



The Potomac Appalachian

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

Volume 31, Number 8
 August 2002

In Our 75th Year!

Volunteers Work Hard at Renovating Bears Den Cottage

Hidden deep in the woods at Bears Den, the remnant of a failed 1950s development has been given new life. Volunteers have rebuilt a nearly collapsed summer home, a brick cottage rarely seen by hikers and other visitors. It was built by a developer, who had a land contract on the entire estate, and envisioned a community of summer homes all over the north end of the mountain. He also built a swimming pool behind the hostel, which was intended to serve as a clubhouse.

Fortunately for the Appalachian Trail, which passes close by to the west, the developer lost his land contract in 1955 and the cottage reverted to the estate bought by ATC in 1984. The pool was filled in years ago, and that area is now a lawn used by tenters having full privileges in the hostel.

The cottage was not maintained after that. Tree limbs fell and poked holes in the roof. Rafters as well as floor joists began rotting;
See Bear Den, page 6



Joe Rataczek puzzling over floor joists.

Photo by G. Roach



*The Massarock Crew celebrates the newly-opened Massanutten Trail.
 See page 9 for details.*

Photo by Mike Sutherland

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Council Fire

At the PATC Council's regular monthly meeting on June 11 at Headquarters, Council members reported on pre-meeting breakout sessions to flesh out the 2003 Action Plan in the context of the draft Five-year Action Plan and the 2027 Vision Statement in the areas of trails, facilities, membership, finance, education and outreach, and land. Written recommendations were to be given to the Director of Administration for incorporation in the draft for consideration at the July Council meeting.

ATC Board

ATC Board Member and former PATC President Sandi Marra reported that the Board is conducting an organizational study to evaluate its role as a volunteer club and its relation to the Appalachian Trail Park Office. In the future, work crew funding will be keyed to a new database system for all national parks, to be completed by August 2003. The ATC will have standard chainsaw and crosscut saw certification, and additional training will be needed from government partners.

Finance

The Council received the monthly budget report for May, which showed that year-to-date revenue exceeded expenditures by over \$90,000. Officers were reminded that the normal check-writing day is Tuesday, and vouchers should be submitted before then for processing. The Council also

received the audited financial statements for 2001, prepared by Cocke, Szpanka & Taylor, certified public accountants.

Trails

There are a record number of 11 active trail crews this summer. Great progress is being made on the construction of the Entry Run Trail into Shenandoah National Park. Forty people attended the Trail Overseer Workshop at the beginning of June. Six hundred more trees have been planted by volunteers at Big Flats, Pa., to prevent trail access by vehicles.

Facilities

Work is under way on the Weaver Cabin renovation, the rebuilding of the Eaton Cabin on the Firestone Tract, and the construction of the Tulip Tree Cabin. The Carriage House at Blackburn Trail Center was to be finished for use at the barbeque in July. The Bear Spring Cabin Overseers have resigned after finding unauthorized persons there who engaged in a rock-throwing and gun-shooting incident.

The Council approved a motion to allocate \$3,000 from the unrestricted line in the Shelters/Cabins/Cabin Land Fund to fabricate five privy structures that will be available when needed for new shelters or for replacing existing structures that are no longer repairable.

See Council Fire, page 4

HEADQUARTERS

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

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

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

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

Phone #: 703/242-0315

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

To receive an information packet: Extension 10

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

Club e-mail: info@patc.net

Facsimile #: 703/242-0968

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

STAFF

DURING REGULAR BUSINESS HOURS

Director of Administration: Wilson Riley (Ext. 11) e-mail: Wiley@patc.net

Trails Management Coordinator: Heidi Forrest (Ext. 12) e-mail: hforrest@patc.net

Business Manager: Monica Clark (Ext. 15) e-mail: mclark@patc.net

Membership/Cabin Coordinator: Pat Fankhauser (Ext. 17) e-mail: pfankhauser@patc.net

Sales Coordinator: Maureen Estes (Ext. 19) e-mail: mestes@patc.net

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

Walt's Notes

Be a Mystery, Leave No Trace!

When we return from the wilderness we should be pleased if we leave behind one of the great whodunits. In other words, it should be a complete mystery to all that follow you into the wilderness as to what you were doing there. There should be no clues. Leave nothing for Sherlock to ponder about.

We frequently see the admonition: Leave No Trace. What does that mean? Leave No Trace is a national outdoor educational program. The program provides seven principles to follow that will help us enjoy nature without damaging the resources. In other words, if we follow the principles, we will have acted responsibly so that we do our part to conserve the wilderness for the future.

Plan Ahead and Prepare. Before venturing forth on your hike or backpacking trip learn the regulations and special concerns for the area. Be prepared for unusual weather, hazards, and emergencies. Repackage your food in order to minimize waste.

Travel and Camp on Durable Surfaces. In popular areas, use existing trails and campsites. Keep campsites small, at least 200 feet from lakes and streams, and focus activity in areas where vegetation is absent. Walk single file in the middle of the trail to avoid trampling vegetation. In pristine areas, disperse activity to prevent the creation of campsites and additional trails.

Dispose of Waste Properly. Pack it in, pack it out. Inspect your campsite and rest break areas for trash or spilled foods. Deposit solid human waste in catholes 6 to 8 inch-

You'll want to be at the annual meeting, no mystery about it.

We will celebrate our 75th Anniversary at the Atrium, part of the Meadowlark Botanical Gardens in Vienna, and the Governor of Virginia is expected to be one of our speakers. Please save room on your calendar for November 12 to attend the 75th Anniversary Annual Meeting. More details and confirmations on the exact date and our distinguished speaker in next month's newsletter.

es deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.

Leave What You Find. Preserve the past: Examine, but do not touch, cultural or historic structures and artifacts. Leave rocks, plants, and other natural objects as you find them, and do not build new "structures" or dig trenches.

Minimize Campfire Impacts. Campfires can cause lasting impacts to the wilderness. Therefore, it is best to use a lightweight stove for cooking and enjoy a candle lantern for light. Where fires are permitted, use established fire rings, keep the fires small, and put them out completely, scattering cool ashes.

Respect Wildlife. Keep the wildlife wild! Never feed animals because that may damage their health, alter the natural behaviors, and expose them to predators and other dangers. Protect your food by storing rations (and trash) securely. Observe the wildlife from a distance; do not follow or approach them. Avoid them during sensitive times: mating, nesting, raising young, or during winter. Control pets at all times, or leave them at home.

Be Considerate of Other Visitors. Respect other visitors and protect the quality of their wilderness experience. Be courteous, yielding to other users on the trail. Let nature's sounds prevail. Avoid loud voices and noises.

The PATC Council supports the Leave No Trace Program. For more information on the program, please visit www.lnt.org.

Hiking Along the Potomac

In June I attended the hike and lecture by Stephanie Flack at Great Falls Park as reported on page 4 in this issue. Although I am very partial to Great North Mountain and the Blue Ridge, as indicated in past notes, I am becoming increasingly impressed with the hiking opportunities along the Potomac River. And the best part about the riverside hiking is that it is within a short driving distance from the homes of many PATC members. In fact, you don't even have to use a vehicle to utilize the Potomac Heritage Trail. Simply get off the Metro at the Rosslyn stop and head for Key Bridge. In less than a quarter-mile, just before the bridge, look for the pedestrian/bike path that takes you over the George Washington Memorial Parkway to



Photos by Walt Smith

Hikers negotiating the new Mini "Knife's Edge" white-blazed trail off the Tuscarora Trail in the Sleepy Creek Wildlife Management Area, just north of Shockey's Knob on the Tuscarora Trail.

the parking lot for Theodore Roosevelt Island. There you may begin your trek along the Potomac River through steep, rocky hillsides, stream valleys, past waterfalls and bluffs with panoramic views, and enjoy years of history as well. For more on the history, see District Manager Bruce Glendening's article on page 4 in this issue.

So, save your gas and enjoy the Wilderness of Washington. Please leave behind only a mystery without any clues. Leave no traces.

See you on the trail,

Cabin Reservations

The Council received a report on a regrettable incident of double booking at Pocosin cabin in May, as a result of the current method used to reserve cabins. A trail crew evicted the other party that had reserved the Cabin, which forced them to find alternative lodging. The Council approved the following motion: "To authorize reimbursement of the \$243.04 lodging costs to the Sledd sisters when receipts are in hand, to authorize return of the dues to the Sledds, and to request the PATC Cabins Reservations Chair to write a letter to the Sledds apologizing to them." The Executive Committee will consider recommendations for the improvement of the cabin reservation system, including the possibility of a computerized system, to avoid future instances of double booking.

Other Business

Trail Patrol reported on plans for courses on first aid, and for Leave No Trace trainers and hike leaders. Trail Patrol will make presentations in August to Women in the Outdoors, in Pennsylvania, and in November to the Association for Health, Physical Education, Recreation, and Dance in Virginia.

The PATC Web site now has a hike leader page with brochures, sign-up sheets, and contact numbers. A hike submission page, under development, will automatically go to hike leaders and the Forecast section of the *Potomac Appalachian*. It was noted that some pages on the PATC Web site are outdated. Officers should review the pages for which they are responsible at least once every three months to discard old material.

