Pulpit Rock, Jusserand Memorial, Pierce Mill, the Art Barn, and, of course, Rock Creek. Bring water and lunch. INFO: Don Titus (donalddtitus@earthlink.net) 301/652-6806 (home) 301/688-0135 (office).

18 (Saturday)

🔗 HIKE - Massanutten Mountain Series
Luray, VA

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

18 (Saturday)

📍 MEETING - PATC Council, 10:00 a.m.
Rosser-Lamb House, Madison, VA

18 (Saturday)

🔗 TRAIL WORK TRIP - Potomac River Work Crew
Potomac Heritage Trail, Washington, DC

9:00 a.m. - noon. Stay close to home and a quick morning's work. Members of the newly formed Potomac River Work Crew invite all to join them fixing up the PHT. Meet at the Theodore Roosevelt Island parking lot and we will drive to the appropriate access point. Bring water, gloves and sturdy footwear, but I provide the donuts, tools and instruction. Raindate May 19. INFO: Bruce Glendening (bglendening@yahoo.com) 703/532-9093

18 (Saturday)

🔗 TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

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

18 (Saturday)

🔗 TRAIL WORK TRIP - Stonewall Brigade
Shenandoah County, VA

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

18 (Saturday)

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

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

18 - 19 (Saturday - Sunday)

🔗 CABIN WORK TRIP - Vining Tract Crew
Lydia, VA

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

18 - 19 (Saturday - Sunday)

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

Jambalaya!! Zydeco on down to the Hoodlums Cajun Work Trip and y'all will "pass a good time, I GARONTEE!" The Hoodlums Trail Crew works on the Appalachian Trail in the North District of SNP, with an eye on treadwork and major projects. We build rock steps and log waterbars, and engage in similar other activities by day, but after a good day's workout, the crew has been known to enjoy the fruits of their labor via the theme meal and festivities at a facility within the park. No trail work experience is necessary and newcomers are always welcome. Check out our website at <http://www.patc.net/volunteer/trails/hoodlums/hoodlums.html>. Come for the day, stay for the evening meal, camp out overnight in SNP, lots of options! Meet at Piney River Ranger Station, MP 22 on Skyline Drive, at 10:00 a.m. on Saturday. RSVP by mid-week prior. INFO: George Walters (gjwalters@starpower.net) 410/426-2724.

19 (Sunday)

🔗 TRAIL WORK TRIP - WV Chapter
Gambrell State Park, Frederick, MD

Two trail reroutes and blazing on Black Trail. Meet 9:00 a.m. at Nature Center. INFO: Dave Jordahl (dave.jordahl@askdep.com) 301/834-7729.

20 (Monday)

🔗 HIKE - Family Hike
Gold Mine Loop, Great Falls, MD

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

22 (Wednesday)

🔗 HIKE - Easy Hikers
Greenbelt Park, Washington, DC

The Easy Hikers will hike 4 to 5 miles. Meet at 10:15 a.m. on the Dogwood Trail parking lot. Bring lunch and water. Directions: Leave the Beltway at exit 23 for RT 201 south (Kenilworth Avenue), then exit again almost immediately for RT 193 east (Greenbelt Road). After turning left onto RT 193, follow it .3 miles then turn right at a traffic light into Greenbelt Park. Follow curving entrance road 1 mile to stop sign. Turn left (toward Holly & Laurel picnic areas). Go .9 miles to another stop sign. Turn left (toward campground). Parking area is on right immediately after turn. INFO: Gary Abrecht (Gabrecht@AOL.com) 202/546-6089.

23 (Thursday)

🔗 HIKE - In-Between Hikers
Rock Creek Park, Washington, DC

Hike sections of the Western Ridge and Valley Trails, totaling about 8 miles. Meet at 10:00 a.m. at the Rock Creek Nature Center. (From the Beltway take Connecticut Avenue South to Military Road. Turn left (east) on Military. Go 1.1 miles and turn right on Glover Road. Fork left and follow signs to Nature Center. Bring lunch and water. INFO: Gary Abrecht (GAbrecht@AOL.com) 202/546-6089.

25 - 26 (Saturday - Sunday)

🔗 BACKPACKING TRIP - Corbin Cabin
Central District, Shenandoah National Park, VA

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

25 - 26 (Saturday - Sunday)

🔗 TRAIL WORK TRIP - Cadillac Crew
Vining Tract, Lydia, VA

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

25 - 27 (Saturday - Monday)

🔗 CABIN WORK TRIP - Weaver Cabin
Elkton, VA

Come out and join the fun. This is the set up weekend for 2 months of cabin work scheduled for all the improvements and upgrades. We'll set footers for bridges, clean daubing, salt-scrub floors, and set up scaffolding. Come for a day or for the weekend, we need the help. INFO: Thomas Jorgensen (Hairtheart@aol.com) 540/248-7009 (work), 540/456-4760 (home).

