



The Potomac Appalachian

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

Volume 34, Number 6
June 2005

NPS Honors C&O Canal Volunteer Georgeann Smale for Outstanding Service

Bethesda resident Georgeann Smale was recently recognized by National Park Service Director Fran Mainella, who presented her with the George B. Hartzog Jr. Award for Outstanding Volunteer Service during a Take Pride in America event. The centerpiece of the event celebrated the contributions of volunteers who so tirelessly devote their time and energy to caring for the nation's natural and cultural resources found in 388 national park sites.

Smale was recognized for her extraordinary volunteer efforts, including creating a new Leave No Trace program along the C&O Canal's most heavily used hiking trail, Billy Goat Trail, Section A, which runs along Bear Island. Under the auspices of PATC, she sought and received a grant from Recreation Equipment Incorporated (REI) to support the training and outfitting of 10 volunteer trail stewards. In addition, she is an active member of the park's volunteer bike patrol program and acts as the PATC overseer for the Billy Goat Trail, Section A.

C&O Canal Superintendent Kevin Brandt commended Smale for her efforts and dedication to the park. "Georgeann realized Bear Island contained a unique and fragile environment full of rare, threatened, and endangered plant species. When she documented the adverse impacts of recreational use on Bear Island, she used her

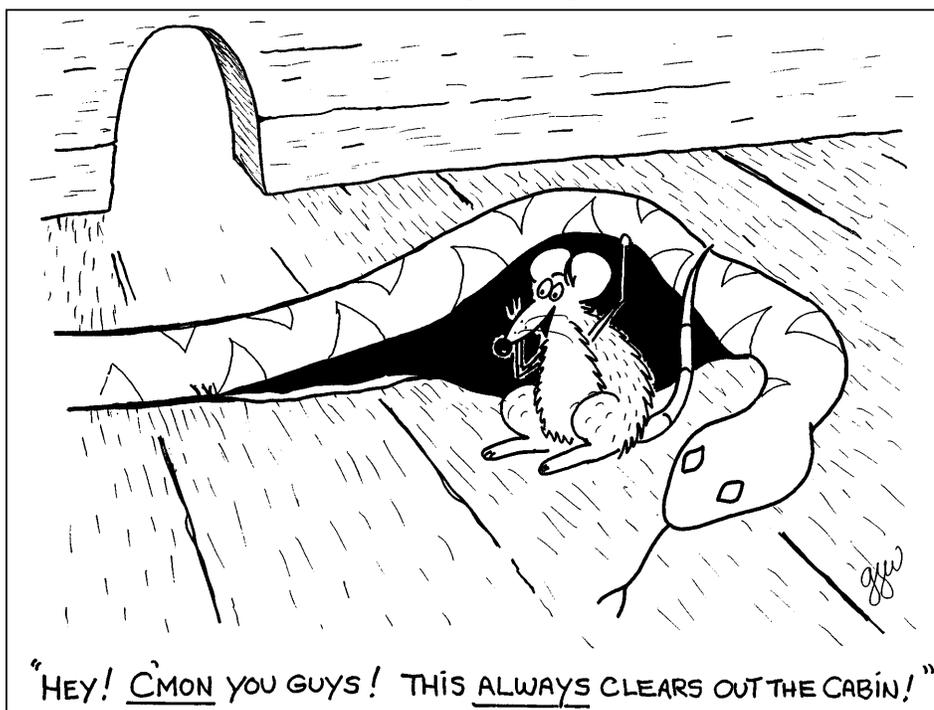


Georgeann Smale and others are honored at a recent Take Pride in America event. Georgeann was named the National Park Service's outstanding individual volunteer recipient of the Hartzog Award for her exceptional work at Chesapeake & Ohio Canal National Historical Park.

own initiative to make a difference. Because of her efforts, Georgeann has made a positive impact on the C&O Canal for visitors to appreciate and enjoy," said Brandt.

See Honor, page 5

Tails from the Woods by George Walters



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Council Fire

PATC's regularly scheduled Council Meeting was called to order on April 12, 2005, at the Club Headquarters building by President Tom Johnson. Tom announced that Dennis DeSilvey, MD, had been appointed to the long-vacant Medical Committee chair as a non-voting member of Council. Tom also said that Ric Francke was the new Treasurer, replacing Mickey McDermott, who is moving to Baghdad – thanks, Mickey, and good luck. The Cadillac Crew has opened a three-mile Ovoka Relocation segment, restoring the AT to its historic location. Dedication will take place at formal ceremonies at the June 4 National Trails Day; Congressman Frank Wolf was very involved in getting the money to acquire the land. Tom asked Council members to review the Strategic Plan for their areas of responsibility.

Finance

Treasurer Ric Francke distributed the monthly budget report for March 2005. Council approved signature authority for Ric. An action to authorize transfer of the contributions from the December fund raiser to the endowment was postponed because a written motion was not available.

Trails and Land

Vice President for Operations Bruce Glendening reviewed the status of PATC IT improvements. He is seeking someone to work with José Rojas in putting together an overall management plan for the computers, network, and applications on which the club depends.

The trail policy revision introduced by Supervisor of Trails Liles Creighton was approved with an amendment to allow the supervisor of trails to authorize a non-PATC member to be a trail overseer in writing to cover institutional support for segments of the trail. Some segments are overseen by government or industry sponsors who are not PATC members. The chainsaw policy adoption, deferred from February, was deferred again. While there is little dispute over the need for a policy, the availability of training and ambiguity about training standards are the major sticking points.



Pictured above, a typical meeting of the PATC Council.

Facilities: Council approved a motion introduced by Supervisor of Facilities Mel Merritt to replenish the Shelters, Cabins, and Cabin Lands Fund by \$75,000.

It also approved \$3,000 from the Shelters, Cabins, and Cabin Lands Fund for replacement of the Bear Fence Hut privy vault because of aging and a high water table. The official cabins reservation policy for volunteers was tabled for further work.

Volunteerism

Membership: Supervisor of Membership Georgeann Smale reported that membership increased by 50 in the last month. PATC now has about 6,600 members.

She also discussed the need for a new club brochure to give to prospective members. □

—Alan Day, Secretary

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

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

Phone #: 703/242-0315

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

To receive an information packet: Extension 10

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

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

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World Wide Web URL: www.patc.net

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Potomac Appalachian

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www.patc.net/about/contact.html

or call the main club phone number.

Contact list published twice annually in the PA.

Tom's Trail Talk – Traveling with PATC

A recent *New Yorker* article discussed the perils and triumphs of Tony Wheeler, who created the Lonely Planet guides back in the 1970s. It has grown from a production of somewhat odd instruction manuals for dusty young backpackers to the best-selling guidebooks in the travel industry. Although his clientele is broader now (Lonely Planet guides are carried unashamedly by better heeled travelers), they have never entirely lost their appeal to the adventurous sort.

Which brings us to the PATC sort of travel. Travel is in our blood. The first PATC excursion was in 1929, when club members traveled to Peaks of Otter in southern Virginia for a camping and hiking trip. The club was then only two years old. In 1930 the club, led by Myron Avery, went to the Smoky Mountains for a longer trip. In 1935 a group, again led by Avery, went to Maine to start the Maine Appalachian Trail Club. (Yes, the first MATC president was Avery.) We have never stopped traveling.

These “excursions,” as they have always been known, have not necessarily been inside the United States. In the 1980s PATC combined travel with work in Costa Rica, where a crew built a trail in Manuel Antonio National Park. In the past 12 years alone PATC has run five trips to Costa Rica, three to Japan, two to Ireland, and one each to Italy, England, and Chile. We have run several Stateside trips, and later this year David Appel is guiding a llama trip to the Wind River Range in Wyoming.

It must be said, though, that our standard of travel conforms more to Lonely Planet than to Fodor's. PATC travelers are readily identifiable by their backpacks, hiking boots, and Nalgene bottles. Sometimes we find ourselves in five-star hotels, but not usually. A sleeping bag rolled out onto a bunk is sometimes the fate of a club traveler. When you travel with us, you have to be ready for anything.

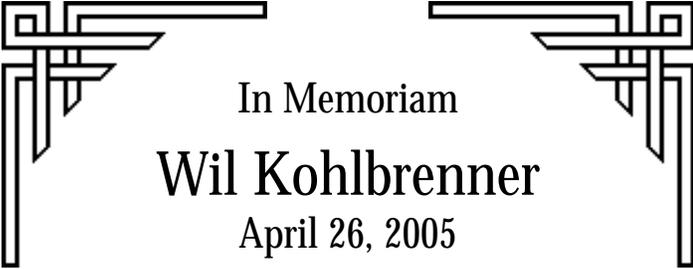
Paul Thoreau, the noted travel writer, once drew a distinction between tourists and travelers. Tourists are herded about from busses

to museums and back to busses. They are carefully minded by attentive guides, are often coddled in luxury accommodations, and sometimes get confused between Belgium and France. Travelers, on the other hand, are on their own, guiding themselves, sitting in the backs of hot dirty busses talking with local residents, having a beer in a way-side pub just to pass the time. They often walk from place to place, since that is the best way to get close to the land and people.

PATC trips slip into the cracks between tourism and travel - hopefully squeezing the best from both. Fellow club members set up our trips and guide us through the experience. We do occasionally ride in busses, planes, and even the 12-passenger van, a staple of travel in underdeveloped countries. (Anyone who has been to Costa Rica can tell you about those vans.)

Your mental set is the most important thing on a trip. Be ready for anything. Accept life as it accosts you. Make the best of what you have. And no whining. □

—Tom Johnson

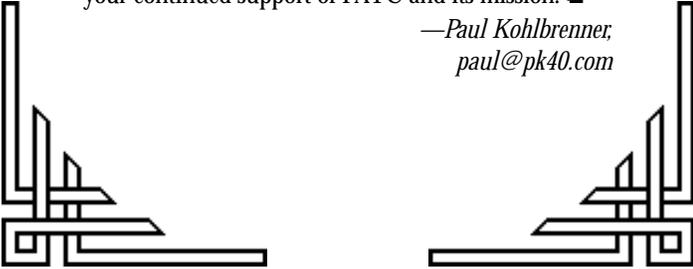


In Memoriam Wil Kohlbrenner April 26, 2005

It is with great sadness that I report the passing of my father, Wil Kohlbrenner, on Tuesday, April 26, 2005. Known to many forest dwellers, both human and otherwise, as a tireless maintainer of trails, Wil spent the first 55 years of his life in New England as a computer programmer. He developed a love of trails throughout the Shenandoah Valley when he moved to Virginia to be near his family in the early '90s.

Working first with PATC and eventually with the Forest Service, he led many a trail crew to maintain and improve the forest infrastructure. His dedication and expertise will be missed. I believe he would appreciate your continued support of PATC and its mission. □

—Paul Kohlbrenner,
paul@pk40.com



Potomac Appalachian Trail Club - Trail Patrol presents Backpacking 202 Planning & Leading Group Trips

Take your backpacking to the next level by developing the special skills needed to plan and lead group trips. Class members will plan and direct most of the preparations for an overnight backpacking trip, facilitated by experienced instructors. Covers leadership, equipment selection and use, route planning, food planning, improving safety and comfort, managing the unexpected, and Leave No Trace principles. Class pre-trip meetings will be scheduled with the participation of registered students, as part of the trip planning process. Limited to 25 students. Participants must be 18 or older and have completed Backpacking 101 or have equivalent backpacking experience.

Registration deadline - June 15, 2005

Overnight Backpacking Trip - July 16-17, 2005.

Fee (\$20 non-refundable): \$40.00 for PATC Members; \$55.00 for non-members.

