



The Potomac Appalachian

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

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June 2001

PATC SUPPORTS NATIONAL TRAILS DAY – JUNE 2 – SEE THE FORECAST FOR NTD ACTIVITIES

Dogwood Half Hundred

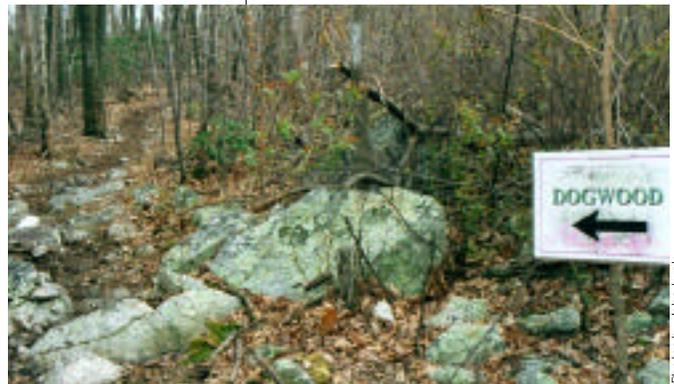
Saturday, April 21, 2001 dawned cloudy and cool, conditions not normally associated with idyllic April weather in northern Virginia, but ideal for the sixteenth running of the Dogwood Half Hundred, a grueling 50 kilometer endurance hike over the ridges and through the gaps in the Massanutten mountains.

Again this year the Dogwood Half Hundred covered a compound figure-eight route over the Tuscarora Trail and a number of other trails in the northern Massanutten, starting and finishing at Powells Fort Camp.

Following the pre-dawn Dogwood breakfast, at which 10 dozen bagels and a case of bananas were consumed, 218 participants set out at 6:30 a.m. sharp en route to the first checkpoint at Signal Knob. In addition to entrants from the local region of Virginia, Maryland, Pennsylvania and D.C., Dogwood 2001 also included 7 hikers from Illinois, as well as representation from Delaware, Ohio, New York, North Carolina and the state of Washington.

The field began to stretch out as it proceeded over Meneka Peak, down to Elizabeth Furnace and up to Sherman Gap. As the first finishers began to cross the finish line a light rain began, keeping the temperature down, but catching the middle and back of the pack along the ridge of Massanutten Mountain and on the descent from Shawl Gap back to Elizabeth Furnace. The precipitation ended after about an hour and a half and the sun emerged to brighten the latter stages of the route back over Meneka Peak, down the Sidewinder Trail and on the homestretch through Mudhole Gap.

See Dogwood, page 3



Photos by John Luck



Photo by L. Sherman

Young Hikers in Training, Part III

Last summer my husband and I took two separate backpacking trips with my then 7-year-old son. It was a tremendously important time for me. I have for years loved backpacking, and here I was finally getting to show my first-born what that love is all about. I was both excited and nervous. Would he be able to cover much distance? Would he enjoy the challenge, or be discouraged at how difficult it can be? Was he too young, or had I waited a bit late?

Our first trip was a 4-day circuit hike around Mt. Rogers. He was attempting to qualify for a Presidential Physical Fitness patch for backpacking which required him

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Council Fire

At its regular monthly meeting at headquarters on April 10, the PATC Council learned that the Futures Group is considering amending the structure of the Executive Committee so that more of the club functions are represented on it. Since the names of the officer positions are named in the Constitution, the group considered putting the names of most of the positions in the bylaws. However, under present rules, the bylaws are amended by the same process as the Constitution. Thus the Futures Group is considering changing the procedure to amend the bylaws. This would necessitate moving some paragraphs of the bylaws to the Constitution.

Financial Management

The Club's endowment fund was down somewhat as a result of the declining stock market (to \$2.8 million), but Treasurer Gerhard Salinger said this was not cause for concern. The Council approved opening a sub-account at Legg Mason that will be invested only in short-term fixed-income securities, money market funds, and other funds with similar goals. This will be used for the restricted accounts and for expenditures from the endowment fund during the next two years. PATC received about \$17,000 in contributions through last year's Combined Federal Campaign, which represented a \$7,000 increase over the previous year.

Trails and Lands

Steve Bair, Shenandoah National Park Branch Chief for Backcountry, Wilderness and Trails, has updated the Memorandum of Understanding, which is now referred to as a General Agreement. It is under review by

the appropriate PATC officials. There was a very successful griphoist training session at Blackburn Trail Center involving 15 district managers and trail crew leaders. They moved big rocks to build steps from the Center to the AT. The Appalachian Trail Park Office has done an inventory of threatened plant communities along the AT. This information will be passed on to trail overseers to make them aware of plants that need protection during trail work.

Headquarters Renovation

The Council learned that bids for renovation of the headquarters building have been received and are being reviewed. A recommendation on letting the contract is expected for the May Council meeting. Volunteers will be needed to help move material from the construction areas to temporary storage, taking into account special requirements for storage of some items.

Cabins

The new roof on Hermitage Cabin is finished, and Gypsy Spring needs a lot of work. Owners near Bear Spring Cabin seem amenable to affording continued access. There was a consensus on the Council that cabin overseers should not contemplate major improvements without authorization, and the nature of historic structures should be taken into account. Construction is moving along at John's Rest, Rosser-Lamb, and Tulip Tree cabins, and an inspection report of the cabin system is in draft form.

Membership

Club membership in April was a total of 6,819, compared with 6,543 in March.

See Council Fire, page 19

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

Address: 118 Park Street, S.E., Vienna, VA 22180
Hours: Monday through Thursday, 7 p.m. to 9 p.m.
and Thursday and Friday 12 noon to 2 p.m.
Phone #: 703/242-0315
To receive an information packet: Extension 10
To leave a message for the Club President Walt Smith: Extension 70
24-hr. Activities Tape #: 703/242-0965
Facsimile #: 703/242-0968
Club Email: Wriley1226@aol.com
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Business Manager: Vacant
Membership/Cabin Coordinator: Pat Fankhauser (Ext. 17) Email: pfankh@erols.com
Sales Coordinator: Maureen Estes (Ext. 19) Email: patcsales@erols.com

Walt's Notes

Volunteerism in Action

In April I attended the dedication of the Inew Ed Garvey Memorial Shelter located along the AT in Maryland. I hope that many of you will have an opportunity in the future to attend one of our many dedications of cabins, shelters, or trails. There will be more dedications this year. Please watch the forecast and see if you can attend to let the volunteers know that their work is appreciated.

As I reflected on the many people who contributed to the completion of the beautiful Garvey Memorial facilities, I was reminded of so many other events and contributions made by many hundreds of PATC volunteers. These efforts occur day and evening, seven days a week, in many locations from the sales, information, or cabins desks in Vienna to the distant mountains in the middle of Virginia as well as those north near the capital of Pennsylvania. And many of these volunteers are very busy people. Most are not retired as I am with children gone from the nest.

Recently I received a letter from Skip Ebert, a very busy PATC'er who also volunteers to help out the Boy Scouts and others while being the District Attorney of Cumberland County in Pennsylvania. He volunteered to help PATC's legal effort in securing title and easements to land for the Tuscarora Trail. Not only volunteering his own time, he recruited the pro bono assistance of three other attorneys in that part of Pennsylvania, through an ad in the local bar association newsletter.

And there are many more examples. You may have noticed that the officers and chairs on page two have changed since I last mentioned the subject in the January issue. Charles Sloan has volunteered to be our General Counsel. We are most grateful for his expertise gained in his law firm of Sloan and Swedish, located here in Vienna, as well as from his long association with the Appalachian Trail Conference. Chuck is currently Chair of ATC's Land Trust Committee.

Karen Brown has volunteered to use her experience gained in leading hikes to help Tom Johnson co-chair the Hikes Committee. All five chapters have volunteers who also serve on this committee that promotes hike leader training, events, as well as excursions outside our area.

Larry Rockwell has volunteered to be the Public Affairs Chair, utilizing expertise
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gained while working for the American Red Cross and elsewhere. Larry is active in hiking, backpacking, and as an advocate of Leave No Trace.

There are many other volunteers who have joined the effort to maintain and protect trails in our area. I wish that I could list them all. Please note them as their names are published in the *PA*, and please come to the next annual meeting when we read the names of those receiving awards.

Volunteerism in Need

I mentioned eighteen months ago the continuing need for trail overseers, as evidenced by the Trail Overseers Wanted list (on the back page of each *PA*). I am still puzzled as to why we are not instead maintaining a Trail Overseer Waiting List! I wonder if some may be somewhat intimidated at the prospect of being an overseer or co-overseer? I must say that I didn't know the first thing about being an overseer when I took over Snead Farm Loop Trail. However, it was a short trail and with the guidance furnished verbally and in writing it was but a short while before I felt comfortable with what I was doing. I quickly became adapted to the benefits of the change from my employment in an office as well as the fun of having my own little piece of real estate in the mountains where I could enjoy the change in the seasons.

Because it made a lot of sense to me some years ago, I am going to quote Kerry Snow's remarks concerning expectations of a trail overseer: "the average PATC overseer is responsible for about one to two miles of trail. The basic responsibilities of an overseer are: 1) clipping and weeding, 2) tread-way maintenance, and 3) blazing, as needed. In addition to summer underbrush, the overseer is usually expected to clear the trails of any small trees or limbs that have blocked the path. Treadway maintenance usually involves installing and maintaining erosion control devices (water bars and checkdams). A typical year for a PATC overseer begins in late winter with an inspection hike, which gives the maintainer a chance to check up on any winter damage and to clear any small trees that have fallen. In early spring, the overseer returns with a pick and fire rake to clear the accumulated silt from the upper side of waterbars. By late spring, an average trail will need an initial weeding, and the conscientious overseer will clip wood vegetation back that might be protruding into the path. Depending on the trail, the overseer will probably return another time or

two to cut back undergrowth during the summer months. Fall is a good time for a second waterbar trip, and the cool weather is usually perfect for blazing touch-ups."

I encourage you to check out the back page of this issue and give a district manager a call. You may wish to ask a district manager to show you what is involved. If you do not see a trail or area in the *PA* that interests you then please call Heidi Forrest at Headquarters and ask about other trails.

Our Employees

Volunteers are busy all over our four states. Meanwhile, back in Vienna, we have five dedicated employees who provide the stability that enables the volunteer system to work. Many of us miss the smiling face of one of our employees, Regina Garnett, our former Business Manager, who left PATC after many years for career growth in another organization. At this writing, we are still in the process of selecting Regina's replacement from among some very fine candidates. We are fortunate that there are many people who wish to work for the Club, and help us keep volunteerism in action.

See you on the trail,



Dogwood, from page 1

178 participants completed the entire Dogwood route, the first two crossing the finish line at 12:18 p.m. and the final two hikers at 7:09 p.m. Each finisher received a well-deserved round of applause, a finisher patch and a bowl of the traditional Dogwood chili.

Dogwood 2001 was made possible by the enthusiastic efforts of more than 70 volunteers, including trail clearing crews, cooks and base camp workers, registrars, finish line and checkpoint officials, trail junction monitors, sweep teams, emergency medical technicians and ham radio operators. Many of the hikers commented on the friendliness, dedication and cheerful nature of the Dogwood volunteers, whose dedication of time and energy bear witness to a longstanding PATC tradition. □

—Ric Francke
Dogwood Half Hundred Director

Impressions of a First-Time Dogwood Volunteer

Q: What do a grueling 30-mile day hike of not a single step, cartons full of bananas, a computer database, and a group of wonderful people have in common?

A: All that and much, much more was the 2001 PATC Dogwood Half Hundred for me!

This was my first year of volunteering at the annual PATC Dogwood Half Hundred event. I have been aware of the Dogwood for many years but I never felt suitably in shape to cover 30 miles of mountain trails in one day. I didn't think the Dogwood was something I would enjoy. Was I ever wrong!

It began innocuously enough. A phone call came from Ric Francke, asking if I had any interest in helping him by keeping a computerized registration list of people who will be entering the Dogwood this year. That should be easy, I thought ... I am a fair typist and I have a lot of experience setting up databases – sure, I can handle that. One database and 251 paper entry forms later (most with legible handwriting, thank goodness), I wondered if my work was over. “Well, you could help out by doing the on-site registration check-in at the event ...” This got my attention. That might be fun. It certainly was a necessary task that someone had to do. I'd been cooped up much of the winter and would enjoy a spring weekend foray to the woods. I agreed.

As the event neared, I was looking forward to the experience, but honestly, I didn't think much about it. About a week before the event, I had the idea to search for “PATC Dogwood” on the Web. Aha, here are some on-line photo albums from participants in past years! A few clicks and ... uh, oh, what in the world am I getting myself into? Look at that huge crowd of hikers; there must be a MILLION of them! I had a sinking feeling not unlike the Titanic. I wasn't sure I could handle the job.