28 (Tuesday)

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

29 (Wednesday)

HIKE - Easy Hikers

Jug Bay, Patuxent River Park, Washington, DC

Meet at 10:15 a.m. in the parking lot near Park Office. Five mile hike preceded by one and one half hour cruise on the "Otter" with park naturalist. Capacity of boat, 20 passengers. Directions: Beltway (I-95), exit 11. Go southeast on Pennsylvania Avenue (MD 4), 6.2 miles to cut-off for Crain Highway. Bear right 0.2 mile to fork, bear right again 1.8 miles to MD 301, ease right 0.6 miles to Croom Road (MD 382), turn left 2.1 miles to Croom Airport Road, turn left 2.1 miles to park entrance road and left again 6.1 miles to parking lot adjacent to Park Office. Total 15.6 miles. Reservations required. Bring lunch and water. INFO: Henry Shryock 202/479-4130 or Pauline LeMarie 202/454-4966.

31 (Friday)

HIKE - Ultimate Cross-County Hike Leg 2

Accotink to Oak Marr, VA

NATIONAL 9:00 a.m., 12 miles. Fairfax Trails and Streams, in coordination with local Park Authorities, will sponsor a 4-day TRAILS DAY hike. This is the fourth Fairfax Cross-County Hike, but the first to literally cross the county. Join us on National Trails Day weekend for three-fourths of the hike, then in the fall (after the prison becomes parkland and our volunteers build a trail!) we'll do the remaining leg. Terrain is mostly level, occasional hills less than 200 feet. FTAS/CCT/Ultimate CCH information at www.fairfaxTrails.org. INFO: Bill Niedringhaus (fairfaxTrails@aol.com) 703/821-0975 or Henri Comeau (Hankcomeau@aol.com) 703/451-7965.

June

1 (Saturday)

DEADLINE - July Potomac Appalachian Headquarters, Vienna, VA

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

1 (Saturday)

HIKE - Natural History Hike

North District, Shenandoah National Park, VA

Thornton River/Piney Branch Hike. Join Bob Pickett and friends for about a ten-mile hike along these two shaded ravines on the east side of the Blue Ridge. This will be a moderately difficult hike with total descents of 1500 feet and ascents of 1,000 feet (a car shuttle takes care of the difference). Mountain laurel should be peaking, and numerous wildflowers and songbirds will highlight the trip. Last time we did this trip, we found a copperhead, an old jalopy, a former school site and a beaver den. Call for reservations. INFO: Bob Pickett 301/681-1511.

1 (Saturday)

HIKE - Northern Shenandoah Valley Chapter

Shockey's Knob, WV

7-mile circuit hike NW of Winchester beginning on the new Tuscarora Trail to Shockey's Knob and view of Cacapon Mountains: north to High Rock and view of Blue Ridge (for those interested, we will also traverse the mini "Knife Edge" for better view); east on connecting trail to old Tuscarora Trail, south past several wildlife areas, and then west on Packhorse Trail, crossing Little Brush Creek at the rhododendron thicket. 1300 foot elevation gain at a slow pace. Meeting at Siler. INFO: Walt Smith (wsmith@visuallink.com) 540/678-0423.

1 (Saturday)

HIKE - Ultimate Cross-County Hike Leg 3

Oak Marr to Colvin Run, VA

NATIONAL 9:00 a.m., 12 miles. Refer to 5/31 for more information. FTAS/CCT/Ultimate CCH information at www.fairfaxTrails.org. INFO: Bill Niedringhaus (fairfaxTrails@aol.com) 703/821-0975 or Mike Gingerich 703/590-3188.

1 (Saturday)

TRAIL WORK TRIP - Maryland Metrolites

Sugarloaf Mountain, MD

NATIONAL Join the Maryland Metrolites as we work to improve the trail. We will meet at 9:00 a.m. at the circle at the base TRAILS DAY of the mountain. Bring gloves, water and lunch. INFO: Liles Creighton (Lrei@aol.com) 410/573-0067.

1 (Saturday)

TRAIL WORK TRIP - Rock Creek Park

Washington, D.C.

NATIONAL 8:15 a.m. to noon. This is the National Trails Day work trip in Rock Creek Park. Always crowded, this 10th anniversary TRAILS DAY trip promises to be even bigger. Get there early to ensure you get a shovel. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 ext. 31.

1 (Saturday)

TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

NATIONAL The Trail House in Frederick is proudly sponsoring this Trails Day event. Come out and celebrate this special day and enjoy a complimentary meal afterwards. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

1 (Saturday)

TRAIL WORK TRIP - WV Chapter

Gambrell State Park, Frederick, MD

NATIONAL National Trails Day. Assist WV Chapter and other local outdoor groups that maintain the five circuit trails, plus the TRAILS DAY Catocin through trail located within the park. Meet 9:00 a.m. at Nature Center. INFO: Dave Jordahl (dave.jordahl@askdep.com) 301/834-7729.