Pre-registration is required. For more information contact Backpacking Committee Chair, John Bridges: 703/726-0188, TPBackpack@patc.net or go to www.patc.net/volunteer/trailpatrol

Trail Talkers Needed for June 25 Barge Bash

Share your joy of hiking and spread the word about PATC. As a Trail Talker, we ask you to share PATC's mission with visitors at the festival. Let people know about the important role PATC plays preserving hiking trails, especially the Tuscarora Trail, which goes right through the town, and trail lands, as well as our maps, guide books, rental cabins, etc. This is a good opportunity to bring awareness to the Tuscarora Trail and possibly recruit some trail overseers as well as hikers.

At the Barge Bash, starting at 9:00 a.m. in Hancock, Md., there will be several vendors and tables set up. Barges will be on display at 10:00 a.m., and the Barge Bash will begin at 1:00 p.m. Visit www.hancockmd.com/ for more information on this event.

PATC will greatly appreciate your assistance and support in spreading the word about our organization. Through you, we will be able to extend our outreach and membership efforts.

Or come out for the day and visit our booth while enjoying the festivities.

To volunteer or for more information, contact Jane Thompson, PATC supervisor of information, education, and activities, (jayteehike@yahoo.com) 301/349-2496. □

Trail Overseers - Appointed in April

Steve Mathews Fork Mountain Trail
Tom Scardina AT - Passamaquoddy Trail to
Skyland Stables



Trail Patrol Celebrates National Trails Day Saturday, June 4, from 9:00 a.m. to 4:00 p.m. Shenandoah National Park

Trail Patrol, in partnership with Shenandoah National Park, is sponsoring a day celebrating opportunities to experience our natural world. Join us for guided hikes, displays, and information on how you can improve your hiking skills while minimizing your impact on the environment. Events will occur throughout the day at Byrd Visitor Center and Dickey Ridge Visitor Center. The event is free and open to the public (normal park entrance fees apply).

Displays

Day hiking & backpacking techniques,
Leave No Trace outdoor ethics,
Trail maintenance

Hikes

Family hikes with children, Shorter
hikes for all ages, Longer hikes for
skilled hikers, Natural history hikes

For More Information:

visit www.patc.net/activities/ or e-mail trailpatrol@patc.net

In Memoriam

Carl L. Peterson Jr. PATC Member 1975 to 1983

Word was received from his son, Carl Peterson III, about his father's passing on Nov. 14, 2004 at age 82. Carl had retired in 1974 after a 30-year career in the military. During his eight years in PATC, he gave over 5,000 hours to volunteer work. Carl and his son maintained a 12-mile section of the AT from Blackrock Gap across Loft Mountain to Ivy Creek Overlook. They were proud of their section and always thought it was the most beautiful of the entire trail. Carl became assistant supervisor of trails 1978-1983 for the whole southern section of Shenandoah Park. He led numerous work trips to the Park and reopened many side trails when volunteers could not be found. He also negotiated an agreement with the National Park Service to reopen three "huts" (Blackrock, Bearfence, and Gravel Springs) in 1979. In 1983 his hiking buddy son moved away, and Carl reluctantly resigned from PATC to devote time to travel and gardening, but his memories of the AT and volunteer work for PATC always remained. □

—Letter from Carl L. "Pete" Peterson III,
Park Ranger at Crater Lake National Park, Oregon

Beatrice Barnes Member Jan. 1964 – April 13, 2005

Bea Barnes was an avid participant in PATC programs and activities in the 1960s and 1970s, but her major contribution to the trail has never been acknowledged. She was one of the many women members of PATC whose contributions of free evenings and weekends to paperwork of both PATC and ATC kept both organizations active and always growing in the half century before either organization hired paid office staff. □

—Paula Strain

John F. Krasny Member 1946 – April 8, 2005

John was a trail overseer of Little Devil Stairs/Pole-Bridge Link until 1957, and later became overseer of Old Rag Trail and Ridge Trail for five years. He often led hikes there for the club, and he led other excursions to Maine for about three years. John emigrated to the U.S. from Vienna, Austria in 1938 and entered the U.S. Army in 1941 and trained in intelligence; he was awarded a Bronze Star by the Army. After the war he worked for the National Bureau of Standards and later Gillette Research Institute. John was active also in the Wanderbirds Hiking Club. □

—Carol Niedzialek

Honor, from page 1

"The National Park Service is proud of the many exceptional volunteers who provide outstanding service to our national parks. These special people give freely of their valuable time for the benefit of all who enjoy our parks," said Director Mainella. "I am dedicated to strengthening our volunteer program and recognizing the efforts of these amazing individuals and groups."

Volunteer Programs Expanding

The George B. Hartzog, Jr. Awards for Outstanding Volunteer Service were established in 2002 to recognize the commitment of the service's most outstanding volunteers. During his nine years as director of the NPS (1964-1972), George Hartzog created the Volunteers-In-Parks (VIP) Program, which was born of the need for more qualified personnel at a time when national parks were becoming increasingly popular. The program has expanded through the years. In 2004, 140,000 volunteers contributed 5 million volunteer hours to the National Park Service at an estimated value of \$85.9 million. The National Accessibility Achievement Award Program was initiated in the fall of 1998. The purpose of the program is to recognize outstanding accomplishments that result in greater opportunities for visitors with disabilities to enjoy national parks.

Volunteers Commended

Georgeann Smale is this year's outstanding individual volunteer recipient of the Hartzog Award for her exceptional work at Chesapeake & Ohio Canal National Historical Park. On her own initiative, Georgeann created a new volunteer program, the Billy Goat Trail Stewards, along the park's most heavily used hiking trail, Billy Goat Trail, Section A. Georgeann sought and received a grant from REI to support the training and outfitting of the 10 volunteer trail stewards. Georgeann oversaw the volunteers, coordinated activities, and completed an annual report of the program's achievements. Because of Georgeann's efforts, the reduction of impacts is evident and the trail has begun to recover.

The Hartzog Award for outstanding volunteer service by a group was awarded to the Fort McHenry Guard Living History Unit. At Fort McHenry National Monument, the volunteer Fort McHenry Guard has played a leading role in providing 1,300 inner city school children with a curriculum-based education program. They were instrumental in organizing and hosting a three-day event to restore "Defenders Day," an event that attracted over 17,000 visitors. These VIPs also assisted with a new exhibit "The Guns that Won the Battle." Their in-kind donation of service enabled the park to compete for \$13,000 in matching funds from the Chesapeake Bay Gateways Network. The guard also developed a partnership with the city of Baltimore government and the History Channel to bring the park's message to over 3 million viewers through the filming of "First Invasion," a story about the fort and the War of 1812.

Homestead National Monument of America was chosen to receive the Hartzog Award for outstanding park VIP program. Homestead's VIPs, ranging in age from seven to 95, are integral in all aspects of park operations. Volunteers include long- and short-term VIPs, drop-ins, Boy and Girl Scouts, and students. The number of volunteers and hours has increased over the last fiscal year due to the dedication of the Volunteer Program manager, staff, and VIPs. The park has a wide selection of volunteer opportunities to fit every interest, ability, and age group. The Volunteer Senior Ranger Corps has grown over the last year to include additional projects such as water quality monitoring, taking oral histo-

ries, researching famous homesteaders, and conducting the Reading Ranger program, which was honored as a National Point of Light.

The National Park Service, an Interior Department agency, manages the National Park System, which comprises 388 areas covering more than 84 million acres, for the enjoyment, education, and inspiration of this and future generations. Through a variety of the programs, the NPS (www.nps.gov) cooperates with partners to extend the benefits of natural and cultural resources, conservation, and outdoor recreation throughout this country and the world.

"Part of the president's USA Freedom Corps, Take Pride in America encourages all Americans to volunteer in an effort to improve the public lands we all share," said Marti Allbright, executive director, Take Pride in America. "Those honored today prove that volunteerism is alive and well, and that no matter your age, interest, or ability, there are always opportunities to lend a hand."

Take Pride in America is a national partnership that aims to seek, support, and recognize volunteers who work to improve our public parks, forests, grasslands, reservoirs, and wildlife refuges, as well as our cultural and historic sites, local playgrounds, and other recreation areas. With 100 Charter Partners, Take Pride involves federal, state and local governments, conservation, youth and recreation groups, and top national corporations and organizations. Together, we protect and enhance the special legacy all Americans share — our public lands that cover one in every three acres across the nation. For more information, visit: www.TakePride.gov. □

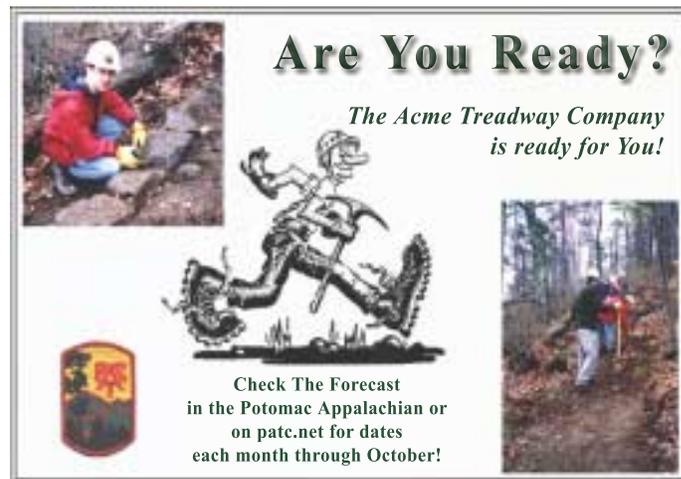
—Story from the National Park Service Office of Communications and the National Park Service Digest, www.npsdigest.gov

Big Changes for Trail Patrol on the PATC Web site

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

Check us out at

www.patc.net/volunteer/trailpatrol



Are You Ready?

The Acme Treadway Company is ready for You!

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



Incident on the AT – All Dogs Must Be Leashed

We have received a report of a woman letting her dog or two dogs run loose on the AT near Sky Meadows. Federal and State park regulations require that dogs be on a leash. Two reports were received, one from a hiker and one from Sky Meadows Park. The reports indicate the woman or women were told that dogs were required to be on a leash, and the woman reportedly said it was OK, that she was an overseer. There is a possibility that this person was not, in fact, a PATC overseer. However, so we all know and follow the rules, **NO OVERSEER IS EXEMPT FROM ANY FEDERAL OR STATE PARK REGULATION.** Please recognize part of an overseer's job is to set an example for others to follow and to merit, win, and keep the trust of our trail partners. □

—Liles Creighton, Supervisor of Trails

Potomac Appalachian Trail Club Trail Patrol
Presents

Leave No Trace Trainers Course

July 18

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

Classroom: Mon., July 18 - 7:30 p.m., PATC Headquarters, Vienna, Va.

Weekend Field Program: Sat. - Sun., July 23 & 24, SNP

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

Registration: Registration forms are available on-line through the Trail Patrol/LNT page of the PATC Web site at www.patc.net or call Mark Holland at 540/636-3639 (mornings only). Send payment with registration form to: PATC, LNT Trainers Course, 118 Park Street, SE, Vienna, VA 22180-4609. Please include your e-mail address on the check.

Information: Mark Holland (TPLNT@patc.net) 540/636-3639 (mornings only). □

Trail Patrol and Emergency Response Training

presents

CPR and On The Trail First Aid Class

July 9-10 at the PATC Headquarters.

This two-day course covers Adult, Child, and Infant CPR and First Aid. The students will learn basic first aid skills with hands-on time. Books and certificates are provided. The afternoon portion of the class is designed with wilderness situations in mind. Time will be spent going over items in your first aid kits and packs. The students will learn how to do basic splinting and bleeding control with supplies from their packs.

Cost of the class is \$90 for Trail Patrol Members and \$110 for Non-Trail Patrol

Pre-Registration is required.

Download registration form at

www.patc.net/volunteer/trailpatrol.com

or contact Saleena DeVore (tp1staid@patc.net)

540/972-8394

National Trails Day 2005

Beyond the Trailhead

Saturday, June 4

Come join Trail Patrol in Shenandoah National Park for a celebration of National Trails Day.