Instead, when I arrived at Dogwood Base Camp on a gorgeous Friday afternoon, the day before the event, my spirits were buoyed. This is an incredibly well-organized operation! A huge picnic pavilion in the woods, loaded with breakfast and dinner fixings, case after case after case of bottled water, enough boxes of bananas to keep a band of chimps happy for a year, radio antennas erected, a search and rescue lean-to built – what an amazement to have all been accomplished by volunteers. We all kept busy throughout the evening, preparing for the event, but finding time to tell and listen to funny stories, laugh a lot, and finally get some dinner and rest.

Saturday morning came quickly. I will spare you the pre-dawn details of flipping through forms, handing out entry numbers, safety pins, Dogwood patches, and making endless numbers of check marks.



Photo by John Luck

The Vantage From Checkpoint Three

Chill-skinned
and panting
mountain runners
grab
banana halves and palmfuls of goldfish
letting us
fill their water bottles
with
Gatorade and water mixed
while they breathe
and gasp
and wince
before loping away
to cover the last eleven point four
miles.
The Dogwood Half Hundred:
An event
whose runners
use marathons
as
training sessions.

—Aimee Kratts

Three of us with thirty fingers flying at the Official Registrations Picnic Table got everyone processed in what seemed like a flash. Before I knew it, the big group of entrants had been given their last-minute briefing and had vanished down the trail.

The enjoyment continued for me for the entire day. A lot of work remained for the volunteers to accomplish, much of it taking place throughout the long Dogwood circuit, which I could sadly only experience second-hand via radio transmissions. I wished I could have been everywhere – handing out water at checkpoint 2, checking off hiker number 173 as he passed checkpoint 3, directing folks at confusing trail intersections, encouraging the weary past checkpoint 4. Well, at least I could do my part back at Base Camp. I felt privileged to be a part of such a group of dedicated, efficient, cooperative, friendly people.

Early in the evening, as the last course-conquering participant crossed the finish line amidst the aroma of vats of simmering chili, the entire experience came together. I may not have hiked a step, but I had participated in the Dogwood! I was so grateful to all the exhausted mud-spattered soggy heroes and heroines who visited one-by-one to personally thank all of the volunteers for making the event possible. I was smiling so hard I thought my face would stick that way. I would not have missed it for the world. □

—Jim Tomlin
Potomac Appalachian

Impressions of a First-Time Dogwood Volunteer

I was the last of the volunteers to arrive at checkpoint 3 ... and that was at 8:30 in the morning. Judy Smoot, the president of PATC's West Virginia Chapter, was in charge. There were five of us: Judy, me, Sharon, Donna and Sue. Our tasks were to cut up bananas, oranges and apples, put Oreos, Chips Ahoy and Goldfish crackers on plates and mix gallon after gallon of lemon-lime and orange Gatorade.

We set this bounty of fruit, sugar and liquids out on two picnic tables as we watched the racers running by our checkpoint to get to checkpoint 2 first. Many of the runners were really disappointed that they were not allowed to stop and sit at our checkpoint. They had already run 11 miles since 6:30 a.m. Going another few tenths to checkpoint 2 seemed like torment to some.

Along with our duties of making sure that the runners were fed and watered, we had to keep track of them. One volunteer managed the Check-In clipboard. When a runner arrived, the volunteer was supposed to note the runner's number and arrival time. I took the Check-Out clipboard in order to note a runner's number and departure time, and to note drop-outs. This bookkeeping may seem overly administrative, but it's very important to keep track of all the runners' locations to make sure no one was unaccounted for ... hurt or lost on a trail.

The weather in the morning on April 21 seemed to be perfect for volunteering. It was 65 degrees and overcast. We were very comfortable at checkpoint 3, if you didn't count the gnats. The runners, however, may have had a different opinion.



Photo by John Lusk

First place co-finishers, Derick Carr and Scott Mills, looking like they have just taken an afternoon stroll.

The first runners through checkpoint 3, 19.1 miles into the race, were numbers 24 and 39. They arrived at 10:09 a.m. Clearly interested in winning, they spent less than a minute at the checkpoint re-supplying with water and Gatorade, then taking off at a fast pace up the hill. The third runner came in a few minutes later and spent very little time with us as well. These three leaders were already a half-hour ahead of everyone else. (For the sake of statistics, the first woman arrived at the checkpoint at 11:25 a.m.)

Sometime after noon it started to rain. And the bulk of the runners began to arrive. They were wet, cold, dehydrated and had some blisters to tell tales about. The medical volunteers went into action. Shoes were untied. Socks were peeled off. And abused feet were exposed. There was much discus-

sion of blister care (to drain or not to drain, that is the question). Small cuts and abrasions were cleaned. There was even a space blanket or two unrolled to cover shivering participants who'd decided that 19.1 miles was quite enough to hike in one day thank-you-very-much.

The medical volunteers were amazing. They knew when it was time to question a runner hard about the wisdom of continuing and when it was time to patch someone up as quickly as possible to let them go on. One of the medical staff even volunteered to stand at the roadside for a couple of hours in the rain just to make sure that the race participants got across the road safely, because after 19 miles, some runners were a bit dazed.

The runners themselves reported some snow still remaining on the ridges and periods of light rain. They also declared in great numbers that navigating the rocks along the trails was quite a challenge. The quote I heard most was, "God, my feet are killing me. How long to the next checkpoint?"

The funny thing about the runners was that despite all the rain and physical pain and competition, everyone was in a great mood. Sometimes the runners were incredibly wry about the whole situation. As part of my job I had to ask over 200 people, "Checking out and going on to checkpoint 4?"

The best answer was, "Yeah, I'm going on to checkpoint 4. I don't know why I'm going to checkpoint 4, but yeah, I'm going there."

Probably, the most honest guy in the race. □

—Aimee Kratts

Impressions of a First-Time Dogwood Participant

A few weeks ago I took a nice walk in the mountains. That's a big deal for me. With young kids in baseball and soccer, a 4-hour drive to the hills is a rare treat.

Anyway, my walk in the woods. I was really looking forward to my commune with nature; no kids, a nice spring day, (hopefully) lots of birds, butterflies, flowers and other new growth. I got an early start and was careful about preparations. I had my route all mapped out and no other commitments to interfere with my day's sojourn. The weather was promising, and I was eager for a nice long stroll. Well, almost.

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For some reason, I guess a mid-life thing, I decided to enter this year's Dogwood Half Hundred. (Actually, I was prompted by my best friend, who ditched me early in the event.) I thought it would be a nice spring tonic of sorts; a good motivator to shed some pounds and get in better shape. Hey I've done some hiking. I've walked more than 20 miles in a day - with a full backpack. How hard could this be? We signed up and I started training for the event.

I like a good challenge, and I figured, with some serious training I could do it. So about seven weeks before the the Dogwood I start-

ed hitting the treadmill every other day. My short days were seven miles of walk/running. On off days I did weights. I got myself a new pair of fancy sneaks and set about to lose some weight. I worked hard and fairly quickly saw results. But seven weeks is not a lot of time when you've not been in great shape for a while. And I really didn't want to get injured.

So, on the day of the event, I'd done all I could. I was excited and nervous. It was very reassuring to see other participants who looked more like me than like ultra-

See Participant, page 6

Impressions of a First-Time Dogwood Participant

Participant, from page 5

marathon athletes. A few fellow PATC members who knew the route had told me that I could make it if I just kept a steady pace. Although it's not classified as a race, for those of us who don't train for marathons or extreme sports, this was a race against the clock. You see, there are cut-off times, so if you don't go fast enough you get the boot. My best friend was certain we'd have no trouble keeping the approximately 3 mph pace throughout, and for insurance, we'd run as much of the first 10 miles as we could. I was determined to finish.

The first section was like rush hour. It was single-file most of the way, with 250 hikers on a 3-foot-wide trail. Passing was only achieved with very careful planning, and some degree of offense. Cutting ahead three or four people only netted about 15 feet. Not worth it. But the pace was good, except for the occasional emergency braking. Unfortunately, the pace was not as swift as we had hoped, and we came into the first checkpoint with only 10 minutes to spare. Not a good sign. Who wants to prepare all that time, work that hard, to get disqualified because you walk too slow? I wasn't happy, but my friend panicked. We had run virtually none of the first five miles – mostly because it was too crowded, but also because it was a minefield of rocks! I wasn't expecting a paved path – but at least some relatively flat soil. Wishful thinking!

So the next section was our opportunity to gain time. We ran everything we could. The crowd was a little thinner and we started to feel better about our chances of finishing. We were still relatively fresh and running wasn't too bad, except for the rocks. The first time I fell I was lucky enough to land in mud, but the second time was all rock. I realized that after walking for more than 10 miles, running downhill in rocks was a bad idea which could prevent me from finishing.

At the second checkpoint we had gained about 30 minutes and my panicked friend left me. I still felt relatively fresh and thought I could make it if I kept a steady pace and didn't stop. Even though I had just started to feel a couple of hotspots I wasn't concerned enough to rest at this checkpoint, even to eat/drink/change socks. Making up that time was just too hard to do.

The next section was long and hard. And even though I had not finished even one bottle of water in either of the two previous sec-

tions, I drank both bottles before I was half way through the third section. There was a monster hill, and I've always been particularly weak on uphills. And in this section it became quite clear that I had two blisters. A refreshing sprinkle started on the way up the hill, but at the top it turned into a cold, windy drencher. A short while later I experienced some strange leg cramps and dizziness. Although I had tried to stay hydrated I was not careful enough early on. I'll know better next time. I was so thankful to run into a wonderful volunteer at the end of the ridge who was giving out water. What timing!

The final three or so miles of that section felt like five, and arriving at the checkpoint, 19 miles into the Dogwood, was a great relief. Before I started the race I had decided that if I was able to make the cutoff times through this checkpoint, I would be sure to make it barring injury. But I realized during the event that if I made it to checkpoint 3, I could stop the walk and still feel really good about what I had accomplished.

At checkpoint 3 my priority was blister treatment, to make the last 12 miles bearable. So I put my aching feet into the hands of an ICU RN with a syringe. It wasn't the most pleasant memory of the trip, but I sure am grateful for her help. She cheered me up (said my chief complaint was crabbiness) and gave me enough aide and rest to continue on.

The next hill was with the assistance of a fellow hiker, who set a swift and sure pace up the climb. I was doing a bit of huffing, but by matching his stride I made it up in fairly good time. I'm glad I didn't know what was ahead because I was tired. A number of rock slides presented the next challenge. I kept thinking how much my kids would like that part of the course. But my legs were bruised and aching, and it was hot. Funny how just a couple hours earlier I was cold and wet. Unfortunately, it was also rocky, and the going was tricky.

I came across a volunteer who was guiding us onto the right path (again). He had been out there all day, probably 10 hours at this point. Without his help I'd probably would have ended up in West Virginia. Anyway, he said it was another four or five miles to the next checkpoint. I was disappointed, but checked my watch and realized that unless I twisted an ankle or got injured in some other way, I was probably going to make it. I had slowed down a bit over the course of the day, and knew I needed to keep up the pace. But after 23 or so miles, it's just hard

to walk swiftly. Well, really, it's just hard to walk.

When I was about two miles (so I thought) from the checkpoint, at the top of a steep downhill, I came across a sign saying it was 4.6 miles to Elizabeth Furnace. I thought that was the location of checkpoint 4. I had less than an hour and a half before the cut-off, no way I could make it almost five miles. I threw caution to the wind and started running downhill with everything I had left in me. I can't believe I didn't break a leg or ankle. I made the next mile fairly quickly, and came back up on the man who had paced me up the big climb out of checkpoint 3. He remarked on how much time I'd made up, I guess he knew about how far behind him I'd fallen, and said it was only about another mile to the checkpoint. What a relief! Can you imagine making it that far only to be disqualified? But in reality, we had a couple of miles. No matter. The cheerleading squad who met us at checkpoint 4 was fantastic. I opted for a rest and food before leaving, no longer worried about whether I was going to make it. It was only a few more miles, through a few streams, and chili was waiting!

I finished the walk exactly 12 hours after starting. I walked the whole time fairly hard, and even did some running. I came through with no serious injuries and felt O.K. at the end. And I met some great people in the process. All-in-all it was a great experience.

My friend and I were sore starting about five minutes after the event, and it took four days to be able to walk down my stairs facing forward. Running shoes were out of the question for over a week. I have never laughed as hard as I did on the day after the Dogwood when my friend and I tried to get out of the rental car and climb a 6-inch curb. I wanted a challenge and I got one.