1 (Saturday)

TRAIL WORK TRIP -

Yankee Clippers Trail Crew

Appalachian Trail, PA

Set a good example and join the Yankee Clippers for a National Trails Day weekend work trip. Meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Charlie Irvin 301/447-2848 or Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

1 - 2 (Saturday - Sunday)

CABIN WORK TRIP - Weaver Cabin

Elkton, VA

So many tasks, so little time. ANY level of experience valuable. We'll be setting the bridge foundation, putting up gable windows, mixing cement (chinking), caulking. Want to use a trowel, tape measure or hammer? INFO: Thomas Jorgensen (Hairatheart@aol.com) 540/248-7009 (work), 540/456-4760 (home).

1 - 2 (Saturday and Sunday)

CLASS - Land Navigation Class (REI)

REI Bailey's Crossroads, VA

11:00 a.m. until 6:00 p.m. Comprehensive two-day course teaches skills necessary to use map and compass in an integrated land navigation system. The first day is spent in intensive classroom exercises concentrating on map reading and interpretation, position plotting, compass fundamentals, declination and azimuth. The second day is spent in Prince William Forest Park, primarily off-trail, engaging in practical navigation exercises of increasing complexity. Fee \$85 (includes workbook text, course materials, compass, map, grid reader, and lunch on Saturday). Registration required. INFO: REI 703/379-9400.

1 - 2 (Saturday - Sunday)

CLASS - Wilderness First Aid (WSC)

Alexandria, VA

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

1 - 2 (Saturday - Sunday)

TRAIL WORK TRIP - Blue and White Crew

Central District, Shenandoah National Park, VA

The Blue and White Crew hosts the 4th Annual SNP Central District Overseers Workshop. New and prospective overseers are welcome to join the crew on projects on the trails of the Central District. All meals will be provided by the Aulthouse Family Chuckwagon. Instruction will be provided by the SNP Trails professionals (including C.T. Campbell, Roger Dovel and Don Harvey). Overnight accommodations at the Pinnacles Research Station. INFO: Kerry Snow (kerrysnow@trailcrews.com) 301/570-0596.

2 (Sunday)

HIKE - Ultimate Cross-County Hike Leg 4

Colvin Run Mill Park to Seneca/

Algonkian Park, VA

9:00 a.m., 12 to 15 miles. Refer to 5/31 for more information. Visit our web site at www.fairfaxTrails.org. INFO: Bill Niedringhaus (fairfaxTrails@aol.com) 703/821-0975.

4 (Tuesday)

HIKE - Vigorous Hikers

Shenandoah National Park, VA

Join us for this familiar trek up Neighbor Mountain. Hike north on the AT to Elkswallow descending Jeremy's Run to the Knob Mountain Cutoff, Knob Mountain Trail for a total of 16 miles and 4100 feet. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Dave Kennamer (dkennam@yahoo.com) 301/299-9563.

4 (Tuesday)

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

5 (Wednesday)

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

FORECAST

8 (Saturday)

🔗 TRAIL WORK TRIP - Massanutten Crew
Massanutten, VA

Work with us, and know that you will leave one piece of trail better than when you found it. Help us rebuild tread and waterbars on Massanutten Mountain. Take pride in the support you give to the trail community! INFO: Mike Sutherland (msutherland@cox.rr.com) 703/591-8330.

8 (Saturday)

🔗 TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

The weather is so nice this time of year, the woods beckon. Have fun working with a jovial group of trail stewards known as the South Mountaineers. Close to home yet away-from-it-all. INFO: Mark Mitchel (mdtrail@yahoo.com) 301/461-7048.

8 - 9 (Saturday - Sunday)

🔗 CABIN WORK TRIP - Vining Tract Crew
Lydia, VA

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

8 - 9 (Saturday - Sunday)

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

The crew will continue the trail building project on the Per-Lee Tract with the ultimate goal to connect with the SNP trail system. The easy part is done so now we have some trail building challenges. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at PATC's Rosser-Lamb Cabin. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

8 - 9 (Saturday - Sunday)

🔗 TRAIL WORK TRIP - North District Fire Squad
Pass Mountain, Shenandoah National Park, VA

Back by popular demand! Come join us in this annual rite of passage as we attack the briars in the wilderness and non-wilderness areas of the AT on Pass Mountain. Anyone who has hiked through here in shorts knows why we're here. We will be using loppers, clippers, saws, and weed whackers of various sorts. If you want on the job training with a power brush cutter this is the place to be. We hope to accomplish some tread rehab near the summit if all goes well. The chef has the usual feast planned for those who make it through the day, and he may need help with some side dishes. Overnight at Range View Cabin (sleeps 8 and plenty of camping area). We will work on the cabin area and access trail on Sunday morning. Bring lunch, water, and meet at Thornton gap at 9:30 a.m. Saturday. Bring a friend! INFO: John McCrea (mccrea@j@aol.com) 610/352-9287.

