



# The Potomac Appalachian

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

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## PATC's Family Weekend at Bears Den Draws Old and Young

**T**hirty-five adults and 29 kids participated in Family Weekend this May. For the first time we held the event at Bears Den. The site really lent itself to our group, providing wonderful trails, comfortable indoor lodging, campsites, a lawn for activities, and the amazing rocks.

Our schedule was built around multiple hikes each day, each suited to different hiking levels. I want to thank hike leaders Jennifer Chambers, Lauren Lang, Murry Moskowitz, Lee Sheaffer, and Dave Appel. In addition to hikes kids and grown ups made crafts and played games organized by Jennifer Chambers and Lauren Lang. We all enjoyed a mini nature center inside the lodge where kids could play nature games, browse through field guides, and more.

Our program featured guest speakers from the Raptor Conservancy of Virginia, who showed us live birds and taught us about raptor behavior and habitat on Saturday afternoon. In the evening Bat World NOVA gave us a presentation on bats and fed some for us all to watch. Those who were interested then went on a hike with a bat detector, a device that translates bats echolocation into sound we can hear. It was a bit cool that evening so we saw only one bat, but we enjoyed it none the less.

*See Family, page 6*



*The Raptor Conservancy of Virginia entertains and educates participants of all ages.*

### Bears Den Needs Your Help

Increasing use of Bears Den by hikers, campers, and other groups has created a need for additional "Friends of Bears Den" to assist Lori Watkins, the manager, and Dave Appel, who is responsible for maintenance. Volunteers who are willing to stay several days at a time, thereby becoming familiar with the routine here so they can work with little supervision, are provided free stay, and couples can have free use of the private intern bedroom when it is available. Our objective is to generate a list of singles and couples willing to offer help at times that are mutually acceptable. The attention of retirees is especially sought as the Bears Den Trail Center is open all year and we want to expand our base of support. Please contact Vern Conaway, chairman of the PATC Bears Den Standing Committee, (vernmarysue@hotmail.com), 540/338-4549. □

### Endowment Committee Seeks New Financial/Investment Overseers

PATC's Endowment Committee oversees the management of the club's \$3.2 million endowment funds. We are seeking new members for the committee, ideally financial or investment professionals, but most importantly, individuals who are committed to the mission of PATC and are interested in preserving and managing its financial reserves. Meetings take place quarterly and provide committee members the opportunity to review our investment policies and the performance of the endowment and to participate in the oversight of our managed portfolios. If you are interested in becoming an investment overseer, please contact PATC's Treasurer Ric Francke (fbfrancke@aol.com), 571/436-7801, and provide your contact information and a summary of your credentials. □

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## Council Fire

The Potomac Appalachian Trail Club's regularly scheduled Council Meeting was called to order on May 9, 2006, at the Club Headquarters building by President Tom Johnson. The club's AT corridor monitoring has received a \$450 grant via ATC from LL Bean. Rick Canter has received \$350 from Trail House for National Trails Day; this is the fifth or sixth year that Trail House has supported National Trails Day in this manner. A recent Blackburn visitor made a \$100 donation because he was so impressed with the facility.

The annual meeting is scheduled for Nov. 14, 2006, at the Atrium, the same location as in 2005. Eliza Beth Engle will serve as supervisor of membership and Jim Peterson as supervisor of land for the rest of this year. Another suit has been filed against an officer of PATC by the same member whose suit was recently dismissed; naming Supervisor of Facilities Mel Merritt. (Note - as of press time this suit was also dropped.) Business Manager Monica Clark provided financial reports for January, February, and March.

### Trails, Land, and Facilities

Vice President for Operations Bruce Glendening reported that volunteers were working on Java programming to link the various databases together so that work reports could be entered through the Web and flow into the appropriate databases. This effort has been estimated to take about 100 hours of programmer effort, which is stressing the volun-

teers. PATC may have to contract this effort out to professional programmers.

Supervisor of Land Jim Peterson reported that an application has been submitted for the Blackburn Trail easement and has received favorable comments from the Land Trust of Virginia; he expected a favorable ruling by the June 30 deadline. The next step is the final easement, which must be approved by the Land Trust Board of Directors.

Council approved a motion introduced by Trail Land Acquisition Chair Phil Paschall authorizing \$13,000 for an appraisal of Greene County lands that are part of the sale of the easement tax credits program. This is, in effect, a loan that will be repaid from the funds provided by the sale of the tax credits.

Supervisor of Facilities Mel Merritt reported that the Fire Marshal had noted violations during a recent fire safety inspection of PATC Headquarters. The Tool Room had improperly stored paint cans, and the sprinkler was not wired to the alarm.

Headquarters Chair Eliza Engle sent posters to all the local hiking clubs advertising the Open House PATC held in May. There was a demonstration of crosscut sawing, and SMRG had a particularly interesting display. Most of the other committees were represented.

Bears Den Chair Vern Conaway reported Bears Den took in \$6,100 in the past month. The new cash register with the credit card reporting had been installed. One of the ridgerunners was staying at Bears Den. Thanks to increased rentals, Bears Den is making more money than expected.

Silberman Cabin status: Cabins Construction Chair Jim Peterson reports that chimney construction will be a major stone project, and the crew has been collecting rocks to support this. With the cinder block course completed the chimney is now usable. We have received an estimate of \$5,200 from a reliable mason.

Vice President for Volunteerism Lee Shaeffer presented the Marymount University organizational study of PATC operations. The study will be considered by the Constitution/Bylaws Committee.

Nominating Committee - Hop Long stated that there have been no obvious candidates and is asking members to please send e-mails with recommendations to Hop (theFSLongs@comcast.net).

PATC needs a librarian/archivist. If you know of someone who might be interested please have them contact Alan Day (dayalan@nova.org). □

—Alan Day, Secretary

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

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

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

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

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

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

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

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

**Club e-mail:** info@patc.net

**World Wide Web URL:** www.patc.net

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### Club Officers and chairs contact info:

www.patc.net/about/contact.html

or call the main club phone number.

Contact list published twice annually in the PA.

## Tom's Trail Talk – The Great Eastern Trail

Out there in the west, where PATC's Tuscarora Trail winds along Great North and Tuscarora mountains, there is another, more primitive network of trails. Many of those trails are Forest Service projects and have been around for decades. George Washington, Thomas Jefferson, Monongahela, all have trails that get hit or miss maintenance depending mostly on whether or not the Forest Service has money to maintain them. They meander through valleys and course along ridge tops. There is some great scenery out there.

Some move east and west, but most are north-south routes, because that is how the Appalachian Mountains run. If you looked at a map that showed all the trails in the Appalachians (I don't think one exists, by the way) you would see trails used by hikers, bikers, equestrians, hunters, fishermen, running generally from southwest to northeast. Could those trails be linked together to form another Appalachian Trail?

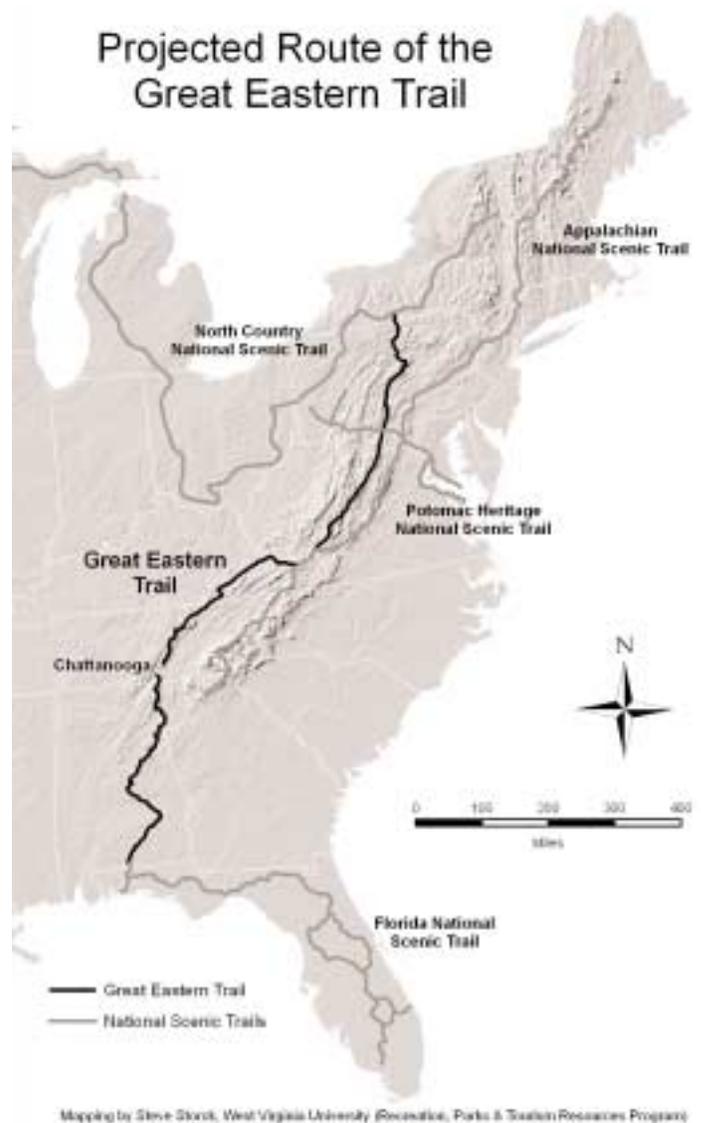
The idea is not new. Stan Murray, chair of the ATC Board of Managers, introduced the idea of linking those western trails in 1969. The idea came to be known in ATC circles as the Western Appalachian Alternative (WAA). And through the years, since 1969, the trails out west grew in length, until the ends of some of the trails almost touched each other. In the March-April 2000 edition of *Appalachian Trailway News*, PATC's Lloyd MacAskill broached the subject once again. Was it time to launch a new AT project?

Two years later American Hiking Society moved to create a new group, the Southeastern Foot Trails Coalition (SEFTC), to link together 5,000 miles of hiking trails in the Southeast. At the formative meeting at Unicoi State Park in Georgia in April of 2002, the group discussed the WAA. PATC heard about the discussions and joined the coalition in December of 2003, specifically to participate in the WAA effort. In April of 2004 it was decided that SEFTC would take responsibility for the WAA south of Burkes Garden, Va., while PATC would form a similar coalition to do everything north of Burkes Garden. In November of 2004 we signed a memorandum of understanding with AHS and the Rivers and Trails Conservation Assistance (NPS/RTCA) program to work together on behalf of this new trail.