I can't say enough for all the volunteers who made this event not only possible, but a well-coordinated affair. They got up every bit as early as the participants, sweated at least as much, and were out there all day. What a wonderful bunch of people. I'm not alone in saying that I'm incredibly grateful.

So I took a walk in the woods recently. I didn't see much flora and fauna, mostly geology, but it was a good time. This event will be a spring ritual for me for years to come. And for those of you who didn't quite make it, don't give up. There's always next year. □

—Linda Shannon-Beaver

Potomac Appalachian

Blackburn Summer BBQ is Here!

The annual Summer BBQ at the Blackburn Trail Center is back after a hiatus for renovations to the center. Come join us for hiking, relaxing and delicious "Texas-style" BBQ. (For a schedule of events, see May PA article.) The Trail Center accommodates approximately 30 people in bunkrooms and there is plenty of room in the campground for tents. Bring

your lunch on Saturday; dinner Saturday evening and breakfast on Sunday are included. The cost of the BBQ is \$25 for adults and children 15 and older, \$7 for children 5-14, under five years old free. Please mail the attached registration form along with the appropriate fee to Caren Rothstein at 3225 Highland Lane, Fairfax, VA 22031. Registration forms must be

received no later than June 18. Maps and additional information will be forwarded to you. Volunteers are welcome and needed for several activities. If you would like to assist with this event or have any questions, please call Colleen Geraghty at 703/751-3214 or Caren Rothstein at 703/560-1361 before 9:00 p.m. Caren may also be reached at imshemish@aol.com. □

Blackburn Summer BBQ Registration — Saturday and Sunday, June 23-24, 2001

Name: _____

Address: _____

Phone: (day) _____ (evening) _____

Number of adult/children over 14 reservations: _____ (@ \$25.00 each) \$ _____

Number of children ages 5-14: _____ (@ \$7each) \$ _____

Number of children under 5: _____ (No charge) \$ _____

Total enclosed: \$ _____

Please mail reservation form and check to: Caren Rothstein at 3225 Highland Lane, Fairfax, VA 22031.
Registration forms must be received no later than June 18

IMPORTANT: Please be sure to make your check payable to Caren Rothstein.

Check Out Bob Pickett's Appalachian Mammals Website

Did you know: John James Audubon, after the success of his 'Birds of North America', prepared a similar book on mammals called 'The Quadrupeds of North America'?

■ Coyotes, wolves and domestic dogs can interbreed? So can bobcats and domestic cats.

■ Whales evolved from early wolf-sheep mammals? Carl Linnaeus erroneously assumed the eastern mole was an aquatic mammal and gave it the species name aquaticus, based on the webbed feet and note that the dead specimen had been found in the water?

■ The common water shrew can literally run across the surface of water?

■ Opossum are resistant to the venom of rattlesnakes?

■ In the five state area of PA, MD, WV, VA and NC, last year's harvest included 5,327 bear, 14,141 mink, 962,770 deer and over 5 million total game animals?

■ Coyotes can be found in every county in this same five-state region?

■ Elk are being reintroduced throughout many eastern states, including the Great Smoky Mountains National Park?

■ Wild boars are wreaking havoc in the Great Smoky Mountains National Park? Snowshoe hare and porcupine can be found in West Virginia? Bobcats are making their

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way to the Washington, DC suburbs? The Shenandoah National Park has the highest density of black bears of any National Park in the country? Mountain lions can be seen in both the Shenandoah and Great Smoky Mountain National Parks? Plains buffalo, once found in most eastern states, including Virginia, were mated with domestic cattle by the early settlers, with the crosses capable of producing significantly more milk than either species? The number of teats on many mammals can vary? Red fox and beaver mate for life?

All these facts can be found in Bob Pickett's new website on Appalachian Mammals.

A new website has been created providing regional information on the 71 species of mammals that reside in our central and southern Appalachian mountains. Focusing on the five-state region of Pennsylvania, Maryland, West Virginia, Virginia and North Carolina, Bob has worked with State Game officials to present an up-to-date picture of the status of mammals that can be found while hiking or camping in our eastern forests.

Information on each species is presented in a standard format providing local information on species location, size, habitat, diet, social structure, dens, breeding habits, tracks, and scat, as well as other noteworthy items of interest gleaned from over a dozen major reference books, magazine articles,

various master's thesis, and numerous conversations with researchers, staff from the Shenandoah and Great Smoky Mountain National Parks, state game specialists and biologists.

In addition to the standardized listing of specific species characteristics, various subjects are presented which provide information on the following:

■ The evolution of mammals and an in-depth investigation of the evolution of carnivores, including a chronological time line of the developments in the evolution of mammals,

■ State game harvests and State-by-State listings of mammals and identified State and Federal threatened and endangered species,

■ A review of John James Audubon's book on the mammals of North America (prepared after his seminal work on the Birds of North America),

■ A special discussion of hibernation and other winter adaptation by mammals, and

■ A listing of links to additional interesting websites providing information on mammals.

This site will be continually updated with additional regional-specific information as it becomes available. Please bookmark this site, found at www.bobpickett.org. □

—Bob Pickett

Young Hikers, from page 1

to wear a pack of at least 10% of his body weight for 50 miles. His was actually closer to 20%, but he still thought it too light. (Don't we all do that?) He's a little guy, but all heart. We got a late start and had to really high-tail it to make our first night's destination. I had the lucky designation of taking the first fall, but he quickly caught up and surpassed me grandly. He thought it was funny though, thus beginning the FOYB (fall on your butt) Club. We kept score thereafter, and he reached 32 points. I'm not sure if he was being careless or masochistically competitive. He did win.

There were so many stories from that trip we'll tell for years, like the song he wrote called: "Delicious horse pies, they are so good." Ryan discovered his primordial hunting instinct and went seeking shelter mice via flashlight. There were some tough times too, when dad was pushing the little guy a bit more than he could tolerate, but the promise of a cold Mountain Dew at the end of the trail, and the constant adventure around every turn kept his spirits up and made for a good time for all. Perfect weather and a fairly easy terrain were welcome details for this trip.

Later in the summer we squeezed in a slightly shorter circuit around Peddler Dam, which was mostly memorable for the extreme amount of water that fell on us for most of the trip. But it was enough for the Presidential patch, which he sewed on his customized backpack proudly. I hope he wears that patch on our thru hike one day.



Photo by L. Shannon

Ryan and Mike Beaver, spending some quality time together.

These trips took a little more planning than most. We weren't sure about some things, but stayed open-minded to change. Some things we learned about backpacking with your young ones:

❑ Push a little, but be very conscious of your children's limits. We planned a circuit which could be modified if it was too long or too short. We let our son set the pace. We did 6-10 mile days, with moderate elevation change. And we took *plenty* of rest stops. I don't think once an hour, for 5 or 10 minutes, is too frequent.

❑ I can't imagine anyplace not full of adventure for a child, but we intentionally looked

for hikes involving lots of points of interest, especially stream crossings and rocks.

❑ Make sure their water bottle is somewhere they can reach it easily.

❑ Comfortable shoes are a must. Don't buy new shoes just before a trip. Make sure they have been broken in and fit well. Don't neglect socks either. Make sure they fit, and will offer all the comforts that yours do.

❑ We modified a school backpack for Ryan. It worked great. Lots of padding made it comfortable. We checked out child-sized backpacks but they were for the most part too large for the load he was to carry: his clothes, and some food. Basically, light large stuff. And his pack still wasn't full.

❑ A little bribery can be a good thing when the going gets tough. Our choice is jaw-breakers and mints.

❑ Contests and songs are a great distractor. We came up with a couple of really fun contests which were time-consuming. But, actually, most of the entertainment was thought up and provided by Ryan.

❑ This is a good chance to educate. Teach your children safety first, but don't forget trail etiquette, and all about nature.

❑ Make sure it's fun. These are our future keepers of the woods. Don't neglect to teach them to love the outdoors as you do.

I think Ryan will forever remember with joy our first backpacking trip. He (and we) learned a lot, and had a great time. And, I think he was just old enough to complete a trip he could be proud of. I know his mom was sure proud of *his* walk in the woods. ❑

—Linda Shannon-Beaver



Here Comes the Next Generation

I have been hiking along the AT since the ripe age of two. I want to pass on my passion for the outdoors to my niece, Emma, who is 1-1/2 now. I told my sister and brother-in-law that I want to take them camping for the weekend this summer. As my brother-in-law was explaining that he will not go camping unless there is a place he can plug in his lap top, turn on the TV and watch HBO and have a heated bathroom, my niece walked out of my room with my trekking poles. "It's a sign" my sister laughingly said. "She's going to be a tree hugger just like her Aunt Cherie."

—Cherie Hunter

The Ladybugs Visit our Cabins

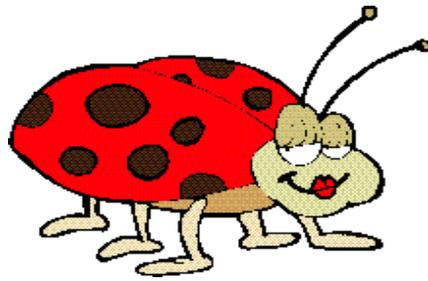
***Ladybug, Ladybug,
fly away home.
Your house is on fire
and your children are gone.
(And please leave
our cabins alone.)***

A children's nursery rhyme may not come to mind when dealing with the onslaught of the Asian lady bird beetle, a.k.a. Halloween lady beetle, Japanese lady beetle, and Asian ladybug. The little buggers swarm into hiding places in the winter to hibernate. If they can't find a place to hibernate, they'll collect in vast numbers and, as a lot of our cabin users are aware and write about in log-books and condition reports, they infest our cabins. Reports indicate that beetles clustering on the sides of buildings usually leave voluntarily in a few days or weeks. In the spring, they'll swarm again to get outside to look for willing mates. Once back outside, they will then disperse to chomp down on their favorite food – aphids (as in the wooly adelgids that infest and kill our hemlock forests). Some sources indicate that they have picky appetites and prefer to munch on wooly adelgids over other types of aphids. This is a good thing.

Initially they were introduced in 1979 to combat the proliferation of tree-inhabiting aphids in Louisiana. By about 1994, the Asian ladybug had spread throughout the eastern part of the United States. Our native ladybugs have natural predators like birds, and they will die out over the winter. The Asian ladybug, however, does not die out in the winter, has a life cycle of three years, and procreates abundantly. There is no known predator since they are brightly colored (which most animals know is a good indication that they're toxic or don't taste real good), and they give off an offensive smell (to you, me, and the birds) associated with a secretion emitted when they're agitated. This secretion, an aggregation pheromone, attracts other Asian ladybugs by the thousands to a favorable shelter for the winter. That's why you see so many in one place.

According to an information sheet distributed by the Department of Entomology at the University of Maryland, College Park, prepared by John A. Davidson, the following points should be considered.

- They are beneficial ... biological control.
- Adults and immatures eat other insects.



- They don't hurt people.
- They don't bite or sting (although some have said they have been bitten).
- They overwinter as adults.
- Adult beetles look for a sheltered place to overwinter. Once such a place is found, the beetles give off a chemical scent, which attracts other beetles – which is why sometimes thousands of beetles will be found in the same place.

Biology

- Eggs are laid in the spring.
- Larvae develop into adults in about one month.
- Old and new adults will look for the overwintering site in October.
- It has been reported that adults may live up to three years.

Where did they come from?

- Most species are native to this area. Some others have been introduced as biological control agents over the past 100 years.

Where are they now?

- From Maine to Louisiana.

What do I do?

- DON'T SPRAY THEM!!!
- Sweep or vacuum them up – put them outside in the woods, leaf pile or brush pile to overwinter.
- Hiding places can be constructed with boards, cardboard or brush and leaves.
- Repair torn screens or caulk the cracks through which they enter the house.
- Since these beetles are attracted to lights, caulk around windows, pull shades, and keep outdoor lights off where possible.
- Install screens on attic and basement vents.

An article by Christine Woodside in the March/April 2001 *Appalachian Trailway News* focuses on the plight of the hemlock

forests along the Appalachian Trail in the battle of survival against the wooly adelgid and the introduction of the Asian ladybug to combat them. It's a slow going process, but a promising success story. You have to ask yourself this – for a little inconvenience putting up with these little creatures, isn't it nice to know that they may be the sole reason our hemlock forests will survive the wooly adelgid? Also keep in mind that after the population of aphids reduces, so will the population of the Asian ladybugs.