10 (Monday)

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

11 (Tuesday)

📍 MEETING - PATC Council, 7:00 p.m.

12 (Wednesday)

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

15 (Saturday)

🔗 HIKE - Massanutten Mountain Series
Luray, VA

The fourth hike of the series will be 17 miles from Crisman Hollow Road on the Scothorn Gap Trail and Massanutten East Trail to New Market Gap and returning on Crisman Hollow Road. Total elevation gain is 1800 feet. PATC Map G. Should hydrographic and weather conditions be favorable another hike of the series may be substituted. Meet at 7:30 a.m. at the Oakton Shopping Center parking lot. Contact leaders for requirements and details. INFO: Jack Thorsen (thorsen4@juno.com) 703/339-6716 or William Needham 410/884-9127.

15 (Saturday)

🔗 HIKE - North Chapter
Hassock Run, Appalachian Trail, PA

Figure 8 circuit hike easy to moderate 8 to 10 miles in length. Hopefully the rhododendrons will be in bloom along Hassock Run and the Appalachian Trail at Quarry Gap shelters as we hike this figure 8 hike. INFO: Christopher Firme (bncfirme@innernet.net) 717/794-2855 after 6:00 p.m.

15 (Saturday)

🔗 TRAIL WORK TRIP - Stonewall Brigade
Shenandoah County, VA

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

15 (Saturday)

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

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

15 - 16 (Saturday - Sunday)

🔗 CABIN WORK TRIP - Highacre
Harpers Ferry, MD

Join us as we continue to spruce up this beautiful old Victorian house in Harpers Ferry. There's a lot of work to be done including painting, cleaning, carpentry, and yard work. INFO: Ben Mayock (bmayock@yahoo.com) 410/461-1327 or Pat Fankhauser (pfankh@erols.com) 703/242-0693, Ext. 17.

15 - 16 (Saturday - Sunday)

🔗 CABIN WORK TRIP - Weaver Cabin
Elkton, VA

Work had better be progressing. More bridge hammering, and time to cut the walkway. Caulking the old cabin, and we'll be setting chinking like 8-year-olds in past days. Even child labor is beneficial. Spend a day in the great outdoors. If time permits, we'll even sweep the roof. INFO: Thomas Jorgensen (Hairatheart@aol.com) 540/248-7009 (work), 540/456-4760 (home).

15 -16 (Saturday - Sunday)

CLASS - Trail Patrol Hike Leadership Training
Prince William Forest Park, VA

The two-day course uses classroom and hands-on instruction to teach participants the essential skills for leading safe, enjoyable hikes with minimal environmental impact. The topics to be covered include: medical emergencies, planning, personal equipment, Leave No Trace, leadership skills, standard procedures, emergency procedures and navigation and map reading. Additional information at www.trailpatrol.patc.net. INFO: Ben Fernandez 703/327-9788.

18 (Tuesday)

🔗 HIKE - Vigorous Hikers
Shenandoah National Park, VA

Begin with the scenic ascent up the stairs, connecting to the Sugarloaf Trail to inspect the Laurel in season joining the AT to the Tuscarora to the Traces Interpretive Trail, into Mathew's Arm. Continuing on the Elkwallow Trail to the AT, then return descending the Piney Branch Trail and the Hull School Trail for 4000 feet and 17 miles. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Dave Kennamer (dkennamr@yahoo.com) 301/299-9563.

22 (Saturday)

🔗 HIKE - Massanutten Trail Dedication
Massanutten, VA

8:00 a.m. Meet at Camp Roosevelt for approximately 6 mile hike from Mooreland Gap to Waterfall Mountain Trail. At 2:00 p.m. dedication begins at wildlife clearing near Waterfall Mountain Trailhead. More details at http://www.southernregion.fs.fed.us/gwj/lee/Massanutten_trail_dedication.htm INFO: Charles Hillion (charleshillion@earthlink.net) 703/754-7388 or Stephanie Bushong, Lee Ranger District, (sbushong@fs.fed.us) 540/984-4101.

22 (Saturday)

🔗 TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

Enjoy gardening? This isn't as pretty, but on a much grander scale along the fabled A.T. Enjoy the camaraderie of other volunteers in the woods, making a difference and getting away from the city. INFO: Mark Mitchel (mdtrail@yahoo.com) 301/461-7048.