Our coalition came together at a meeting at Gypsy Spring Cabin in May of 2005, and was formally inked at Blackburn Trail Center the following November. It is called the Mid-Atlantic Foot Trails Coalition (MAFTC), and its sole purpose is to make this new trail happen. The signatories are PATC, Mid State (Pennsylvania) Trail Conference, Link Trail Club, Finger Lakes Trail Conference, and AHS, with RTCA in the role of facilitator. In December the two groups (SEFTC and MAFTC) decided to name it the Great Eastern Trail (GET), and at an SEFTC strategic planning meeting in Georgia that month it was agreed that the two coalitions would form a steering committee to make long-range decisions about the GET.

Okay, enough about history and bureaucracy. What trails will comprise this new trail? From south to north, the trails that have signed on are the Alabama-Pinhoti, Georgia-Pinhoti, Cumberland (Tennessee), Pine Mountain (Kentucky), Allegheny (West Virginia), Tuscarora (Virginia, West Virginia, Maryland, and Pennsylvania), Link (Pennsylvania), Mid State (Pennsylvania), and Finger Lakes (New York). This would repre-

See Tom's, page 4



Signatories to the Mid-Atlantic Foot Trails Coalition shown on the front steps of Blackburn Trail Center.



### Hiker's Notebook

**Common Name:** Copperhead, Highland Moccasin, Pilot Snake, Chunk Head

**Scientific Name:** *Agkistrodon contortrix* (Generic name from the Greek *Ancistrion* meaning fishhook; species from the Latin *contortio*, which means twisted [contorted] referring to the dorsal skin markings)

Copperheads are pit vipers, or crotalids; poisonous snakes that are named for the two heat-sensing pits used to locate prey that are positioned between the eyes and the nostrils. Their venom destroys the red corpuscles of the blood and releases the hemoglobin into the surrounding fluid. The resultant hemorrhaging destroys the snake's normal prey, mostly small mammals.

Copperheads bear their young live. They are also iteroparous; the female can store sperm from an autumnal breeding through the winter to ensure emergence of the brood in the more hospitable spring environment. They are gregarious, overwintering in dens call hibernacula with rattlesnakes and black rat snakes. They sometimes produce a cucumber smell when they are disturbed.

Copperheads do not attack humans unless threatened. However, according to some references, copperheads are responsible for more snakebite reports in most years than any other snake. The copperhead bite is not serious and requires only minor medical treatment because the venom is not as toxic as that of other poisonous snakes. Antivenin is expensive, has a limited time period in which it can be given, and often results in side effects. Treatment excluding this drug is often more effective. □

—William Needham

Visit the Hiker's Notebook Web site at:  
[www.mwrop.org/W\\_Needham/h\\_notebook.html](http://www.mwrop.org/W_Needham/h_notebook.html)

Tom's, from page 3

sent a new trail west of the AT, over 1,800 miles long.

There is considerable ambiguity about end points. In the south, SEFTC wants to link the Alabama-Pinhoti to the Florida National Scenic Trail, while in the north the two groups are discussing whether to proceed north along the Finger Lakes and branch off on the North Country National Scenic Trail toward the Adirondacks, or proceed east on the Finger Lakes Trail into the Catskill trail network, then north on the Long Path to the Albany area. Both trails hope to link into the Adirondack trail network, but that has not been decided. The GET planners hope to get to Lake George one way or another.

Other trail routes are being discussed. In southern Pennsylvania there are two alternate routes: down the Mid State to the Link and meet the Tuscarora at Cowans Gap State Park, or proceed further down the Mid State to the trails in Green Ridge State Forest in Maryland, and thence to the C&O Towpath, then east to Hancock for a link with the Tuscarora.

PATC plays a major role in this. We formed the MAFTC, and we serve as the "anchor" club for that coalition, much as the Florida Trail Association serves as the "anchor" (the club with the largest membership and resources) for SEFTC. Further, we have the longest gap between trails, from the Tuscarora to the Allegheny, some 150 miles, almost entirely through George Washington



**High Knob fire tower, on the Tuscarora-Allegheny link.**

National Forest. We are working with the Forest staff to designate a route, and Southern Shenandoah Valley Chapter (SSVC) has been leading a series of hikes along the proposed route, working south toward the Allegheny. The trails are almost all in place, and we might have only three or four miles of new trail to construct to get a thru-route. But the link goes through parts of Virginia and West Virginia that are sparsely populated, and getting trail maintainers will be a big task. We might need to build a new chapter in the Staunton/Lexington area, or expand the reach of SSVC. It is all very iffy.

The project is part of PATC's Western Strategy, and will likely serve as a driving force for club activities in the future. □

—Tom Johnson



**Former PATC President Walt Smith and former George Washington NF Superintendent Bill Damon on the Tibbet Knob trail, part of the Tuscarora-Allegheny link.**

# American Hiking Society Honors Two Members With National, Regional Awards

Other than a love for hiking and the outdoors, what do a retail outreach specialist and a part-time educator involved with a family literacy program have in common?

In a rare coincidence the American Hiking Society (AHS) named PATC members Mal Fordham of Annapolis and Lauren Lang of Leesburg as Volunteers of the Year in their respective regions. And Mal received the distinct honor of being named the society's National Volunteer of the Year.

Each year AHS recognizes volunteers from its nine regions across the U.S. For 30 years, AHS has been dedicated to promoting hiking

and establishing, protecting, and maintaining the nation's footpaths.

Mal was nominated by Kevin Barry of the National Park Service for the AHS award; PATC President Tom Johnson nominated Lauren.

"Mal Fordham personifies the very best in a volunteer," said Gregory Miller, AHS president. "Mal has dedicated himself to trails, outdoor education, and meaningful outreach to our youth. The hiking community honors Mal and our regional Volunteers of the Year for their generous commitment to hiking and the outdoors."

According to AHS, Mal "stood out among the other deserving candidates for two reasons – his effectiveness in recruiting and leading volunteer trail crews and his dedication to promoting environmental awareness to school-age children."

In nominating Lauren, Tom Johnson described her passion for getting children involved in hiking: "She is very creative about the way she gets small children interested – they collect different kinds of leaves, they look for animal holes, they compete to see who can find the next blaze tree. She believes that if children begin hiking as soon as they can walk, they will retain a love of the outdoors all their lives."



*Mal, left, receives award from Peter Olsen, membership manager for AHS.*



*It's rare to catch Lauren without kids in tow, as she is here when she received her award in Harpers Ferry.*

## Mal Fordham: Making Work a Pleasure

For Mal, his work is his passion. Following careers in the Army and industry, Mal has been with Recreational Equipment Inc. (REI) for more than three years. As an outreach specialist in REI's College Park, Md., store, Mal helped create the store's Volunteer Trail Days, which lead volunteers to perform trail maintenance and construction projects in Greenbelt Park, which is part of the National Park Service.

Mal also leads a program supported by REI called P.E.A.K. – Promoting Environmental Awareness in Kids – that applies the Leave No Trace principles. Over the past two years Mal has taught more than 2,000 people, mostly Scouts, Junior Rangers, and elementary school children, the importance of responsible recreation and how to safeguard the environment through the P.E.A.K. program.

As a PATC member since 1999, Mal is an active participant in the club's Trail Patrol program and coordinated the Ridgerunners program for five years. The patrol offers information and assistance to hikers and backpackers on club-maintained trails. It also offers classes, such as backpacking, hike leadership, Leave No Trace outdoor ethics, and backcountry first aid.

Mal won the AHS Volunteer of the Year Award for the state of Maryland in 2003, and he is a big fan of AHS's Volunteer Vacations, in which participants visit backcountry locations to construct or rebuild footpaths, cabins, and shelters.

## Lauren Lang: Chasing a Passion

Many people have passions, but in most cases they must make their passions fit into their lives. To the contrary, Lauren, her husband Larry, and their three children have adapted their lives to fit their passion.

A native of Washington, D.C., Lauren developed her passion for hiking and the outdoors in college, when she was a camp counselor leading backpacking and canoe trips. In 1992, she spent a week on a PATC trail maintenance work trip. She met her future husband in 1993 on a cabin-building work trip and, a year later, she obtained a leave of absence from her teaching position and hiked the AT, starting on March 1 and arriving at Katahdin on Aug. 12 (her e-mail address reflects that accomplishment). Larry thru-hiked the AT in 1989.

Since the birth of her first child, Lauren has been involved in developing programs and leading hikes for toddlers and families. Today, all of the Lang children are involved in hiking – even though the youngest is a mere six months old. Lauren usually leads two Monday morning and afternoon family hikes at least twice a month. She also serves as a part-time instructor in a family literacy program. Lauren has authored a two-part article about hiking with children. In it she pointed out that

*Family, from page 1*

Nan Leininger was a star running the kitchen for the entire weekend, making sure all the meals were delicious, nutritious, and served on schedule. She went above and beyond the call of duty by preparing much of the food ahead and remaining cheerful and flexible for hours on end. I also want to thank all the participants who helped in the kitchen and pitched in however they could, making the weekend a real success.

We are already planning another family weekend next year. We are especially excited about adding activities geared toward teens and 'tweens such as nature photography and service projects. Thanks again to Jennifer, Lauren, Nan, and the absolutely wonderful folks at Bears Den. I look forward to seeing more people young and old at next year's event. □

—Anne Regan



*Jason Lang enjoys Bears Den Rocks during the 2006 Family Weekend.*



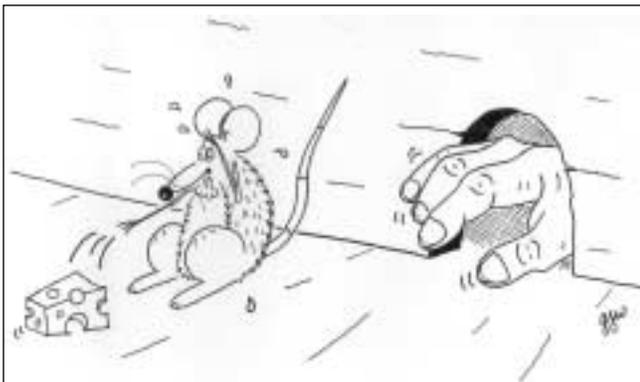
*Children enjoy leaf printing at Bears Den.*



*Breakfast is served at the Family Weekend.*

## TAILS FROM THE WOODS

by George Walters



"PHEW!! Boy, DOES THAT GIVE NEW MEANING TO THE TERM 'FAST FOOD' !!!"