There isn't much the overseers of our cabins can do about ladybugs other than take the measures listed above. But you as renters can help out by just brushing or scooping them outside. We certainly won't be using chemical insecticides to eradicate them, but we will be keeping our eyes out for some product that may be used as a repellent. Please be considerate of others using the cabins who may be sensitive to insecticides. For additional information on how best to deal with them, you can call the University of Maryland Home and Garden Center at 800/342-2507. □

—Patricia Fankhauser
Membership and Cabins Coordinator

A special thanks to Tom Lupp, PATC's AT Corridor Manager, for supplying the articles and pamphlets from which this information was drawn.

PATC Trail Patrol Presents Hike Leadership Training

July 28-29, 2001

The Trail Patrol is hosting a Hike Leadership Training course on July 28 and 29 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 703/222-8249 or go to our website: www.trailpatrol.patc.net

FORECAST

Chapters

Charlottesville Chapter

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

North Chapter

The North Chapter of PATC conducts monthly trail work trips on the Maryland and Pennsylvania sections of the Appalachian Trail (AT) and on the Pennsylvania sections of the Tuscarora Trail. We also lead hikes on these and other trails. Maryland AT work trips are generally held on the first and third Saturdays—contact Mark Mitchell (mdtrail@yahoo.com), 301/461-7048 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday—contact Charlie Irvin, 301/447-2848 or Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday night stay at the Gypsy Spring cabin. Dinner, breakfast, and camaraderie available. For information on upcoming hikes, contact Chris Firme (bncfirme@innet.net) 717/794-2855. For general chapter information contact chapter president Steve Koeppen (patcnorth@mail.com) 410/756-2916 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 Martha Clark (mclark@visalink.com) 540/665-2101.

Southern Shenandoah Valley Chapter

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

West Virginia Chapter

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

Ski Touring Section

The Ski Touring Section has served since 1974 to introduce Washington area residents to cross-country skiing and to provide cross-country skiing opportunities to experienced skiers. The Section sponsors winter weekend ski trips for all levels of skiers to nearby mountains in Maryland, West Virginia and Pennsylvania, as well as periodic social events year round. INFO: 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 at 703/768-5724 or at MackMuir@edisaurus.com.

PATC Midweek Hikes

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

Other Clubs' Hikes

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

KEY to Forecast Activities

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

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

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

Meetings

Meetings

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

Trail Patrol - First Tuesday

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

New Members (PATC) - First Wednesday

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

Shenandoah Mountain Rescue Group

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

PATC Council - Second Tuesday

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

Mountaineering Section - Second Wednesday

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

The Futures Group — Third Tuesday

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

Shenandoah Mountain Rescue Group

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

June

1 (Friday)

DEADLINE - July Potomac Appalachian Headquarters, Vienna, VA

5:00 p.m. All items for the next issue of the PATC newsletter must be submitted electronically, if possible, to headquarters, or by e-mail to lindashannonb@mac.com. Allow one week for postal service delivery. Forecast events may be e-mailed directly to PA-Forecast@home.com.



2 (Saturday)

TRAIL WORK TRIP - Rock Creek Park Crew

Rock Creek Park, Washington, DC

8:15 - 11:30 a.m. This is the annual National Trails Day work trip in Rock Creek Park. Meet at Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31.



2 (Saturday)

TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

The Trail House in Frederick, Maryland is joining the South Mountaineers for a work event along the Appalachian Trail, followed with a supper. We will meet at Washington Monument Park at 9:00 a.m., spend the day working on the Trail, and have a catered supper outdoors in the late afternoon. INFO: Trail House (Clyde Hicks) 301/694-8448 or e-mail Mark Mitchell (mdtrail@yahoo.com).



2 (Saturday)

HIKE - Northern Shenandoah Valley Chapter

North District, Shenandoah National Park, VA

Fox Hollow and Snead Farm Circuits. Enjoy National Trails Day on a hike appropriate for the entire family in the vicinity of the Dickey Ridge Visitor Center in Shenandoah National Park. Hike the three-mile Snead Farm/Dickey Hill loop (500 foot elevation change) with Walt Smith, author of *The Last Orchard*, the story of the people who lived on Snead Farm. After passing through the farm (the barn is still standing in the former 250-acre orchard farm) we will see good views of the surrounding valleys and mountains from Dickey Hill. Enjoy lunch in the picnic grounds and then hike the 1.5-mile (300 foot elevation change) Fox Hollow interpretive circuit of the former Fox family homestead including the family cemetery. There will be ample opportunity to browse at the visitor's center. INFO: Walt Smith (wsmith@visuallink.com) 540/678-0423.

2 (Saturday)

HIKE - Seneca Creek Greenway Trail (REI), SCGTC, MNCP
Gaithersburg, MD

11:00 a.m. Opening Ceremony and Family Hike. Join REI, the Seneca Creek Greenway Trail Coalition, the Maryland National Capital Parks & Planning Commission and the hardy volunteers who have worked tirelessly in all weather to open three miles of new trail in upper Montgomery County. Hike the newest section of this beautiful stream valley trail that will connect the Potomac River and C&O Canal with the Patuxent River State Park! INFO: REI 301/982-9681 or 703/379-9400.

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2 - 3 (Saturday - Sunday)

CABIN WORK TRIP - Blackburn Trail Center

Round Hill, VA

Saturday is National Trails Day so come on out and put in a days work with the Blackburn Crew. Lots of jobs to do both inside and out including work on the blue blazed trails from the Center up to the AT. Reservations/INFO: Chris Brunton 703/560-8070 or Bruce Clendaniel 410/820-7550.



2 - 3 (Saturday - Sunday)

TRAIL WORK TRIP - Acme Treadway Crew

Central District, Shenandoah National Park, VA

It's June ... National Trails Day weekend! Spring has sprung ... almost to summer!!! Do you have offspring or friends who are graduating this month? Haven't you finished gradual school? If not, come finish your Masters degree in Treadway Engineering with the Acme Treadway Crew as we work in Shenandoah National Park. We meet at 9:00 a.m. on Saturday morning at a place that is revealed only to the insiders, and in a code, the key to which only they possess. If you believe yourself equal to the challenge, call no later than Wednesday, May 30th. INFO: Don White (whitedh@hotmail.com) 804/270-3116.



2 - 3 (Saturday - Sunday)

TRAIL WORK TRIP - North Chapter Pa. Trail Crew

Appalachian Trail, PA

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

2 - 3 (Saturday - Sunday)

CLASS - Wilderness First Aid (WSC)
Alexandria, VA

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

4 (Monday)

HIKE - Family Hike

Bull Run/occoquin Trail, VA

3-4 mile out and back hike along the very scenic Bull Run. It is a rugged trail in spots with some steep, but short, ups and downs. Backpacks or walkers only; not stroller friendly. Designed for the under 5 crowd, but all ages welcome. INFO: Lauren Lang (LevansAT94@aol.com) 703/631-9278. Prefer e-mail.

5 (Tuesday)

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

5 (Tuesday)

HIKE - Vigorous Hikers

North District, Shenandoah National Park, VA

Little Devils Stairs. 15 miles, 3500 foot climb. Climb the stairs to the AT via Sugarloaf Trail, returning by Hull School Trail. Hope to see laurel in bloom. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Dave Kennamer (dkennamr@yahoo.com) 301/299-9563 before 9:30 p.m.

5 (Tuesday)

CLASS - Hiking the Appalachian Trail (REI)
REI, College Park, MD

7:30 p.m. Hiking the Appalachian Trail: The Charmed Corridor. Considered the Everest of long distance trails, the AT has captured the imagination of hikers for over 75 years, particularly those who attempt to hike the entire 2168 miles in one season. Sonja Carlborg, 43, started her through-hike on April 5, 2000, and completed her journey on December 5, eight months later to the day. Join her in a frank and inspirational conversation about preparation, gear, safety, and the myths and joys of hiking the AT. Don't miss this opportunity to demystify the process of long-distance hiking, whether you're out for a week or for a month. INFO: REI 301/982-9681.

6 (Wednesday)

CLASS - Hiking the Appalachian Trail (REI)
REI, Baileys Crossroads, VA

Same as 6/5 except at Baileys Crossroads. INFO: REI 703/379-9400.

6 (Wednesday)

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

Postponed until Thursday, June 14th. Note also that there will be no meeting in July.

6 (Wednesday)

HIKE - Easy Hikers

Lake Needwood (upper Rock Creek National Park), MD

Circuit hike of 4 to 5 miles on rolling terrain around Lake Needwood. Bring lunch and water. Meet at 10:15 a.m. in Needwood parking lot next to boathouse/pavilion (Visitor Center). Directions: From Beltway 495 go north on Rte 97 (Georgia Ave.) about 11 miles. Turn left (west) on Rte 28 (Norbeck Rd.); get in right lane for immediate right on Rte 115 (Muncaster Mill Rd.). Go about three miles; turn left on Avery Rd.; go 0.5 miles to park entrance on right. Take Lake Needwood Dr. to "T" and turn left. Follow signs to Visitor Center. INFO: Frank Berfield (berfield@bellatlantic.net) 301/438-7975.

9 (Saturday)

HIKE - Tuscarora Trail V
Tuscarora Trail, PA

Amberson Ridge Section, Cowpens Rd. to Hemlock Rd., 8.8 miles; 1300 ft elevation gain. This is considered the roller coaster section of the Tuscarora Trail in Pennsylvania. It crosses the Sherman Mountain from Blue Mountain through Laurel Run and Shaeffer Run before ending up at Fowlers Hollow. Before descending into Fowlers Hollow, we will cross atop Amberson Ridge. At Fowlers Hollow we will find the first shelter built on the trail and named after the hollow it sets in. We will ascend Rising Mountain to Hemlock Rd. to finish the hike. INFO: Christopher Firme (bncfirme@innernet.net) 717/794-2855 after 6:00 p.m.

9 (Saturday)

TRAIL WORK TRIP - Massanutten Crew
George Washington National Forest, VA

As summer begins, we know that you are thinking of the great outdoors and the camaraderie that only other hikers can provide. We can help you avoid crowds and crowded trails! We can show you nature at its best and most beautiful! We can help you feel good about yourself and take pride in the support you give to the trail community! Join us on Massanutten Mountain as we build waterbars, renew trail, and reconstruct sections on trails which we all enjoy! INFO: Mike Sutherland (msutherland@cox.rr.com) 703/591-8330.

FORECAST

9 - 10 (Saturday - Sunday)

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

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

9 - 10 (Saturday - Sunday)

🔗 CABIN WORK TRIP - Vining Tract Crew
Lydia, VA

The Vining Tract Crew meets one weekend a month to work on various projects, ranging from cabin repairs to land management projects. We're now in the midst of constructing a small cabin using logs from an old barn. Come join us and practice (or develop) your log-lifting and chisel skills. Overnight at Conley and Wineberry cabins. INFO: Larry Lang 703/631-9278 or Hugh Robinson 703/525-8726.

9 - 10 (Saturday - Sunday)

🔗 Cajun TRAIL WORK TRIP - North District
Hoodlums

North District, Shenandoah National Park, VA
Jambalaya! Work on the AT in SNP and be rewarded afterwards with a fine mix of "theme" cuisine and great camaraderie! I ga-ron-tee!! The North District Hoodlums do 'roll-up-your-sleeves' treadwork, rockwork and the like by day but are occasionally known to enjoy the fruits of their labor in grand fashion following the day's events at a facility within the park! No 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's festivities, camp out overnight in SNP - lots of options! We meet at Piney River Ranger Station, MP 22 on Skyline Drive, at 10:00 a.m. Saturday morning. RSVP by Wednesday prior. INFO: George Walters (gjwalters@starpower.net) 410/426-2724.

9 - 10 (Saturday - Sunday)

CLASS - Land Navigation (REI)
REI, Baileys Crossroads and Prince William Forest
Park, VA

Saturday 11:00 a.m. - 5:30 p.m. and Sunday 8:30 a.m. - 4:00 p.m. This 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. The second day is spent doing practical navigation exercises in the field to facilitate active learning, and retention of newly learned skills. The course fee is \$75 and includes workbook text, course materials, compass, map, and grid reader. Registration/INFO: REI 703/379-9400 or 301/982-9681.

10 (Sunday)

🔗 HIKE - PATC/K9TB

Catoctin Mountain Park, Thurmont, MD

We'll hike at a moderate pace to overlooks at Chimney Rock, Wolf Rock and Hog Rock on trails that are rocky and often steep. Length is about 8 miles, but you can choose a 5-mile option. This is a joint hike with K9Trailblazers (K9TB) so well-behaved dogs are welcome as long as you keep them on leash and scoop after them. Maps and chocolate and dog biscuits provided at the trailhead, but bring lunch, snacks, and water for you and your dog. Visit the K9TB website www.k9trailblazers.org. INFO: Pat Fuhrer (psfuhrer@earthlink.net) 301/482-2468 or Jeff Bolognese (jbolo@gateway.net) 410/247-4434.