22 - 23 (Saturday - Sunday)

🔗 TRAIL WORK TRIP - Cadillac Crew
Gore, VA

Saturday the Crew hopes to complete a relocation of the Tuscarora Trail begun last year west of Winchester near Gore, VA. Sunday we will work on trail projects near Shockey's Knob. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at Brill Cabin near Shockey's Knob. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

25 (Tuesday)

🔗 HIKE - Vigorous Hikers
Shenandoah National Park, VA

Another opportunity to view Laurel in Season, by ascending the Jones Mountain Trail continuing to Cat Knob, then returning on the Fork Mountain, Staunton River Trail with options up to 18 miles and 4300 feet of elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Dave Kennamer (dkennamr@yahoo.com) 301/299-9563.

FORECAST

25 (Tuesday)

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

29 (Saturday)

TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

The tenth of 19 South Mountaineers work events this year. Join our volunteer crew, enjoy the peace of the woods and go home happy if tired. INFO: Mark Mitchel (mdtrail@yahoo.com) 301/461-7048.

29 - 30 (Saturday - Sunday)

CABIN WORK TRIP - Weaver Cabin
Elkton, VA

We need help; we'll be behind schedule. Time to set the windows in the gable end. The rock chimney will be complete, and we'll put up rough sawn gable wood. Little projects from privy vents to porch board replacement will be everywhere. INFO: Thomas Jorgensen (Hairatheart@aol.com) 540/248-7009 (work), 540/456-4760 (home). □

Cabins Monitor Policy Now in Effect

At the February Council meeting a cabins monitor policy was approved. The policy was drafted by Cabins Operations Chair Mel Merritt in response to long-term abuse of public and private cabins by careless renters. It seems not a month goes by without complaints of renters who damage cabins, disturb neighbors with loud parties, or generally show complete disregard for cabin rules.

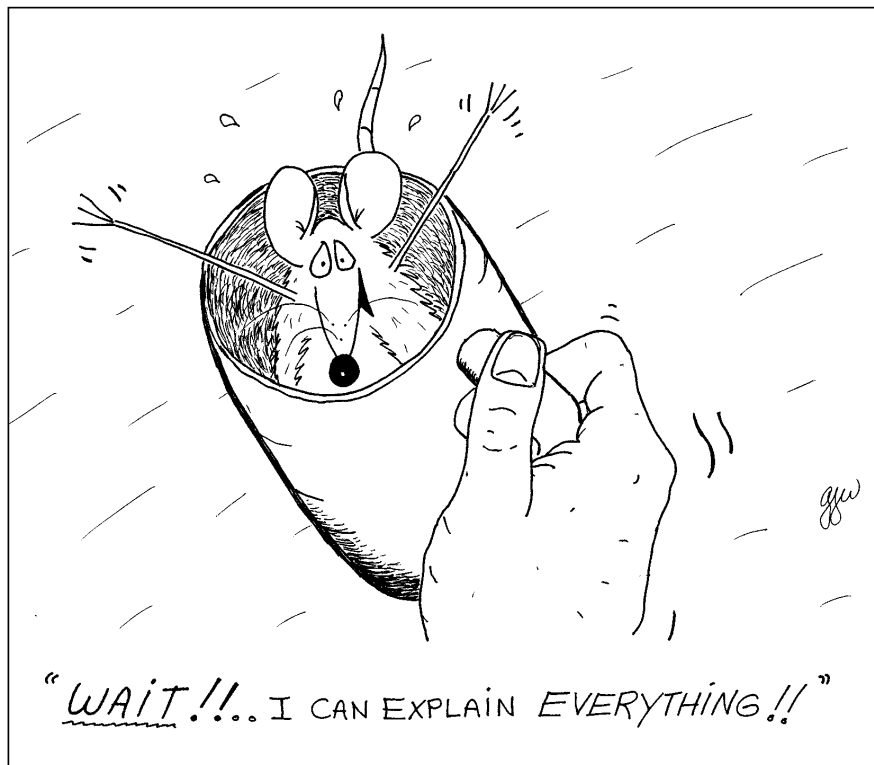
The cabins monitor policy will identify and notify cabins abusers.

Volunteer monitors will check the cabin before, after, and possibly during the alleged problem renters' stays.

If problems continue, that cabin abuser's rental privileges will be suspended. It is our hope that by identifying and educating these persons we will be able to save some of the wear and tear on our cabins and their Overseers. □

—Mel Merritt

Tails from the Woods by George Walters



Capon Valley 50k

Most PATC members are aware of the fact that there is a Club-sponsored 50K (31.5-mile) hike called the Dogwood Half Hundred held each year, usually on the third Saturday in April. Although the course has changed from time to time since the inaugural event in 1986, the Dogwood hikes have been held since 1992 in Fort Valley and on the Massanutten trails that surround it.

A little-known factoid is that the Tuscarora Trail actually hosts two 50K events each spring, although the second one is not PATC-sponsored. The second event is the Capon Valley 50K, and it is held a month after the Dogwood hike, that is, on the third Saturday in May, which will be May 18 this year.