The Shenandoah Mountain Rescue Group reported that it helped search for several missing persons in Southwest Virginia following recent flooding, and assisted at two triathlons.

Membership

The June membership report showed a total of 6,774 (down from 6,844 the previous month). Since the last report, 110 new members were entered into the database.

The June Council meeting was attended by seven Club officers, 11 committee chairmen, one chapter representative, two section representatives, and two staff members. □

—George Meek,
Recording Secretary

House of Representatives Hike the PHT

On the first full day of summer, the House of Representatives Trails Caucus accepted an invitation from the American Hiking Society to hike the Potomac Heritage Trail (PHT).

Over 30 House staffers, federal workers, and significant others hiked sections of the PHT's lower half. A smaller group, ably led by American Hiking Society President Mary Margaret Sloan, took the shorter "walk through the woods," from Donaldson Run to the PHT's end at Theodore Roosevelt Island. The larger group quickened heartbeats as they boulder hopped and rock scrambled downstream from Fort Marcy to the PHT's end.

Entertainment for the longer hike was provided by PHT District Manager Bruce Glendening who unveiled his researched stories for the first time. The stories span: The War of 1812 (hiding the Declaration of Independence); pre-Civil War (1826 duel between a Secretary of State and Virginia Senator); Civil War (building Fort Marcy); the Industrial Revolution (stone quarrying); and ending with the Clinton administration (Vince Foster's suicide). The debut of these

stories were further embellished by PHT Overseer Dan Radke who enjoyed them so much he took off with the supposed "faster" hiking group after a couple of miles.

A good story unfolded as the group approached the turn where one first sees the Washington Monument. A PHT work group, led by PHT Overseer Jim Perry, had just sat down to take its first break — impressing the passing federal workers. Moving along, the House staffers saw the hard work Jim's team had accomplished and appreciated the effort it takes to maintain a clear path through dense invasive plant overgrowth. A kudzu story brought home the point.

As afternoon approached, the sun beat hotter, but the PHT canopy shade provided needed comfort as the groups ended their trek with a story about Key Bridge and Theodore Roosevelt Island. Badgered by the hike leader who believes the PHT is the best urban trail in the nation, the House staffers left considering the possibility and, more importantly, showing great interest to explore the PHT's upper half. The PHT awaits their return. □

—Bruce Glendening

Biodiversity in the Potomac Gorge

On a beautiful evening at Great Falls Park, The Nature Conservancy's (TNC) Conservation Planner, Stephanie Flack, lectured about the vast biodiversity residing throughout the Potomac Gorge area. Stephanie highlighted an 18-month joint study by the Park Service and TNC that reviews the Potomac River from Great Falls downstream to Theodore Roosevelt Island.

Before the lecture, a group of evening PATC hikers enjoyed Great Falls and the upper end of Mather Gorge observing rock climbers taking advantage of summer solstice daylight. Fireflies began to come out in the muggy grasses as Stephanie's talk began.

Since the area is on the edge of where piedmont meets tidewater, the variety of flora TNC found is impressive. Certain species found within the Chain Bridge flats area can be found in a savannah or amongst Midwestern prairie grasses. Also, TNC reported a recently constructed "notch" in Little Falls dam successfully allowed some fish to get further upstream and return to historical spawning areas.

The joint Park Service-TNC study outlines certain protection goals. Stephanie expressed hope that money can be found to fund a resource manager to specialize in Potomac Gorge biodiversity and help protect what the study found.

The TNC lecture is the first in what is hoped to be a once or twice-a-year series of talks highlighting the many trails PATC maintains throughout the Potomac Gorge and D.C. Metropolitan area. Highlighted this night was the public unveiling of the boast that the Potomac Heritage Trail (PHT) is "the best urban trail in the nation." Although the Billy Goat Trail Overseer present begged to differ - the key term "urban" hopes to distinguish the competition. Besides being within five miles of the center of Washington, D.C., the start of the PHT is only a quarter-mile from the Rosslyn metro station! Lastly, the PHT has the benefit of using one side of the Potomac's 10-mile undeveloped stretch of waterfront and viewing the other side protected by the C&O canal. The challenge is: What other city has such a length of undeveloped waterfront? □

—Bruce Glendening

The Annual Blackburn Barbeque - A Big Hit With All

Those weary souls plodding their way along the Appalachian Trail on Saturday July 6 in northern Virginia might have wondered what was going on when they reached a certain blue-blazed trail. There was a delightful aroma in the air that afternoon, floating up from somewhere down below. That blue-blaze led to the Blackburn Trail Center, and that aroma was coming from the annual PATC barbeque.

The sweltering heat and humidity that accompanied our Independence Day celebrations earlier that week gave way to a day of picture-perfect weather as if just for the Club's annual barbeque at this lovely location along the AT. Folks from all over came to the event. Most were PATC regulars, trail maintainers and the like, but many were long-distance hikers who had no idea of the treat that was waiting for them that afternoon. There was hot beef brisket on the flames, as well as great barbecued chicken. For sides there were beans and other outdoor summer delights. And as if all that weren't enough, for the first time at a PATC barbeque there was a dessert contest. Delightful indeed!

The barbeque is a popular event for the Club, and anyone who goes to one can easily see why. In addition to the great food, there are lots of friendly and interesting people to share conversation with. A quick climb up the hill to the trail rewards the restless soul with a nice stretch of the AT to hike, complete with views and the chance to meet a thru-hiker on his or her way from Springer to Katahdin. And even if you don't hike, the view to the east from Blackburn itself is worth coming to the barbeque for.

This year, the Club was fortunate enough to have sponsors for the occasion. Campmor, Hudson Trail Outfitters, and Eastern Mountain Sports all donated goods to be used as door prizes. And, there was a 50-50 drawing held in the evening after dinner and dessert.

After being treated to these corporal pleasures during the day, when night fell, we became the recipients of a visual spectacle as well. In fact, you could say there were two spectacles to see, and not just one. Far off in the distance, we became aware of a very elaborate fireworks display from somewhere off to the east. It was nice to watch, but a lit-

Everyone waits patiently for dinner.



Potomac Appalachian



The smell of barbeque brisket and chicken lured hikers down from the AT, who shared the event with PATC regulars.

tle remote. PATC ingenuity took care of that problem quickly enough, however, as we had our own little fireworks display to watch right there at the Blackburn before heading off to our tents and cabins for the night.

All in all, it was a terrific party, so if you missed it this year, be sure to come next time. You'll be glad you did. □

— Vincent G. Ferrari

The barbeque feast is enjoyed by all.



Photos by Vincent Ferrari

Bears Den, from page 1

particularly around the chimney, and more recently, a large tree fell across the chimney and broke away the top. The damage left parts of the roof ready to collapse, a huge hole in the floor, and the large brick fireplace unusable. The cottage was in this state when Dave Appel, a retired engineer from Wisconsin and volunteer at Bears Den during the summer, first saw it in the fall of 1998 and asked ATC for permission to protect it from further decay. He shored up rafters, removed the enclosed second-floor porch, and covered half the roof with tarps to stabilize the building.

The following spring ATC gave its approval for volunteers to restore the cottage without cost to ATC. Fred Firman, volunteer at the ATC office, assisted in taking down the tree from the chimney without doing more damage. Bears Den Manager Melody Blaney and her companion Patti Landovek gave support and participated in many phases of the rebuild, from scraping off original linoleum floor covering to later laying bricks. Also, many from PATC agreed to help. Joe and Lisa Rataczek, in particular, were instrumental in the initial rebuilding of the structure. They also removed the three black snakes residing in the cottage, and, while tenting on the deck, they were first to observe honeybees swarming into a nest in the gable. Thru-hikers also helped on heavy jobs such as removing the floor of the large porch. "Salty" Saltseider, came from Wisconsin to help for two weeks.

John Killam, ATC volunteer, and Stacy (Sheel) Davis, ATC intern, provided valuable help in mixing mortar for rebuilding the chimney under the watchful eye of Blaine Landmesser, a mason and neighbor at Bears Den.

A crew from Blackburn helped install temporary roll roofing. All materials had to be hauled by hand or wheel barrow the last 300 feet through the woods from the nearest road. Access to the cottage is by trail some 900 feet from the parking area beside Bears Den's driveway.

That summer volunteers made the building weather-tight, though with the temporary roofing, and finished the essentials of the interior. Dave Appel went back to Wisconsin for the winter, and further improvements waited until the following summer (Year 2000).

That year another crew, including Bert Sharp and Earle and Margie Towne ("Honey and Bear," operators of The Cabin hostel in Maine),

This shot of the bedroom shows off the paneling and views.



The cottage now sports a new deck.

helped add a new 10-foot-by-30 foot deck that looks out toward Snickers Gap. Even when the branches are bare in winter, the view is filled by huge oak and tulip trees with the mountains behind. The privy, one of today's most appreciated amenities, was also a group effort. George Roach and Bobby Lowery helped dig the pit, the Townes lined it, and Bert Sharp designed the structure and built it with help from hikers.