11 (Monday)

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

11 (Monday)

🔗 HIKE - Family Hike
Burke Lake Park, VA

Stroller friendly 5 mile hike around the lake, with a playground stop near the halfway point. After the hike we will have a picnic lunch and ride the mini-train and carousel. Designed for the under 5 crowd, all ages welcome. INFO: Lauren Lang (LevansAT94@aol.com) 703/631-9278. Prefer e-mail.

12 (Tuesday)

🔗 HIKE - Vigorous Hikers
Wardensville, WV

Half Moon Hike. 17 miles, 2500 foot climb. Great North Mountain. Half Moon Trail, Pond Run Trail to Waites Run Road; returning by German Wilson Trail. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Dave Kennamer (dkennamr@yahoo.com) 301/299-9563 before 9:30 p.m.

12 (Tuesday)

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

13 (Wednesday)

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

13 (Wednesday)

CLASS - Summer Hiking! (REI)
REI, Baileys Crossroads, VA

7:30 p.m. Get out of town! Take a hike! REI's Mark Nelson and Ed Neville will share some of their favorite cool spots for summer forays, and tips on planning, preparation, seeing more wildlife, and making YOUR hiking trips exciting and enjoyable! INFO: REI 703/379-9400.

14 (Thursday)

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

14 (Thursday)

🔗 HIKE - In-between Hikers
Potomac Heritage Trail, VA

Hike along the Virginia bank of the Potomac River from Roosevelt Island to the American Legion Bridge. About 10 miles. Some rocky terrain and some stream crossings. A car shuttle will be arranged for the return. Meet at 10:00 a.m. in the Theodore Roosevelt Island parking lot, immediately off the northbound George Washington Parkway just north of the Theodore Roosevelt bridge (there is no access from the parkway southbound). Bring lunch and water. INFO: Gary Abrecht (GAbrecht@AOL.com) 202/546-6089.

16 (Saturday)

🔗 TRAIL WORK TRIP - North Chapter Pa. Trail Crew
Tuscarora Trail, PA

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

16 (Saturday)

🔗 TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

Enjoy gardening? This is gardening on a much grander scale. Enjoy the camaraderie of other volunteers in the woods, making a difference, and getting away from the city. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

16 (Saturday)

🔗 HIKE - 2001 Canal Odyssey
Williamsport, MD

The fifth mission of the C&O Canal Odyssey will be from Williamsport to Taylors Landing, Maryland, 19 miles. Meet at 7:30 a.m. at Roy Rogers located on MD 85 in Frederick, MD. A car shuttle is required. INFO: Jack Thorsen (thorsen4@Juno.com) 703/339-6716 or William Needham 410/884-9127.

16 (Saturday)

🔗 TRAIL WORK TRIP - Stonewall Brigade
Near Wardensville, WV in Vances Cove

Join the Stonewall Brigade to rebuild waterbars damaged by firefighters two summers ago while fighting the "Peek-a-Boo" fire near Gerhard Shelter. Meet at 9:00 a.m. at the first locked gate after taking the right hand branch of the road in Vances Cove. We will go through the gate, so be on time. Bring lunch, work gloves, water, bug spray, and hiking shoes. RSVP/INFO: Hop Long (mrgnmd@hotmail.com) 301/942-6177.

16 (Saturday)

🔗 HIKE - West Virginia Chapter
Tuscarora Trail near Gore, Virginia

Join the West Virginia Chapter as we explore the Tuscarora Trail starting in Gore, Virginia, and heading south into Great North Mountain. The trail should be in it's early summer glory, with thick forest and some late spring and early summer wildflowers. The hike will be about ten to twelve miles in length, beginning in the valley and slowly climbing the ridge of the mountain. INFO: Judy Smoot (jasmoot@hotmail.com) 540/667-2036.

18 (Monday)

🔗 HIKE - Family Hike
Prince William Forest Park, VA

Dads- celebrate Fathers' Day a day late- take the day off and join us for a half-mile, toddler paced hike up to a waterfall (not stroller friendly) followed by a 3.5 mile stroller friendly hike. Come discover this beautiful national park tucked close to D.C. We will picnic along the way. INFO: Lauren Lang (LevansAT94@aol.com) 703/631-9278. Prefer e-mail.

19 (Tuesday)

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

19 (Tuesday)

🔗 HIKE - Vigorous Hikers

Catherine Furnace, Massanutten Mountain, VA

18 miles, 1700 foot climb. Cub Run Road, Morgan Run Trail, north on Massanutten Mountain South Trail and returning by Roaring Run Trail. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Dave Kennamer (dkennamr@yahoo.com) 301/299-9563 before 9:30 p.m.

19 (Tuesday)

CLASS - Nature's Window (REI)
REI, College Park, MD

7:30 p.m. Nature Photography: Winter in Yellowstone. Experience nature's wild side close up with award-winning wildlife photographer, Jack Mills. Jack's favorite subjects include a variety of large, hard to photograph animals from the Canadian Rockies and elsewhere. Jack will provide tips on successful wildlife photography and share with us a photo tour of Yellowstone National Park in the prime of winter. INFO: REI 301/982-9681.

20 (Wednesday)

CLASS - Nature's Window (REI)
REI, Baileys Crossroads, VA

Same as 6/19 except at Baileys Crossroads. INFO: REI 703/379-9400.

July

20 (Wednesday)

👤 HIKE - Easy Hikers
Lake Accotink, VA

The Easy Hikers will hike about 5 miles around Lake Accotink. Meet at Wakefield Park Recreation Center at 10:15 a.m. and bring lunch and water. To reach the park, leave the Beltway (Exit 5) at Braddock Rd. Go west on Braddock Rd. and turn right at second light into Wakefield Park. Follow the park road to the second (last) parking lot, turn left and meet in front of the Recreation Center building. INFO: Shirley Rettig 703/836-0147.

21 (Thursday)

👤 HIKE - In-between Hikers

Great Falls and Riverbend Parks, VA

5-10 miles at moderate-fast pace. Start at 10:00 a.m. Meet at Great Falls Park (VA) Visitor Center parking lot to begin hike before continuing on to Riverbend Park loop. From I-495 Beltway take Exit 44 West (old 13) on VA 193 (Georgetown Pike) for 4 miles to old Dominion Drive. At traffic light turn right. Go 1 mile to park entrance; fee \$4 per vehicle or Park Pass. Sorry, no pets. INFO: Mary Siu 703/533-1430.

23 (Saturday)

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

8:15 - 11:30 a.m. Call this our Summer Solstice outing as we toil on D.C. hiking trails in beautiful Rock Creek on one of the longest days of the year. Meet at Rock Creek Nature Center. INFO: Mark Anderson 202/462-7718 (mhacca@starpower.net) or Ranger Ken Ferebee 202/426-6834 x31.

23 (Saturday)

👤 TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

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

23 (Saturday)

👤 HIKE - Family Hike
Sky Meadows State Park, VA

Beautiful park with unspoiled views and no traffic noise! Come join us on a 4 to 5.4-mile hike (depending on group preference). This hike offers lots of variation. It begins on an old gravel road bed, some places are a little steep and rocky through the woods, and other sections are wide paths through meadows. The trail has some sunny sections, but mostly shade and some good views. Designed for the under 5 crowd, but all ages welcome. Sign up early; space is very limited. INFO: Lauren Lang (LevansAT94@aol.com) 703/631-9278. Prefer e-mail.

23 (Saturday)

👤 HIKE - Northern Shenandoah Valley Chapter
Buzzard's Rock, Fort Valley, Massanutten Mountain, VA

Always a favorite! See geological formations with Bill Melson, Geologist, during this five-hour moderate hike with beautiful vistas. Our hike will begin with a 952-ft ascent from Elizabeth Furnace to Shawl Gap on the Tuscarora Trail. Bring lunch and water, and wear hat and hiking boots. INFO: Bill Melson (mcmelson@erols.com) 540/933-6276.

23 - 24 (Saturday - Sunday)

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

Join the crew as we continue the trail building project on the Per-Lee Tract started earlier in June. Community dinner on Saturday night. Overnight at PATC's Rosser-Lamb Cabin. INFO: Fran Keenan (outdoorsnow@cox.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

Potomac Appalachian

25 (Monday)

👤 HIKE - Family Hike
Fairfax County, VA

Northern section of the Difficult Run Trail. We will hike about 3 miles to the mouth of Difficult Run at the Potomac River, and return on the Ridge Trail in Great Falls Park. This is a beautiful hike which is jogging stroller passable (barely). Pack a picnic lunch and bring appropriate gear if you'd like your little one to get wet. Designed for the under 5 crowd, all ages welcome. INFO: Lauren Lang (LevansAT94@aol.com) 703/631-9278. Prefer e-mail.

26 (Tuesday)

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

26 (Tuesday)

👤 HIKE - Vigorous Hikers
Thompson Hollow, VA

Overall Run. 17 miles, 3000 foot. From Thompson Hollow climb Heiskell Hollow Trail then north on AT to return via Overall Falls (and a swim). INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Dave Kennamer (dkennamer@yahoo.com) 301/299-9563 before 9:30 p.m.

26 (Tuesday)

CLASS - Camping with Kids (REI)
REI, College Park, MD

7:30 p.m. Time-tested tips and wisdom on pitching a small tent, surviving the night monsters, cooking with dirt, and enjoying the outdoors with kids of any age. Bring the kids, and join REI's camping staff for a discussion of planning, preparation, what's necessary and what isn't, good gear, good fun, safety and places for family adventure outdoors. INFO: REI 301/982-9681.

27 (Wednesday)

CLASS - Camping with Kids (REI)
REI, Baileys Crossroads, VA

Same as 6/26 except at Baileys Crossroads. INFO: REI 703/379-9400.

27 (Wednesday)

👤 HIKE - Easy Hikers

Seneca Creek State Park, Gaithersburg, MD

About 5 fairly easy miles over rolling terrain. Meet in the Visitor Center parking lot at 10:15 a.m. From the Beltway, exit to I-270 N. After about 7 mi. (at the exit for Rt. 370), move into the local lanes. Stay in the center of the 3 lanes. After the right-hand lane has disappeared and reappeared, move into the right-hand lane. Take the next exit (for Rt. 124 West and Rt. 117 West); this is about 3 mi. after the move into the local lanes. Follow the signs for Rt. 117, which becomes Clopper Rd. (and is still Rt. 117). After 2.1 mi., turn left into the inconspicuous park entrance. After 0.1 mi., turn right toward the Visitor Center. In 0.1 mi., park at the end of the road. Since this is our last walk until September, we will lunch at Roy's Place in Gaithersburg after the hike. INFO: Sue King 703/356-6659.

28 (Thursday)

👤 HIKE - In-between Hikers
Sugarloaf Mt., MD

Moderately paced 8 mile circuit hike over rocky and varied terrain. Directions: Follow 270 west and take exit 22. Follow signs to Sugarloaf Mt. Meet at entrance to Sugarloaf Mt. on Comus Rd. at 10:00 a.m. INFO: Nena Ewing 301/652-9147.

1 (Sunday)

DEADLINE - August Potomac Appalachian Headquarters, Vienna, VA

5:00 p.m. All items for the next issue of the PATC newsletter must be submitted electronically, if possible, to headquarters, or by e-mail to lindashannonb@mac.com. Allow one week for postal service delivery. Forecast events may be e-mailed directly to PA-Forecast@home.com.

2 (Monday)

👤 HIKE - Family Hike
Riverbend Park to Great Falls Park

Join us for a 4 mile up and back hike to Great Falls park. Jogging stroller passable- there are three spots you have to lift the stroller over rocks. The trail is beautiful, situated on the banks of the Potomac River. Designed for the under 5 crowd, all ages welcome. INFO: Lauren Lang (LevansAT94@aol.com) 703/631-9278. Prefer e-mail.

3 (Tuesday)

👤 MEETING - Trail Patrol, 7:30 p.m.

4 (Wednesday)

👤 MEETING - New Members (PATC)

Canceled. Meetings will resume in August.

7 (Saturday)

👤 TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

If you like it hot, come out on this event and bring plenty of water. Some of our best work is done with sweat on our brows, moving rocks or weeding. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

7 - 8 (Saturday - Sunday)

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

Join us for trail projects in the Central District of SNP. INFO: Charles Hillon (CharlesHillon@earthlink.net) 703/754-7388.