*Entertainment takes all forms at the Family Day.*

## It's a Busy Season for the Trail Talkers

Trail Talkers have been busy spreading the word about PATC in several states this spring and have lots of plans for summer and fall events. Check out the list below, and let us know at which event you would like to represent PATC. All you have to do is set up a display and distribute information about the club's activities. It's easy and fun, and you'll get to meet some great folks who are also interested in trails and conservation.

1 July 22 — annual Barge Bash in Hancock, Md. There'll be fireworks, swimming, music & food. PATC won't have a barge this year, but we have plans for one in 2007. Check out the Hancock Web site for more information: [www.hancockmd.com](http://www.hancockmd.com).

2 September 30 – Celebrate Virginia, McLean, Va. There'll be great Virginia-made food and beverages; arts and crafts; classes on how to do, make or cook; music and strolling entertainers; and door prizes. Check it out at [www.mcleancenter.org](http://www.mcleancenter.org). We have one volunteer and could use another.

3 October 7 – In the Street, Frederick, Md. Events include Steeplechaser's Mile Run, parade, entertainment, food, beer & wine sampling, plus art activities for kids and adults. Call 301/694-2489 for information.

4 October 5-7 – 70th Annual Mountain State Forest Festival, Elkins, WVa. We have one person signed up but could use some more help with this event that draws up to 100,000 people. Parade, carnival, crafts, food, concerts and lots more. See [www.forestfestival.com](http://www.forestfestival.com) for schedule of events and photos from last year's festival.



*On May 13 PATC Trail Talker Linda Rudy represented the club at the Berkeley Springs Ravishing Raptors event.*

5 October 7-8 – 33rd Annual Apple Butter Festival, Berkeley Springs, WVa. There'll be a parade, games, contests, arts & crafts, food, entertainment and, of course, lots of apple butter. See [www.berkeleysprings.com](http://www.berkeleysprings.com) for details.

6 October 20-22 – Shenandoah Valley Balloon and Wine Festival, Millwood, Va. For more information, see [www.historiclongbranch.com](http://www.historiclongbranch.com).

As a Trail Talker volunteer, you will be provided with handouts to share with festival participants. Display and materials provided by PATC Education Committee. Some events come with free passes for PATC volunteers. Sign up for a Trail Talker event today and make this a summer to remember. To reserve your spot or ask questions, contact Linda Rudy at [lindarudy@att.net](mailto:lindarudy@att.net) or 304/636-8557. Also, let us know of a local event where you think PATC should be represented. □

—Linda Rudy

## Pittsburgh is the Place for the October Forestry Convention

The Society of American Foresters will hold its annual National Convention – Our Woods: Wild and Working – in Pittsburgh, Pennsylvania on Oct. 25 – 29, 2006. Whatever your connection to the forest, whether you're a consultant, field forester, urban forester, researcher, landowner, or student – this conference will provide you with the latest scientific research and field applications and a forum to discuss emerging natural resource issues with colleagues from across the country.

Over 240 presenters will discuss forest management, bioenergy, forest business and investing, invasive species, urban and community forestry, fire, forest certification, oak regeneration, and much more. The Convention is designed to allow attendees to maximize their invest-

ment by participating in aspects of the program that meet their unique interests and professional needs.

The conference's keynote speaker is Dr. Wangari Maathai, 2004 Nobel Peace Laureate. Kenyan born Maathai started a grassroots organization called the GreenBelt Movement that transforms landscapes, helps families earn income, and empowers forest managers. Today, Professor Maathai serves as Deputy Minister of Environment in Kenya's government.

For program details on special events, general session speakers, technical field tours, and more, visit the SAF Web site at [www.safnet.org](http://www.safnet.org) or call toll free at 1-866/897-8720. □

## Overlooked Overseers

Last month we published a list of current trail overseers as a recognition of their hard work, to coincide with National Trails Day. We ran a note at the bottom of the page warning that there were known errors in the list, but without checking personally with a couple of dozen managers, it was not possible to find all the errors, and even then we may have introduced more errors. In 2000, we switched to a new database system, and although it was a great improvement in many regards, there were some problems. Namely, if an overseer had made a change to a trail (for instance - they were working a trail in the South District, but switched to a trail in the Central District) the system did not account for the years of service for the old trail. And some names were actually lost in the transition. We do have a paper trail, but to cross reference those two databases is an ongoing project expected to take some time.

So, we printed the best we had. We knew there would be some people who would have to come forward and give us a shout, so listed below are the corrections I've received thus far. If you are out there wondering if we're going to magically find you - don't wait - let us know (PA@PATC.net). I was pleasantly surprised at how few corrections I've received to date. (Is there a flood waiting?)

Also, Liles Creighton, supervisor of trails, noted an error in the information pertaining to the terms of office published on our trails organization, page of June's PA. The printed information was taken from our Web site, and had a couple of errors. The supervisor of trails serves for two years and the deputy supervisor of trails is not a voting member of Council.

Following are the overseers who we know were left off the list, or had errors in years of service. Asterisks denote increments of five years of service:

\* \* \* Lynn and Malcolm Cameron have been maintaining the section of the AT from Sawmill Run Overlook to Turk Mountain Parking Lot since 1989.

Alan Constantian, along with his older children, Peter, Emily, and Asa, have been the overseers of the Anglers Spur Trail and the Lock 19 Trail in the C&O Historic Park since 2002.

### Volunteers Appointed in May

#### Trail Overseers

<b>Steve Noggle</b>	<b>AT – Old Woods Road to VA 605</b>
<b>Mark Gatewood</b>	<b>Pinefield Hut Trail, Shelter Overseer, Pinefield Hut</b>



\* \* \* Tom Marker has been a trail overseer since 1987 of Catlett Spur, Upper Hawksbill, and currently Rocky Mount. (Rocky Mount - SD to Gap intersection)

Art Hall and Rain Hall have been maintaining the Cabin John Trail from River Rd. to Bradley Rd., since July of 2004.

\* \* Mark Rogers was the overseer of Lower Hawksbill trail since 1994 or 1995 until he switched a few years ago to Cedar Run (upper half). "On the list I only have credit for less than five years, when I have enjoyed overseeing for at least 11 years."

\* \* Mac Thompson began in 1992 overseeing the AT: Dean Mountain Road to South River Falls Road section.

\* Mel Ellis began as an overseer on April 1, 1999, and so has seven years of service on the trails.

In the June PA listing of overseers, you left out the names of two of my overseers: Ray Galles and Oliver Pierson. Maybe they could be mentioned in the July PA. — Dick Dugan, PATC DM-SNP-ND

Oliver Ely Pierson has been an overseer since 2003. "From 2003 until late 2005, I was the overseer of an AT section in the South District of SNP (McCormick Gap to Beagle Gap). Since late 2005 until the present, I am the overseer of the AT in the North District (Beahms Gap to Pass Mtn. Hut Trail). Having just put in a long day of work / travel on Sunday on my section, I feel compelled to ask you to update your records. Thanks!"

\* Chris Mayfield became an overseer of Catlett Mtn. Trail around 1998, and is currently the overseer of the Upper Staunton River Trail.

\* John Butler checked the newsletter that he had saved from when he was appointed, and it says, "Appointed Aug. 7, 2000," which puts him at six years. "The thought of being there in late July in long sleeves and long pants with a swing blade makes me feel that I need my years credited! Thanks."

From John Hedrick - whose work reports are a constant source of good data about trail conditions all throughout the PATC trails - writes, "I noticed that my name was not mentioned in the current trail overseer list. I maintain a section of the AT north of Bear Hollow in Northern Va. and am a co-overseer with Maureen Harris in the SNP, whose name was listed. Are my work reports being recorded?"

\* I am curious as to why my husband Randy and I were left off of the listing in the PA of current trail overseers. As far as I know, we have been overseers for at least five years and currently bust our butts in the central district of SNP as overseers of Old Rag's Ridge Trail. — Cathie Cummins

\* Timothy Hupp has been an overseer since 1999. □

—Linda Shannon-Beaver

## They Said it Couldn't Be Done: North District Spring Crew Relocates AT at Hogback

After six years of study and discussion the Park Service got the go ahead this winter to move the AT down from Hogback in order to bypass the various antennas, repeaters and satellite dishes that sit up top. Ranger Don Harvey decided to give the North District Crew's first crack at the job.

On May 14 Dave Nebhut, Scott Miller, Tony Snyder, and Steve Osbrach left kith, kin, and cats to join crew chief Wayne Limberg at Pinnacles Research Center. Originally, the crew had been slated to gather on May 15, the 14th being Mothers Day but since none of the participants were mothers, at least biologically speaking, they decided to get a jump on the job. Monday dawned cold and misty, and all feared a repeat of the last three years when at least one day of the week was a washout. But the clouds cleared and with the exception of a few sprinkles here and there, the weather was perfect all week and the crew proceeded to smite rock and laurel and make straight, kind of, a highway in the wilderness. At one point, an exhausted hiker on the verge of hypothermia stumbled out of the woods and was ferried to Skyland for R&R.

At midweek the "trail angels" were joined by District Managers Dick Dugan and Peter Harris but they didn't let that stop them, even put them to work. By week's end, 1,700 feet of new trail had been roughed including 140 feet of rock cribbing at either end. Ranger Don proclaimed it "good." As usual, evenings saw the gang assaulting Luray's local eateries, and with the aid of one of that town's leading cit-



*Now that's cribbing!*

izens established once and for all that it is "Loo-ray." Now it only remains to find out if there really is a difference between 'swirl' and "squirrel" at the Tastee Freeze. □

—Wayne Limberg



*Stumped by a stump.*



*A clear conscience.*



*North District Crew: Ranger Don Harvey, Dave Nebhut, Wayne Limberg, Scott Miller, Steve Osbrach and Tony Snyder*

### Nominations Now Being Accepted

A good organization needs to have good officers to run it. PATC has been blessed in regularly having a strong team to guide it through the trials and tribulations of our time. This coming November a new slate of officers will be voted in, and it is the task of the Nominations Committee to make its recommendations to the council and membership, endeavoring to maintain the high standard of leadership.

If you think you would like a role in the running of the club, or you think you know somebody who would be an asset to us all, then please write to the Nominations Committee, 118 Park Street, S. E., Vienna, Va., 22180-4609. You may also contact Peter Pennington (kernow01@att.net) 703/836-7007, or write to 1213 Prince Street, Alexandria, VA 22314. □

## Charlottesville Chapter

The Charlottesville Chapter hikes every Saturday; summer, winter, and in between. Hikes are usually 8 to 10 miles with some shorter hikes. We usually maintain trails on the last Saturday of the month. Meet at Albermarle High School in Charlottesville 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.avenue.org/patc/future\\_hikes.htm](http://www.avenue.org/patc/future_hikes.htm). 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](mailto: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](mailto: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](mailto: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/](http://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](mailto:efowler@shentel.com)).