Trail Patrol and SNP are partnering to provide hiking and educational experiences to park visitors to promote awareness of our natural world beyond the trailhead. We will have educational information about hiking and Leave No Trace ethics at Dickey Ridge and Harry E Byrd Visitor Centers. Trail Patrol will be offering guided hikes in the Central and North Districts of SNP. Hikers will need to meet at the registration tables at Dickey Ridge and Harry E Byrd Visitor Centers 15 minutes before the hike time to sign in. Please be sure to bring water, food, clothing, and footwear as appropriate for the hike.

Hikes leaving Harry F. Byrd Visitor Center:

Family/Easy	The Forest Nature Trail Story	1.8 mi.	9:30, 11:00, 1:00
Easy	Taste of the AT	2 mi.	9:45, 11:15
Moderate	Lewis Falls Trail	2.5-3 mi.	9:30, 1:00
Moderate	Dark Hollow Falls Trail	1.4 mi.	10:30, 12:45
Moderate	Blackrock AT Loop	5 mi.	10:00
Mod/Nature	Booten Gap-Cat Knob	4.5 mi.	10:00
Advanced	Rose River Loop Trail	6 mi.	9:45

Hikes leaving Dickey Ridge Visitors Center:

Family/Easy	Fox Hollow Trail	1 mi.	9:30, 11:00, 1:00
Easy	Taste of the AT	2 mi.	10:00, 11:30, 1:00
Mod/History	Snead Farm Loop	3 mi.	9:30, 1:00
Moderate	Dickey Hill	3 mi.	10:00, 1:00

Pre-registration is encouraged but you may also register on June 4 at both Dickey Ridge and Harry F. Byrd Visitor Centers. To pre-register, send an e-mail to TrailPatrol@patc.net by June 2. Please include your name and which hike you wish to join. For further information, please go to www.patc.net/volunteer/trailpatrol/Outreach/ntdinfo.htm □

Family Weekend Celebration a Smashing Success

After a 10-year hiatus, the PATC Family Weekend tradition roared back to life April 15-17 at Blackburn Trail Center. Not to be confused with the venerable family-oriented Pig Roast, this weekend was designed to introduce member and non-member families to a few of the outdoor recreational possibilities offered through PATC. Over 80 participants, from toddlers to grandparents, enjoyed a weekend of brilliant weather, exciting and educational activities, good food, and the special camaraderie of working together towards a common goal. Caretakers Bill Parlett and Sarah Clemmit, ATC members and parents of daughter Kai, were active participants as well. Hikes, demonstrations, crafts and games were scheduled from Saturday morning through lunch on Sunday, with a bonfire and night hike planned for Saturday night. Some families bedded down inside but many pitched tents and were treated to a bright half moon and amazingly silent night: too early for rustling leaves, no nearby babbling brooks — some found it hard to believe they were truly “in the woods!”

Jane Thompson headed a team of dedicated planners: Jennifer Chambers and Beth Lipford on activities; and Anne Regan, Lauren Lang, and Nan Leininger on food planning, purchasing, and preparation. They, with spouses and/or offspring in tow, gathered on Friday to set up, unpack the small grocery store (!) in Anne's van, start cooking, and finalize plans. An added bonus was the mid-afternoon arrival of a southbound thru-hiker, who was invited to join our table at dinner. Later hikers were greeted and feted by Bill, as were more hikers on Saturday. It was a good reminder of the purpose for cabins and shelters along the AT and



Making nature T-shirts was a favorite activity for children.



Kids got a kick out of demonstrations by Shenandoah Mountain Rescue Group.

other trails maintained by PATC. President Tom Johnson joined us early on Saturday and was an able and consistent volunteer in the kitchen (which was filled with busy volunteers almost constantly from 6:00 a.m. to 9:00 p.m., with Nan directing traffic).

Although the stage was set early Saturday, the vast majority of folks scrambled up the hill throughout the morning, most managing to be there in time for lunch! Therefore, certain popular activities such as creating “nature” T-shirts (NOTE: No actual reptiles, living or dead, were used or harmed in the process!) were repeated. Other “crafty” activities included creating pictures from colored rice, making a mosaic of “your favorite snake” from beans, and fashioning a sun dial from paper. Stations for on-going activities such as coloring, and especially the playdough table, were rarely empty. The organizers displayed a considerable degree of creativity in developing the weekend's games and contests, such as Anne's homemade Nature Bingo. Even food played a role beyond the obvious need for nourishment. Saturday dinner's dessert challenged families to work together to create structures from cookies, candies, icing, and other edibles. We definitely have some budding architects in our midst!

Some of the activities were indeed “active,” notably Jennifer's relay race that taught how and why animals camouflage themselves. This was enjoyed by parents as well as even the tiniest kids. Peter Penington, Steve Weiss, and other members of the Shenandoah Mountain Rescue Group gave age-appropriate demonstrations; predictably, the kids loved seeing the “litter” for carrying out injured hikers. Similarly, Roger Guyett provided a hands-on explanation of orienteering and map skills, essential knowledge for the Trail Patrol. Fellow TP member Murray

Moskowitz accompanied some of the hikes. A video “Lost but Found - Safe and Sound” was shown on the porch of Blackburn to prepare children to cope successfully if they should ever get lost. Happily, no one was lost on any of the hikes, each of which focused on an educational theme: Beth Lipford led a search for signs of animal (mammal, bird, insect) life in the forest, Bob Pickett took the older kids on one of his comprehensive nature walks, Cora Ingram led the night hikes, and Jennifer Chambers took preschoolers out to study trees. Quite a few adults joined the hikers. On a mellower note, Wayne Leininger brought along his guitar. In addition to playing at the campfire Saturday night, he entertained the kitchen crew during dinner preparations.

Folks cleared out fairly rapidly after Sunday lunch clean-up, leaving the same core of planners who had arrived early. And, naturally, they immediately started planning for next year's Family Weekend! Anne has bravely offered to take the lead in coordinating that mega-event. We are hoping to finalize the date and place soon, so that everyone can plan accordingly. Many people expressed disappointment that they could not attend - and judging by the comments and written surveys, they did miss a super weekend!

Meanwhile, it is hoped that a group will form to produce smaller, day or overnight events for different age groups in various parts of the rather large geographic area covered by PATC. Jane would love to see something “family” happening about once every other month. If you are interested in helping on a long-term basis or just once, please contact her at (jayteehike@yahoo.com) or 301/349-2496. □

—Nan Leininger,

Contributors: Jane Thompson, Anne Regan, Lauren Lang, and Jennifer Chambers

Bob Pickett's Appalachian Nature: Salamanders

For those of you who have hiked with me, you know how much I love the herps. Summer is the time for herpetology: the branch of zoology that includes amphibians and reptiles. In our region, we have two orders of amphibians (Caudata – salamanders, and Salientia – frogs and toads, a.k.a. the anurans) and two orders of reptiles (Testudines – turtles, and Squamata – snakes and lizards).

Probably everyone has turned over rocks or logs and found a salamander. Chances are, you found a red-back salamander. These terrestrial members of the lungless salamanders (genus *Plethodon*) are by far the most common vertebrates in the Appalachians. Redback salamanders have been found in densities ranging from 800 to 8,000 salamanders per acre (or 10 per square yard)! Some studies have found that the biomass of red-backs is twice the biomass of all birds and equal to the biomass of all small mammals! One of the adaptations such numbers of these salamanders has mandated is that the red-back salamander emits hormonal scents that mark their territories to others and through aggressive behavior, which aids in their defense. Their superior olfactory sense also enables them to smell their motionless insect prey.

An interesting thing about the redbacks is that they come in two color phases, or morphs. One has the distinctive red (or chestnut brown) stripe on the back, while the other morph does not have the stripe, sporting only the dark gray back. These two phases are often found together, like a blonde and a brunette.

How Populations Evolved

The Appalachians host a diverse and complex salamander population with many species found here and nowhere else in the world (endemic species). This is due to both the age of the Appalachians and the manner in which deep valleys separate ridges and isolated peaks. Over time, these isolated salamander populations evolve their own characteristics and become their own species, no longer able to breed with the divergent populations from other geographic areas. In fact, of our 34 species of Appalachian salamanders, a dozen or so endemic species exist in our Appalachian region. One, the Shenandoah salamander, is found only on talus slopes on three mountain summits in the Shenandoah

National Park. Other endemics include the Cheat Mountain salamander and the Peaks of Otter salamander. In each of these cases, these endemics are trapped in isolated populations, surrounded by the common redback salamander, who is making in-roads into their shrinking habitats.

It is believed that the lungless Plethodontidae family had their origin here in the Appalachians as freshwater lunged inhabitants. Finding the cool, fast-moving areas of the mountain streams to be the best location for oxygen and food, the buoyant lungs proved a liability. Thus, over time, those with smaller lungs had a distinct advantage over their competitors. Eventually, not only did the Plethodons lose their lungs, many of them migrated onto the terrestrial habitat. Being amphibians, they needed water to release their eggs. However, further evolution enabled many of these species to create a watery gelatinous covering around the eggs that provided an aquatic environment far from a natural body of water. Thus, many salamanders, including the redback, lay her five to 12 eggs under logs or rocks in a moist location.

However, the female does not always lay her eggs immediately after picking up the male's spermatophore. Instead, she may retain the sperm for several weeks or months, even over the winter, laying her eggs in the spring. This salamander lacks the aquatic larval stage typical of other salamanders as the larvae pass through the gill stage in the egg. Within three weeks of hatching, juvenile redback salamanders look like small versions of the adult. The juveniles remain on land and reach sexual maturity in one to two years. When she lays eggs, she will guard them for two months until they hatch, coiling her body around them and turning the eggs routinely to prevent yolk stratification, a cause of low birth rates.

Respiration in these lungless salamanders is achieved by oxygen uptake and carbon dioxide diffusion through the skin. Such diffusion only works with a large ratio of surface area to body size. Thus, salamanders have a hot dog shape. The larger the salamander, the larger the surface area it needs. The ultimate expression of this adaptation

is the 24-inch-long hellbender, found in the Susquehanna and Ohio River drainage basin - which includes most of West Virginia streams and the New River in Virginia and North Carolina - whose large size requires it to have a number of skin folds.

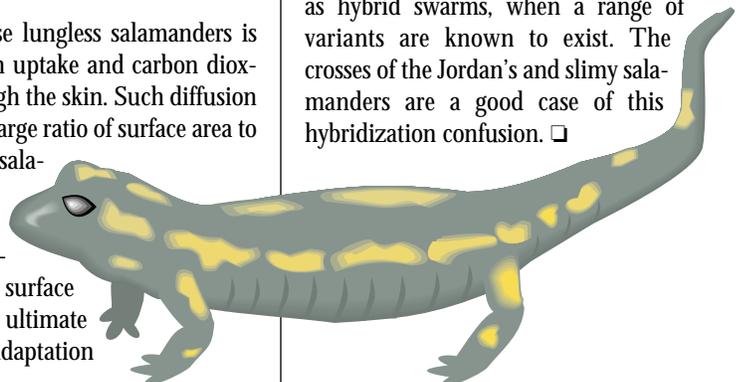
Salamanders are amphibians, like toads and frogs. This means they also have immature larvae, also known as tadpoles. You can tell salamander tadpoles from frog and toad tadpoles by the large external branched gills on the salamander tadpoles. Salamander larvae have teeth (being carnivorous), but the frogs have horny rasps (for cutting vegetation, being vegetarians – as tadpoles) and salamander larvae grow all four legs early on, whereas frog tadpoles, at most, have only the back legs developed.