7 - 8 (Saturday-Sunday)

👤 TRAIL WORK TRIP - North Chapter Pa. Trail Crew
Appalachian Trail, PA

Join the North Chapter trail crew for an all out attack on weeds, greenbriars, and other such trail nemeses. We will meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Charlie Irvin 301/447-2848.

9 (Monday)

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

10 (Tuesday)

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

11 (Wednesday)

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

14 (Saturday)

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

8:15 - 11:30 a.m. Help stop erosion now. Many of our projects this year will be focused on halting trail erosion that causes most of the problems in Rock Creek Park. Meet at Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31.

FORECAST

14 (Saturday)

HIKE - Tuscarora Trail VI
Tuscarora Trail, PA

Knob Mountain Section — Hemlock Rd. to PA Route 641. 11.6 miles, 700 feet elevation loss. We will start atop Rising Mountain and head south towards Knob Mountain at an elevation of 2300 feet. At Knob Mountain we will be at 1500 feet before descending the mountain to Route 641 at 800 feet. No water in this beautiful section but plenty of views to look at as we gaze to those below us. There will be excellent views just south of Catholic Path atop a narrow ridge crest that we will be hiking. So come on out and enjoy the views in the early part of summer. Could this be your favorite view? INFO: Christopher Firme (bnc-firme@innet.net) 717/794-2855 after 6:00 p.m.

14 - Saturday

TRAIL WORK TRIP - Massanutten Crew
George Washington National Forest, VA

Join us and enjoy the camaraderie of people who appreciate the great outdoors! We can help you avoid crowds and crowded trails! We can show you nature at its best and most beautiful! We can help you feel good about yourself and take pride in the support you give to the trail community!

Join us on Massanutten Mountain as we build waterbars, renew tread, and reconstruct sections on trails which we all enjoy! INFO: Mike Sutherland (msutherland@cox.rr.com) 703/591-8330.

14 - 15 (Saturday - Sunday)

TRAIL WORK TRIP - Cadillac Crew
Gainesboro, VA

Shockeys Knob. Returning to our long-term project on the Tuscarora Trail, the crew has a lot of options. Finishing the tread on a section through a rock field awaits the hardy, especially in the heat of July. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at Brill Cabin. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.



17 (Tuesday)

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

21 (Saturday)

TRAIL WORK TRIP - North Chapter Pa. Trail Crew
Tuscarora Trail, PA

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

21 (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 drive to 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. Bring lunch, work gloves, water, bug spray, and hiking shoes. RSVP by Wednesday evening. INFO: Hop Long (mgrgnmd@hotmail.com) 301/942-6177.

21 - 22 (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 703/836-8905.

28 (Saturday)

HIKE - Family Hike
Prince William Forest Park, VA

We'll hike about 5 miles along the High Meadows and South Valley Trails. The last half of the hike will be along the South Fork of Quantico Creek, a great place to get your feet wet and cool off. Designed for the under 5 crowd, all ages welcome. Sign up early, space is very limited. INFO: Lauren Lang (LevansAT94@aol.com) 703/631-9278. Prefer e-mail.

28 - 29 (Saturday - Sunday)

TRAIL WORK TRIP - Cadillac Crew
Blackburn Trail Center, Round Hill, VA

Want to work with some big rocks? The crew will be working on the side trail from Blackburn Trail Center to the AT that needs serious attention. This will be the third work trip this year and there is still a lot of work to be done. Community dinner on Saturday night. Overnight at Blackburn Trail Center. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

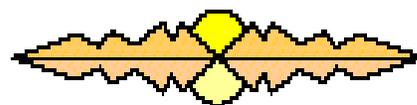
28 - 29 (Saturday - Sunday)

CLASS - Hike Leadership Training
Prince William Forest Park, VA

The Trail Patrol conducts training for PATC members to lead, or non-PATC members to co-lead, hikes advertised in the Potomac Appalachian. The two-day course covers standard procedures, navigation and map reading, medical emergencies, and leadership skills. Registration/INFO: Benjamin Fernandez (trailpatrol@patc.net) 703/222-8249.

31 (Tuesday)

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

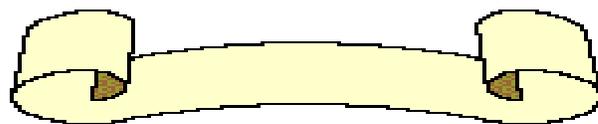


Archives Tech added to park staff; archives to open by June

Shenandoah National Park, VA—Shenandoah National Park Superintendent Douglas K. Morris announced the selection of Alison Kelly of Rappahannock County as the park's first Archives Technician. Her selection complements the recent addition of Archivist Harry Heiss to the park staff. Ms. Kelly's strong background includes education at George Washington University, a Bachelor of Arts Degree from George Mason University, and a Masters of Library and Information Science degree from Catholic University. She has previously worked for the Fairfax County Public Library, STG International, the Library of Congress, the Rappahannock Public Library, and National Public Radio. Her professional memberships include the Society of American Archivists and the American Society for Information Science. She and her family live in Castleton, Va. The addition of Ms. Kelly to the staff of Shenandoah National Park is a milestone in the park's 6-year effort to create a state-of-the-art facility to preserve archival resources; to centralize, catalog, and organize park archival records; and to make these holdings available to researchers. Park collections are specific to the efforts to establish, develop, and manage the park. The park archival collections comprise records dealing with the establishment of Shenandoah National Park after 1924, the Commonwealth of Virginia land records concerned with property owners as of 1926 or later, the Civilian Conservation Corps, the Hoovers and Rapidan

Camp, the creation of Skyline Drive, Skyland history and development, the Work Progress Administration and Bureau of Public Roads, and park resource management records dating from 1935. Park collections do not include Shenandoah Valley or Piedmont history or genealogy, 19th Century or Civil War historical materials, or general history. The park plans to have the archives open by June. Use will be by appointment only. Until, and after, that time, research requests and/or appointments may be made by calling 540/999-3494 or by FAX at 540/999-3693. ☐

—Lyn Rothgeb



CORRECTION

The article describing the Massarock Crew was actually written by Don Watts, a longtime Massarock Crew member who drives from South Carolina each year to help out building the trail. We apologize for incorrectly attributing that article.

More on Lyme Disease, Response

I applaud Mr. William Needham's article in the May 2001 *Potomac Appalachian* regarding the need for awareness and education about Lyme disease. This infection has been on the rise in our part of the country, reaching the point where Maryland is among the states that have the most reported cases each year. There were several inaccuracies in the article, which I feel obligated to correct.

The most potentially dangerous inaccuracy is "the first stage appears after a few days and consists of a characteristic 'bull's eye' red rash centered on the point where the tick attached". It is true that some victims will display a rash of this description. However, it is equally if not more common that the expanding rash will be a solid, uniform red color. It is also quite possible, as in Mr. Needham's case, that a victim will have no rash whatsoever. The rash frequently accompanies fever, chills, lethargy, stiff neck, swollen lymph glands, and other constitutional symptoms. For anyone who spends time outdoors, even only in your backyard, any severe "summer flu", especially with a mysterious rash, must be treated immediately.

The article should have also noted that the second and third stages of an untreated Lyme infection can be accompanied by striking neurological and arthritic symptoms, including extremely swollen joints

and/or paralysis, especially of the face and extremities. The longer-term symptoms do not always disappear as the article suggests.

The diagnosis and treatment of Lyme disease is poorly understood and extremely controversial. There are dramatic differences of opinion within the medical community. Research is underway to attempt to develop a better diagnostic test and to determine the best regimen of antibiotic treatments. The current diagnostic test, the results of which are frequently incorrect, can only identify those individuals who have in their lifetimes been exposed to the Lyme disease bacteria. It is not possible, as Mr. Needham states, to determine anything about the stage of the disease using this test. Sadly, there is no test that will prove that a patient is cured. One result of this uncertainty is that the "30 days of antibiotics" that the article states as the necessary treatment is only a guess. Another result is that a patient exhibiting early signs of Lyme disease should be treated immediately, regardless of the results of the current Lyme diagnostic test. The opportunity to arrest the infection in its early stage must not be missed.

The article does not mention the Lyme disease vaccine, which is now available. Unfortunately, controversy also exists about the vaccine. Some claim that they have had a severe arthritic reaction to the vaccine. It

is not known how effective the vaccine is, and if it is effective, how long one is protected after receiving the vaccine. One must remain vigilant about contracting Lyme disease even after receiving the vaccine.

Thank you, Mr. Needham, for the informative and well-timed article. The educated awareness of the public, an open-minded medical profession, and continuing scientific research are our best weapons against this disease.

—James F. Tomlin

In Response:

The main point of the article was prophylactic. That is, use spray and tuck in your pants. I thought I made it fairly clear that the Bull's Eye Rash was not a good indicator and that the symptoms were nebulous at best. As far as the diagnosis, testing and treatment, I think it pertinent to point out the uncertainties of current medical protocols. I reported what my doctor told me. I would comment that when I spoke to another doctor about the fact that I thought I had Lyme Disease, he asked when I had been in Connecticut, presumably as this was the only place where one could contract it. I did not mention the Lyme Disease vaccine intentionally as it is controversial at best and possibly harmful at worst. □

—William Needham

A Celebration at Wagon Wheel

On Saturday, June 30th, the North Chapter will dedicate the "Wagon Wheel" shelter at the Colonel Denning State Park. After 19 volunteers expended 400 hours on 10 worktrips in the year 2000, this shelter on the Tuscarora Trail stands proudly, a solid and gentle testament to its background of caring trail workers, ready to help the hiking community. Plan to be at park not later than 11 a.m. for activities which will begin at 11:30. Hot dogs, chips, and canned soda provided.

Colonel Denning State Park is located off Pennsylvania 233 and lies to the northwest of Interstate 81. Pennsylvania 233 intersects with Interstate 81. Please RSVP to Al Manus at ahmanus@yahoo.com, or 202/283-8340, or Charlie Irvin at 301/447-2848. See you there!

—Al Manus

Potomac Appalachian

Mike Karpie's Photo Tips: Fooling Mother Nature

Mother Nature does a splendid job of providing the outdoor photographer with an abundance of subject matter and incredible lighting effects. But let's face it, she tends to work on her own timetable and with little regard for our schedules.

So as a continuation of last month's article on photographing flowers, I would like to offer this suggestion: Carry in your camera bag, space permitting, a small spray bottle. This item is particularly useful if you tend to sleep late and miss the morning dew. Using the spray bottle, with the nozzle set to "fine" you can replicate your own "dew". This technique not only works well on flowers, but also on spider webs ... though it does tend to irritate the spider.



And the mention of spiders is a great lead-in for our next series of articles ...

Next Month: Photographing Wildlife, Part I

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

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

Overlooking History: Hike Into the Past of Skyline Drive

Most visitors to Shenandoah National Park stop at scenic overlooks as they cruise down Skyline Drive. They pause, car engines still running. Peering through their windows they see graceful foliage, the rugged spines of the mountains leading up to the ridgeline, the patterns of fields and farms in distant valleys—devoting perhaps 30 seconds to contemplating the panorama before gunning the throttle and heading off to the next “Scenic View” marked on their map.

There’s more though, to be seen from these overlooks, and it takes more than 30 seconds to see it. Generations of families, some dating back to the 1700s, lived in the valleys and hollows of the rugged mountains that now make up the Shenandoah National Park. You can see traces of their lives played out here, but it involves turning off your motor, hauling yourself out of your car, and lacing up a pair of hiking boots. Jack Reeder, author (along with his wife, Carolyn) of “*Shenandoah Heritage: The Story of the People Before the Park*,” “*Shenandoah Secrets: The Story of the Park’s Hidden Past*,” and “*Shenandoah Vestiges: What the Mountain People Left Behind*,” recently led a hike from Hogwallow Flats Overlook that traveled several miles down the eastern edge of the park and back generations in time.

Contrary to what many visitors think, what is now the Shenandoah National Park was not, as opposed to most national parks in the west, a pristine wilderness; it was actually land that was inhabited by hundreds of families. Cultivated farmland, apple orchards, barns, gristmills, sawmills, churches, schools, post offices, general stores, and networks of roads were to be found here.

Seventy-five years ago, Calvin Coolidge signed his name to a bill establishing the park, sealing the fate of the mountain residents. There was to be no place for them in what would be one of the first major National Parks on the East Coast. Almost 500 families were moved from the mountains—some left willingly, others were forcefully evicted. Their homes were burned or torn down. Today, you have to look hard to see traces of the human history of the park.