## Chapters

### Southern Shenandoah Valley Chapter

See [www.ssvc.org](http://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 Mark Gatewood 540/248-0442.

### 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](mailto: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](mailto: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 Dave Raboy ([draboy@pattonboggs.com](mailto:draboy@pattonboggs.com)), or Vincent Penoso ([vdotmatrix@gmail.com](mailto:vdotmatrix@gmail.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](http://www.capitalhikingclub.org)) and Wanderbirds ([www.wanderbirds.org](http://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](http://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](http://www.patc.net/activities/forecast.html).

-  Hiking Trips
-  Backpacking Trips
-  Trail Work Trips
-  Cabin/Shelter Work 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. Want to learn more about the club? The best way is to attend a New Members meeting (but you don't have to be new). Refreshments served. Directions: Take Rt. 123 into Vienna, Va., and turn east on Park St. (Rt. 675) to 118 Park St. on your left. INFO: Georgeann Smale ([membership@patc.net](mailto:membership@patc.net)) 301/581-9584 or Pat Fankhauser ([pfankhauser@patc.net](mailto:pfankhauser@patc.net)).

### Mountaineering Section –

#### Second Wednesday

8:00 p.m. – We meet every month on the second Wednesday except for August, unless noted in the Forecast. INFO: Dave Raboy ([draboy@pattonboggs.com](mailto:draboy@pattonboggs.com)), or Vincent Penoso ([vdotmatrix@gmail.com](mailto:vdotmatrix@gmail.com)) or our Web site: [www.potomacmountainclub.org](http://www.potomacmountainclub.org)

### Shenandoah Mountain Rescue Group

Business meeting - Last Tuesday of each month, 7:30 p.m. INFO: Doug Sigman ([join@smrg.org](mailto:join@smrg.org)), 703/255-5034, or [www.smrg.org](http://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](mailto:wriley@patc.net)) 703/242-0693 x11.

### Trail Patrol – First Tuesday

7:30 p.m., except January. Trail Patrol volunteers are PATC's goodwill trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, and strive to educate the public on good hiking practices, minimum impact hiking, and camping ethics. Patrol members are trained in land navigation, emergency procedures, radio communications, and personal equipment. Some equipment and uniform items are provided upon completion of training. INFO: Katrina Hedlesky ([trailpatrol@patc.net](mailto:trailpatrol@patc.net)) 703/533-3652, or see our section in PATC's Web site: [www.patc.net/volunteer/trailpatrol](http://www.patc.net/volunteer/trailpatrol).

# July

1 (Saturday)

**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 PA@patc.net. NOTE: Do not send photos or articles to headquarters. E-mail for address.

1 (Saturday)

✂ **TRAIL WORK TRIP - Yankee Clippers**

**Appalachian Trail, PA**

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

4 (Tuesday)

👤 **HIKE - Vigorous Hikers**

**Central District, Shenandoah National Park, VA**

Climb White Oak Canyon to Crescent Rock Trail, then south to Hawksbill and descend Cedar Run, pausing for a dip on the way. 14 miles and 3500 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

4 (Tuesday)

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

5 (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.

5 (Wednesday)

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

5 (Wednesday)

👤 **SPECIAL EVENT - Great Adventures (REI)**

**Bailey's Crossroads, VA**

7:30 p.m. Near and far there are great hikes, rides, paddle tours and out-of-the-way places with great views, cool streams, birds and wildlife, where you can enjoy outdoor adventure. Local adventurer and noted nature photographer Ed Neville will point out some of his favorite new and old spots for strenuous hiking or just wandering along; swimming holes, great views, wildlife, backcountry fishing, finding fossils, remote beaches, and just a quiet morning or afternoon walk. See also [www.edneville.com/Explore](http://www.edneville.com/Explore). INFO: Mark Nelson (MNelson@rei.com) 703/379-9400.

8 (Saturday)

👤 **HIKE - North Chapter**

**Jackson Corner, PA**

Link Trail in Furnace State Park to PA 305 to Frew Road at Carbon Trail; 11.6 miles. INFO: Christopher Firme (bncfirme@innet.net) 717/794-2855 after 6:00 p.m.

8 (Saturday)

✂ **TRAIL WORK TRIP - Rock Creek Park**

**Washington, DC**

8:15 - Noon. Whitehaven Trail- Part 2. Don't miss out on the sequel to June 17. Join us! Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. Rain or shine. INFO: Alex Sanders (wdctrails@yahoo.com) 703/465-8140 or Ranger Ken Ferebee 202/895.6221.

8 - 9 (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. More information and registration at <http://wfa.net>. INFO: Christopher Tate (chris@wfa.net) 703/836-8905.

10 (Monday)

👤 **HIKE - Family Hike**

**McLean, VA**

Join us for a jogging-stroller passable hike along Difficult Run to the Potomac. We will do a two or three mile hike depending on the heat and the group. The trail has a few steep spots but is generally moderate. We are likely to see water birds and other wildlife. INFO: Anne Regan (anne.c.regan@verizon.net) 703/689 3883.

11 (Tuesday)

👤 **HIKE - Vigorous Hikers**

**Central District, Shenandoah National Park, VA**

Climb from Broad Hollow on the Hazel Mountain Trail to Meadow Spring, return down Hannah Run, up Hot-Short Mountain Trail to Pine Hill Gap. About 18 miles with 4000 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

11 (Tuesday)

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

12 (Wednesday)

👤 **HIKE - Midweek Hikers**

**Location to be determined**

See July 5 event for more information.

12 (Wednesday)

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

14 - 16 (Friday - Saturday)

👤 **BACKPACKING TRIP - Family Backpacking**

**Dolly Sods Wilderness, WV**

Our Fifth Annual Family Backpacking Trip will take place in Dolly Sods Wilderness, West Virginia. (about 3 -3.5 hours west of the beltway). We will meet at the trail head just before lunchtime on Friday morning. We will hike in about 3 miles and set up our base camp. On Saturday we will enjoy the day hiking, playing in the nearby waterfalls along Red Creek, and hanging out. On Sunday we will hike back out to the cars by mid afternoon. Each family is responsible for their own sleeping gear, food, and cooking. The trip is designed for families with young children, all ages welcome. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

15 (Saturday)

👤 **HIKE - Waterfall and Wildflower Series**

**Front Royal, VA**

A 16-mile circuit in the Massanutten Mountain on the Sherman Gap, Massanutten Loop and Milford Gap Trails. Total elevation gain is 3500 feet. Be prepared to ford the South Fork of the Shenandoah River. If the water level or temperature is not favorable another hike will be substituted. Contact leaders for details on the fording. PATC Map G. INFO: Jack Thorsen (thorsen4@Juno.com) 703/339-6716 or William Needham (Needham82@AOL.COM) 410/884-9127.

15 (Saturday)

✂ **TRAIL WORK TRIP - South Mountaineers**

**Appalachian Trail, MD**

INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

15 (Saturday)

✂ **TRAIL WORK TRIP - Stonewall Brigade**

**Woodstock, VA**

Join the Stonewall Brigade to clear trails in one of PATC's least crowded and most scenic districts. Experience unnecessary, all tools and training provided. Our schedule is normally the third Saturday of each month, but read the PA-Forecast to be sure. We usually work in the area covered by PATC Map F, Great North Mountain, on the Virginia and West Virginia state line. The actual work area changes each trip. Come prepared to spend the day. Please bring appropriate clothing, lunch, snacks, and water. Check our Web site at <http://stonewall.patc.net> for additional details. INFO: Jim Tomlin (jftomlin@gmail.com) or Hop Long (thefslongs@comcast.net) 301/942-6177.

15 (Saturday)

✂ **TRAIL WORK TRIP - Yankee Clippers**

**Tuscarora Trail, PA**

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

15 - 16 (Saturday - Sunday)

✂ **CLASS - Wilderness First Aid**

**Vienna, VA**

9:00 a.m. - 5:00 p.m. This two-day class provides American Heart Association certification in Adult CPR, AED, and Basic First Aid. The second day the student will learn American Safety and Health Institute (ASHI) Basic Wilderness First Aid. All certifications are valid for two years. Cost of the class is \$120 for Trail Patrol Members and \$130 for Non-Trail Patrol Members. Pre-Registration is required by July 7. Go to [www.patc.net/volunteer/trailpatrol.com](http://www.patc.net/volunteer/trailpatrol.com) for more information and the registration form. INFO: Saleena DeVore (tp1staid@patc.net) 540/972-8394.

15 - 16 (Saturday - Sunday)

✂ **TRAIL WORK TRIP - North District Hoodlums**

**North District, Shenandoah National Park, VA**

Come help the North District Hoodlums do some tread work in the Park! The Hoodlums trail crew works on the Appalachian Trail and the blue-blazed trails in the north section of Shenandoah National Park. After a day of hard work, we'll enjoy the camaraderie of fellow trail workers with a barbecue feast at Indian Run maintenance hut. Come for the day, stay for dinner, and camp overnight if you wish. Or just come out and work with us during the day. Newcomers are always welcome! We'll meet at Piney River Ranger Station, MP 22 on Skyline Drive, at 9:00 a.m. on Saturday morning. INFO: Dick Dugan (rdugan@frontiernet.net) 304/856-3511.

17 (Monday)

👤 **HIKE - Family Hike**

**Boonesboro, MD**

Come spend a wonderful day at this beautiful lake beach in the Appalachian Mountains. We will hike about 2 miles, on jogging-stroller passable trails. Then we will hang out at the lake beach, picnic, swim, and enjoy the day. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

18 (Tuesday)

👤 **HIKE - Vigorous Hikers**

**North District, Shenandoah National Park, VA**

Knob Mountain loop climbs Neighbor Mountain, AT to off trail descent to Jeremy's Run, Knob Mountain Trail. Dip at end. About 17 miles, with 4100 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

19 (Wednesday)

✂ **CLASS - Long Distance Walking (REI)**

**Bailey's Crossroads, VA**

7:30 p.m. Got the itch to take a long walk? Thinking about Thru-hiking the Appalachian, Tuscarora,

# FORECAST

Continental Divide, Pacific Crest or other long-distance trek? REI's resident through-hikers will discuss planning, gear, training, preparation, meal-planning, trail magic and how to survive and enjoy the long haul. INFO: Mark Nelson (MNelson@rei.com) 703/379-9400.

**19 (Wednesday)**

👣 **HIKE - Midweek Hikers**

**Location to be determined**

See July 5 event for more information.