Protective Traits

Like the viceroy butterfly mimics the toxic monarch butterfly for protection, the same mimicry exists within the *Plethodon* family. In this case, it is the tasty imitator salamander that wants to mimic the foul-tasting Jordan's salamander. But it gets interesting how it works. The Jordan's salamander has several distinct isolated populations, some with red cheeks, some with red legs, and some with neither. The imitator also has the same color options, but when found with red-cheeked Jordan's, the imitator will only have red cheeks, and when found with the red-legged Jordan's, will only have red legs!

Our redback salamander also has a third color form that serves as a protective mimicry. In this case, the red-backed has an all red phase, which mimics the toxic red-spotted newt.

Taxonomists have always debated on the classification of many of our Appalachian salamanders. Like so many plants and some animals, some species do mate with other species, creating hybrids and what is known as hybrid swarms, when a range of variants are known to exist. The crosses of the Jordan's and slimy salamanders are a good case of this hybridization confusion. □



Book Review: Appalachian Folkways

"Appalachian Folkways" by John B. Rehder. Johns Hopkins University Press, Baltimore, MD, 2004, 303p, hardcover, \$39.95.

My main reason for reviewing this book was Chapter 4, "Folk Architecture and the Cultural Landscape," but I also have a deep and abiding interest in all things "Appalachian." I was intrigued by the title of Chapter 1, "The Real Appalachia." Rehder discussed the many previous attempts by individuals and groups to define Appalachia. It has been defined many ways: geographically, sociologically, historically and politically. All of them leave something to be desired, and John Rehder does not do much to clear up any confusion. He tries to define Appalachia by its geography, topography and ecology.

Rehder includes what he calls the "Ridge and Valley Province," essentially the Shenandoah Valley. I think that many in the Shenandoah Valley, especially in the larger cities and towns, would be surprised to find that they live in the Appalachians.

The chapter on ethnicity and settlement is a very interesting discussion of the various ethnic groups in Appalachia. He discusses a couple of groups about which we don't hear much in reference to the Southern Appalachians – the French Huguenots and the Melungeons.

Chapter 4, "Folk Architecture and the Cultural Landscape," is 78 pages, more than one-fourth of the book. One could conclude that Rehder places great emphasis on the importance of folk architecture in his analysis of Appalachian folkways. He has done extensive research in this area and presents numerous statistics and cites many other scholarly investigations to support his conclusions. I have read quite a bit on this topic myself and spent a lot of time in the field examining and photographing folk architecture, although not in such a scientific manner, and I disagree with Rehder about some of his conclusions.

John Rehder is the first authority on the subject of folk architecture who addresses the species of trees used in the construction of pioneer log cabins. I agree with him wholeheartedly that tulip poplar was by far the most predominant species used, when

it was available. Secondly he says that oak was the second choice and that pine and then chestnut would be used in the absence of poplar or oak. I am not sure that I agree entirely with that because I have seen pine used when surely poplar and oak must have been available, for instance, in the Lambert's cabin in Shaver Hollow. Probably the most important conclusion that can be drawn from this is that when you hear of an old log cabin being described as "an old chestnut log cabin" it probably isn't chestnut. Chestnut log cabins are relatively rare and were mostly built in the 20th century.

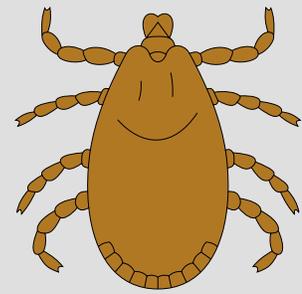
A major emphasis of chapter 4 is on folk house types: single pen, double pen, saddlebag, dogtrot, I house and four pen. I kept waiting for him to describe how dogtrot style log houses were usually converted to I houses by covering the cabin with clapboards and enclosing the dogtrot to make an entry hall, such as my great grandfather did. But he didn't do that. Evidently he never studied the folk architecture of Southern Indiana. There is an extensive discussion of barn types as well as other common outbuildings found on pioneer farmsteads.

The fourth chapter would be a good primer for someone who is interested in the history of folk architecture. It covers the topic pretty thoroughly and is a very scholarly treatise on the subject. I highly recommend it to anyone who is interested in folk architecture.

Chapter 5 goes into ways of making a living, starting with subsistence agriculture. Most of the chapter is devoted to timber cutting and coal mining. He does touch on other interesting topics such as hunting and fishing, gathering wild foods, and collecting medicinal roots such as ginseng. Topics of other chapters are foodways; folk remedies and belief systems; folk music, folk art, and folk festivals. The last chapter is on folk speech: terms and sayings.

For the serious student of the Southern Appalachians the most interesting part of this book may be the bibliography. Here is a long list of references used in the compilation of this book. □

—Charlie Graf



Hiker's Notebook

Ticks are members of the group of animals called arthropods that have jointed legs and external (exo) skeletons that include insects, crustaceans, myriapods and arachnids. The arachnids include spiders, scorpions, ticks and mites. Ticks subsist exclusively on blood that they suck from their (usually warm-blooded) hosts. There are about 800 varieties of ticks worldwide (90 in the United States) of which about 100 carry organisms that cause disease (12 in the United States).

Ticks are profligate because they are efficient blood-sucking organisms. The mouthparts consist of two toothed structures called chelicerae that pierce the skin and a tubal structure called a hypostome that is inserted to withdraw blood. The tick secretes a cement-like substance to anchor it to the skin (which is why it is so hard to remove an imbedded tick) and an anticoagulant to prevent clotting.

The three kinds of ticks that proliferate in the Eastern United States are the lone star tick, the American dog tick, and the blacklegged tick. The lone star tick gets its name from the white mark on the otherwise reddish-brown back of the female. It has nothing to do with the state of Texas, although they are found there. The American dog tick, also called the wood tick, has the same reddish-brown coloring of the lone star tick without the white shield marking. The blacklegged tick is also called the deer tick in the Northeast and the bear tick in the Midwest as they were first found on these animals. The blacklegged tick is most notable for its very small size (about 3mm across as an adult).

Next Month: Preventing Lyme Disease □
—William Needham

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

Chapters

Charlottesville Chapter

The Charlottesville Chapter hikes every Saturday; summer, winter, and in between. Hikes are usually 8 to 10 miles. We usually maintain trails on the last Saturday of the month. Meet at Sprint parking lot, 2307 Hydraulic Road, at 9:00 a.m., with food and water for the day. The majority of hikes are in the south and central districts of SNP, with some in the north district and in George Washington National Forest. Our Chapter hikes are posted at www.patc.net/chapters/char/hikes.html. INFO: Jere Bidwell 434/295-2143 or John Shannon 434/293-2953.

North Chapter

The North Chapter of PATC conducts monthly trail work trips on the Maryland and Pennsylvania sections of the AT and on the Pennsylvania sections of the Tuscarora Trail. We also lead hikes on these and other trails. Maryland AT work trips are generally held on the first and third Saturdays – contact Nancy Hammond (mdtrail@yahoo.com) 301/739-0442 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday – contact Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday evening dinner at the Gypsy Spring cabin. For information on upcoming hikes, contact Chris Firme (bncfirme@innet.net) 717/765-4833. For general chapter information, contact chapter president Pete Brown or visit the North Chapter home page (www.patc.net/chapters/north/).

Northern Shenandoah Valley Chapter

The Northern Shenandoah Valley Chapter sponsors hikes in national and state parks and forests in the Shenandoah Valley vicinity, open to the public, on a monthly basis except during the winter. Hikes are posted in the Forecast. Other activities are in the NSV Chapter Newsletter. For further information contact Betsy Fowler (efowler@shentel.com).

Southern Shenandoah Valley Chapter

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

West Chapter

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

Ski Touring Section

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

Mountaineering Section

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

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

PATC Hikes

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

Other Clubs' Hikes

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

KEY to Forecast Activities

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

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

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

Meetings

Meetings

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

New Members (PATC) – First Wednesday

7:30 p.m. Curious about the club? Want to learn more? The best way is to attend a New Members meeting (but you don't have to be new to qualify). Refreshments will be served. Directions to PATC: Take Rt. 123 into Vienna, Va., and turn east on Park St. (Rt.675) to 118 Park St. on your left. INFO: Georgeann Smale (gsmale99@yahoo.com) 301/581-9584.

Mountaineering Section – Second Wednesday

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

Shenandoah Mountain Rescue Group

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

PATC Council – Second Tuesday

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

Trail Patrol – First Tuesday

7:30 p.m. Trail Patrol volunteers are PATC's good-will trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, and strive to educate the public on good hiking practices, minimum impact hiking, and camping ethics. Patrol members are trained in land navigation, emergency procedures, radio communications, and personal equipment. All Trail Patrol volunteers are also expected to become certified in a recognized basic first aid course. Some equipment and uniform items are provided upon completion of training. INFO: Holly Wheeler (trailpatrol@patc.net) 301/486-1598, or see our section in PATC's Web site: www.patc.net/volunteer/trailpatrol.

JUNE

1 (Wednesday)

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

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

1 (Wednesday)

HIKE – Easy Hikers

Croom, MD

For this hike at Jug Bay, in Patuxent River Park, we'll meet at 10:15 a.m. in the parking lot near the park office. This is a four-mile hike preceded by a 1.5-hour cruise on the "Otter" with a park naturalist. Boat capacity is 20 passengers; reservations required. Directions: From Beltway, take Exit 11-A, Pennsylvania Ave., SE (Rt. 4). Go 8 miles. Take Rt. 301 South, go 3.6 miles. Turn left onto Croom Road (Rt. 382), go 3.5 miles. Turn left onto Croom Airport Road, go 2 miles. Turn left into park driveway to visitor parking, 1.6 miles. Bring lunch and water. INFO: John or Suzanne Kominski, 703/751-3026.

1 (Wednesday)

HIKE – Midweek Hikers

Location to be determined

The PATC Midweek Hikers carpool each Wednesday from the Washington, DC area to various trailheads. Hikes are at a moderate pace and about 8 to 12 miles in length with varied elevations. Current information, including meeting place, time, leader's name and phone number, and a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

2 (Thursday)

HIKE – In-Between Hikers

McLean, VA

Approximately 8-mile hike over varied terrain including parts of the Scott's Run Nature Preserve and western end of the Potomac Heritage Trail, including some good overviews of the Potomac River. Meet at 10:00 a.m. in the Scott's Run Nature Preserve Parking Lot (West Parking). Bring lunch and water. INFO: Ray Evert (Hikerdude22@msn.com) 703/893-3792 or Henri Comeau at (Henricomeau@aol.com) 703/451-7965.

4 (Saturday)

HIKE – NSVC

Upperville, VA

This is a National Trails Day Event!! Appalachian Trail Conservancy and PATC will dedicate the new reroute over the Ovoka Farm in the morning and hike the new section of trail, plus the old Appalachian Trail (lets call it the Famous Peabody Trail) in a 6-mile loop. If you haven't seen the new AT reroute, here is a chance to hike probably the most scenic section of trail in over one hundred miles. INFO: Lee Sheaffer (thumpers@visuallink.com) 540/955-0736.

4 (Saturday)

HIKE – Wilderness Hike

Shawnee Land, VA

First-ever hike to the Tuscarora Trail through recently acquired PATC Biby Tract on wilderness trail under development, then south to The Pinnacle, stopping at the waterfall. Views and exploration of cave on the Rock Cave & Overlook Trail; continue south on the Tuscarora Trail to Larricks Overview; returning on access roads to pre-positioned cars at the power line. About seven miles with 800 ft. elevation gain. INFO: Walt Smith (wsmith@visuallink.com) 540/678-1043.

4 (Saturday)

SPECIAL EVENT – National Trails Day Shenandoah National Park, VA

Events will be held at the Byrd Visitor Center and Dickey Ridge Visitor Center, in partnership with SNP, will sponsor a day celebrating opportunities to experience our natural world. Join us for guided hikes, displays, and information on how you can improve your hiking skills while minimizing your impact on the environment. Events will be held throughout the day at Byrd Visitor Center and Dickey Ridge Visitor Center. Admission is free and open to the public (normal park entrance fees apply). Visit www.patc.net/activities/ INFO: (trailpatrol@patc.net).