The Capon Valley event is much more of a trail run than the Dogwood is and already has a course record of 3:22:39, even though this is only the fourth year of the event's existence. It is suitable for well-conditioned marathon runners but also for all hikers or runners who think they could complete the course within the allotted 10 hours. There are upgrades and downgrades, but the circuit does not have as much elevation change as the Dogwood. But like the Dogwood, the Capon Valley 50K has checkpoints and aid stations every five miles or so.

The registration fee for the Capon Valley run is intentionally steep, since it is organized as a fund-raiser for the Capon Springs Volunteer Fire & Rescue and other community services in the area. The basic entry fee is \$50, but this goes up to \$65 for late registrants after May 5. If you deduct the cost of the T-shirt, the chicken barbecue dinner, and the other race expenses, the rest of your entry fee should qualify as a charitable contribution.

There is an entry form that can be downloaded and a great deal of information about the event, including the previous three runnings, at www.iplayoutside.com/Capon50/

Any further questions should be sent to the race Director, Lynn Golemon, at lynng@mountain.net. She emphasizes that this is a beautiful part of West Virginia that most people should enjoy! □

—Lloyd MacAskill

Trailhead

By May, most Overseers have reacquainted themselves with their trails. For some it is like welcoming a familiar face back into the family after being away for a few months. You check for aging, use and abuse, and if the recognizable features are as you left them. The tasks at hand are sort of like spring cleaning—clearing off the small branches, rocks frost-heave pushed up, and of course there is that big dead oak blowdown you had been expecting to fall years ago.

Semi-Annual Trails Meeting

The Trails Committee, composed of the Supervisor of Trails (SOT), District Managers, and Crew Leaders, met at PATC Headquarters on March 20. Topics of interest included:

1. Bob Pickett of the AT Natural Heritage Program made a presentation on rare and endangered plants that have been identified along the AT Corridor. Each Overseer is asked to contact the District Manager for information on locating and caring for these plants. Maryland has completed its identification process. A workshop is in development for people to monitor these plants. The Trails Committee and Bob thought that the Overseers would be the best monitors since they tend to spend the most time on (and attention to) the trail.
2. First Aid—Managers and leaders are encouraged to take the Wilderness First Aid and regular Red Cross courses. The recommendation was to take both since each covers different material. Cost is a major consideration, so the SOT wants to establish a course at Blackburn Trail Center for Managers and leaders. The target period is October or November. Trail Patrol regularly conducts the regular First Aid course. Non-Trail Patrol members can take the course for \$20.
3. Trails Database—PATC recently installed a new computer system at Headquarters. The Club's databases now reside on the new server, and a concerted effort is being made to generate timely reports to support trail management. Mike Sutherland is leading the effort and encourages District Managers and crew leaders to identify and define reports that would be useful while the database is still in development.
4. Bernie Stalman is developing Train-the-Trainer workshops for chainsaw use. The committee requests District Managers to submit names of certified sawyers who would be good candidates for the course.
5. Work Trip Reports—As usual, Overseers are reminded that timely work trip reports are essential for District Managers to determine which trail sections are being maintained and which trails need attention. Please report problems such as large blowdowns that require additional support.

Kudzu Anyone?

Overseer Alex Sanders led a group of maniac “kudzu killers” onto the Potomac Heritage Trail (PHT) in March. Kudzu is an invasive plant found throughout the PHT. It was originally planted for erosion control along the George Washington Memorial Parkway but that has now gotten out of control. The ever-growing kudzu is coming down the short hillside from the Parkway and forcing hikers ever closer into the Potomac River, increasing trail erosion. So the group raked the kudzu down the hill, trying to force hikers to take a few steps inland away from the shore. The hope is that the Park Service will

now apply herbicide to the area and replace native plants to bring the area back closer to its original, natural setting. We'll see how it goes—or the “kudzu killers” may be back!

Key School Volunteers

Each year students from the Key School in Annapolis, Md., journey to the Shenandoah to fulfill one of their goals of community service. Their teacher and mentor for the outdoors, Lee Curry, works with these students, starting with 7th graders, to develop progressively more challenging programs in outdoor situations. By the time they are juniors and seniors they have been exposed to some events like canoeing the entire length of the Susquehanna River during the summer vacation or a two-week backpacking experience in Alaska's Wrangell Mountains. But part of their training is community service projects, and each year on a March weekend they arrive to do a trail maintenance project.