In 2001, the third working summer, volunteers installed a permanent raised-seam steel roof. They also ran a summertime water line 1000 feet down from the hostel to an outside faucet. This was the second summer help provided by "Red" Walker during an extended visit from San Francisco.



Photo by G. Roach

Melody, Dave and Blaine Landmesser work on the chimney.

From the outset the cottage has had underground electric service. New wiring has been installed and is now in full working order. Even before the permanent roof was installed, the cottage hosted its first guests, a school group from Salisbury, Md.

Today, the cottage is an ideal facility for overnight stays by young scout or school groups that want a true woodland experience, but who are not yet ready for tent camping with its possibilities of adverse weather. The adjacent Interpretive Trail and Nature Trail offer additional opportunities for educational activities. Any groups, including those who serve Bears Den by working on maintenance

See Bears Den, page 7

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**15th Annual SNP North District
Overseers Workshop**
Sept. 14 & 15,
Pinnacles Research Station

PATC and the Trails Staff of SNP will once again host this annual workshop, designed to teach new trail Overseers the basic skills of trail maintenance and repair, and to give experienced Overseers the opportunity to pick up a few more tricks by working with park personnel on major projects. We will be moving our base of operations this year to the Pinnacles Research Station in the Central District of the park (near Thornton Gap).

The workshop will begin Saturday morning and end on Sunday after lunch. All meals will be provided for the \$20 registration fee (Saturday dinner, Sunday breakfast, and lunches for both days). Camping facilities are provided at the Research Station with a large clearing for tent camping. You may arrive Friday evening or Saturday morning. Instruction will be provided by SNP trail professionals and PATC Crew Leaders. The sessions typically include basic skills of trail maintenance, rock work, wilderness trail skills, and advanced projects. Power tools may be discussed if there is an interest but chainsaw instruction will not be provided at this workshop.

Please make reservations early as the workshop is limited to 25 participants and we always fill up early. Contact George Walters at 410/426-2724 or gjwalters@starpower.net for registration materials. □

Bears Den, from page 6

and repair activities, continue to be offered accommodations at the cottage as well.

The cottage is on a substantial slope, so the main floor at ground level on the uphill side is at second-floor level on the downhill side, where the deck was built. An inside stairway leads to a vestibule at the lower level and to undeveloped space beneath the deck. The 600-square-foot main floor has a large all-purpose room and a small bedroom with one conventional double bed. In addition, sleeping bags can be laid on a wide sleeping bench having mattresses enough for two; and a loft has space for three on mattresses. Groups often just spread out their camp mattresses on the floor or – in good weather – the best place of all, on the deck.

The main room has a ceiling fan and a cast-iron fireplace insert to facilitate heating in cool weather. A propane cooking stove as well as a small wood cooking stove are provided, as are dishes, silverware and cookware sufficient for a group of six. Modern kitchen accessories include a microwave, electric griddle and coffee maker.

Further information about use of the cottage can be obtained by calling the hostel manager, Loretta Johnson, at 540/554-8708 or contacting Bears Den at bearden@crosslink.net. □

— Karen Harvey
Bears Den Volunteer

Potomac Appalachian Trail Club
Trail Patrol

Presents
BACKPACKING 202

How to Enjoy the Backcountry Under
Challenging Conditions – A Course for
Intermediate & Advanced Backpackers

The course teaches the needed skills for planning and executing an early winter backpacking trip. The classes cover equipment selection and use, route planning, food planning, safety, comfort and Leave No Trace principles. A weekend trip accompanied by experienced instructors gives you the opportunity to try out your new skills.

Classroom Instruction:

October 16 (Wed.), 21 (Mon.), and 30 (Wed.), 2002.

7:30-9:30 p.m. PATC Headquarters,
118 Park Street, SE, Vienna, Virginia

Weekend Outing: November 9-11, 2002
(Veteran's Day weekend)

Fee: \$40.00 for PATC Members;
\$55.00 for non-members

Pre-registration is required. To receive a registration form and for all other information, please call or e-mail: John Browne 703/425-5645; jbrowne11@cox.net □

PATC Trail Patrol

Presents
Hike Leadership Training
September 14 and 15, 2002

The Trail Patrol is hosting a Hike Leadership Training course on September 14 and 15, at Prince William Forest Park. The two day course uses classroom and hands-on instruction to teach participants the essential skills for leading safe, enjoyable hikes with minimal environmental impact.

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

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

Bob Pickett's Appalachian Nature: Shrews and Moles

Earlier this season as I was hiking, I heard a small commotion among the rocks and found three shrews in a line, nose to tail, racing over the ground and under a large rock. As I stopped to watch, I found about six shrews racing over, around, and under the rock. Over the next 10 minutes I watched these high-strung mammals as they raced about in apparent play, unaffected by my close proximity.

Shrews and moles make up our native Order Insectivora. We have nine species of shrews and three species of moles in our Appalachian region. Shrews, more primitive than rodents, have a smaller brain, and, like reptiles, many species, including the northern short-tailed and the least shrew, have the genital, intestinal, and urinary tracts merge into a single opening called a cloaca. In fact, it's generally assumed that the shrews are the most primitive mammals alive today, with their predecessors dating back to approximately 50 million years ago.

This "caravanning" habit I observed among the shrews is associated with the masked shrew, perhaps the most common of the shrews. These long-tailed shrews of the genus *Sorex* are the smallest of the shrews and include the world's second smallest mammal in the world: the pygmy shrew. Its size averages just two inches (head and body) and weighs two grams, or somewhat less than a dime.

The northern water shrew is known to run across the surface of water (documented as much as five feet), its body supported by the water surface tension and trapped air bubbles in the stiff hairs of its feet, thus the vernacular "waterwalkers."

Like whales and bats, water shrews, wandering shrews, and masked shrews utilize high-frequency ultrasonic sounds for hunting, orientation, protection, and communication. The northern short-tailed shrew has poisonous neurotoxic saliva. The poison is both a neuro-

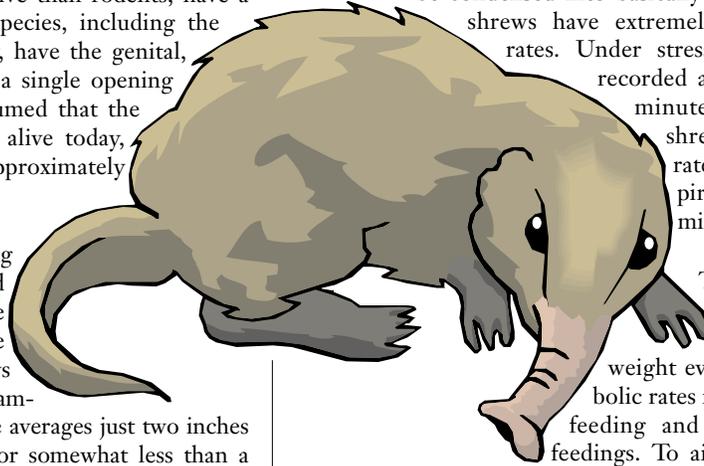
toxin and hemotoxin, much like a pit viper that can kill a mouse. It does not inject the poison, rather, as it chews, the toxins are soaked into the wound. Shrews are very aggressive and usually solitary, only meeting to mate. They are very nervous, known to die from fright from loud noises, even from thunder. Additionally, most species are known to exhibit post-partum estrus (females coming into heat right after giving birth).

These primitive mammals essentially do everything extremely fast. With life spans of normally a year or less, a whole "lifetime" must be condensed into basically one season. For example, shrews have extremely high energy/metabolic rates. Under stress, heart rates have been recorded as high as 1,200 beats per minute. Captive short-tailed shrews have recorded heart rates of 750 at rest with a respiration of 168 breaths per minute.

To maintain their metabolic needs, shrews need to eat their approximate weight every day. Their high metabolic rates require frequent periods of feeding and short intervals between feedings. To aid in this metabolic need, some species in the *Sorex* genus are coprophitic (they eat their feces). With such a high metabolism and high surface area ratio, they are unable to hibernate; they would burn up too many calories and lose too much heat through their skin. To survive cold periods, they must simply turn up the metabolism and burn more energy, a costly requirement. Not able to hibernate, their life cycle is simply a matter of eating and reproducing before death finds them.

For more information on shrews or any other of our local mammals, see Bob Pickett's Appalachian Mammals, at www.bobpickett.org. □

— Robert Pickett



Cell Tower Proposal May Threaten AT View, Meeting Aug. 15

The Maryland state government is proposing a 195' tower to be constructed on its holdings on the summit of Lambs Knoll, within 500' of the Appalachian Trail.

The tower would be about 100 feet taller than the pre-existing state tower, which dates to 1939. The state has no plan to dismantle the old tower.

The Maryland state government is proposing this tower as it will ease communications between various agencies in western and central Maryland.