4 (Saturday)

TRAIL WORK TRIP – Rock Creek Park Washington, DC

8:15 a.m. - Noon. The good folks at REI will join us for National Trails Day this year for what promises to be a great trail celebration. But watch out – we will do some work. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. INFO: Mark Anderson (dc.trails@verizon.net) 202/462-7718 or Ranger Ken Ferebee (ken_ferebee@nps.gov) 202/895-6221.



4 (Saturday)

TRAIL WORK TRIP – South Mountaineers

Appalachian Trail, MD

The Trail House in Frederick is proudly sponsoring this Trails Day event. Come out and celebrate this special day and enjoy a complimentary meal afterwards. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.



4 (Saturday)

TRAIL WORK TRIP - Yankee Clippers

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



4 – 5 (Saturday – Sunday)

CABIN WORK TRIP – Rosser Lamb Stanardsville, VA

There are lots of opportunities to engage in innovative carpentry and demonstrate your superior skills. If you are a novice you will not want to miss this outstanding learning opportunity. To top things off, in the evening you will be treated to outstanding food and interesting and entertaining conversation. INFO: Charlie Graf (cagraf@aol.com) 410/757-6053.

4 – 5 (Saturday – Sunday)

CLASS – Wilderness First Aid (WSC) Alexandria, VA

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

5 (Sunday)

TRAIL WORK TRIP – West Chapter Frederick, MD

Meet at 10:00 a.m. at the Nature Center in Gambrill State Park for this National Trail's Day weekend work trip. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.



7 (Tuesday)

HIKE – Family Hike Leesburg, VA

Kid-friendly hike along the C & O Canal Towpath. We will cross White's Ferry, just north of Leesburg, then hike 2-3 miles along the towpath. This jogging-stroller friendly hike will be out and back. INFO: Lauren Lang (at94L@netzero.net) 571/242-3950.

7 (Tuesday)

HIKE – Vigorous Hikers North District, Shenandoah National Park, VA

Begin with the scenic ascent up Little Devil's Stairs, connecting to the Sugarloaf Trail to inspect the Laurel in season, joining the AT to the Tuscarora, the Elkwallow Trail, the AT, then descending the Piney Branch Trail and the Hull School Trail for a 4,000-foot climb and 17 miles. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

7 (Tuesday)

CLASS – Women's Backpacking (REI) Fairfax, VA

7:00 p.m. Join REI and the women of Adventures In Good Company for an introduction to backpacking clinic as you prepare for a weekend, June 11 - 12 on the Appalachian Trail. \$125 trip fee covers food, camping fees, group equipment, and expert leadership. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

7 (Tuesday)

MEETING – Trail Patrol, 7:30 p.m.

8 (Wednesday)

CLASS – Hostels and Highways (REI) Rockville, MD

7:00 p.m. For the adventurous traveler heading for cities and small towns rather than the wilderness. For the journey by backpack, bus or boat. If you're thinking about a summer in Europe or a road trip across the US, then join our travel specialist for an informative evening. We'll discuss what you need and what you don't, safety tips, and suggestions for summer fun. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

FORECAST

8 (Wednesday)

 **CLASS – Women's Backpacking (REI)**
Bailey's Crossroads, VA

7:30 p.m. Join REI and the women of Adventures In Good Company for an introduction to backpacking clinic as you prepare for a weekend, June 11 - 12 on the Appalachian Trail. \$125 trip fee covers food, camping fees, group equipment, and expert leadership. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

8 (Wednesday)

 **HIKE – Easy Hikers**
Mason Neck, VA

Meet at 10:15 a.m. at Woodmarsh Trail. Hike about 4 easy miles in Mason Neck Wildlife Refuge and Mason Neck State Park. From the Beltway take Rt. 611, Telegraph Road, south. At 9.6 miles, stay in middle lane, marked by straight-ahead arrow, to cross Rt. 1, and continue on Rt. 611, now called Colchester Road. After 1.8 miles, turn left on Gunston Road. Go 3.7 miles to right turn at sign for Mason Neck State Park. Go 0.6 mile to parking for Woodmarsh Trail on left. Bring lunch and water. INFO: John and Suzanne Kominski 703/751-3026.

8 (Wednesday)

 **HIKE – Midweek Hikers**
Location to be determined

See June 1 event for more information.

8 (Wednesday)

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

9 (Thursday)

 **CLASS – Women's Backpacking (REI)**
College Park, MD

7:00 p.m. Join REI and the women of Adventures In Good Company for an introduction to backpacking clinic as you prepare for a weekend, June 11 - 12 on the Appalachian Trail. \$125 trip fee covers food, camping fees, group equipment, and expert leadership. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

11 (Saturday)

 **HIKE – Difficult**
Woodstock, VA

Great North Mountain: Crackwhip Furnace Trail. 18-mile circuit hike with 4000 ft. elevation change. Meet at Oakton Shopping Center at 7:30 a.m. Inexperienced hikers call for hiker requirements. INFO: William Needham (Needham82@aol.com) 410/884-9127 or Jack Thorsen (Thorsen4@juno.com) 703/339-6716.

11 – 12 (Saturday – Sunday)

 **CABIN WORK TRIP – Vining Tract**
Stanardsville, VA

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

11 – 12 (Saturday – Sunday)

 **TRAIL WORK TRIP – Cadillac Crew**
Gainesboro, VA

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



11 – 12 (Saturday – Sunday)

 **TRAIL WORK TRIP – Shenandoah Bartenders**
Central District, Shenandoah National Park, VA

Join the overseer's crew on Old Rag's Ridge Trail. We'll be looking into doing some stone work, as well as beginning the annual beat the brush campaign. First timers are welcome. Come for just a day, or do a backpack overnight with the crew in Nicholson Hollow. Anyone for a dip in the Hughes River or Broken Back Run? INFO: Cathie Cummins (Cathie@wfa.net) 703/631-7421.

12 (Sunday)

 **HIKE – North Chapter**
Mercersburg, PA

Tuscarora Trail Hike II: Tuscarora Mountain section: PA Rt. 16 to Fannettsburg-Burnt Cabins Rd. 15.4 miles, difficult hike. Elevation change of 800 feet. We will be hiking on some of the new section of the newly relocated Tuscarora Trail and hiking to the new shelter. We will be hiking through one of the two state parks, Cowen's Gap State Park, which is surrounded by the Buchanan State Forest. We will also be hiking past the Aughwick property, which in the future will have a cabin built on it. INFO: Christopher Firme (bncfirme@innet.net) 717/794-2855. after 6:00 p.m.

12 (Sunday)

 **HIKE – Sunday Hikers**
Harpers Ferry, WV

We'll repeat an old favorite, hiking approximately 10 miles in and around this historic town. Starting from the historic district, we'll hike along the AT, past Jefferson Rock, and across the Shenandoah River to climb Loudon Heights. Once we reach the overlook, we'll descend to cross the Potomac River bridge, hike down the C&O Towpath, and then climb once again up to Maryland Heights for another terrific view. INFO: Vince Ferrari (vincent-ferrari@gmail.com) 301/249-2210.

14 (Tuesday)

 **CLASS – Fast & Light Backpacking (REI)**
Fairfax, VA

Stop slogging through the woods and start moving! We'll have the latest gear - packs, tents, stoves, sleep systems, food and fuel efficiency. Pick up tips and swap stories. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

14 (Tuesday)

 **HIKE - Family Hike**
Ellenorville, VA

Ellenor C. Lawrence Park. This hike will wind through the woods, along a small stream, and down to a

pond. The chances of seeing a turtle in the pond are very high. We'll hike about 3 miles. It is jogging passable with a few log stairs to navigate. Designed for families with kids under five but all are welcome. INFO: Anne Regan (anne.c.regan@verizon.net) 703/689-3883.

14 (Tuesday)

 **HIKE – Vigorous Hikers**

South District, Shenandoah National Park, VA

Brown Mountain Overlook — Brown Mountain Trail, Big Run Portal Trail, Patterson Ridge Trail, AT, 13 mi. and 3000 ft. climb with options for longer hike. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

14 (Tuesday)

 **MEETING – PATC Council, 7:00 p.m.**

14 – 26 (Tuesday – Sunday)

 **CABIN WORK TRIP – Corbin**

Central District, Shenandoah National Park, VA

Handyman skills? Lots to do at historic log cabin deep in SNP on the bank of a bubbling native trout stream. Weekdays a small team will remove the bunkroom roof, prep for weekend re-roofing, and tackle other projects like replacing rake boards, re-glazing windows, painting and mortar repair. Weekend June 18-19 is the primary date for roofing, with June 25 -26 as backup. Easy to reach Range View cabin also reserved for weekend crew. Corbin sleeping quarters limited because of bunkroom work, but tenting will be allowed at cabin during the work trip. Come for a day or two or more. Details upon request. INFO: Cliff Willey (trail_crew@yahoo.com) 410/267-0716.

15 (Wednesday)

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

7:30 p.m. Learn how GPS receivers work and what affects accuracy, as well as features, benefits and choosing a model based on your intended activities. We'll discuss mapping and waypoint management software. We'll also include a brief overview of online resources and batteries, water and shock resistance and accessories. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

15 (Wednesday)

 **HIKE – Easy Hikers**
Washington, DC

An easy to moderate 4-5 mile variable terrain loop trail in the Northern Section of Rock Creek Park in DC. Meet at 10:15 a.m. at the Nature Center parking lot off Glover Road in Rock Creek Park. Bring lunch and water. No pets. Restrooms at start and about ? way through hike. INFO: Nancie Coan (nanco4000@yahoo.com) 202/338-4580, through Tuesday 5:00 p.m. only.

15 (Wednesday)

 **HIKE – Midweek Hikers**
Location to be determined

See June 1 event for more information.

15 (Wednesday)

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

16 (Thursday)

 **CLASS – Climb Like a Girl (REI)**
Fairfax, VA

6:30 p.m. An open climbing night for women, taught by our own women climbers. Mini-clinics, lessons, tips and stories throughout the evening. Space is limited. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

18 (Saturday)

HIKE – Meet the Trail Patrol
Great Falls, VA

Have you ever wondered what the Trail Patrol does? Are you interested in joining the Trail Patrol, but would like to see a little more of their work in action before committing? Come out and join us for a 6-mile circuit hike of the Billy Goat B and C Trails (PATC Map D). We will hike both the Billy Goat B and C Trails, in combination with hiking along the C&O Canal. Both Billy Goat trails skirt along the edge of the Potomac River and are relatively easy, yet have quite beautiful views. This will be a moderately paced hike. Be sure to bring a lunch and sufficient water. INFO: Katrina Hedlesky (katyahed@yahoo.com) 703/533-3652 (before 10 at night).

18 (Saturday)

HIKE – West Chapter
North District, Shenandoah National Park, VA
Section 2, Gravel Springs Gap to Thornton Gap, 14.5 miles (23.5 km). INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

18 (Saturday)

TRAIL WORK TRIP – South Mountaineers
Appalachian Trail, MD
The weather is so nice this time of year that the woods beckon. Have fun working with a jovial group of trail stewards known as the South Mountaineers. Please bring plenty of water, lunch, gloves, and boots. We meet in Frederick County, Md. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

18 (Saturday)

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

18 (Saturday)

TRAIL WORK TRIP - Yankee Clippers
Tuscarora Trail, PA
INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

18 – 19 (Saturday – Sunday)

CABIN WORK TRIP – John's Rest
Stanardsville, VA
This may be your last chance to add your own special little touch to this great cabin. Come on out and enjoy the satisfaction of making a contribution to another PATC landmark. Get to know the members of the cabin construction crew, which has brought to life such wonders as Jones Mountain Cabin and Tulip Tree Cabin. Enjoy the camaraderie and delicious meals and revel in the knowledge that you have been a part of this significant accomplishment. INFO: Charlie Graf (cagraf@aol.com) 410/757-6053.