This year Lee arrived with veterans Thomas and Erich and newcomers Halle, Austin, and David to work on Knob Mountain Cutoff and upper Jeremys Run. On the way to Knob Mountain Cutoff Trail, they warmed up on a rather chilly day by cross-cut sawing a multiple-limb blowdown on Jeremys Run Trail. PATCers Dan Holmes, John McCrea, and Bernie Stalman gave them instruction and guidance in waterbar cleaning and rebuilding, trailside sloping, and tread regrading on Knob Mountain Cutoff. On the hike back out, Jeremys Run Overseer Dan Holmes found a few spots that needed the tread regraded. By 5:00 p.m. all had had a busy and fulfilling day. After a restful night in Range View Cabin, Sunday morning was spent side-sloping the AT close to Range View.

See Trailhead, page 19



Key school students working on Knob Mountain Cutoff Trail

Trailhead, from page 18

Mosby District Opens Relo

Trail Overseer Kurt Neumiller recently organized a crew to put the finishing touches on a trail relocation project in the Mosby District of the AT near Front Royal. The effort was launched when it was discovered that the Trail was infringing on private property in three separate locations. In total, about 1,500 feet of new tread was sufficient to correct the problem, which was identified when nearby logging operations got uncomfortably close to the Trail. The project also brought the Trail into close proximity with illegal tree stands used by hunters, and a separate but related effort is under way to address this problem. Overseer Neumiller organized his crew from the Ashburn, Va., congregation of the Church of Jesus Christ of Latter-Day Saints and was assisted on the project by District Managers Ed McKnew and Lloyd Parriott. The new tread is now open for business.



Photos by Jon Rindt

*Trail relocation crew caught not working!
L to r: John Dickson, Lloyd Parriott,
Blake Barker, Peter Wride, Kurt
Neumiller.*

Hoodlums Do St. Paddy's Day

The North District Hoodlums spent St. Paddy's Day weekend clearing winter down-fall from six sections of the AT in SNP in appropriate Irish fashion: the singing of the Stihls and the ringing of the McLeods was followed by the ancient Celtic ritual of corned beef and colcannon and a wee bit o' party at the Indian Run pub.

SNP's C.T. Campbell is fixing his famous chili at Range View Cabin for the Hoodlums crew on April 13. Care to join us for dinner? Please come.

Executive Gets Bonus

The Trailhead salutes Rick Canter, who celebrates a decade (March 1992 to March 2002) at the helm as District Manager of the AT in Maryland. Keep up the good work Rick! And in honor of such an event your salary is hereby doubled!

Organizations Seeking to Volunteer

As Volunteer Coordinator, George Walters reported that this spring produced quite a number of requests from Scout groups and similar organizations seeking volunteer opportunities on our trail sections. In a six-week period, more requests came in than in the entire year of 2001. Because of the large number of requests being made, the Trails Committee requests that District Managers and crew leaders maintain a list of projects that might be suitable for volunteers such as Scouts, 50-milers, college students, etc. Many thanks to the District Managers who fielded these requests and worked with these groups, perhaps the future stewards of our trails.

Invasive Species

Be on the lookout for *Ailanthus altissima*, better known as the tree-of-heaven, which establishes itself readily on disturbed sites. In naturally forested areas, disturbance created by severe storms or insect infestations can open the way for the tree-of-heaven. Even if you don't know it by name, you'll recognize it as "that tree that grew up in the middle of my trail since the last time I was out." You may have noticed groves of these light, smooth-barked trees along I-66 west of Gainesville. SNP has been trying to eliminate the tree because it is not a native species and quickly blocks the views along Skyline Drive. As early as the '50s, tree books identified this "forest weed" as a nuisance and recommended "it should never be tolerated wherever more desirable trees are able to grow."

March Madness, Cadillac Style

The Cadillac Crew made its two usual monthly outings in March. In spite of the good winter weather this year, the turnouts have usually been relatively small, but the main work objectives have always been accomplished. Oldtimers and newcomers alike are welcome to join the crew as the weather continues to warm up!

During the first work trip in March, the crew cleared much of the area around the Meadows Cabin. On Sunday, PATC-style blue blazes were placed for the first time on the nearby trail to the summit of Double Top Mountain in the Rapidan Wildlife Management area.

During the second March outing, the crew completed the sidehill construction for a Tuscarora Trail relocation on the Haynes easement near Gore, Va., leading into

PATC's Howze-Marks tract. The recent discovery of the tract's elusive southeast corner pin by Tyler Williamson and tract Manager Andy Halls helped confirm the fact that the trail relocation had been laid out correctly and was not going through someone else's back yard!

A major objective of the relocation was to get the trail onto land that has legal protection. The new uphill route is also farther away from the road and thus more scenic, but the original trail will continue to be maintained as a side trail to the local campsite and spring. The official opening date for the relo has not been decided upon yet.

Sunday's crew work focused on some repair and maintenance projects on the Tuscarora Trail near Shockey's Knob, where there has been some recent, extensive logging.

Sources of Tools and Trail-Building Info

Dan Dueweke discovered a company that offers a 45 percent discount on its entire catalog of tools to PATC members. The organization is Warwood Tool Company of Wheeling, W.Va. Contact information is adrianna@warwoodtool.com, www.warwoodtool.com, or 304/277-1414.