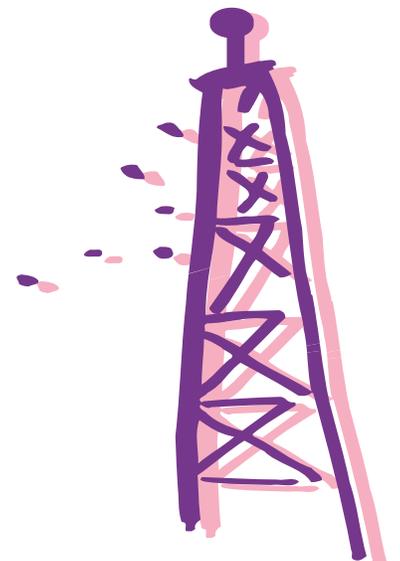
In addition to the current state-owned tower, there are three other towers currently on the summit of Lambs Knoll, but those are between 50 and 120 feet tall. The proposed structure would have a much greater visual impact as one views

South Mountain from other locations on and off the ridgeline.

The Harpers Ferry Conservancy, a land management group which is trying to protect the scenic landscape of the area, is staunchly opposed to the structure.

The impact to the AT and its nearby overlooks is still under study. As this proposal is occurring over the summer, it is impossible to assess the impact the proposed tower will have on winter-time "leaf off" hiking.

There will be a meeting at the Greenbrier Park Visitor's Center in Boonsboro, Md. at 6:30 p.m. on August 15. For more information, please call DNR Ranger Tammy McCorkle at 301/791-4767. □



The Massarock Crew Wants You to 'Use It!'

What will four weeks of labor each year for 13 years get you? For the Massarock Crew, the 52 weeks of labor produced 32 miles of new trail and the completion of a 71-mile loop, the Massanutten Trail. The trail follows the ridgeline of Massanutten Mountain as it splits around Fort Valley. It offers beautiful views of the north and south forks of the Shenandoah River, Page Valley to the east, Shenandoah Valley to the west and, of course, Fort Valley in the middle.



Kennedy Peak

The trail also follows an historic path. The first road into Fort Valley was built at the direction of General George Washington so the Continental Army could retreat there for a winter encampment if the Revolution was going badly. Elizabeth Furnace, which is now a camping and recreation area, started as an iron furnace in the 1830s. Signal Knob was used as a lookout point during the Civil War. And Camp Roosevelt was the first Civilian Conservation Corps (CCC) camp built during the 1930s; in fact, many sections of the Massanutten Trail were built by the CCC.

On June 22, 2002, the Massanutten Trail was officially dedicated and opened at ceremonies held on the trail near Crisman Hollow Road. The day began with a 6.4-mile hike across Kerns Mountain, the last



The Massarock Crew carves a log to commemorate their many hours of work .

section of the trail completed. The hike included many members of the 2000 Massarock Crew whose initials were carved into a log by Jay Collett of the Forest Service.

Harold "Hildy" Hildebrand, at age 75, completed the hike in fine style and shared stories from his 1,200 hours of Massarock Crew experience.

The dedication ceremony which followed that afternoon highlighted the long-term cooperation between the Forest Service and PATC. Mike Sutherland, District Manager for Massanutten North, spoke on behalf of PATC. Forest Service speakers included Jim Miller, National Trails Coordinator, Ted Coffman, Recreation Staff Officer from Roanoke; Don Sawyer, Land Use Manager from the Lee District; and Bill Kruska, Lee District (ret.).



Photos by Mike Sutherland

'Hildy' Hildebrand shared many stories from his 1,200 volunteer hours as part of the Massarock Crew.



The ribbon-cutting ceremony marks the beginning of a new trail in the PATC system.

Every speaker searched for words of praise and thanks for the Massarock Crew members who returned year after year to make their dream a reality and, in the process, created an extraordinary resource for hikers, backpackers, trail runners, and other outdoor enthusiasts of the metro area.

So, how do we thank our volunteers? This year's Massarock Crew included returnees who traveled from Illinois, Indiana, West Virginia, North Carolina, and South Carolina as well as from Virginia and Maryland; how do we thank them for putting up over 110 trail signs at the roads and trail intersections around the

See Masanutten, page 16

FORECAST

Chapters

Charlottesville Chapter

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

North Chapter

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

Northern Shenandoah Valley Chapter

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

Southern Shenandoah Valley Chapter

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

West Virginia Chapter

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

Ski Touring Section

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

Mountaineering Section

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

PATC Midweek Hikes

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

Other Clubs' Hikes

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

KEY to Forecast Activities

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

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

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

Meetings

Meetings

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

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

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

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

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

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

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

August

1 (Thursday)

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

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

3 (Saturday)

👤 HIKE - PATC/K9 Trailblazers
Hoffmanville, MD

Gunpowder Falls, Hemlock Gorge. Join us for a 7-mile hike at a moderate pace along the upper portion of Gunpowder Falls near Prettyboy Reservoir and through a section of the river called Hemlock Gorge. Enjoy the unique historic, cultural, and natural sites of the area. Highlights include a rest stop at River Valley Ranch, and a hike which will take us past the site of the dam which powered the Hoffman paper mill over 150 years ago, the Hoffman family cemetery, and through Hemlock Gorge, site of some of the oldest and largest hemlocks in Maryland. Includes some bushwhacking and a few scrambles. This is a joint hike with K9 Trailblazers, so well behaved dogs are welcome as long as you keep them on leash and scoop after them. Maps, chocolate, and dog biscuits provided at the trailhead. Bring your own lunch, snacks, and water for you and your dogs. Visit www.k9trailblazers.org for more details. INFO: Pat Fuhrer (psfuhrer@k9trailblazers.org) 301/482-2468 or Jeff Bolognese (jbolognese@k9trailblazers.org) 410/247-4434.

3 (Saturday)

👤 TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

Humiturefest, the anniversary date of the South Mountaineers, now 9 years old. Work on the AT in Maryland and celebrate another fine year of volunteer stewardship. INFO: Mark Mitchel (mdtrail@yahoo.com) 301/461-7048.

3 (Saturday)

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

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

3 - 4 (Saturday - Sunday)

👤 TRAIL WORK TRIP - North District Fire Squad
North District, Shenandoah National Park, VA

Join the fire squad as we continue and hopefully complete the rehabilitation work on the north face of Hogback Mountain. We will be doing some side hill work as well as installing rock and locust fixtures. Overnight at Range View Cabin. The chef promises another great meal. Meet at Piney River maintenance area at 9:30 a.m. on Saturday. Bring lunch, gloves, water, etc. INFO: John McCrea (mccreajf@aol.com) 610/352-9287.

5, 10 - 11 (Monday, Saturday - Sunday)

CLASS - LNT Backpacking
PATC Headquarters, Vienna, VA

Leave No Trace Trainers Course will be held in a two-part series. The classroom instruction (introduction and planning) will be held Monday evening 7:00 - 9:30 p.m. The field experience will be a backpacking trip in the SNP. Instructors will be

LNT Masters from the Trail Patrol. The goal will be to enhance LNT skills and ethics to model and teach others the principles and practices of LNT. Pre-registration required, space is limited. Fee: \$20. INFO: Anniell Miller (amill1@yahoo.com) 703/250-8113, before 10:30 p.m.

6 (Tuesday)

👤 HIKE - Vigorous Hikers

Shenandoah National Park, VA

Cedar Run, Hawksbill, Whiteoak Circuit in Central SNP Climb up near the waterfalls of Cedar Run to the top of Shenandoah Park's highest peak. Travel a bit of the AT then descend Whiteoak Canyon for a total of about 14 miles and an elevation gain of 2700 feet. Maybe swim in a beautiful, secluded pool on Whiteoak. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181, before 9:00 p.m.

6 (Tuesday)

👤 MEETING - Trail Patrol, 7:30 p.m.

7 (Wednesday)

CLASS - Great Smoky Mountain National Park
REI, Bailey's Crossroads, VA

7:30 p.m. Only a day's drive south are the highest peaks and largest back country east of the Rockies, the Great Smokies. From the history of early settlement at Cades Cove to the mysterious open tops of the "southern balds," the Smokies hold a tremendous eco-diversity. The greatest wildflower arrays in the East burst forth every spring, and the remnant old growth forests are awesome reminders of the forests that once ran unbroken from the Atlantic to the Mississippi. Join REI's resident explorer, Ed Neville, for an evenings ramble through this jewel of our National Parks system. Ed will discuss trails, gear, permits, access, and destinations, accompanied by his extraordinary photography. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

7 (Wednesday)

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

10 (Saturday)

👤 HIKE - North Chapter

Appalachian Trail, PA

Appalachian Trail Hike I - Susquehanna River to PA 944. Moderate hike 14.6 miles in length. There are several good views of the Susquehanna River; plus, we will be stopping at the new Cove Mountain shelter. INFO: Christopher Firme (bnc-firme@ininternet.net) 717/794-2855, after 6:00 p.m.

10 (Saturday)

👤 TRAIL WORK TRIP - Massanutten Crew
Massanutten, VA

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

10 (Saturday)

👤 TRAIL WORK TRIP - Rock Creek Park
Washington, DC

8:15 a.m. to noon. Rock Creek Park is 1,700 acres of sprawling parkland in the nation's capital city where the PATC maintains 25 miles of foot trails. Meet at the Rock Creek Nature Center. Rain date August 24. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834, ext. 31.