**20 (Thursday)**

👣 **CLASS - Emergency Preparedness (REI)**  
**College Park, MD**

During an emergency your family may have little or no time to plan what to do next. It is important that you learn about the things you can do to be prepared - before an emergency occurs. The information presented in this clinic could save your life and will equip you to protect your family. Take the first step toward preparing yourself by attending this clinic! INFO: Mark Nelson (MNelson@rei.com) 703/379-9400.

**20 (Thursday)**

👣 **CLASS - Intro to Climbing (REI)**

**Fairfax, Va**

7:30 p.m. Take your adventures to new heights. We'll get you started on gear essentials, basic technique, safety, climbing protocols, and belaying. Wear comfortable clothes as we will be climbing. Shoes and harnesses provided. Space is limited. Register at Customer Service. INFO: Mark Nelson (MNelson@rei.com) 703/379-9400.

**21 - 23 (Friday - Sunday)**

👣 **CABIN WORK TRIP - Argow Cabin**

**South District, Shenandoah National Park, VA**

Come help restore an old mid 1800's log cabin built by Confederate Soldier James Samuel Eaton. We will be replacing the old floor joists of the cabin and begin construction of the new privy. Overnight accommodations will be at Schairer Trail Center, a short 1/2 mile hike in from Eaton Hollow Overlook on Skyline Drive (MM70). Communal meals for Sat. dinner, Sun. Breakfast and Sun. lunch for a minimal fee. INFO: Jeff Testerman (jtest@ntelos.net) 434/589-2081.

**22 (Saturday)**

👣 **SPECIAL EVENT - Trail Talkers**

**Hancock, MD**

Come to the annual Barge Bash in Hancock. There'll be fireworks, swimming, music & food! Help PATC create a barge display - perhaps an outhouse? Check their website for information and photos of last year's entries: www.hancockmd.com. INFO: Linda Rudy (lindarudy@att.net) 304/636-8557.

**22 (Saturday)**

👣 **TRAIL WORK TRIP - Northern Virginia**

**McLean, VA**

Join a training workshop on trail maintenance at Turkey Run Park, supported by the ACME Treadway Trail Crew. We will redo some sections of the Potomac Heritage Trail along the scenic Potomac River. Trainers will help all abilities learn the fundamentals and "zen" of trail work. 9:30 a.m. to 3:00 p.m., Saturday only, with optional potluck meal afterwards. Limited to 15 slots. Must RSVP, if interested. INFO: Bruce Glendening (bglendening@yahoo.com) 703/532-9093.

**22 - 23 (Saturday - Sunday)**

👣 **CLASS - Hike Leader Training**

**Vienna, VA**

This weekend course will be conducted at the PATC Headquarters building in Vienna and is designed to prepare you to lead hikes. The two day course uses

classroom and outdoor instruction to prepare participants with skills to lead safe and enjoyable hikes while minimizing impact to the environment. Topics covered include medical emergencies, personal equipment, Leave No Trace, leadership, planning, standard procedures and navigation. Scenario exercises will also be used to emphasize hike leadership skills. Cost: \$20 for PATC members, \$35 for non-members. INFO: Eric VanNortwick (TPHLL@patc.net) 202/675-2520 or 703/878-7025.

**22 - 23 (Saturday - Sunday)**

👣 **TRAIL WORK TRIP - Cadillac Crew**  
**Winchester, VA**

The Crew will continue building the new Millrace Trail that connects the Tuscarora Trail to the White Rocks Trail through Sleepy Creek WMA. The trail has been cleared but there is a lot of sidehill tread to dig. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at Margie Knott's cabin. INFO: Jon or Katherine Rindt (jkrindt@adelphia.net) 540/635-6351.

**22 - 23 (Saturday - Sunday)**

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

Old Rag's Ridge Trail sees lots of action, which translates to lots of wear and tear. Spend a day, or a weekend, learning what it takes to maintain a backcountry trail. Yeah, the weather is likely to be hot and miserable, but never mind - the day ends with a wine and cheese party at Hopkins Ordinary. Join the crew. No experience necessary, but advance reservations are a really good idea. INFO: Cathie Cummins (Cathie@wfa.net) 703/631-7421 on weeknights.

**25 (Tuesday)**

👣 **CLASS - GPS 101 (REI)**

**Fairfax, VA**

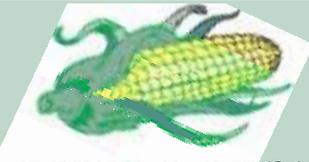
7:30 p.m. Learn how GPS receivers work and what affects accuracy, as well as features, benefits and how to choose a model. We'll also include a brief overview of online resources and batteries, water and shock resistance and accessories. INFO: Mark Nelson (MNelson@rei.com) 703/379-9400.

**25 (Tuesday)**

👣 **HIKE - Vigorous Hikers**

**Wardensville, WV**

George Washington National Forest, Great North Mountain. Climb Bucktail Cutoff Trail to Pond Run Trail to Waites Run Rd returning on German Wilson Trail with view from Half Moon Lookout. Splashdown at end. 14 miles 2500 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.



**Charlie's Annual  
Corn Roast**  
3:00 pm. Saturday, Aug. 5  
Gypsy Spring Cabin  
RSVP by Tuesday, Aug. 1  
Pete Brown 410/343-1140  
peter.brown4@worldnet.att.net

**25 (Tuesday)**

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

**26 (Wednesday)**

👣 **CLASS - Backpacking 101 (REI)**

**Bailey's Crossroads, Va**

7:30 p.m. Join us, as we take the mystery out of backpacking and share our knowledge and experience. We'll cover essential backpacking gear and skills, gear selection and proper clothing; fitting boots; and understanding how to plan, prepare and enjoy your adventure while staying safe, warm and dry. INFO: Mark Nelson (MNelson@rei.com) 703/379-9400.

**26 (Wednesday)**

👣 **CLASS - Family Camping (REI)**

**Rockville, MD**

7:30 p.m. Camping is for everyone who remembers that sense of wonder and excitement when exploring the world around them. This free clinic will discuss all of the basics you will need to get started and have a safe, enjoyable trip. Some of the topics we will explore are: equipment, trip planning, tents, sleeping systems, stoves, camping with kids and pets. INFO: Mark Nelson (MNelson@rei.com) 703/379-9400.

**26 (Wednesday)**

👣 **HIKE - Midweek Hikers**

**Location to be determined**

See July 5 event for more information.

**27 (Thursday)**

👣 **CLASS - GPS 101 (REI)**

**College Park, MD**

7:30 p.m. Learn how GPS receivers work and what affects their accuracy as well as features, benefits and how to choose a model. We'll also include a brief overview of accessories, online resources, batteries, water and shock resistance. INFO: Mark Nelson (MNelson@rei.com) 703/379-9400.

## August

**1 (Tuesday)**

**DEADLINE - September 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 PA@patc.net. NOTE: Do not send photos or articles to headquarters. E-mail for address.

**1 (Tuesday)**

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

**2 (Wednesday)**

👣 **HIKE - Midweek Hikers**

**Location to be determined**

See July 5 event for more information.

**2 (Wednesday)**

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

**5 (Saturday)**

👣 **SPECIAL EVENT - North Chapter Corn Roast**  
**Arendtsville, PA**

Charlie's annual corn roast. Reservations required by Tuesday, August 1. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

**5 (Saturday)**

👣 **SPECIAL EVENT - Humiturefest**  
**Frederick, MD**

South Mountaineers Humiturefest, our 13th anniversary. The very first work event of the South Mountaineers happened on the first Saturday of August, 1993, and every year we celebrate the

anniversary with what we have dubbed Humiturefest. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

**5 (Saturday)**

✂ **TRAIL WORK TRIP - Yankee Clippers**

**Appalachian Trail, PA**

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

**6 (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.

**8 (Tuesday)**

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

**9 (Wednesday)**

👤 **HIKE - Midweek Hikers**

**Location to be determined**

See July 5 event for more information.

**12 (Saturday)**

👤 **HIKE - North Chapter**

**Jackson Corner, PA**

Frew Rd at Carbon Trail to PA 655, 8.8 miles on the Link Trail. INFO: Christopher Firme (bncfirme@inner-net.net) 717/794-2855 after 6:00 p.m.

**16 (Wednesday)**

👤 **HIKE - Midweek Hikers**

**Location to be determined**

See July 5 event for more information.

**18 - 20 (Friday - Sunday)**

🏠 **CABIN WORK TRIP - Argow Cabin**

**South District, Shenandoah National Park, VA**

Come help restore an old mid 1800's log cabin built by Confederate Soldier James Samuel Eaton. We will be replacing the old floor joists of the cabin and begin construction of the new privy. Communal meals for Sat. dinner, Sun. Breakfast and Sun. lunch for a minimal fee. INFO: Jeff Testerman (jtest@ntelos.net) 434/589-2081.

**19 (Saturday)**

👤 **HIKE - Waterfall and Wildflower Series**

**South District, Shenandoah National Park, VA**

A 15-mile circuit to with a total elevation gain of 3200 feet to the falls on the Jones and Doyle Rivers. No bushwhacking. PATC Map 11. INFO: Jack Thorsen (thorsen4@Juno.com) 703/339-6716 or William Needham (Needham82@AOL.COM) 410/884-9127.

**19 - 20 (Saturday - Sunday)**

👤 **HIKE - Monongahela National Forest**

**Parsons, WV**

Explore a stream – close-up and personal by both hiking and stream whacking along Big Run. Cool of while hiking up Big Run to explore waterfalls, cascades and dunking holes. Hike 7 moderate/strenuous miles on Saturday and 5 moderate/strenuous miles on Sunday. Previous bushwhacking experience a must. Basecamping will take place in the Monongahela National Forest. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177 (day) or 304/258-3319 (7:00 p.m. - 9:00 p.m.).



**Members of the Wednesday Easy Hikers gathered in front of the Theodore Roosevelt statue in the plaza at Roosevelt Island after a late May hike led by Jim Flanigan.**

**19 - 20 (Saturday - Sunday)**

✂ **TRAIL WORK TRIP - North District Hoodlums**

**North District, Shenandoah National Park, VA**

Come help the North District Hoodlums do some tread work in the Park! The Hoodlums trail crew works on the Appalachian Trail and the blue-blazed trails in the north section of Shenandoah National Park. After a day of hard work, we'll enjoy the camaraderie of fellow trail workers with a Jamaican meal at Indian Run maintenance hut. Come for the day, stay for dinner, and camp overnight if you wish. Or just come out and work with us during the day. No problem, mon! Newcomers are always welcome! We'll meet at Piney River Ranger Station, MP 22 on Skyline Drive, at 9:00 a.m. on Saturday morning. INFO: Dick Dugan (rdugan@frontiernet.net) 304/856-3511.