18 – 19 (Saturday – Sunday)

TRAIL WORK TRIP – Acme Treadway Co.
Front Royal, VA
Okay, we're taking a break from construction to help an overseer. Come out with us this weekend and see the wonders of a truly remote section of Great North Mountain as we clear weeds and limbs (not ours – tree limbs, only!). You'll see spectacular scenery and enjoy the wonders of staying overnight at Glass House. INFO: Don White (trblldr@comcast.net) 804/795-2914.

19 (Sunday)

TRAIL WORK TRIP – West Chapter
Thurmont, MD
Trail relocation project. Meet 10:00 a.m. at the Falls trailhead at the day use area off of Catoctin Hollow Road. NOTE: If we finished the trail relocation project at Cunningham Falls on June 5, we will return to Gambrell SP. Contact the trip leader to make sure of the location for this date. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

21 (Tuesday)

HIKE – Family Hike
Round Hill, VA
Come on out for some beautiful views from Bear Rocks. This kid paced hike is very rocky, NOT jogging-stroller passable. We will hike up to Bear Rocks, over to Bears Den Hostel, along their historical trail, and back down. The complete hike will be about 2.5-3 miles, but can easily be shortened to about 1.5 miles. We will begin the hike at 10:00 a.m., and picnic along the way. INFO: Lauren Lang (at94L@netzero.net) 571/242-3950.

21 (Tuesday)

HIKE – Vigorous Hikers
Front Royal, VA
A 12-mile hike along the east ridge of the Massanutten ridge followed by a 12-mile canoe paddle down the Shenandoah River. Suitable for amateur paddlers. INFO: Cliff Noyes: (cliff.noyes@juno.com) 540/373-8267.

22 (Wednesday)

CLASS – Fast and Light Backpacking (REI)
Rockville, MD
7:00 p.m. Stop slogging through the woods and start moving! We'll have the latest gear - packs, tents, stoves, sleep systems, food and fuel efficiency. Pick up tips and swap stories. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

22 (Wednesday)

CLASS – Long Distance Hiking (REI)
Bailey's Crossroads, VA
7:30 p.m. Got the itch to take a long walk? Thinking about Through-hiking the Appalachian, Tuscarora, Continental Divide or other long distance trek? REI's staff through-hikers will discuss planning, gear, training, preparation, meal planning and how to survive and enjoy the long haul. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.



22 (Wednesday)

HIKE – Easy Hikers
Great Falls, MD
A five-mile hike from Old Angler's Inn to Great Falls, MD via the Gold Mine Trail and side trails and return via the towpath and Berma Road trail. Bring lunch and water. Meet at 10:15 a.m. in the parking lot across from Old Angler's Inn on MacArthur Blvd. From I-495 Beltway, go west on Clara Barton Parkway to its end at MacArthur Blvd. Go west one mile and turn left into the parking area across from Old Angler's Inn. INFO: Ruth Powers (ruthpowers@starpower.net) 703/821-2431.

22 (Wednesday)

HIKE – Midweek Hikers
Location to be determined
See June 1 event for more information.

25 (Saturday)

TRAIL WORK TRIP – Rock Creek Park
Washington, DC
8:15 a.m. - Noon. The Trails Day parties are over, but we'll still be working to improve the trails in Washington's Rock Creek. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. INFO: Mark Anderson (dc.trails@verizon.net) 202/462.7718 or Ranger Ken Ferebee (ken_ferebee@nps.gov) 202/895.6221.

25 (Saturday)

TRAIL WORK TRIP – South Mountaineers
Appalachian Trail, MD
You can get your exercise in for the weekend gardening on a large scale on the AT in Maryland. Enjoy the camaraderie of other volunteers in the woods and make a difference. Please bring plenty of water, lunch, gloves, and boots. Tools provided. We meet in Frederick County, MD. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

25 (Saturday)

TRAIL WORK TRIP – Stonewall Brigade
Potomac, MD
Join us at the Great Falls Park to construct a log bridge over the habitat of an endangered snail species. Working with The Nature Conservancy of MD/DC we will move the necessary logs approximately 100 meters and position them on the trail across the habitat. Work clothes, gloves, water, snacks, and personal items such as insect repellent. INFO: Hop Long (theFSLongs@comcast.net) 301/942-6177.

25 – 26 (Saturday - Sunday)

CLASS – Land Navigation (REI)
Bailey's Crossroads, VA
This comprehensive two-day course teaches all skills necessary to use map and compass in an integrated land navigation system. The first day (10:30 a.m. to 6:00 p.m.) is spent in intensive classroom exercises concentrating on topographic map reading and interpretation, position plotting, compass fundamentals, declination and azimuth. The second day is spent in Prince William Forest Park (8:00 a.m. to 4:30 p.m.), primarily off-trail, engaging in practical navigation exercises of increasing complexity. The course fee is \$95 and includes workbook text, course materials, compass, map, grid reader, and lunch on Saturday. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

25 – 26 (Saturday - Sunday)

HIKE – West Chapter
Somerset, PA
Laurel Highlands Trail. Section 3, PA Route 643 to Kooser State Park, 12 miles (19 km). Car camp at Kooser State Park Saturday night, hike on Sunday. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

FORECAST

25 – 26 (Saturday – Sunday)

✂ TRAIL WORK TRIP – Cadillac Crew
Gainesboro, VA

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

26 (Sunday)

👤 HIKE – Natural History Hike
Harrisburg, PA

Join Bob Pickett and friends in St. Anthony's Wilderness for a 10-mile circuit hike through one of the largest roadless areas in southeastern Pennsylvania. This hike, which includes a section of the AT, has a total ascent of 1,150 feet; almost all of it in the first two miles. A moderately difficult hike, it includes a ridgetop bog with the potential for unusual plants and birds, boxcar sized boulders, and deep ravine hemlock forests. INFO: Bob Pickett 301/681-1511.

28 (Tuesday)

👤 HIKE – Family Hike
Alexandria, VA

Come explore Fairfax County's largest park. This 2-mile stroller-friendly hike in Huntley Meadows Park will wind through a marsh on boardwalks, and through the surrounding forest. We will meet in the visitor's center. We will head to a nearby playground for a picnic lunch after the hike. INFO: Lauren Lang (at94L@netzero.net) 571/242-3950.

28 (Tuesday)

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

29 (Wednesday)

✂ CLASS – Exploring the Potomac (REI)
Bailey's Crossroads, VA

7:30 p.m. Discover the true source of the Potomac River and follow it through high meadows, deep gorges and rolling farm fields, as it flows to the Chesapeake Bay. Join nature photographer Ed Neville for an evening's voyage through the natural and cultural history of the Potomac, and discover some great places for your own outdoor adventures. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

29 (Wednesday)

👤 HIKE – Easy Hikers
Gaithersburg, MD

About 5 varied miles over rolling terrain. Meet in the Visitor Center parking lot in Seneca Creek State Park at 10:15 a.m. Bring water. No dogs. From the Beltway, exit to I-270 N. After about 7 mi. (at the exit for Rt. 370), move into the local lanes. In about 3 mi., take Exit 10 (for Rt. 124 West and Rt. 117 West). Follow the signs for Rt. 117, which becomes Clopper Rd. (and is still Rt. 117). After 2.1 mi., turn left into the park. In 0.1 mi., take the first right toward the Park Offices (Visitor Center). In 0.1 mi., park at the end of the road. Since this is our last hike until September, we will lunch at Roy's Place in Gaithersburg after the hike. INFO: Sue King 703/356-6659.

29 (Wednesday)

👤 HIKE – Midweek Hikers
Location to be determined

See June 1 event for more information.

30 (Thursday)

✂ CLASS – GPS 101 (REI)
College Park, MD

7:30 p.m. A high level view of how GPS (Global Positioning System) receivers work and what affects their accuracy. We'll review features available in consumer GPS units and model selection based on intended use. We'll discuss batteries, water resistance, shock resistance and accessories and software available to supplement GPS receivers. We'll emphasize mapping and waypoint management software. We will include software demonstrations and a brief overview of online resources available to assist you in exploring this topic further. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

JULY

1 (Friday)

DEADLINE – (August) *Potomac Appalachian*
Material due to editors 5:00 p.m.

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

2 (Saturday)

✂ TRAIL WORK TRIP – Yankee Clippers
Appalachian Trail, PA

Join the North Chapter trail crew for an all out attack on weeds, greenbriers, 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: Pete Brown (peter.brown4@world-net.att.net) 410/343-1140.

5 (Tuesday)

👤 HIKE – Family Hike
St. Leonard, MD

Come hike to the beach and cliffs at Calvert Cliffs State Park, about 14 miles south of Prince Frederick, MD. Over 600 species of fossils have been identified from these cliffs, with the teeth of various species of shark as the most abundant fossils. Visitors can keep the fossils they find along the beach. This 4-mile out and back hike is jogging-stroller passable. The park also has a great playground. INFO: Lauren Lang (at94L@netzero.net) 571/242-3950.

5 (Tuesday)

🏠 MEETING – Trail Patrol, 7:30 p.m.



6 (Wednesday)

👤 HIKE – Midweek Hikers
Location to be determined

See June 1 event for more information.

6 (Wednesday)

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

9 (Saturday)

👤 HIKE – North Chapter
Fort Loudon, PA

Tuscarora Trail Hike III: Tuscarora Mountain/Path Valley section: Fannettsburg-Burnt Cabins Rd. to PA Rte 641. This is a 9-mile, moderate hike. Elevation change of 1,100 feet. We will be hiking above the Pa. Turnpike with absolutely gorgeous views east and west. We will be looking east down into the Path valley area. INFO: Christopher Firme (bncfirme@innernet.net) 717/794-2855 after 6:00 p.m.

9 – 10 (Saturday – Sunday)

✂ CABIN WORK TRIP – Vining Tract
Stanardsville, VA

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

9 – 10 (Saturday – Sunday)

✂ CLASS – First Aid On the Trail
Vienna, VA

9:00 a.m. – 5:00 p.m. This class provides American Heart Association certification in adult, child and infant CPR. Day two, the students will be certified in First Aid, then move on to the "On The Trail" part, learning how to adapt to medical emergencies on the trail with the items you already carry in your pack. Cost of the class is \$90 for Trail Patrol members and \$110 for Non-Trail Patrol members. Pre-registration is required. INFO: Saleena DeVore (tp1staid@patc.net) 540/972-8394.

9 – 10 (Saturday – Sunday)

✂ CLASS – Wilderness First Aid (WSC)
Alexandria, VA

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

12 (Tuesday)

🏠 MEETING – PATC Council, 7:00 p.m.

13 (Wednesday)

👤 HIKE – Midweek Hikers
Location to be determined

See June 1 event for more information.

13 (Wednesday)

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

16 (Saturday)

👤 HIKE – West Chapter

Central District, Shenandoah National Park, VA
Appalachian Trail, Section 3; Thornton Gap to Fishers Gap. 15 km (about 9 miles). INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

16 (Saturday)

✂ TRAIL WORK TRIP – Rock Creek Park
Washington, DC

8:15 a.m. to Noon. Learn the technical intricacies of erosion abatement on our hiking trails: shoveling dirt, filling holes, shoveling more dirt. All are

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welcome. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. INFO: Mark Anderson (dc.trails@verizon.net) 202/462-7718 or Ranger Ken Ferebee (ken_ferebee@nps.gov) 202/895-6221.