10 - 11 (Saturday - Sunday)

👤 CABIN WORK TRIP - Vining Tract Crew
Lydia, VA

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

10 - 11 (Saturday - Sunday)

👤 TRAIL WORK TRIP - Acme Treadway Company
Shenandoah National Park, VA

Acme Treadway Board Meeting! Do you hunger for that personal mountain-top experience? Do you ache for outstanding views of the Page Valley and Massanutten Mountain? The Company announces another brand new effort - Project Pinnacles. We seek enterprising persons with arms and legs (brains optional) as we begin work on this section of the AT in Shenandoah National Park. Camp out overnight at a wonderful location. All who participate receive a crew T-shirt to commemorate their first trip. Please RSVP. INFO: Don White (whitedh@attbi.com) 804/795-2914.

10 - 11 (Saturday - Sunday)

👤 TRAIL WORK TRIP - Cadillac Crew
Gore, VA

The Crew plans to repair and rework sections of the Tuscarora Trail near Shockey's Knob, west of Winchester. Plan on some hard trail work during the warmest time of year. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at Brill Cabin near Shockey's Knob. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

12 (Monday)

👤 HIKE - Family Hike

Burke, VA

Burke Lake Park. Stroller friendly 5-mile hike around the lake, with a playground stop near the end. After the hike we will ride the mini-train and carousel. Bring a picnic lunch and lots of water. Designed for the under 5 crowd, all ages welcome. INFO: Lauren Lang (LEvansAT94@aol.com) 703/631-9278, prefer e-mail.

12 (Monday)

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

13 (Tuesday)

👤 HIKE - Vigorous Hikers

Shenandoah National Park, VA

Robertson Mountain and Hughes River Circuit in Central SNP Up Robertson, down Indian Run, up to AT, and descend mostly on Nicholson Hollow Trail for a total of 14 miles and 3300 feet elevation gain. There's a nice swimming hole on the Hughes River near the end of the hike. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181, before 9:00 p.m.

13 (Tuesday)

👤 MEETING - PATC Council, 7:00 p.m.

14 (Wednesday)

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

FORECAST

17 (Saturday)

🚶 HIKE - Massanutten Mountain Series
Shenandoah, VA

The seventh hike will be 17.9 miles with a 16.6 mile option on the Fridley Gap, Boone Run, Second Mountain, and Massanutten Peak Trails. The elevation gain is 5100 feet. Contact leaders for requirements and details. PATC Map H. INFO: Jack Thorsen (thorsen4@Juno.com) 703/339-6716 or William Needham 410/884-9127.

17 (Saturday)

🚶 HIKE - Meet the Trail Patrol
Prince William Forest Park, VA

Learn more about the Trail Patrol's activities and join us for a 7-mile hike through the winding trails of the Prince William Forest Park. We will enjoy some beautiful and secluded trails as we loop through rolling terrain and lush woods. The pace will be slow to moderate and group size is limited to 10. INFO: Ben Fernandez (bmfernandez99@earthlink.net) 703/327-9788.

17 (Saturday)

🚶 TRAIL WORK TRIP - Stonewall Brigade
Shenandoah County, VA

Great North Mountain on the VA/WV state line. Join the Stonewall Brigade at Wolf Gap Recreation Area at 9:00 a.m. to get tools then work on a trail in the nearby area. This popular venue offers fine panoramic views of Trout Run Valley from the mountain crest. We will decide that morning just what the worksite will be; either continue the relocation on Tibbet Knob Trail or clean waterbars near the campground. RSVP by Wednesday evening if you plan to attend. Bring lunch, work gloves, water, seasonal clothing, and hiking shoes. INFO: Hop Long (mrgnmd@hotmail.com) 301/942-6177.

17 (Saturday)

🚶 TRAIL WORK TRIP - Yankee Clippers Trail Crew
Tuscarora Trail, PA

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

17 - 18 (Saturday - Sunday)

🚶 TRAIL WORK TRIP - North District Hoodlums
North District, Shenandoah National Park, VA
Jamacian Work Trip! Hey Mon, I heard de best jerk chicken north of Kingston can be found right here in SNP along with other culinary delights from the Caribbean! Trailwork, flambe plantains, reggae and a good time? Noooooo problem, mon! The Hoodlums Trail Crew works on the AT in the North District of SNP. We focus on treadwork, major trail projects, rock steps, log waterbars, and similar activities by day; but after a good day's work, the crew enjoys the fruits of their labor via the theme meal and festivities at a facility within the park. No trail work experience is necessary and newcomers are always welcome. Visit our website at <http://www.patc.net/volunteer/trails/hoodlums/hoodlums.html> for more information. Come for the day, stay for the evening meal, camp out overnight in SNP, lots of options. We generally meet at the worksite or at Piney River Ranger Station, MP 22 on Skyline Drive, at 10:00 a.m. on Saturday morning. Please RSVP by mid-week prior. INFO: George Walters (gjwalters@starpower.net) 410/426-2724.

19 (Monday)

🚶 HIKE - Family Hike
Fairfax Station, VA

Fountainhead Regional Park, southern end of Bull Run Occoquan Trail. Join us for a shaded out and back hike along the Bull Run Occoquan Trail. We'll

hike about 3 miles, then play mini-golf on their shaded course. Bring lunch and lots of water. INFO: Lauren Lang (LEvansAT94@aol.com) 703/631-9278, prefer e-mail.

20 (Tuesday)

🚶 HIKE - Vigorous Hikers
Shenandoah National Park, VA

Climb Browntown Trail to AT then north to geology at Compton Peak and on to descend Lands Run Gap Road. 14 miles and 2700 feet. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931, before 9:30 p.m.

23 - 25 (Friday - Sunday)

🚶 BACKPACKING TRIP - Family Hikers
Dolly Sods, WV

We will hike about 3 miles in and set up a base camp along Red Creek on Friday. On Saturday we will day hike, and Sunday we'll hike out to the cars. Each family will be responsible for their own gear and meals. Designed for families with young children, all ages welcome. INFO: Lauren Lang (LEvansAT94@aol.com) 703/631-9278, prefer e-mail.

24 (Saturday)

🚶 HIKE - Trail Patrol Natural History Hike

Central District, Shenandoah National Park, VA
This is a special hike for the Trail Patrol designed to provide basic information on the cultural and natural history of the National Park. Led by Bob Pickett, this hike will take us for an eight-mile hike into the "Free State Hollow" of Aaron Nicholson and the many residents that called the Hughes River Hollow their home before it was taken for the Park. Learn about the Park's history, bears, snakes, and ask those questions that you've always wondered about. INFO: Bob Pickett 301/681-1511, or contact your trail patrol coordinator.

24 - 25 (Saturday - Sunday)

🚶 TRAIL WORK TRIP - Blue and White Crew
Central District, Shenandoah National Park, VA
Beat the August heat at balmy Camp Blue and White, high atop the Blue Ridge. The crew will tackle a project on one of the Central District trails, returning to the Pinnacles Research Station in time to challenge June's record for glass recyclables. Dinner and breakfast are pot-luck. INFO: Kerry Snow (kerrysnow@telocity.com) 301/570-0596.



Photo by Aimee Kratts

Master Stonemason Steve Pebley constructing a new fire ring at Brill Cabin.

25 (Sunday)

🚶 HIKE - Natural History Hike
Shenandoah National Park, VA
Join Bob Pickett on a wet hike through the Hazel Mountain area on an approximately eight-mile hike. There are multiple stream crossings throughout this area, so this is the time to do this circuit hike. If we're lucky, we'll find the rare monkshood in bloom. If we're really lucky, as we hike near a rattlesnake den, we may find some newborns, which are being birthed at the nearby rookeries this time of the year. Please RSVP. INFO: Bob Pickett 301/681-1511.

26 (Monday)

🚶 HIKE - Family Hike
Springfield, VA

Three mile hike along Pohick Creek beginning at the Hidden Pond Nature Center. The trail is a little rugged and muddy. Not much elevation gain or loss. Jogging stroller passable (barely). After the hike, we will picnic near the pond and enjoy their great playground. Designed for the under 5 crowd, all ages welcome. INFO: Lauren Lang (LEvansAT94@aol.com) 703/631-9278, prefer e-mail.

27 (Tuesday)

🚶 HIKE - Vigorous Hikers

George Washington National Forest, VA
Massanutten Jughandle. Climb to Buzzard Rock, south to Sherman Gap, wade Passage Creek, return via Elizabeth Furnace and Shawl Gap. 12 miles and 2700 feet. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931, before 9:30 p.m.

27 (Tuesday)

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

28 (Wednesday)

CLASS - Great End-of-Summer Escapes (REI)
REI, Bailey's Crossroads, VA
7:30 p.m. Have the Dog Days got you down? Escape and join REI's Mark Nelson and Ed Neville for an evening of "full disclosure" of some of our favorite late summer destinations. From the Appalachian Plateau to the Eastern Shore and ocean beaches, we'll cover some great places for outdoor adventures from hiking to paddling, birding to photography. As usual, we'll feature some of Ed's great images. Gear up for your Labor Day escape. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

September

1 (Sunday)

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

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

3 (Tuesday)

📅 MEETING - Trail Patrol, 7:30 p.m.