And that’s exactly what we were here to see. This wasn’t a scenic hike, but one that would take us step-by-step, back to what this area was like before there was a Shenandoah National Park, and before the Civilian Conservation Corps built Skyline Drive. After meeting at the Hogwallow Flats overlook, we set off, with Jack in the lead. Within minutes, it was obvious that this wasn’t actually going to be a “trail”



Photo by John Luck

Jack Reeder (center) SNP history hike. Cast iron vat in foreground, left by mountain residents.

hike, since there was no trail to speak of. As accurately advertised in the *PA Forecast*, bushwhacking was definitely involved—dead trees, grasping vines, and thorns were constant obstacles as we descended the ridge. Within a few steps, our group learned the protocol of spacing ourselves so we didn’t get a good swat in the face by a branch snagged by the person in front of us.

The first trace of human presence that we encountered was a gnarled, overgrown apple tree, its bark freshly scarred by bear claws. This tree was the lone survivor of an apple orchard that was once here. We soon began to see the patterns of long abandoned dirt roads that serviced the orchards and provided passage to mountain homes. Jack described the apple industry in the area, and related how when, during World War II, so many men were in the military that there weren’t enough workers to harvest the apple crop. PATC members pitched in to help, and when labor laws required that they be paid for their work, the PATC’ers donated the money to the PATC treasury.

As we descended further towards Hogwallow Flats the hiss of the cars traveling along Skyline Drive faded away completely. Soon, Jack led us to an immense cast iron cauldron, almost 4 feet in circumference, lying in the leaves. Cracked like the Liberty Bell, it still sat exactly where it had been when Jack photographed it for “*Shenandoah Vestiges*” (page 33) over 20 years ago. Guesses abounded as to what its purpose

was; did it once serve as a laundry tub? A vat for boiling apples, or scalding hogs? (I thought it looked just like the kind of cauldron you’d see in one of those cartoons in which a missionary is about to be stewed by cannibals, but I kept that particular theory to myself).

Following a long abandoned road, that at this point, resembled little more than a deer run, we reached Hogwallow Flats. This muddy area, braided by rivulets of water, was indeed, as the name implies, an ideal wallow for hogs to cool off in on hot days. As we paused for lunch, sitting on a downed tree, Jack told us about the history of Applesauce House, of which no trace could be found today. It was an abandoned cabin adopted by the PATC trail volunteers in the late 1920s as a place to stay after working on what was to become the Appalachian Trail (this particular section of the AT was later relocated to its current location west of Skyline Drive). According to Club literature from the 1950s, Applesauce House got its name when, during a work trip, one of the PATC volunteer cooks brought everything that a hungry work crew would need, except for coffee (!), and everyone had to make do with applesauce.

Exploring Hogwallow Flats further, we discovered the mangled carcass of an ancient Dodge, one that Jack photographed in “*Shenandoah Vestiges*” (Page 40). There wasn’t much left of it, although the rust perforated winged fenders were still in place and the flathead six-cylinder engine was still intact, as was one remaining wood-spoked wheel. “That wheel looks pretty much just like it did when I first saw it,” said Jack, “except that now the rubber tire that was mounted on the wheel has finally weathered away.”

A bit more exploring, some additional unsuccessful searching for the foundations of Applesauce House, and it was time to return. We began walking back uphill, at one point crossing traces of what had been the old Appalachian Trail, circa 1929. All too soon, we could hear the cars on Skyline Drive again, and then there we were, back at the Hogwallow Flats Overlook. As we were removing our boots and packing up our gear, several cars pulled in, coasted almost to a stop as the occupants quickly glanced around, and with the bored nonchalance of someone switching channels on a TV set, pointed their automobiles back onto Skyline Drive. They would never know what they’d missed under that forest canopy that spread beneath the overlook, but on the other hand, they hadn’t earned it. □

—John Luck

Potomac Appalachian

NOTICES



NEW NOTICES

VOLUNTEERS WANTED To staff cabins reservations desk. Fridays from noon to 2:00 p.m. Please contact Darleen Wall at 703/978-6398, or Pat Fankhauser at PATC Headquarters 703/242-0315 ext. 17.

JULY 1 SUNDAY, The Outfitter at Harpers Ferry is celebrating 5 years ... And as a Thank you for your support, on Sunday we're having a hike-bike-tube relay race with a picnic and bluegrass music afterward. Gear will be on sale that weekend and Saturday night the town will have big fireworks. We'll have prizes and surprise! Pull your relay team of three together and join us for a great time. Please RSVP to Laura Wright, 888/535-2087.

WANTED: KEYBOARDER to help type stories about the early days of PATC, being collected for a book for the 75th anniversary celebration. Do a small amount or a larger amount, on computer for e-mailing the finished item. Carol Niedzialek: 301/949-9729 or niedze@erols.com.

THE PUBLICATIONS COMMITTEE is in need of people with typing ability and/or scanners to assist with preparing historical information for print. Articles vary in length from a few paragraphs to 10 or more pages and will be published as part of the 75th Anniversary Celebration. If you are interested in PATC and local history or want something to do on rainy days, this is the project for you. Please contact Aaron Watkins at 410/872-0100 or publications@patc.net.

THE PUBLICATIONS COMMITTEE IS SEARCHING for an editor, preferably with professional or academic experience, to edit a manuscript regarding the history of the AT in Maryland. The book is by an established and previously published author and historian. Please contact Aaron Watkins at 410/740-7082 or publications@patc.net.

NEEDED: PEOPLE TO HELP PLAN AND CONDUCT our Club events. What would you like to see at our annual meeting on 14 November at the Elks Lodge? Would you help with a Potluck Dinner? This is not only a meeting of the entire Club, but a time to give out awards, examine accomplishments, meet with friends, and have fun. We are planning other events, such as a picnic in SNP summer 2002. We receive many invitations to provide a Club display at other people's activities. Often we just don't have members to attend. If you are willing, please contact Liles Creighton, Membership Secretary at 410/573-0067, lcrei@aol.com or Pat Fankhauser at Club headquarters.

HIKES

HIKE LEADERS WANTED: The ATC biennial conference for 2001 will be held on July 14-20 at Shippensburg University, Shippensburg, Pa. Katie Jones, the hikes committee chair, needs hike leaders. To find out more, access the Susquehanna Appalachian Trail Club website at www.libertynet.org/susqatc, or the ATC website at www.appalachiantrail.org/about/biennial.html. Or you can reach Katie at jonesk@dickinson.edu, 717/249-6727.

1997 THRU HIKERS REUNION - Please join us for a reunion of Class of 1997 thru hikers. This year's reunion will take place on September 14-15 at the Bear's Den Hostel in Virginia, just off the AT. There will be a reasonable charge for lodging and for a shared feed on Saturday night. Your SO, family members, or friends are welcome. Bring pictures or slides of your latest adventures, plenty of stories about your hike, your appetite, and desire for fun and companionship with fellow hiker trash. For more information, call Dingle and HatTrick at 703/641-8837 or e-mail to mike.baehre@erols.com. See you this fall!

'WALKING HOLIDAYS. This is an invitation for you to join a small party and enjoy a week 'Exploring the Lake District' or 'Discovering the History of Northumbria' in England. The holiday dates are August 18-25 and September 8-15 for the Lake District, and June 30-July 7 for Northumbria. INFO: Derek Teasdale 0044/191-2520752; DTeasdale1@aol.com, or <http://members.aol.com/DTeasdale1/>

HIKE FRANCE - Fall 2001: Hike memorable segments of approx. 90 kilometer foothill, country roads, forests, on East side of historic WW I German-French "front". RON in villages. Begin o/a September 23, 2001, in Bescanson (Doubs Province). From high-detail maps, identify and reach various firing locations of a specific USA artillery unit, cited for effectiveness, and inspect, up-close, firing targets, some on mounts. Conclude with renowned battlefield overview-exhibits and preserved French and German "impregnable" fortifications, e.g., Hindenburg line, near Verdun. Small support-vehicle always to accompany. Max three senior-age men to join jogging, upper-senior man. Contact Stu Harbour at 703/280-5215.

FOR SALE

FOR SALE. Sears Craftsman chain saw. 2.2 cu. in., 18 inch bar, carrying case, spare chain, runs well and cuts well. These are made by Poulan. Will sell at reasonable price to PATC trail maintainer. INFO: Ralph Heimlich at 301/498-0918 or heimlichfamily@home.com.

BARGAIN FOR A BACKPACKER: Scarcely used copy of Trekking in the Patagonian Andes by Clem Lindemayor (Lonely Planet, 1998. \$17.98) offered for \$10.00 plus delivery costs. Patagonia is a spectacular backpacking area much used by South Americans and Europeans, but seldom by North Americans. Paula Strain, 301/340-6895.

VOLUNTEER OPPORTUNITIES

HELP PATC CELEBRATE ITS 75TH ANNIVERSARY IN 2002. Vice President Mickey McDermott is in charge of planning. INFO: mcdermottj.aimd@gao.gov

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

PATC OVERSEERS get big discounts from the following merchants who support our volunteer programs: Blue Ridge Mountain Sports (Charlottesville, Tidewater)—20%, Hudson Trail Outfitters (Metro DC)—15%, The Trailhouse (Frederick, Md.)—15%, Casual Adventures (Arlington, Va.)—10%, Campmor (mail order via PATC HQ)—10%. Check the back page of the PA for the latest trail, cabin, and shelter overseer opportunities. All PATC members receive a 10% discount from Blue Ridge Mountain Sports. Be sure to have your membership ID or overseer ID ready when you shop.

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

NOT INTERESTED IN WORKING IN THE GREAT OUTDOORS? PATC has a continuous need for Headquarters Volunteers willing to help out with a variety of tasks — from manning the sales desk in the evening, to providing typing or office support. It takes a lot more than trail workers to keep the Club going! INFO: Wilson Riley, wriley1226@aol.com or 703/242-0693, ext.11.

OTHER OPPORTUNITIES

"As a public service to its members and partners, PATC provides the following list of upcoming projects which offer volunteer opportunities.

Because these are not PATC projects, PATC urges you to contact the individual(s) listed below to obtain more information about the project, the project leader qualifications, and the sponsoring organizations policies and procedures (including training and insurance coverage), to determine whether it is appropriate for you."

THE JAPANESE WALKING ASSOCIATION and the Yomiuri Shimbun are preparing for "Trans-America 2001". Hoping to promote better cultural and international understandings between the United States and Japan, a group of 14 young Japanese will walk 5000 kilometers across the US. The group will begin on March 30 at Mount Vernon, making stops in cities and towns throughout the country. The group will conclude "Trans-America 2001" on September 8 in San Francisco by celebrating the 50th Anniversary of the San Francisco Peace Treaty, when Japan officially returned to the international community. For more information on "Trans-America 2001" visit:

www.yomiuri.co.jp/inpaku/english.htm

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



Fifth Year of Keystone Trail Crew Set

Keystone Trail Crew, sponsored by KTA, will have three weeks of trail maintenance in the month of June. The work week this year will run from Wednesday through Sunday. The dates are June 6 through June 10, Terrance Mountain Trail; June 13 through June 17, Chuck Keiper Trail; and June 20 through June 24, 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. INFO: Joe Healey, jnlhealey@aol.com or feel free to call at 570/655-4979. Detailed information and a map available.

Trailhead

Witnessing nature's transition from winter to spring is always an inspiring event. Those of us who are fortunate enough to spend some time on the trails during this period share a renewal of life with the wildflowers and singing birds. For example, in late April I met a thru-hiker north of US 522 near the Conservation and Research Center east of Front Royal. When asked how he enjoyed the AT through the SNP, he replied he was enjoying this section through the valley with all the new growth – it was still dead in the Park.

This spring hasn't been as wet as last year but by June you can still expect the trailside vegetation to begin to encroach on the treadway. Early June, when the weeds are still young and tender is the best time to begin the summer assault. Otherwise, the chore becomes increasingly more difficult the longer you wait.

From The Supervisor Of Trails

The trails office at the PATC headquarters continues to wrestle with various computer and database problems. The hardware and software malfunctions have left the trails office unable to answer emails from District Managers and overseers, send out overseer packets and trail reports, and electronically accept work reports. Hopefully, by the time this issue of the *PA* is mailed, most of these problems will be resolved (fingers crossed). In the meantime, please be patient, and keep those work reports coming in.

Despite the database problems, all Shenandoah passes for SNP overseers were mailed in early April (the passes had been delayed in the NPS office). If you haven't received your pass, please contact your District Manager or Heidi Forrest. Similarly, all PATC overseers should have the new Overseer Discount Cards (which were also mailed in April).

PATC and Shenandoah National Park personnel spent the weekend of April 21 and 22 training new chain sawyers and recertifying some of those who'd been previously trained. Many thanks to the SNP Crew (Shawn Green, C.T. Campbell, Roger Dovell and Don Harvey) for their excellent instruction, and to Esther and Sam Aulhouse for the delicious (and copious) meals. Another chain saw workshop will be scheduled during the Biennial ATC Conference in Shippensburg, Pa. this summer.