**19 - 20 (Saturday - Sunday)**

✂ **TRAIL WORK TRIP - Shenandoah Bartenders**

**Central District, Shenandoah National Park, VA**

Join the crew and learn how to keep trails in shape. We will be working on Old Rag and possibly other trails in the Central District, making sure a swimming hole stop is on the agenda. Weekend accommodations are available at a PATC cabin, but please make your reservations well in advance. No experience necessary. We will train you, but first-timers should call Cathie evenings Mon-Thur. INFO: Cathie Cummins (Cathie@wfa.net) 703/631-7421.

**22 (Tuesday)**

👤 **HIKE - Vigorous Hikers**

**North District, Shenandoah National Park, VA**

Ascend Jordan River to Mt Marshall Trail to Jenkins Gap then AT south to Bluff Trail with side trip down Big Devil's Stairs overlook, returning on Jordan River Trail with dip below falls. About 17 miles and 3000 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

**23 (Wednesday)**

👤 **HIKE - Midweek Hikers**

Location to be determined. See July 5 event for more information.

**26 (Saturday)**

👤 **HIKE - Tuscarora Trail Series**

**Berkeley Springs, WV**

9.1 miles-moderate hike in Sleepy Creek WMA. Hampshire Grade Rd. to VA 671. Elevation loss of 900 feet. There are several nice views on this section from an old beacon tower and from High Rock. We will be hiking along the ridge of Sleepy Creek Mountain, with a stop at the new Shockey's Knob Shelter. INFO: Jason Rainville (superjason@hotmail.com) 304/262-0994.

**29 (Tuesday)**

👤 **HIKE - Vigorous Hikers**

**Waterlick, VA**

Massanutten Mountain, George Washington National Forest. Starting at parking for Signal Knob Trail, climb to the Knob, then down to pick up the Tuscarora Trail along Three Top Mountain, returning via Powell Fort Camp and Mudhole Gap Trail. 15 miles and 3000 ft. climb. Splashdown at end. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

**29 (Tuesday)**

🏠 **MEETING - Shenandoah Mountain Rescue**

**Group (Business meeting), 7:30 p.m.**

**30 (Wednesday)**

👤 **HIKE - Midweek Hikers**

**Location to be determined**

See July 5 event for more information. ☐

Potomac Appalachian Trail Club - Trail Patrol presents

# Backpacking 101

## *An Introductory Backpacking Course*

A second chance in 2006 to take this popular class. The class provides those persons, 18 years and older, who have moderate or no backpacking experience with the opportunity to expand their enjoyment of the outdoors through the practice of backpacking. The class provides basic instruction in equipment selection and use, information and techniques to enhance safety and comfort, and Leave No Trace methods to protect our fragile backcountry environment. It also provides more experienced backpackers an opportunity to hone or renew their skills and adapt their backpacking techniques to the Leave No Trace wilderness ethic. The students will then use their new skills on an overnight backpacking trip accompanied by experienced backpacking instructors.

### **Introduction Night**

Sept. 11, (Monday), 7:30 – 9:30 p.m.  
Headquarters, 118 Park Street, SE, Vienna, Va.

### **Instructional Weekend**

Sept. 16 - 17, 8:00 a.m. Sat. – 4:00 p.m. Sun.  
Prince William Forest Park, Triangle, Va.  
(Sat. overnight car camping in  
campground encouraged but not required)

### **Overnight Backpacking Trip**

Oct. 7 - 8, 2006 (Sat. - Sun.), Trip destination and times TBD  
\$75 PATC Members; \$95 Non-Members

For more information, contact John Bridges 703/726-0188,  
TPBackpack@patc.net

Potomac Appalachian Trail Club - Trail Patrol presents

# Backpacking 202

## *How to Plan and Enjoy a Backcountry Outing An Intermediate Course Focused On Planning Small Group Trips*

Working in groups of eight or fewer, participants can expand or renew their skills by planning and executing a three-day group backpacking trip. The course covers equipment selection and use, route planning, food planning, safety and comfort in challenging conditions, and Leave No Trace (LNT) principles. Experienced instructors facilitate group planning sessions and accompany the weekend trip.

### **Group Planning Sessions**

Three Monday nights, 7:30-10:00: Sept. 11, 18, and Oct. 2  
Headquarters, 118 Park Street, SE, Vienna, Va.

### **Weekend Outing – Location TBD**

Three days, two nights: Columbus Day weekend, Oct. 7 - 9  
\$40.00 PATC Members; \$55.00 non-members

Pre-registration is required. Applicants must know the basics and have some backpacking experience. To receive a registration form and for all other information, call or e-mail John Bridges: 703/726-0188, TPBackpack@patc.net

*Volunteers, from page 5*

when hiking with young children progress is not always towards the front; indeed, it can be in any direction.

The family also continues to enjoy monthly work trips to help build and maintain PATC cabins and trails on the club's Vining Tract. In fact, the Langs were instrumental in the renovation of Wineberry Cabin, and serve as its overseers.

Congratulations Mal and Lauren! ☐

—Tom Phillips



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Check The Forecast in the  
*Potomac Appalachian* or on  
[www.acmetreadway.net](http://www.acmetreadway.net)  
for work trips each month  
through October!

## North District SNP Trail Maintainers Workshop

*Sept. 23-24, 2006*

### **Mathews Arm Campground**

The workshop, sponsored by the North District Hoodlums, in cooperation with SNP, is scheduled for Sept. 23-24 and will be held at Mathews Arm Campground in the North District of SNP. The workshop is designed to teach new and prospective trail maintainers the basic skills, as well as provide more advanced training in trail design, construction, and maintenance. Instruction will be provided by SNP trail professionals and PATC crew leaders.

A tent camping loop at Mathews Arm will be reserved for exclusive use by PATC for this weekend event. Participants will have free entry to the Park and campground.

The workshop will begin Saturday morning and end on Sunday at 1:00 p.m.

There is a \$20 registration fee. Saturday dinner, Sunday breakfast, and a buffet lunch will be provided. Participants are requested to bring their own trail lunch on Saturday.

Please make reservations early. The workshop is limited to 25 participants, and in past years has filled up early. Contact Dick Dugan at [rdugan@frontiernet.net](mailto:rdugan@frontiernet.net), or 304/856-3511 for more information or to make a reservation.

## SNP's Live Peregrine FalconCam

Shenandoah National Park, in cooperation with our project partners (the Center for Conservation Biology at the College of William & Mary, ARAMARK, Shenandoah National Park Association, and the Virginia Department of Game and Inland Fisheries), installed live Webcams near the park's only active peregrine falcon nest.

Currently, there are two three-week-old peregrine chicks in the nest. This falcon pair is only the second pair of peregrines to re-colonize SNP since the 1950s.

FalconCam partners established these Webcams so that biologists can obtain nesting information throughout the breeding season. The remote Webcams will provide biologists with specific information such as hatching success, species of prey brought to the nest, and the timing of young-fledging. Another goal of the FalconCam project is to provide nesting information to students in the classroom (via Web site). Ordinarily, a fieldtrip to a peregrine's nest site wouldn't be possible. However, by using Web cameras we can take students to this location without disturbing the nesting peregrine falcons and their young.

Live FalconCam images can be seen at the park Web site: [www.nps.gov/shen/cams/](http://www.nps.gov/shen/cams/) or the Center for Conservation Biology web-site: [www.ccb-wm.org](http://www.ccb-wm.org).

Peregrine falcons are fast-flying birds of prey that prior to the widespread use of the pesticide DDT, ruled the skies over the Shenandoah. However, by the mid 1960s, there were no nesting peregrines east of the Mississippi. The Endangered Species Act of 1972, the banning of DDT in 1973, and regional restoration programs helped peregrine falcons come back from the brink of extinction in many Eastern States.

Despite the peregrine recovery programs of the 1980s and 1990s, peregrine numbers are still low in the mountains of Virginia and West Virginia. As a result, SNP partnered with the Center for Conservation Biology at William & Mary and the Virginia Department of Game and Inland Fisheries and began restoring peregrine falcons back into the park in 2000 in an effort to boost numbers. The falcons used for this reintroduction program originated from nests in coastal Virginia where survival has been low due to fledglings drowning over open water.

The technology behind FalconCam: Project partners installed miniature cameras, solar panels, a server, and Wi-Fi antennas near Stony Man Mountain. This equipment is used to send images of nesting peregrines from Stony Man Mtn. via a wireless network to Skyland Lodge in the park. Images are sent to a high-speed connection in Luray, Va., and then placed onto the Internet.

At present, the long-term outlook of the Virginia peregrine population remains questionable. This is especially true in the mountains of Virginia. However, continued restoration work will gradually boost peregrine numbers in the mountains of Virginia and West Virginia. Continued monitoring will help protect new nesting pairs and ultimately aid in the recovery of this state-threatened species.

### Additional Info:

SNP has implemented a temporary closure to protect state-threatened peregrine falcons near Stony Man Mountain. Starting Feb. 27, 2006, the area north and west of Stony Man summit is closed to rock-climbing and rock scrambling.

PATC Trail Patrol Presents

## Hike Leader Training Course

July 22-23, 2006

This weekend course will be conducted at the PATC Headquarters building in Vienna and is designed to prepare you to lead hikes. The two-day course uses classroom and outdoor instruction to prepare participants with skills to lead safe and enjoyable hikes while minimizing impact on the environment.

Topics covered include medical emergencies, personal equipment, Leave No Trace, leadership, planning, standard procedures and navigation. Scenario exercises will also be used to emphasize hike leadership skills.

**Cost\*:** \$20 for PATC members, \$35 for non-members, **Registration:** Send payments to PATC, HLT Course, 118 Park Street, SE, Vienna, VA 22180-4609. Pre-registration is required., **Information:** Eric VanNortwick (TPHLT@patc.net) 202/675-2520 (days), 703/878-7025 (evenings), 571/264-9513 (cell). \* Join PATC at the time of registration and get the members' price! □

Emergency Response Training & Trail Patrol Present

## Basic Wilderness First Aid and CPR and AED

July 15-16, 9:00 a.m. to 5:00 p.m.

Day one of this two-day class covers Adult CPR and AED and American Heart Association First Aid. You will receive a textbook and a certification card good for two years. Day two is American Safety and Health Institute (ASHI) Basic Wilderness First Aid. You will learn how to do patient assessments, bleeding control, splinting, and other basic first aid skills in the wilderness setting. There is plenty of hands-on time and paramedics with years of backcountry experience teach the classes.