4 (Wednesday)

🚶 HIKE - Easy Hikers

Battery Kemble, Washington, DC
Back for another year, the Easy Hikers will hike a 4 to 5 mile circuit on the Battery Kemble and Glover Archbold trails and the C & O canal towpath. Meet at 10:15 a.m. at Battery Kemble Park. Bring lunch and water. Directions: From MacArthur Blvd., turn NE (left if inbound, right if outbound)

onto Chain Bridge Road. Go .05 mile to park entrance on right. Follow road to parking area. INFO: Gary Abrecht (Gabrecht@AOL.com) 202/546-6089.

4 (Wednesday)

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

7 (Saturday)

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

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

7 - 8 (Saturday - Sunday)

CLASS - North District SNP Overseers Workshop Shenandoah National Park, VA Pinnacles Research Station. See article on page 7 in this issue for information. INFO: George Walters (gjwalters@starpower.net) 410/426-2724.

9 (Monday)

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

10 (Tuesday)

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

11 (Wednesday)

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

11 (Wednesday)

HIKE - Easy Hikers

Burke Lake Park, VA

Five easy miles counterclockwise around Burke Lake. Meet at 10:15 a.m. From the Beltway, exit West onto Braddock Road. At your leisure, move into the left-hand lane (excluding left turn lanes) and stay in this lane. In 1.9 miles from the Beltway, the lane you are in becomes one of a pair of left-turn lanes onto Burke Lake Road (RT 645). Stay with it and make the turn. (Don't worry about the misleading sign before the preceding left.) Go 4.9 miles, then Left onto Ox Road (RT 123). In 0.5 miles (passing the Golf Center), left into Burke Lake Park. Follow signs to the marina. Bring lunch and water. INFO: Sue King 703/356-6659.

14 (Saturday)

HIKE - North Chapter

Appalachian Trail, PA

Appalachian Trail Hike II, Susquehanna River to Clarks Valley, PA (RT 325), 16.6 miles in length. Excellent views of the Susquehanna River and the valley below as we hike north on the trail. We will be stopping at the Peters Mountain Shelter. INFO: Christopher Firme (bncfirme@innet.net) 717/794-2855, after 6:00 p.m.

14 (Saturday)

TRAIL WORK TRIP - Annual Service Project (REI) Cascades, VA

Algonkian Regional Park. Create a new nature trail past wildlife wetlands to the Potomac River with REI and the Northern Virginia Regional Park Authority. We will be constructing the one-mile trail through lush forest along Sugarland Run and along forested edges of several wildlife ponds. Work will include clearing the corridor, minor trail construction and grading, blazing and signage, litter and debris collection, as well as other projects. No previous experience is necessary and families, youth, and children are especially encouraged to come lend a hand. All tools will be supplied. Volunteers must register and supply their t-shirt size. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.



14 (Saturday)

TRAIL WORK TRIP - Rock Creek Park Washington, DC

8:15 a.m. to noon. The Rock Creek trail system passes through some of the oldest growth forest in the region and traverses an entire watershed. Meet at the Rock Creek Nature Center. Rain date September 28. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 ext. 31.

14 (Saturday)

TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

Enjoy cooler air in the woods of western Maryland on this work event. The South Mountaineers' day events meet west of Frederick, MD at 9:00 a.m. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

14 - 15 (Saturday - Sunday)

CABIN WORK TRIP - Vining Tract Crew Lydia, VA

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

14 - 15 (Saturday - Sunday)

CLASS - Hike Leadership Training Course Prince William Forest Park, VA

The Trail Patrol is hosting a Hike Leadership Training course at Prince William Forest Park. The two-day course uses classroom and hands-on instruction to teach participants the essential skills for leading safe, enjoyable hikes with minimal environmental impact. The topics to be covered include: medical emergencies, planning, personal equipment, Leave No Trace, leadership skills, standard procedures, enjoyable hikes with minimal environmental impact. The topics to be covered include: medical emergencies, planning, personal equipment, Leave No Trace, leadership skills, standard procedures, enjoyable hikes with minimal environmental impact. The topics to be covered include: medical emergencies, planning, personal equipment, Leave No Trace, leadership skills, standard procedures, enjoyable hikes with minimal environmental impact. INFO: Ben Fernandez 703/327-9788.

14 - 15 (Saturday - Sunday)

CLASS - Wilderness First Aid (WSC) Alexandria, VA

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

14 - 15 (Saturday - Sunday)

TRAIL WORK TRIP - Acme Treadway Company Rockfish Gap, VA

Acme Treadway Board Meeting. This Company is growing its business by leaps and bounds. Actually, we know no bounds. We invite you to combine your sweat with ours as we start work on Project Rockfish Gap. Overnight accommodations at Ivy Creek Hut. All who participate receive a crew T-shirt to commemorate their first trip. Please RSVP. INFO: Don White (whitedh@attbi.com) 804/795-2914.

14 - 15 (Saturday - Sunday)

TRAIL WORK TRIP - Cadillac Crew Madison, VA

The Crew will continue building the Entry Run Trail on the Per Lee Tract with the ultimate goal to connect with the SNP trail system. We have some difficult tread to build down the ridge toward John's Rest Cabin. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at PATC's Rosser Lamb Cabin. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

14 - 15 (Saturday - Sunday)

TRAIL WORK TRIP - Cadillac Crew Madison, VA

The Crew will continue building the Entry Run Trail on the Per Lee Tract with the ultimate goal to connect with the SNP trail system. We have some difficult tread to build down the ridge toward John's Rest Cabin. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at PATC's Rosser Lamb Cabin. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

18 (Wednesday)

HIKE - Easy Hikers

Wheaton Regional Park, MD

Enjoy about a 5 mile hike through Wheaton Regional Park and a visit to the fabulous greenhouse. From the beltway I-495 take Georgia Ave, North about 2 miles to a right on Shorefield (traffic light). Follow Shorefield to the park entrance and bear right to the parking area near the miniature train station. Bring lunch and water. INFO: John Giblin 301/585-5172.

21 (Saturday)

TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

Bring water, lunch and gloves. Tools and training provided. Enjoy comradeship and the peace of the woods. Go home happy and tired, it's that simple. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

21 (Saturday)

TRAIL WORK TRIP - Stonewall Brigade Shenandoah County, VA

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

FORECAST

21 (Saturday)

♂ TRAIL WORK TRIP - Yankee Clippers Trail Crew
Tuscarora Trail, PA
Call for meeting place and other details. INFO:
Charlie Irvin 301/447-2848.

21 - 22 (Saturday - Sunday)

♂ TRAIL WORK TRIP - Blue and White Crew
Central District, Shenandoah National Park, VA
The crew makes their last visit to the Pinnacles
Research Station in 2002. The crew will tackle a
project on the AT or one of the Central District
side trails. Dinner and breakfast are pot-luck.
INFO: Kerry Snow (kerrysnow@telocity.com)
301/570-0596.

24 (Tuesday)

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

28 (Saturday)

♂ HIKE - In-Between Hikers
Rock Creek Park, Washington, DC
Please join us for a closed circuit, 12 mile hike on
the Valley and Western Ridge Trails in Rock Creek
Park. We will visit Fort DeRussy (civil war fort),
Jusserand Memorial, Rock Creek, and have lunch
at Pierce Mill. Bring water and lunch. INFO: Don
Titus (donaldtitus@earthlink.net) 301/652-6806
(home) or 301/688-0135 (office).

28 - 29 (Saturday - Sunday)

CLASS - Land Navigation (REI)
REI, Bailey's Crossroads, VA
Saturday 11:00 a.m. - 6:00 p.m. This comprehensive
two-day course teaches all skills necessary to use
map and compass in an integrated land naviga-
tion system. The first day is spent in intensive class-
room exercises concentrating on map reading
and interpretation, position plotting, compass fun-
damentals, declination, and azimuth. The second
day (Sunday) is spent in Prince William Forest Park,
primarily off-trail, engaging in practical navigation
exercises of increasing complexity. The course fee
is \$85 and includes workbook text, course materi-
als, compass, map, grid reader, and lunch on
Saturday. Registration required. INFO: Mark Nelson
(mnelson@rei.com) 703/379-9400.

28 - 29 (Saturday - Sunday)

♂ TRAIL WORK TRIP - Acme Treadway Company
Vining Tract, Lydia, VA
End-of-Summer Holiday Picnic for all members of
the Acme Treadway Company. If you have EVER
participated in a trip conducted by the
Company, you are eligible to participate in this
Fest at Muttontop Cabin on the spectacular
Vining Tract owned by PATC. Please RSVP. INFO:
Don White (whitedh@attbi.com) 804/795-2914.