One resource that trail workers might not be familiar with is the Missoula Technology and Development Center (USDA Forest Service). The center has published a very useful set of books and videos dealing with basic and advanced trail building and maintenance issues. Most are free for the asking. Contact information is available at <http://members.telocity.com/~kerrysnow/patc/info.html>.

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

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CONTACT FRANK TURK, 301/249-8243
E-mail: frankturk@aol.com

Rock Springs Hut

DISTRICT MANAGER

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

District Manager Massanutten South

Trail Overseer Openings. Contact the District Manager for the section that interests you.

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

CALL ED MCKNEW, 540/622-6004
E-mail: emcknew@aol.com

Manassas Gap Shelter Trail

AT to Manassas Gap Shelter (0.10 miles)

Dicks Dome Shelter Trail

AT to shelter (0.20 miles)

SNP NORTH AT - MAP 9

CALL JOHN MCCREA, 610/352-9287
E-mail: mcreajf@aol.com

Appalachian Trail

Beahms Gap to Pass Mountain Trail (1.9 miles)

SNP NORTH BLUE-BLAZED - MAP 9

CALL BERNIE STALMANN, 301/725-8876
E-mail: Bstalmann@aol.com

Pass Mountain Hut Trail

AT to hut (.2 mile)

SNP SOUTH BLUE-BLAZED - MAP #11

CALL PETE GATJE, 434/361-1309
E-mail: pjgatje@aol.com

Rocky Mount Trail

Skyline Drive to Gap Run (2.2miles)

TUSCARORA SOUTH - MAP F, G, 9

CALL RICK RHOADES, 540/477-3247
E-mail: RRhoades@shentel.net

Tuscarora Trail

Mill Mountain Trail to White Rocks Trail (2.90 miles)

Tuscarora Trail

White Rocks Trail to Cedar Creek (2.7 miles)

Tuscarora Trail

Rock marker to Massanutten Trail (1.5 miles)

MASSANUTTEN NORTH - MAP #G

CALL MIKE SUTHERLAND, 703/591-8330
E-mail: msutherland@cox.rr.com

Massanutten Trail

Rt. 758 to 7-Bar-None Trail (3.3 miles)

Massanutten Trail

7-Bar-None Trail to Bear Trap Trail (2.7 miles)

Massanutten Trail

Bear Trap Trail to Peters Mill Run Rd. (1.6 miles)

Massanutten Trail

Moreland Gap Rd. to Jawbone Gap Trail (1.6 miles)

Massanutten Trail

Jawbone Gap Tr. to Crisman Hollow Rd. (4.8 miles)

MASSANUTTEN SOUTH - MAP #H

Call Bill Schmidt, 301/585-2477

E-mail: wmeschmidt@aol.com

Massanutten Mt. South Trail

TV Tower to Pitt Spring (3.40 miles)

Massanutten Mt. South Trail

Pitt Spring to Morgan Run Trail (3.3 miles)

Second Mountain Trail

Boone Run trail to Kaylor Knob (1.1 miles)

Fridley Gap Trail

VA 868 to Cub Run (2.60 miles)

Morgan Run Trail

Cub Run Road to Massanutten Mt. South Trail (2.6 miles)

GREAT NORTH MOUNTAIN - MAP F

CALL HOP LONG, 301/942-6177

E-mail: mgrnmd@hotmail.com

Mill Mountain Trail

Big Schloss Cutoff Trail to Tuscarora Trail (3.3 miles)

Great North Mountain Trail

Stack Rock to FR 720 (4.2 miles)

Gerhard Shelter Trail

Tuscarora Trail to Vances Cove Trail (1.5 miles)

SUBURBAN MARYLAND - MAP D

CALL LILES CREIGHTON, 410/573-0067

E-mail: lcrei@aol.com

Ford Mine Trail

Maintenance area to maintenance area (.5 mile)

Trail Overseers – Appointed in March

Marie Grenan	Valley Trail – Bolder Bridge to Boundary Bridge
Susan Lannak	Bearfence Scramble
Rima Silenas	.PHT – Water Gauge to VA 123
John Regas	.PHT – Theodore Roosevelt Island to Windy Run
Kathy Doyle	.Northern Peaks Trail – West end
Michael Kulik	.Cabin John Trail – River Road to Bradley Boulevard
Terry Allen	.AT –Thornton Gap to Pass Mt. Hut Trail
David Whitten	.Wildcat ridge
Merrick Kacer	.Rocky Mount Trail
Joe Beben	.PHT – Donaldson Run to Gulf Branch
Alan Maver	.Tuscarora Trail – Sherman Gap to Veach Gap



The Potomac Appalachian

118 Park Street
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