16 (Saturday)

✂ **TRAIL WORK TRIP – Stonewall Brigade Woodstock, VA**

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

16 – 17 (Saturday – Sunday)

✂ **CLASS – Backpacking 202 Vienna, VA**

This is a class on planning and leading group trips. The location of the backpacking trip is to be determined. Limited to registered students. Registration deadline is June 15. Pre-trip meetings will be scheduled with the participation of students. Fee (\$20 non-refundable): \$40.00 for PATC Members; \$55.00 for non-members. Limited to 25 students. Must be 18 or older and have completed Backpacking 101 or have equivalent backpacking experience. Pre-registration is required. INFO: John Bridges (TPBackpack@patc.net) 703/726-0188.

16 – 17 (Saturday – Sunday)

✂ **TRAIL WORK TRIP – Acme Treadway Co. Winchester, VA**

Did you miss us, and our trip in May? Well, this is your opportunity to get in on the new trail construction we're doing on the Biby Tract west of Winchester and north of The Pinnacle. We're slabbing our way down to the Tuscarora Trail, creating elegant (and practical) switchbacks, building steps, and cribbing rock where needed. Come and learn the best practices in tread construction as we continue this project. INFO: Don White (trlbldr@comcast.net) 804/795.2914.

17 (Sunday)

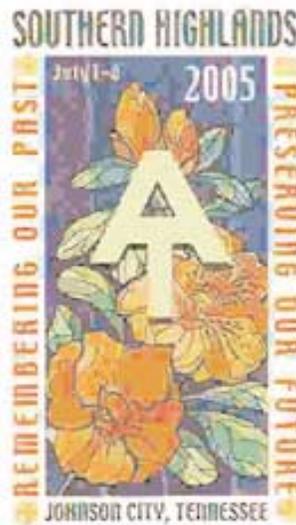
✂ **TRAIL WORK TRIP – West Chapter Frederick, MD**

Gambrell State Park; Frederick, MD. Meet 10:00 a.m. at the Nature Center. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

18 (Monday)

✂ **CLASS – Leave No Trace Vienna, VA**

7:30 p.m. This combination indoor classroom and outdoor field course is designed to enhance your understanding of Leave No Trace practices and ethics and to develop your confidence in teaching others about Leave No Trace. Through activities, field/classroom experience and both formal and informal discussions, you will be challenged to develop your LNT skills and ethics. This is a fun class where all have a part in demonstrating the choices that can be made to minimize our impact on the land and our resources. It is hoped that graduates of this class will be willing to make LNT presentations to community groups when and if their schedules permit. Cost - \$35.00 for PATC



Members, \$50.00 for non-Members (Join PATC at the time the registration and get the member price). Weekend Field Program - Saturday/Sunday, July 23 & 24 – SNP. Registration forms available online through the Trail Patrol/LNT page of the PATC website at www.patc.net. INFO: Mark Holland (markholland25@hotmail.com) 540/636-3639 (mornings only).

20 (Wednesday)

✂ **HIKE – Midweek Hikers**

Location to be determined

See June 1 event for more information.

23 (Saturday)

✂ **CLASS – First Aid On the Trail Fredericksburg, VA**

9:00 a.m. – 5:00 p.m. at Gander Mountain. The morning part of the class is the American Heart Association First Aid Program. In the afternoon, you will learn how to apply basic first aid on the trail. You will learn how to use the things you already carry in your pack to control bleeding, basic splinting, and dealing with medical emergencies. The cost of the class is \$60. Pre-registration is required. INFO: Saleena DeVore (emailert@yahoo.com) 540/972-8394.

23 (Saturday)

✂ **TRAIL WORK TRIP – South Mountaineers Appalachian Trail, MD**

This is the 10th of 19 South Mountaineers work events this year. Join our volunteer crew, enjoy the peace of the woods and go home happy if tired. Tools provided. Bring plenty of water, lunch, gloves and boots. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

23 (Saturday)

✂ **TRAIL WORK TRIP - Yankee Clippers Tuscarora Trail, PA**

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

23 – 24 (Saturday – Sunday)

✂ **CLASS – Leave No Trace**

Central District, Shenandoah National Park, VA

This is the weekend field portion of the class listed for Monday, July 18. This combination indoor classroom and outdoor field course is designed to enhance your understanding of Leave No Trace practices and ethics and to develop your confidence in teaching others about Leave No Trace. Through activities, field/classroom experience and both formal and informal discussions, you will be challenged to develop your LNT skills and

ethics. This is a fun class where all have a part in demonstrating the choices that can be made to minimize our impact on the land and our resources. It is hoped that graduates of this class will be willing to make LNT presentations to community groups when and if their schedules permit. Cost - \$35.00 for PATC Members, \$50.00 for non-Members (Join PATC at the time the registration and get the member price). Registration forms available on-line through the Trail Patrol/LNT page of the PATC website at www.patc.net. INFO: Mark Holland (markholland25@hotmail.com) 540/636-3639 (mornings only).

23 – 24 (Saturday – Sunday)

✂ **TRAIL WORK TRIP – Cadillac Crew Gainesboro, VA**

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

24 (Sunday)

✂ **HIKE – Sunday Hikers**

North District, Shenandoah National Park, VA

Starting outside of the park at the bottom, we'll hike into the park via the Thompson Hollow Trail, connecting with the Tuscarora Trail, which we will climb all the way to Skyline Drive, and back down. We'll pass the beautiful Overall Run waterfall on the way. Total elevation gain is approx. 2400 feet. Approx. 9-mile round trip. If time allows, we'll take a dip in the pools at the bottom of the trail on our way back out. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

26 (Tuesday)

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

27 (Wednesday)

✂ **HIKE – Midweek Hikers**

Location to be determined

See June 1 event for more information.

30 – 31 (Saturday – Sunday)

✂ **SPECIAL EVENT – Acme Treadway Company Little Orleans, MD**

Hey, People! This is an R&R trip for all members of the Acme Treadway Company. If you've worked on at least one (1) trip with us this year, you're eagerly welcomed on this excursion to Little Orleans Cabin in western Maryland. Hiking in the Greenridge State Forest or along the C&O Canal, canoeing on the Potomac, fishing, or just plain lazing around are activities awaiting you this weekend. INFO: Don White (trlbldr@comcast.net) 804/795.2914. ☐



By the end of April most districts report Overseers have had the opportunity to check out their trails and hopefully they timed it right to observe the beautiful flowering Redbuds and Dogwoods. By June, these flowers will have disappeared as well as any view of the understory. Striped Maple, Locust, and Spice Bush will replace the openness. Trails will begin to be covered by Stinging Nettles, Garlic Mustard, Stilt Grass, and various briars and vines. Yes, whether by power weeder, sling blade, lopper, or hand clipper, our task as overseers takes on a real meaning.

SNP Chainsaw Training

SNP chainsaw instructors C. T. Campbell, Roger Dovel, and Don Harvey conducted chainsaw certification training at SNP Headquarters on the weekend of April 23/24. The training utilized a revised curriculum based on the ATC, Park Service, and Forest Service agreement for volunteer sawyers on the AT and other trails maintained in national parks and national forests. Safety, use of personal protective equipment (PPE), and proper sawing techniques were the focus of the training. In addition to "bucking" blowdowns, the training included "felling" under the revised curriculum. Ask John Shoemaker about using a second notch and backcut to fell a snag to retrieve wedges stuck in the first backcut!

The new agreement requires sawyers to be trained in CPR and First Aid before being fully certified. Heidi Forrest, PATC Trails Coordinator, arranged for CPR and First Aid training to be conducted following the chainsaw exercise each day. Trainees Chris Brunton and Aksel "big boy" Falk sacrificed their bodies so instructor Trisha FitzGerald could demonstrate First Aid techniques. Demonstrating abdominal thrusts for choking on "big boy" was something to witness. Even though the training day was extended, the ability to accomplish all required training over the course of a single weekend has definite advantages.

Aug. 15-19 Crew Week Openings

There is still space on the August 15-19 SNP South District summer crew. Contact Heidi Forrest at PATC Headquarters for more details. The summer crew weeks are a great way to spend a vacation for those interested in a physical challenge in a truly outdoor environment.



Mark Holland makes acquaintance with "buddy" before demonstrating proper CPR techniques.

Massanutten Cooperation

PATC, working in conjunction with the Virginia Happy Trails Running Club (VHTRC) during their annual work trip cleared about 25 miles of trails in the Massanutten North district.

South Siders Help Clear AT

The SNP South Side Trail overseers have been out in force this spring and the trails are in fine shape. A few blowdowns had to be cleared but not as many as usual. Therefore, the South Siders formed a chainsaw crew to help out Dennis DeSilvey with some of his blowdowns on the AT. Rhett Orndorff was the chief sawyer with John Ruppe and Pete Gatje as swampers. They cleared blowdowns on the AT between the Riprap Parking and a half-mile south of Wildcat Ridge Parking. As a result the very popular Riprap, Wildcat Ridge, and AT circuit hike should be blowdown free.

Great North Mountain Venture

On Sunday April 10, on Great North Mountain, a scouting trip consisting of PATC volunteers Catherine Kelleher and Jim Tomlin ventured off-trail to bushwhack to the ridgeline of Long Mountain to examine potential routes for a new trail that is in the planning stage. With GPSs in hand, the explorers crashed through uncharted territory uphill from the existing Long Mountain Trail. The summit was reached with no difficulty; the slope, forest, and rocks were quite accommodating for a new trail. It was exciting to view Trout Run Valley from a novel view-

point. Reveling in the thought that they were the first humans in years to stand upon the remote ridgetop rocky cliffs, Tomlin was crestfallen to look down at his feet to see a lonely sunglasses case lying on the rocks, as pristine as if it had been dropped just a few moments earlier. "Oh, those are mine, I just dropped them," Catherine casually mentioned, and scooped them up. The celebratory mood resumed. A future trip is planned to bushwhack to the identical spot on the ridgeline from the Halfmoon Trail trailhead to complete the planned loop.

The angry windstorms of the week of April 17 brought down three times as many blowdowns on visited trails on Great North Mountain than the entire preceding winter had bestowed. Work is in progress to rectify this situation.

The Great North Mountain trail crew, the Stonewall Brigade, is happily accepting volunteers for day trips on the third Saturday of each month, beginning May 21. No experience is required. The area is gorgeous, and is in great need of volunteer help. Please contact Hop Long (theFSLongs@comcast.net) or Jim Tomlin (jtomlin@helix.nih.gov) for more information.

Naughty Nature

The Blue and White Crew was rained out in April, the first rain cancellation in over 10 years. Following the second weather disruption (plans were adjusted, in March, to

See *Trailhead*, page 17

Trailhead, from page 16

accommodate deep snow on the AT) the Crew has officially designated Mother Nature as “naughty,” a mark that will go on her permanent record card. In anticipation of an early June deluge, the crew has pre-cancelled its annual Overseer Workshop. A “normal” Blue and White Crew weekend is scheduled for the first weekend of June, despite the predicted cloudbursts and tornados. The Overseer Workshop will return in 2006 (after the new Mother Nature has been inaugurated). The crew calendar is available at www.blueandwhitecrew.org. The crew works on the AT and side trails in the Central District of SNP. All club members (and especially new trail overseers) are welcome to join the crew for a weekend in the Park.

Good Nature

The North District Hoodlums couldn't have had a better weekend when they took to the Tuscarora/Overall Run Trail for their April 16 work trip. The crew was led by District Managers Dick Dugan and Peter Harris and included overseers Kevin Kraditor and Sherri Fickel as well as crew members Tom Ryan, George Ivey, Wayne Limberg, Kari Falkenborg, John McCrea and Catherine Pipan. The project included rehabbing a section of braided and washed out tread as well as installing checkdams on the steep section heading down below the falls. Adding to the work trip were great temperatures and views in all direc-



Photo by Kerry Snow

Sawyers assess the situation before bucking blowdowns during a training session in SNP.

tions. The crew was joined by new mascot Keegan (a lost husky) for most of the day and fortunately with the help of Catherine's cell phone and the park rangers, the owners were contacted and were reunited with Keegan. A feast of chili, quesadillas, salad and cornbread awaited the crew at Indian Run Hut. A hike to Compton Peak to catch a beautiful evening sunset punctuated the day.