28 - 29 (Saturday - Sunday)

♂ TRAIL WORK TRIP - Cadillac Crew
Gainesboro, VA
The Crew plans to repair and rework sections of
the Tuscarora Trail near Shockey's Knob west of
Winchester. Some hard work but hopefully the
beginning of Fall will bring some pleasant weath-
er. Bring a lunch and water for Saturday noon.
Community dinner on Saturday night. Overnight
at Brill Cabin at Shockey's Knob. INFO: Fran
Keenan (outdoorsnow@cox.rr.com) 703/938-3973
or Jon Rindt (jrindt@erols.com) 540/635-6351. □

The Trouble With Beer in the Cabin

The trouble with beer in the cabin
is not in the fun that you're havin'
for it's certainly true
that a well-lagered brew
will loosen the tongues that are waggin'

The trouble with beer in the cabin
is not in the load on your wagon
You're fresh going in
and due to some whim
well, the load-out is less than the pack-in

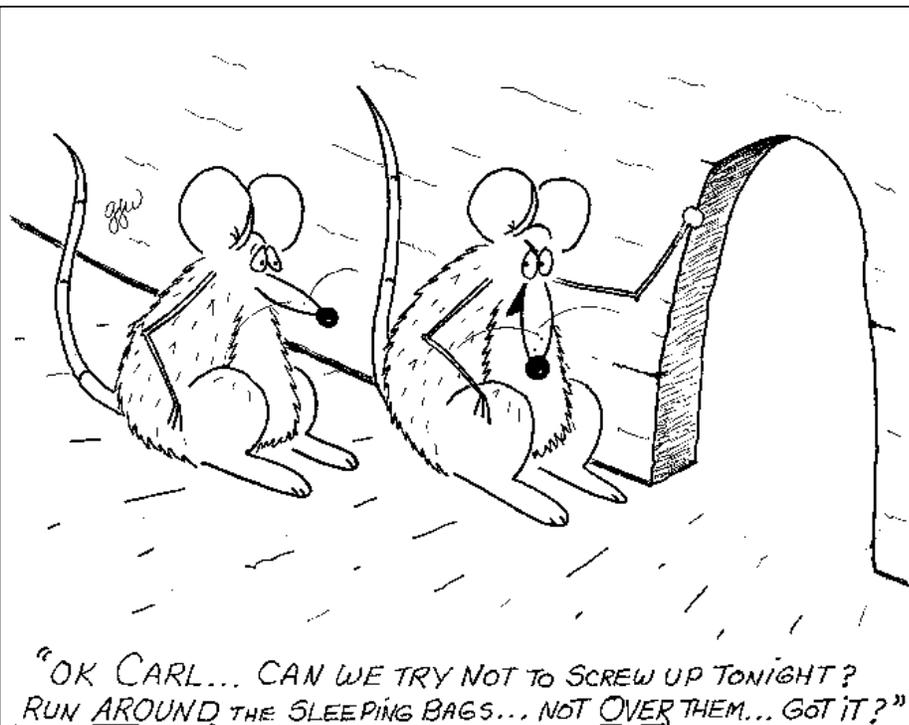
The trouble with beer in the cabin
is not in the laughter you're havin'
Oh barley and malt
sweet nectar assault
caused never a hiker to sadden

The trouble with beer in the cabin
if it must be said, is a sad end
for when evening is done
and all yarns are spun
and you climb into bed
with merry a head
into the top bunk
Oh Quallofil sunk
It's thirty degrees
with ice on the trees
and closing your eyes
then comes the surprise

Aha!...the trouble with beer in the cabin!

—George Walters

Tails from the Woods by George Walters



Hike Leadership Training - The Art of Staying Found

.... and Other Skills Learned at Trail Patrol's Hike Leadership Training Program

The group arrives at the trail junction and stops to drink some water and take a quick break. As the leader takes note of the hikers and their conditions, she realizes one of the hikers is not present. She counts again, the same result. Someone is missing. The sweep arrives and reports that he did not see the missing hiker as he brought up the rear of the group. Where did they lose him? Then Kumait Jawdat, one of the instructors for the Hike Leadership Training course, steps in and begins a discussion of what the leader should consider for the group in this situation. After a few minutes the "lost" hiker suddenly steps on to the trail and makes himself seen. He had been hiding off trail watching the whole time.

This was one of many activities conducted at the PATC Trail Patrol's Hike Leadership Training course on June 15 and 16 at Prince William Forest Park. The goal of the course was to provide information to people interested in leading safe and environmentally friendly hikes for the Club. Over the two-day course, participants received information from several Trail Patrol instructors on personal equipment, Leave No Trace ethics, emergency procedures, standard PATC procedures, map and compass, and possible medical issues encountered when leading a hike. The class was designed for all levels of experience, from novice hikers to experienced leaders.

On the first day, the medical portion of the training was taught by Keith Monosky, an EMT and an assistant professor in the



Photo by Kumait Jawdat

Ben Fernandez, chair of Trail Patrol's Hike Leadership Training program, instructs future hike leaders at Prince William Forest Park's training facility.

Emergency Health Services program at George Washington University. The purpose of this section was to provide basic information regarding typical medical problems a hike leader might encounter while leading a group, particularly in hot weather. The class covered the topics of dehydration, heat-related injuries such as heat exhaustion and heat stroke, orthopedic injuries, wounds, and basic skills regarding splinting. During each topic, Keith would explain in a straightforward manner as to what physical signs a leader might expect to observe on the trail. Many times he would present examples of these conditions from his own experiences. Keith expertly conveyed the seriousness of monitoring the group as well as how to manage one's own physical needs while hiking.

emergency procedures and stressed the importance of group safety.

The second day of training began with the personal equipment section, led by Karen Crawford, who facilitated a thorough discussion of the "10 Essentials" and the rationale for each essential piece of equipment. She went on to discuss the importance of wearing proper clothing in the backcountry. Gary Tobin then took the reigns and expertly explained map and compass basics. During his presentation, Gary taught how to read topographic maps and stressed the importance of a map study of the proposed route prior to a hike. Next, I discussed Leave No Trace ethics with the group, explaining that they as future leaders are also educators with regard to how we interact with the backcountry. Finally, wrapping up the training, Kumait and I led the group on a scenario-based hike in which each participant took a turn at being a leader and a sweep, facing the challenges that might occur during a hike.

The Trail Patrol is planning future trainings in September and November. Courses are conducted at Prince William Forest Park, which provides excellent facilities for classroom and hands-on training, as well as easy access to trails. For more information, e-mail me at bmfernandez99@earthlink.net or visit our Web site at: trailpatrol.patc.net. □

— Ben Fernandez
Trail Patrol
Hike Leadership Training Chair



Photo by Ben Fernandez

Kumait Jawdat, instructor and Trail Patrol Leader, stops at a trail junction to explain the importance of keeping the group together.

Mike Karpie's Photo Tips: Available Light Photography - Part II

The weather and time of day have considerable influence on the quality of light in each scene. On an overcast day the light is very “flat,” having less contrast than on a sunny day. The same quality of lighting exists before sunrise, just after sunset, and in complete shade. In these situations photography is easier because you do not have to deal with the harsh contrast that we talked about last month. This is an excellent time for photographing people because soft light is complementary to skin tones and your subject is less likely to squint. This is also excellent light for capturing scenes with soft textures like an understory of ferns or close-ups of flowers.

Color is another consideration when using available light. Our eyes adapt to different color qualities in our surroundings. When we walk into an office that is illuminated by fluorescent light, the color we “see” appears “normal.” However, a photograph taken without flash in the same office will likely reveal green light. Of course it is unlikely that we will find fluorescent light in the wilderness but the principle demonstrated by this example is important to remember because our eyes also adapt to color casts in available outdoor light. A photograph taken just before sunset will often have a stronger yellowish cast than we remember because when the sun is low in the sky there is a stronger tendency toward yellow. Campfires and lanterns also emit yellow light. This can be a desirable effect, adding to the “warmth” of the scene. In shade or during dawn and dusk, however, the light tends to pick up a bluish cast. This becomes even more apparent in snow scenes.

Next month: Available Light Photography - Part III

Is there a topic you would like to see covered in this column? E-mail me at bkpk@erols.com. I will try to respond to as many requests as possible. □

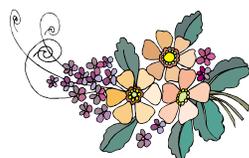
— Michael Karpie



Photo by Michael Karpie

Trail/Shelter Overseers – Appointed in June

Jack Turnbull	Furnace Mountain Trail - Furnace Mt. Summit to Madison Run FD
Larry Baldwin	Rocky Mount Trail –Rocky Mt. Summit 2 nd Junction of Gap Run Trail
Carol & Joe Stielper	Overall Run Trail
Peter Harris	Lower Piney Branch Trail
Robert Fina	Upper Piney Branch Trail
Amanda Greene	Lower Cedar Run Trail
Beth Ann Johnson	AT – Davenport Meadow to Pipeline



Massanutten, from page 9

Massanutten Trail? How do we thank Bill Kruska and Don Sawyer of the Forest Service for having the vision to begin this project 13 years ago? How do we thank Ed Carter for returning every year since the Massarock Crew was formed or Charles Hillon for serving as Crew coordinator? I think they would all answer, “Use the trail! And care for it!”