Cost of the class is \$120 for Trail Patrol Members and \$130 for Non-Trail Patrol members. Pre-Registration is required before July 7, 2006. For more information or to download the registration form, go to [www.patc.net/volunteer/trailpatrol.com](http://www.patc.net/volunteer/trailpatrol.com) or contact Saleena DeVore at [tp1staid@patc.net](mailto:tp1staid@patc.net) or 540/972-8394. □

Last year marked only the second time a pair of peregrines successfully reproduced in the mountains of Virginia since their demise from DDT and other factors (the first pair also nested at Stony Man, 1994-1998). Last year's pair produced one young in SNP. The area around their nest site will remain closed through July. Throughout Virginia, there are fewer than 16 known nesting peregrine pairs, and the peregrine falcon remains on the state's Threatened Species list. National Park Service policies require the protection and preservation of all state-listed species and all species of special concern. □

## TRAILHEAD

Each year seems to be different when it comes to trails and weeds. On the AT in SNP, nettles and briars are usually the bane of most maintainers. Then there was the Japanese stilt grass followed by the taller grasses. This year we are seeing a lot of the invasive garlic mustard weed that tends to crowd out native species and is hard to eradicate. Be that as it may, they all fall to a swing blade or power weeder. Good weeding out there!

### New Trail Signs On Great North Mountain

The PATC Stonewall Brigade trail crew installed three new trail signposts containing 11 new signs (front and back) on their May work trip. These signs were placed at three potentially confusing trail intersections. These signs had been “in the works” for several years. The efforts of the U.S. Forest Service and PATC finally came to fruition.

On a gorgeous, sunny, cool spring day, the crew of eight gathered at the Mill Mountain Trail/Tuscarora Trail intersection to firmly implant the first post in the ground (after failing to find any gold doubloons in the hole they dug). Before long, the invigorated crew set off down the Tuscarora and Halfmoon

Trails to dig for more buried treasure and set the next two signposts.

Many thanks to the USFS Lee District staff for making the signs and delivering them to the Sugar Knob vicinity. And many thanks as well to the PATC and NIH Hiking Club volunteers who carried the posts and signs for several miles to their eventual proper location and did all the labor of installing them. Also, the job could not have been done without the great advice and assistance from Hop Long.

During the following day’s blowdown-removal hike, all the other forest users that were encountered, both on foot and on muleback, expressed their gratitude and delight at seeing the first new signs on Great North Mountain in many years!

### Hoodlums Work On Hogback Relo

On the third Saturday of May, a dozen Hoodlums were found digging in the dirt and rocks on Hogback Mountain in the North District of Shenandoah National Park. Actually, the crew was doing some tread work on the relocation of a section of the AT. They were following up on the great start made by the Shenandoah Trail Crew during the prior week. We now anticipate that the new section

can be opened this summer after another work trip or two. Many thanks to the Shenandoah Trail Crew: Wayne Limberg, Dave Nebhut, Scott Miller, Steve Osbrach, Tony Snyder, and of course SNP trails honcho Don Harvey, for all their hard work that week! As a result, the Hoodlums were left with just the job of putting finishing touches on the new 1,700-foot section. Project Manager John McCrea (who also is the overseer of this section) was thrilled with the work done by both the week-long crew and the Hoodlums. He also seemed quite pleased that, because of this project, he won’t have to weed this summer on either the new section or the old section, which will soon be closed.

All overseers wish they could be so lucky! Since trail relocations (especially of the AT) don’t happen very often, all of the folks working on this project are happy to have the experience of creating “new trail.” So with a sense of accomplishment, after six hours of “back-breaking” labor, the Hoodlums adjourned to Indian Run Hut to enjoy a dinner of Cajun food and drink.

### Blue & White Rehab Sections of AT

The Blue and White Crew used their May expedition to continue work on a tread rehab project on the AT near the Pocosin Cabin. The crew split into two working groups, with one team harvesting and skinning locust and the other digging new sidehill and installing waterbars. After work, the crew retired to the Pinnacles Research Station, where Chef Scott prepared “KFR” Rockfish on the Pinnacles lawn, while Chefs Alex and Stan put the finishing touches on a B&W favorite: spaghetti and meat sauce and sauerkraut and kielbasa. After dinner, Lieutenant (promotable) Dan exercised his role as B&W raconteur-in-training by regaling the group with hilarious stories of viral epidemics and life-threatening pathogens. At some point in the festivities, the mysterious Snoweater appeared, mingled for a while, and disappeared again, as if in a puff of smoke. Sunday found remnants of the crew back on the AT, this time near the Hughes River Overlook, assisting Stan Turk with a tread project that he had initiated the week before, with a group of Scouts.

### Rock Creek Report

May was another busy month for the Rock Creek Park Crew. On May 6, about 15 eager volunteers gave Overseer Trip Reid and

*See Trailhead, page 17*



Photo by Leslie Manning

*The Great North Mountain sign crew: Kneeling: Sriram Narayanan, and Dave Soucy; Standing: Jim Tomlin, David Webb, Simon Kwong, Catherine Kelleher, and Lee Manning.*

*Trailhead, from page 16*

Ranger Ken Ferebee a helping hand on the Melvin Hazen Trail. Runoff from nearby streets was creating a series of gullies at an entry to the trail, so the crew placed several waterbars at key spots. They also installed new steps to replace rotting ones at a staircase leading down to the trail from an adjacent lot. It was just another day in the urban wilderness. You may be thinking that you've missed out on the chance to do some valuable work this year. Not so. We have several important projects in the next few months. Please join us for a few hours on a Saturday morning and help make 2006 a year to remember in Rock Creek.

We had some excitement late in the month as well. Overseers Linda Rowan and Bob Mathis braved the Memorial Day heat to give their trails a fresh set of blazes. It may be hot, but it beats sitting in traffic. And Overseer Gabrielle Czaja uncovered a cache of illicit liquid beverages that may be linked to an outbreak of crime in the neighborhood. Could a key to the city follow?

### **New Friends?**

Bob McCullough (aka Diesel Bob), who is the overseer for the Riprap Trail, met two new friends (timber rattlesnakes) recently. They apparently think they are co-overseers of the lower Riprap with Bob, and they were not happy that Bob was ignoring them. When Bob saw the first one hiding in the vegetation, he said he jumped about 30 feet because this was a real big guy. The second one he saw near the swimming hole was not as big but had a very bad attitude, according to Bob.



*Richelle Brown skins a locust log on the AT during SNP Central District Spring Crew week.*



Photos by Dan Dueweke

*SNP Central District Spring Crew members Dan Dueweke, Patrick Wilson, Richelle Brown, Dick Batiste, and Mel Ellis stand on a new locust log staircase.*

### **Spring Crew Works Saddle Trail**

PATC's Central District Spring Crew took advantage of the warm, sunny, bug-less weather of early May to build staircases, fix waterbars, and add locust log check dams on Old Rag Mountain's Saddle Trail and the AT. Dick Batiste, Richelle Brown, Dan Dueweke, Mel Ellis, and Patrick Wilson all pitched in to make much needed tread repairs to these popular trails. Using a Griphoist winch to bring the large step stones up to the trail, the crew, led by Ranger CT Campbell, positioned the steps and set cribbing to direct hiker traffic on the hardened surfaces. Three seasonal park employees, Ray Galles, Jeff Miner, and Chris Schultz, joined the crew, and their exuberance for selecting only the largest rocks for each project added to the permanence of each new structure. All in all, the crew finished 15 rock and 10 log steps, seven waterbars, and rehabed 600 feet of trail.

### **Squeaky Visits Blackburn**

Mathew Hazley, trail name "Squeaky," is the holder of the "Triple Crown" of hikers who have hiked the Pacific Crest Trail (PCT), Continental Divide Trail (CDT), and the AT in one year. On May 4, 2005, he started at the southern end of the PCT and hiked to Canada. He followed this with a hike from Canada to Mexico on the CDT. And then hiked the AT from Katahdin to Springer, finishing on Dec. 29. Squeaky, a native of Belfast, Northern Ireland, and currently living in England, celebrated the adventure with a trip to Miami and some sun. When asked

why, he replied "Change people's perspective on what is possible."

Squeaky was spending a few days at Blackburn Trail Center (where he stopped by in 2005) hoping a foot, injured while training to attempt the AT speed record this year, will quickly mend. Needless to say, those at Blackburn, including the caretakers, Cadillac Crew, and AT thru-hikers enjoyed the opportunity to hear first hand about his adventure.

*See Trailhead, page 18*



Photo by Jon Rindt

*Triple Crown (PCT, CDT, and AT in 2005) hiker Mathew "Squeaky" Hazley (left) discusses the adventure with Chris "Trailboss" Brunton at Blackburn Trail Center.*

## Emergency Relo Opened

After a number of Cadillac Crew work trips, the emergency relocation of the Tuscarora Trail at the north end of Sleepy Creek WMA was opened to hikers and the old trail across private property closed. The old trail had been in place for over 15 years but the new property owner wanted the trail off his land. This will continue to be a problem when new landowners decide not to honor previous agreements. The new relocation adds four-tenths of a mile to the Tuscarora and is a challenge as it is limited to a steep narrow section of property purchased by PATC years ago.

Constructing the trail had its moments. After a day of work in continuous rain, the low water bridge that provides access to the trail was impassible, trapping a vehicle with low clearance. Locals indicated the water should recede in a couple hours, but after waiting over two hours it was even higher. The vehicle had to be reclaimed the next day, and it was still a bit risky.

## The GET Is Moving Forward

There was much activity on the emerging Great Eastern Trail (GET) in the latter part of May. The first-ever meeting of representatives from the 10 GET states was held at the USFS/ATC office in Blacksburg, Va., on the 27th. Attending from PATC were Tom Johnson and Lloyd MacAskill, and Carl Lorence for the Link Trail Hiking Club.

On PATC's new piece of the GET between the Allegheny and Tuscarora Trails, trails were scouted or flagged in at least four locations: White Grass Knob and Clay Lick Hollow in the USFS' new North River Ranger District, Muddy Run in the Warm Springs RD, and High Top on Allegheny Mountain. These involve needed bypasses of private property or rehabilitation of old unofficial trails.

On May 28, seven intrepid – or foolhardy – hikers from the South Shenandoah Chapter did a north-to-south hike of the Clay Lick Trail from Snake Hollow, following hike leader Tom Johnson. Several sections of the route had no visible footpath, requiring frequent use of compasses and USGS quad maps to stay on the course. Most of the hike was over the proposed GET route, but bringing it up to PATC standards will require a multi-year effort.