Weeding Tip for Sidehill Slippage

If you have sidehill on your trail section and the tread is coming dangerously close to going “over the edge” and it's in a location that requires weeding, you should consider only weeding the uphill side of the treadway. That will encourage hikers to stay away from the weedy, downhill edge. This has a few real benefits: healthy, growing weeds on the downhill edge will continue to spread their root systems thus reinforcing the soil on the edge of the treadway; over time – sometimes within one season – the tread will shift “uphill” by as much as 12"-18" thus preventing the tread from falling away; and a time-consuming work trip with a large crew to rebuild that section of trail can be avoided.

—Peter Harris, DM, SNP North Side Trails

Blackburn Road Work

Bill Parlett, caretaker for Blackburn Trail Center, hosted 30 plus boy scouts from two or three different scout troops for a “Blackburn Scout Weekend.” They spent all of Saturday digging out culverts and raking leaves along the access road. Bill comments that it was a very hard working group of Scouts and he would like to arrange a similar weekend next year.

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 jk_rindt@shentel.net. □



Photo by Eric VanNonwick

Dick Dugan and Tom Ryan removing a blowdown with a crosscut saw from the AT on Pass Mountain during the Hoodlums March "Irish" worktrip.

Old Homestead Near Hannah Run Trail, A Little Used Trail

My wife accuses me of being a serial joiner ... It started back in 1987 with the creation of the Friends of the Rappahannock ... after a few years there, it was on to the Float Fishermen of Virginia ... then the Coastal Canoeists ... the Battlefields Sierra Club ... etc.

I agree with her, but I think it is a good thing. Enjoying, and benefiting, different groups from year-to-year keeps one fresh in mind, body and spirit.

Last year, after many years of enjoying the Shenandoah National Park, I joined the Potomac Appalachian Trail Club. I must confess that the move to join this long-lived club was a mix of many motives:

- a.) giving back to a park that brought me great joy, from my first cub scout climb of Old Rag about 40 years ago through and including our annual couples' climb to Skyland Resort each November;
- b.) taking off a day each month to actually get out of the office and oversee a trail in the woods (part exercise/part mental health day); and
- c.) the ability to access the cabins a week before everyone else, certainly ranked up there too.

I write this report to help give something back to the park and to hopefully encourage other new members to step up to the plate and volunteer for one of the overseer positions found on the last page of this publication. As a new member I hope to share my very positive experience as a new volunteer overseer with others, so that you too may become more involved.

Last November, as the clouds of winter closed in, I decided to volunteer. I had been a member for about 2 months. After studying the last page of *The Potomac Appalachian* I was able to discern that "SNP Central" was the closest piece of the club to my office, in Fredericksburg. I e-mailed Dan Dueweke, and after a couple of e-mail exchanges we were set to hike my designated trail, Hannah Run Trail.

On a cold day in February, Dan and Mel Ellis, met me at the Old Rag parking lot and we headed up the trail for about two miles until we hit the trail head of Hannah Run.

Dan and Mel were gracious hosts, and we made our way up the trail with what I then



Mel Ellis and Anne Eggers take a break after cutting a blowdown on Hannah Run Trail.

thought was a lumber-jack saw, under Dan's arm. They showed me the task at hand ... cutting trees that had dropped over the trail (blowdowns). We used axes, wedges and the big saw. It was a good learning experience.

By the end of April I had touched base with my co-overseer Anne Eggers and we were set to make our first trip together up Hannah Run "on our own."

Anne had a three hour drive from Maryland and I had a two hour drive. We agreed to meet on the mountain, since we weren't sure of possible traffic delays. Upon arriving at the Old Rag Mountain parking lot, I accessed the tool cache with my club-issued key, and took a large saw and weed-whacker. Mel Ellis, who lives nearby, joined me and up the mountain we climbed.

Soon Anne joined us and we worked on the trail cutting about five trees that had dropped across the path and clipping back limbs of nearby trees that reached towards invisible hikers. As we hiked and cut and clipped we traded stories about trail management; but more importantly about spouses, kids, work and even a little politics.

The 10:00 a.m. to 4:00 p.m. day was good for all of us ... and the trail. We were able to leave the phones, and clients and patients behind; as well as the traffic and noise and stress of our "normal" lives. And, the two-mile trail looked darned good, too.

Our next planned expedition to Hannah Run Trail will be in a few weeks. According to Anne, who has worked this trail since the late 1990's, we will focus on the new-grown weeds that will be crowding the trail.

Looking back it only took a few e-mails and a day or two to join those who take care of the trails which we all use and love.

Flip to the last page of this publication ... find the closest piece of the club nearest to you ... and send an e-mail. □

—Thom Savage

Thom Savage, his wife and two children (Hannah and Nick) live in Goldvein, Va. Savage, who was awarded the Float Fishermen of Virginia's River Conservationist of the Year Award in 2004, is an attorney in Fredericksburg, Va.

POTOMAC APPALACHIAN

(UPS-440-280) ©2005, Potomac Appalachian Trail Club, Inc.

Published monthly by the Potomac Appalachian Trail Club, 118 Park Street, S.E., Vienna, VA 22180.

Periodical class postage paid at Vienna, VA.

Postmaster: send address changes to:

Potomac Appalachian Trail Club, 118 Park Street, S.E., Vienna, VA 22180

Subscription: (Free with PATC membership) \$6.00 annually; \$.70 single copies.

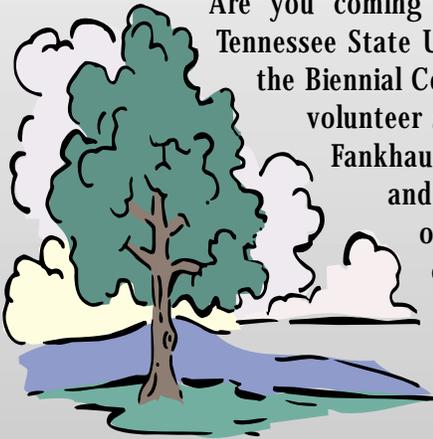
VOLUNTEER OPPORTUNITIES

Needed – IT Planning Subcommittee Chair

PATC just purchased new computers and now wants to attack the many hardware and software questions bringing PATC into the 21st century. I want someone to lead – making a commitment of 8 hours per week – a group to plan and execute PATC's future in Information Technology. If someone wants to lead this IT Planning Subcommittee give me a call. Bruce Glendening, Vice President Operations. 703/532-9093 or e-mail bglendening@yahoo.com

Help the Club at the ATC Conference July 1-8

Are you coming to the ATC Conference at East Tennessee State University, Johnson City, Tenn., for the Biennial Conference? Would you be willing to volunteer some time at the PATC booth? Pat Fankhauser will be there promoting PATC and would like some help for an hour or more on July 2 or 3. Give Pat a call (pfankhauser@patc.net) 703/242-0693 x17 to let her know when you will be at the Conference and find out how you can assist the club.



TRAIL OVERSEER DISCOUNTS

PATC OVERSEERS GET DISCOUNTS from the following merchants who support our volunteer programs: Blue Ridge Mountain Sports (Charlottesville, Tidewater) – 20%, Hudson Trail Outfitters (Metro D.C.) – 15%, The Trail House (Frederick, Md.) – 15%, Casual Adventures (Arlington, Va.) – 10%, Campmor (mail order via PATC HQ) – 10%, Weasel Creek Outfitters in Front Royal – 10%, The Outfitter at Harpers Ferry – 15%, and the sole source (Harrisonburg) – 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.

PATC EXCURSION TO WIND RIVER

PATC members are invited to join a 7-day Llama Trek starting July 31 going into the Wind River Mountains west of Lander, WY. To learn more about this outfitter, go to www.LanderLlama.com. This Excursion is designed for members who have moderate walking ability (8 miles per day at altitudes of 10,000 feet). Tents, sleeping bags, and sleeping pads are provided so all you need to carry is your day pack. All meals are furnished, prepared, and served by outstanding staff. The outfitter fee of \$1,400 is all-inclusive for the Trek itself. For other details, contact Dave Appel (dwappe@juno.com) or by phone at the Bears Den Trail Center, 540/554-8708.

FOR SALE

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

PATC Swap Meet

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

HIKING PARTNERSHIPS

FLORIDA ESCAPE? For winter hiking without mountains, snow, ice, or freezing rain, take off a week or two in February/March 2006 to join a PATC life member and AT 2000-miler, George Meek (Poet), on a section of the Florida Trail, beginning a couple of hours' drive south of Orlando. For information on the FT check out www.florida-trail.org. Contact: (george@meekconsulting.com) 703/875-3021.

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

LOST AND FOUND

GOLD COLORED BULOVA MEN'S WATCH, analogue, with a dark leather band at Meadows cabin on approximately 3/20/05. It was most likely lost outside on the property near the cabin. Contact: Randy Wilcox (rrwilcox1@juno.com) 703/532-5767

Trail, Shelter, and Corridor Overseers / Monitors Wanted

CORRIDOR MONITOR OPENINGS

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

SHANNONDALE [NEAR BLACKBURN] - VA - PATC MAP 7

WILSON GAP - VA - PATC MAP 7

ASHBY GAP SOUTH -VA - PATC MAP 8

DICKS DOME SHELTER - NORTHERN VA - MAP 8

ROCK SPRINGS SHELTER - SNP CENT. - MAP 10

Henry Horn, 301/498-8254
ATHike@aol.com

DISTRICT MANAGER MASSANUTTEN SOUTH - MAP H

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

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

PENNSYLVANIA MAPS 2-3, 4, J, & K

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

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

Dead Woman Hollow Trail

Michener Cabin to AT/Michener Cabin
Parking (1.4 miles)

Blueberry Trail

PA 233 to Michener Cabin (1.8 miles)

HARPERS FERRY / ASHBY GAP AT & BB - MAP 7 & 8

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

Appalachian Trail

Loudoun Heights Trail to Powerline
(2.3 miles)

ASHBY/POSSUMS AT/BB [RTE. 50 TO SNP] - MAP 8, 9

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

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

Appalachian Trail

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

Barking Dog Trail

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

SNP NORTH DISTRICT BLUE-BLAZED - MAP 9

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

Thornton River Upper Trail

AT to Skyline Drive (0.3 miles)

Tuscarora /Overall Run Trail

Thompson Hollow/Overall Run Jct. to Mathews Arm Trail (2.3 miles)

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

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

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

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

Steve Paull, 703/361-3869

stevepaull@yahoo.com

Rose River Loop - Co-Overseer

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

TUSCARORA CENTRAL - MAP L

Walt Smith, 540/678-0423

wsmith@visuallink.com

Tuscarora Trail

Yellow Spring Road to Capon Springs Road

TUSCARORA SOUTH - MAP F, G, 9

Rick Rhoades, 540/477-3247

rrhoades@shentel.net

Tuscarora Trail

Fetzer Gap to Maurertown (5.7 miles)

Tuscarora Trail

Cedar Creek to Ridge Crest (2.8 miles)

Tuscarora Trail

Ridge Crest to Fetzer Gap (3.1 miles)

GREAT NORTH MOUNTAIN - MAP F

Hop Long, 301/942-6177

theFSLongs@comcast.net

Gerhard Shelter Trail

Tuscarora Trail to Vances Cove (1.5 miles)

Tibbet Knob Trail

Wolf Gap Recreation Area to VA 691
(2.4 miles)

White Rock Trail

Tuscarora Trail to White Rock Cliff
(0.02 miles)

Volunteers!



The Potomac Appalachian

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