North Country Report

In spite of the late snow and other weather related interference, Charlie Irvin reports the North Chapter has been busy over the winter. But with summer coming, there are a lot of opportunities for volunteers in the North Country. A work trip on May 26-28 will deal with the Gypsy Spring Cabin. Plans include moving another shelter from Maryland to Pennsylvania, locating and preparing sites for a shelter and new cabin, and completion of a switchback at Cowan Gap on the Tuscarora Trail. Dedication for the new Tuscarora Trail shelter built last year is scheduled for June 30. In general, the trails in the North are in good shape thanks to some very dedicated overseers. On a personal note, Charlie broke his ankle in early February and has had difficulty maintaining his normally vigorous schedule of trail work but he should be his regular demanding self by summer. And, with a number of new volunteers coming out, it should be an interesting and productive summer.

Blue And White Out In Force

With wonderful April weather, our well-attended Blue & White Crew did tread rehab on upper Hannah Run, retiring to Pinnacles Research Center for a potluck dinner and a relaxed and fun-filled evening, followed by a gourmet breakfast prepared by John Hebbe, and more tread work Sunday. Thanks to crewmembers Ed Andres, Dave Bailey, Tom Butler, Dan Dueweke, Hal Hallet, John Hebbe, Charles Hillon, Mark Holland, Alex Lampros, Kerry Snow, Don Watts, and Cliff Willey.

George Versus the Rain Gods

George Walters reported that the North District Hoodlums had a wet and muddy worktrip on Mt. Marshall in April. After years of boasting that "It never rains on the Hoodlums!" Walters should have known that sooner or later, the Rain Gods would get tired of hearing such brag and that the luck would run out. And it certainly did!

The Hoodlums set out Saturday morning to install rock steps and waterbars on the AT near the North Marshall viewpoint. As soon as the crew hit the trail, it started to drizzle ... then light rain ... then harder rain, etc. While the forecast called for "scattered" showers, they certainly weren't scattered on Mt. Marshall! After a few steps and waterbars were installed, the excavations soon turned to mud. And so did the trail crew! We may need to file an Environmental

Assessment form to SNP due to the amount of mud we carried off the trail on our ponchos and tools!

We decided that the Rain Gods were winning and we blew a hasty retreat. Rather than hike in to Indian Run hut wet, cold and hungry, the Chief Hoodlum offered a friendly log home near Sperryville where the crew spread out and dried out. Of course, the steady rain let up and the sun came out as soon as the crew arrived, and soon both spirits and glasses were lifted out on the backyard deck. The Mediterranean feast of Minestrone, Spanokopita, Lamb Imsallah, stuffed grape leaves, olive biscuits and various salads went down just as well in the shadow of Shenandoah that day! And yes, the crew will return to do battle on Mt. Marshall some other day ... and no, Walters won't be taunting the Rain Gods anymore!

Rehab, Rehab

Tackling some trail rehab projects, the Cadillac Crew managed two work trips in April. The first trip saw the crew remedy a creeping tread problem on the AT in SNP North District at Hogback Mountain. Unlike George, the Rain Gods were kind and the crew enjoyed pleasant conditions with excellent views from the work site. There was a premium for sunscreen as the leaves had yet to deploy.

The second work trip was a rehab project on the Northern Peaks Trail at Sugarloaf Mountain in Maryland. Trails on Sugarloaf Mountain just sort of happened and lack the normal erosion control devices. The crew periodically tackles sections of this trail and it is always a challenge to install waterbars and checkdams where none existed before. The crew thanks Trudy Thompson's folks, Tommy and Ailene, for providing overnight accommodations at their beautiful home near Leesburg with a great view of Sugarloaf Mountain.

MD and MORE

Maryland Metrolites and Mid-Atlantic Off-Road Enthusiasts (MORE) joined together on April 7th on a work trip on the Goya-Tuckerman section of the Cabin John Trail. About 14 workers put in three relocations totaling about 600 feet and cut brush and cleared downed trees.

Tool Stuff

Tools are designed to do specific jobs. The McLeod for example is designed to pull duff

See Trailhead, page 19

Potomac Appalachian

Trailhead, from page 18

and burnable soil in order to form a barrier to stop forest fires. It is not designed to pull stumps and rocks out of the ground. Picks are designed to break up heavy soil and rocky areas. Mattocks are heavy hoes that are designed to break up and move dirt. The cutter on a mattock is designed to cut roots. We adopt these tools to trail construction and maintenance. We can make our job easier by selecting the right tool for the conditions of soil, rock, and vegetation in the work area, and by using the right part of the tool. That is, use a pick end to loosen the soil, and the mattock to pull the soil. In using the tool, note that a bevel is cut into the ends of each part. These are not necessarily knife-edges, but rather designed to make the tool penetrate the soil more easily. Keep the bevel at the angle it came from the manufacturer and sharpen it so the bevel doesn't become rounded. You are the one who must work harder if bevels and edges aren't maintained. Thanks from the Tool Guys.

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

New Public Affairs Chair

At the April executive committee meeting, Larry Rockwell was appointed Public Affairs Chair for the PATC. Larry works as the Disaster Public Affairs associate for the American Red Cross at their national headquarters in Washington, DC. In that capacity, he oversees the recruitment, training, deployment, and supervision of Red Cross paid and volunteer spokespersons responding to disasters across the country. Larry serves as one of the national spokespersons for the Red Cross in time of disaster.

His love for the outdoors comes from his nearly life-long association with Scouting. "As a young scout, I was truly happiest when we were hiking or camping in the woods," Larry explains. "As an adult leader, I felt it was my duty and privilege to share my love and respect for the wilderness with today's youth." In fact, later this summer he will lead a small group of scouts and other leaders on a 50-mile stretch of the AT.

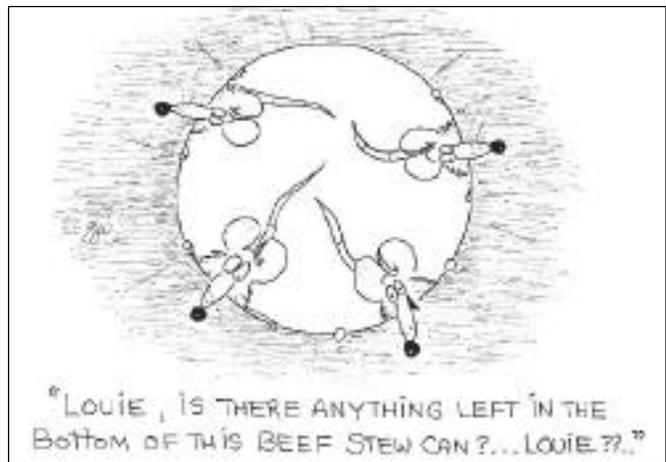
"Since moving to Virginia, I have become smitten with the Blue Ridge and the many hiking and backpacking opportunities there," says Larry. "I hope that by volunteering my skills for the PATC, I can give something back to the area that gives me so much pleasure, as well as the people to maintain it."

Larry will be working to create a comprehensive communication strategy for the Club. Plans include reaching out to print and broadcast media outlets throughout the region to tell PATC's story as well as making PATC more visible at events and in our communities. "The Club has a wonderful story to tell, not only about its activities, but also its people," said Larry. "I want people throughout the region to know about the trails, how to enjoy them responsibly, and then how they can become involved with the club responsible for overseeing those trails."

Larry, his wife, and daughter live in Dale City, Va. and spend as much time as possible hiking together. Anyone with story ideas or ways of promoting the club can contact Larry daytime at 703/206-6232, evenings at 703/580-9198, or by e-mail at RockwellL@usa.redcross.org. □

Potomac Appalachian

Tails from the Woods by George Walters



Governors' Conference on Greenways

We in PATC think of trails as mountain adventures. But with the growing population of the Mid-Atlantic region, our mountains can't support all the activity. Moreover, the increasingly suburban population searches for forest experiences closer to home. Welcome to the greenway movement that is sweeping the Eastern

See Greenway, page 20

Council Fire, from page 2

There was a request to include new members' e-mail addresses in the membership report, when available, to facilitate contact.

Maps

It was announced that there have been significant revisions in the content of two maps: Map F, for Great North Mountain (George Washington National Forest), and Map D, Potomac Gorge Area and Cabin John Trail (Fairfax and Montgomery Counties). The new editions will be available in late May. The Finance Committee is reviewing map prices.

Rescues

The Shenandoah Mountain Rescue Group reported that it had participated in two searches in March: one helping Maryland police to wind up an investigation, and the other to rescue a pilot whose plane crashed into the mountain above Sky Meadows State Park. The pilot was alive when rescued, but died on the way down the mountain. The group has 40 active members and 24 supporters. Recruiting is underway and the goal is to have 60 active members by the end of the year.

The April Council meeting was attended by eight officers, 13 committee chairs, one chapter representative, four section representatives, and one staff member. □

—George Meek
Recording Secretary

POTOMAC APPALACHIAN

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TRAIL OVERSEERS WANTED

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

Harpers Ferry/Ashby Gap AT/BB - Map 7 & 8

Call Chris Brunton at 703/560-8070

or E-mail: trlbossBTC@MSN.com

Appalachian Trail

High Rock to Sand Spring (1.40 miles)

Ashby Gap/Rte. 638 AT & BB - Map 8 (Rte. 50 to Rte. 638)

Call Ed McKnew at 540/622-6004

or E-mail: emcknew@aol.com

Manassas Gap Shelter Trail

AT to Manassas Gap Shelter (0.10 miles)

SNP North AT - Map 9

Call John McCrea at 610/352-9287

or E-mail: mcreajf@aol.com

Appalachian Trail

Overseer positions available. Call for details.

SNP Central Blue-blazed [north end]- Map 10

call Dan Dueweke at 703/266-3248

or E-mail: danjan@fcc.net

Hot Short Mountain Trail

Hazel Mountain Trail to Nicholson Hollow Trail (2.10 miles)

SNP Central Blue-blazed- Map 10 [south end]

call Charles Hillon at H 703/754-7388

or E-mail: CharlesHillon@earthlink.net

Cedar Run Trail [lower] [Co-overseer]

White Oak Canyon Trail to 2nd stream crossing from the bottom (1.5 miles)

SNP South Blue-Blaze - Map 11

Call Lois Mansfield at 804/973-7184

or Email: lem@Virginia.edu

Rockytop Trail [Co-overseer]

Big Run Portal Trail to Big Run Loop Trail (5.70 miles)

Tuscarora North - Map L

Call Lloyd Macaskill at 703/978-4070

or E-mail: LloydMacA@aol.com

Tuscarora Trail

Siler, VA/South Sleepy Creek, WV

Tuscarora South - Map F, G, 9

Call Rick Rhoades at 540/477-3247

or E-mail: RRhoades@shentel.net

Tuscarora Trail

Mill Mountain Trail to White Rocks Trail (2.90 miles)

Massanutten North - Map G

Call Mike Sutherland at 703/591-8330

or E-mail: msutherland@cox.rr.com

Signal Knob Trail

VA 678 to Ft. Valley Overlook (2.2 miles)

Signal Knob Trail

Ft. Valley Overlook to Massanutten Mt. West Trail (2.3 miles)

Meneka Peak Trail

Signal Knob Trail to Bear Wallow/Tuscarora Trail (1.2 miles)

Massanutten South - Map H

Call Bill Schmidt at 301/585-2477

or E-mail: weschmidt@aol.com

Massanutten Mt. South Trail

Pitt Spring to Morgan Run Trail (3.3 miles)

Fridley Gap Trail

VA 868 to Cub Run (2.60 miles)

Greenway, from page 19

Seaboard. Our club has become increasingly involved in helping trailbuilders with trails in flatter areas - Rock Creek Park, Potomac Heritage Trail, Bull Run - Occoquan, Cabin John, Seneca Creek, etc. All these are greenway trails.

The Greenway movement comes together each year in a conference on greenways and blueways (i.e., water trails). This year, PATC is helping to sponsor the Mid-Atlantic Governors' Conference on Greenways, Blueways and Green Infrastructure, in Arlington, Va., September 16-19, and will sponsor special excursions for conference early-birds on September 15.

You, too, can join the action. Registration is open to anyone who has an interest. Check the conference website at www.der.state.va.us/prr/2001conf.htm. You can direct questions to Bill Conkle at 804/786-5492, or magovconf@dcr.state.va.us. □

—Tom Johnson



The Potomac Appalachian

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Vienna, VA 22180-4609

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PAID
Vienna, VA

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