For more information on the GET, see the new Web site, [www.GreatEasternTrail.org](http://www.GreatEasternTrail.org)



*One of Bob McCullough new friends? Timber Rattlesnake that apparently thinks it is a co-overseer of the lower Riprap with Bob.*

Photo by Bob McCullough

Volunteers will also be needed for crew work yet to be scheduled on these trail sections.

## Protecting Rare Species on the Potomac Heritage Trail

In a recent scientific study of the Potomac Gorge that was sponsored by the National Park Service, the Potomac Conservancy, and the Nature Conservancy, it was discovered that two globally rare species of invertebrates live in groundwater seepages along the Potomac Heritage Trail between Turkey Run and Dead Run in McLean, Va.

The Nature Conservancy contacted PATC for assistance in protecting these miniature creatures. It was decided to construct four short bridges across the most sensitive of these seepages. PATC member Ed Pickens, a master designer of trail bridges, was recruited to design the structures; he was also successful in attracting the interest of Eagle Scout candidate Brian McElhaney of McLean in managing the construction of these bridges.

One of the most critical logistical challenges to the completion of this project was determining how to move the bridge materials by Boy Scout-power from the nearest trailhead approximately 1.5 miles to the seepage sites. District Manager Ric Francke located the traces of an old road that connected the Potomac Heritage Trail to an embankment supporting the George Washington Memorial Parkway; by delivering the materials (most of which were donated by Home Depot) to the foot of the parkway embankment, the Scouts were able to significantly reduce the distance

they had to haul the material to the four bridge sites.

Construction of the bridges took place on November 19. Eagle Scout candidate McElhaney supervised the work of 22 scout volunteers; with the completion of this project Brian achieved the rank of Eagle Scout, and the Appalachian Springsnail and Pizzini's Ampipod are now protected from the footsteps of unwary hikers on the Potomac Heritage Trail.

Please send any interesting tale, technical advice, individual or group accomplishments, and trail maintenance questions to Trailhead, c/o Jon Rindt, 621 Skyline Forest Drive, Front Royal, VA 22630 or to [jkrindt@adelphia](mailto:jkrindt@adelphia). □

## POTOMAC APPALACHIAN

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## VOLUNTEER OPPORTUNITIES

### Be a giver, not a taker!

Volunteer programmers needed to design and build Web applications. Willing to donate time writing PHP, Perl, SQL, and Java code? Current projects are: 1.) expanding Web-based cabin reservations and 2.) creating Web interfaces for internal databases. Interested? E-mail Matt Novinger at [mnovinger@patc.net](mailto:mnovinger@patc.net)

### We're Looking for a Few Good Volunteers!

Would you be interested in helping to restore an important part of PATC's history? Well, if you are, we need you! Back in 1940 and 1941, the Civilian Conservation Corps and PATC built the Rocky Run Shelter along the AT near Lambs Knoll in central Maryland. This classic three-sided Adirondack-style shelter, which has served hikers for more than 60 years, has suffered from the ravages of time. Faced with a deci-

sion of whether or not to replace the shelter, PATC and its AT management partners decided to restore the old shelter, as well as construct a new shelter nearby to handle the increased volume of hikers. Restoration work should commence in late summer or early fall. We have already recruited a small but enthusiastic crew to restore the old shelter. Would you like to join them? If so, please contact President Tom Johnson at [president@patc.net](mailto:president@patc.net).

### Be THE Blackburn Plumber

The Blackburn Trail Center is looking for a volunteer with plumbing skills. We are planning two projects this season: winterizing the existing plumbing system and installing a new kitchenette and half-bathroom in the Carriage House. For more information, please contact Chris Brunton ([trailbossbtc@msn.com](mailto:trailbossbtc@msn.com)), 703/924-0406.

**SEEKING HIKING OR WALKING PARTNER** for Fairfax, Fauquier, or Rappahannock Counties and anyone who would like to donate a walking or hiking staff or stick. Dona Lynette Stewart, 703/691-1387 home, 703/570-5551 cell.

**CABIN RESERVATION VOLUNTEERS NEEDED!** We need help on the cabin reservations desk on weekday evenings and Thursday and Friday during the daytime. If you think you're the person to help us out please call or just come on by the Headquarter or call Pat Fankhauser 703/242-0693, Ext. 17, Tuesday through Friday 9:00 a.m. to 7:00 p.m. Make a difference, call today. Earn your volunteer qualification of being able to rent a cabin earlier than the public. It's a real handy benefit to have in the spring and fall.

## 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. □**

**FOUND CONTACT LENSES,** Pair of contact lenses in a black and white case at Conley Cabin on Saturday, April 8. Contact Hugh Robinson 703/525-8726

**FOR SALE:** Cleaning out the gear closet! Lowe Alpine Cornice 40 pack (\$40 OBO), LL Bean pack large day pack (\$40 OBO), backpacking espresso maker (\$10 OBO), 2 MSR Dromedary bags (\$15 for both OBO). For more information contact: Ben Fernandez ([3\\_ferns@adelphia.net](mailto:3_ferns@adelphia.net)).

### **HIKING PARTNERSHIPS CAMPING EXPEDITION PARTNER**

Six weeks in summer 2006 to western National Parks. Leisurely day hikes to alpine areas from pickup truck camper. Esthetics, not record-setting. Share expenses. (In 2005, six weeks, seven Natl. Parks, 9,000 miles, total cost for two people – not each, was \$2,100.) Contact: Grant Olson, Waynesboro, Pa. ([owlie1@pa.net](mailto:owlie1@pa.net)) 717/765-4228.

# Trail, Shelter, and Corridor Overseers / Monitors Needed

## CORRIDOR MONITOR OPENINGS

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

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

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Volunteers needed for the shelter crew in MD  
ROCKY RUN SHELTER – MD – MAP 4-5  
GRAVEL SPRING HUT – SNP NORTH – MAP 9  
Henry Horn, 301/498-8254  
ATHike@aol.com

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OPEN TRAILS - CONTACT THE DISTRICT  
MANAGER FOR THE SECTION THAT INTERESTS  
YOU.

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PENNSYLVANIA MAPS 2-3, 4, J, & K  
Opportunity to work long hours with no pay or  
benefits. Generous allowance of blisters, sting-  
ing/biting insects, and poisonous plants. Special  
provision for rain and mud. Little or no supervi-  
sion. Work hours optional. Location somewhere  
on the Tuscarora Trail in Pennsylvania. No certi-  
fication from your doctor or hospital required.

Pete Brown, 410/343-1140

peter.brown4@worldnet.att.net

PA Tuscarora Trail [J] – Co-overseer

Hemlock Road to Mountain Rd (4.9 miles)

PA Tuscarora Trail [J] – Co-overseer

Bill Miller Trail to Cowpens Rd (4.7 miles)

PA Tuscarora Trail [J] – Co-overseer

Cowans Gap State Park to Lincoln Trail (4.3 miles)

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

Lloyd Parriott, 540/622-2743

laparriott@hotmail.com

Barking Dog Trail

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

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SNP NORTH DISTRICT BLUE-BLAZED - MAP 9

Peter Harris, 540/349-2595

peter.harris@lmco.com

## Pole Bridge Link Trail

Piney Branch Trail to Keyser Run Fire Road (1.0 miles)

## Lower Jeremys Run Trail

8th Ford of Jeremys Run to West Park Boundary  
(3.5 miles)

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

Dan Dueweke, 703/266-3248

dانjan3@cox.net

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

## Robertson Mountain Trail

Old Rag Fire Road to Weakley Hollow Fire Road  
(RM) (2.4 miles)

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## SNP SOUTH AT - MAP 11

Don White, 804/795-2914

trblldr@comcast.net

## Appalachian Trail - Co-overseer

Swift Run Gap to Hightop Parking Area  
(1.3 miles)

## Appalachian Trail – Co-overseer

Frazier Discovery Trail to Loft Mt. Camp Store  
(1.1 miles)

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## SNP SOUTH BLUE-BLAZED - MAP 11

Pete Gatje, 434/361-1309

PJGATJE@aol.com

## Gap Run Trail (lower)

Rt 628 Access Trail to Gap Run (0.8 miles)

## Rocky Mount Trail (lower)

Summit of Rocky Mount to Gap Run (2.0 miles)

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## TUSCARORA CENTRAL – MAP L

Walt Smith, 540/678-1043

wsmith@visuallink.com

## Millrace Trail

High Rock parking area to Tuscarora Trail (1.4 miles)

## Frye Path Trail

at The Pinnacle (0.4 miles)

## Laurel Run Trail

at The Pinnacle (0.5 miles)

## Rock Cave Trail & Overlook

at The Pinnacle (0.1 miles)

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## TUSCARORA SOUTH – MAP F, G, 9

Rick Rhoades, 540/477-3247

Rrhoades@shentel.net

## Tuscarora Trail

Sherman Gap to Veach Gap (3.1 miles)

## Tuscarora Trail

Veach Gap to Morgan Rd./Massanutten split (1.0 miles)

## Tuscarora Trail

Morgan Rd./Massanutten split to US 340 (5.5 miles)

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## MASSANUTTEN SOUTH – MAP H

Tate Heuer, 202/255-6055

tate@wth2.com

## Massanutten Mt. South Trail

Pitt Spring to Morgan Run Trail (1.4 m FR 65)  
(3.3 miles)

## Massanutten Mt. South Trail

Morgan Run Trail (1.4 m FR 65) to Fridley Gap  
(2.3 miles)

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## SUBURBAN MARYLAND – MAP D

Liles Creighton, 410/573-0067

kb3jmf@comcast.net

## Cabin John Trail

Seven Locks Road to River Road (0.5 miles)

## Cabin John Trail

Bradley Blvd. to Democracy Blvd. (1.5 miles)

## Goldmine Loop Trail

Tavern to Tavern (3.2 miles)

## Woodland Trail

Gold Mine Loop to Anglers Spur (0.7 miles)

## Valley Trail

Gold Mine Loop to Anglers Spur (0.6 miles)

## River Trail

Gold Mine Trail to Towpath (1.0 miles)

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## GREAT FALLS PARK, VIRGINIA – MAP D

Ric Francke, 571/436-7801

fbfrancke@aol.com

## River Trail

Ridge Trail to Warning Sign (1.5 miles)



## The Potomac Appalachian

118 Park Street  
Vienna, VA 22180-4609

Telephone: 703/242-0315

Mon.-Thurs. 7:00 p.m. - 9:00 p.m.

Thurs. & Fri. 12:00 noon - 2:00 p.m.

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