Postscript:

- The first circuit trail run was completed in April by Anstr Davidson and Chris Scott of the Happy Trails Running Club. Their circuit took 28 hours.
- The first backpacking circuit was completed in May by Jim and Joyce Maw.
- Look for the new PATC Map G which highlights the Massanutten Trail. □

—Karen Harvey

NOTICES

NEW NOTICES

LOST - July 1, pair of Leki Hiking Poles, one of the poles has initials "JHR" carved in it. Poles were left in Harpers Ferry at the intersection of the AT and Chestnut Hill Road (Route 32). Reward if returned. Contact James Reeves at 703/356-0810

WANTED - Hiker looking for 1. Kelly Tioga Backpack Size Large or "Ultra" 2. Old AT guidebooks from any era. Contact Ed Talone at 301/565-6704 x202 or etalone@americanhiking.org

LOST AND FOUND

FOUND: Weekend of May 18-19, at intersection of Keyser Run Fire Road and Little Devil's Stairs - small black "Peak" Outdoor Equipment bag containing several headlamps - 2 Pretzl and one Energizer. Contact Anne at 301/774-6491.

LEFT AT FIRST BIRCH RUN SHELTER (South to North) to dry on rafters, NEW Smartwool socks and liners. Please mail to J. Foster, Rt. 1, Box 761, Roseland, VA 22967.

HIKING OPPORTUNITIES

APPALACHIAN TRAIL SECTION HIKE Opportunity: AT Section Hiker (200 mile sections) seeks fellow hikers as companion/s for adventure on the AT in Fall 2002. The first section starting from Georgia will be in the Fall of 2002. Be prepared to hike an average of 20 miles per day carrying a 35-40 lb pack, over the course of 10-12 days, with 1 travel day on either end of the trip. If you are reasonably fit and eager to get involved in such an undertaking please contact me at alex.mclellan@intcominc.com.

DONATIONS WANTED

NEEDED FOR SCHAIRER CABIN: Large, durable, comfortable arm chair covered with naugahyde or equivalent. No recliners or fabric upholstery please. Call Shirley Strong at 301/229-6905.

LAPTOP AND COMPUTER PROJECTOR NEEDED: The PATC Officers, Staff and Committee Chairpersons need a laptop computer and computer projector which can be used to make presentations at conferences, meetings, and community presentations. Projection at 1024 X 768 desired. If you work for a corporation which might make such a donation, contact Mike Sutherland at msutherland@cox.rr.com or 703/591-8330.

FOR SALE

FOR SALE: Two time-share unit-weeks at Massanutten Mountain Resort. Each unit sleeps 8. Can be purchased separately or together. Early May (2 weeks back-to-back.) Near hiking trails, Skyline Drive, Big Meadows. \$3,500 each. Call Judith 410/749-3369.

SOME MOUNTAINEERING GEAR, mostly carabiners against generous donation to PATC. Also most issues of "Mountain" magazine available. Please call Elizabeth at 202/265-0747 after July 10th.

VOLUNTEER OPPORTUNITIES

DAYTIME SALES DESK VOLUNTEERS BADLY NEEDED every Thursday and/or Friday at the PATC Headquarters between 12 Noon and 2 p.m. We will train you. Once or twice per month. If interested call Pat Fankhauser at 703/242-0693, Ext. 17 or e-mail at pfankh@erols.com or Maureen Estes at Ext. 19 or at patcsales@erols.com.

MEDICAL CHAIR VACANCY: The Medical Chair is the Principal Advisor to the Club's President on medical risk management. The Chair is also expected to have access to various medical community resources that can assist Trail Patrol, Shenandoah Mountain Rescue Group, and other volunteers in obtaining qualified medical training and advice. We need volunteers for this position and for committee members. If interested please contact Mickey McDermott at patcvolunteer@aol.com.

WANTED TO HIRE COOKS. Duration from one (1) day to six (6) weekends. Paying \$0.00/hr, transportation and personal food costs not included. Weaver Cabin is being renovated over June & July, 2002. Work crews need someone to serve soup. If you plan, prepare, cook, and clean there is no need to work on the cabin. If you are interested in fresh air, a weekend out, meeting a group of volunteers, and having a good time, we could use the assistance. Earn the same wage as trainees, carpenters, painters and engineers on site at Weaver Work Trips, Elkton, VA. Contact Thomas Jorgensen at Hairtheart@aol.com or 540/248-7009 (w) (h) 540/456-4760.

PROJECT LEADERS/CONSTRUCTION Foremen needed to plan, organize and supervise several restoration projects. The Club owns 2 old (historic?) log cabins that need to be restored so that they can be placed in the Club's cabin rental system. There is also the possibility of the Club obtaining permission from the National Park Service to restore a stone lock house on the C&O Canal to be used for a rental cabin. You don't need to be a construction professional but good building skills and knowledge are desirable. Good management skills are also desirable. What we are looking for is the will and the courage to try. Some help is available in all aspects of the jobs. For info call Charlie Graf at: 410/757-6053 or e-mail cagraf@aol.com.

PUBLICATIONS CHAIR NEEDS HELP on a book celebrating the 75th anniversary of PATC. One, two or three people are needed to interview a handful of members who joined the club in the 30s and 40s. Please contact Aaron Watkins at 410/740-7082 or publications@patc.net.

NEEDED: PEOPLE TO HELP PLAN and conduct our Club events. We are planning a number of events, such as a picnic in SNP summer 2002. We receive many invitations to provide a Club display at other people's activities. Often we just don't have members to attend. If you are willing, please contact Liles Creighton, Membership Secretary at 410/573-0067, lcrei@aol.com or Pat Fankhauser at Club headquarters. DO YOU WANT TO BE A LANDOWNER along the AT? And have a home in the woods! Are

you in a position to become a Conservation Buyer through the Appalachian Trail Conference Land Trust? Our program matches conservation buyers - people like you - with people who are selling land along the AT. You locate your home or cabin out of sight from the Trail. All we ask is that you donate a conservation easement on the rest of the property. A conservation easement "runs with the land;" that is, no present or future owner can develop it! AND, because an easement is an irrevocable gift of a property right, you get a nice income tax deduction equal to the value of the easement. Contact Bob Williams, Director of Land Trust Programs, at bwilliams@appalachiantrail.org, or at 304/535-6331, or write to P.O. Box 807, Harpers Ferry, WV 25425.

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

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

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

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

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

Trailhead

While out working on trails, many of us encounter weekend tourists who really don't realize the volunteer effort that goes into trail maintenance, and they often ask innocuous questions. But the Hoodlums' Dick Dugan was recently left speechless when returning from a hard day of crew work and a couple of weekenders asked him "What are you digging for - gold?" We fellow "prospectors" can only wish that were true. Thanks to all of you who have made such a great effort in making the trails so pleasant for hikers and tourists this summer.

Don't forget to report your hours. Work trip reports can be filed electronically over the Internet by filling out the form at <http://patc.net/forms/overseer/wtr.html>. The new trail numbers are also there.

Openings in SNP South

Pete Gatje, District Manager for the SNP South blue-blazed trails, has several choice trail sections available, mostly as the result of the Charlottesville Chapter giving up their responsibility for One Mile Run, Lewis Mountain, and Furnace Mountain Trails. It is a great opportunity for someone willing to work as an Overseer on a two-mile section of scenic trail. Contact Pete at 434/361-1309 (e-mail: pjgatje@aol.com) if you are interested. These openings will not last long.

Annual Pass Mountain Cleanup

On June 8, Co-overseers Karen and Rich Mostellar, daughter Rachel, son Michael, friend Megan, and Gary Fisher (Beahms Gap to Pass Mountain Hut trail), and Overseer Terry Allen with daughter Elizabeth (Thornton Gap to Pass Mountain Hut trail) were joined by District Manager John McCrea, Kevin Kraditor, Ray Galles, Susan Skomal and son Aleksander, Kim Guthrie and son Alex, and Wayne Limberg. These folks all joined forces on a gorgeous day in an all-out assault on the weeds on Pass Mountain.

The canopy in this area has been decimated since Hurricane Fran and the ice storm of '98, and much of the summit area lies in a Wilderness Area where no power equipment may be used. Most of the group concentrated in these areas while everyone else spread out to finish the nearly four miles of trail.

Most of the crew returned to Range View Cabin for a dinner of pasta with sausage and roasted peppers, asparagus, and salad, and



Jack Price, Kerry Snow and Steve Paull plant a large locust waterbar, during this year's Central District Overseer Workshop.

Photo by George Walters

some great company. A good time was had by all, and plans are in the works to make this an annual event. Don't miss it next year!

Potomac Heritage Trail – Blowdowns and Building

The 70-foot tree fell into Pimmit Run, its root ball tearing out a six-foot section of the PHT. Overseers Dan Burd and Dan Radke quickly corrected the scene before the upcoming House of Representatives "Trails Caucus" hiked through. Cut logs, plenty of dirt, and a further sidecutting of the hill filled in the hole and completed the trick of constructing a new path. Further down the trail, Overseer Jim Perry led a scheduled PHT worktrip clearing away the invasive plants from across the trail to improve conditions for the VIPs. Fortunately, the VIPs were very nice House staffers and fully appreciated all the hard work PATC volunteers do to keep the trail open. Now if only we could get their bosses to thank us – things would really start to happen on the PHT.

Hoodlums Celebrate Summer

Twenty-two North District Hoodlums braved the threat of spectacular weather and the promise of great Mediterranean cuisine for their June work trip on the AT in SNP. The crew divided into two teams, with one crew building a long stretch of rock steps and log check dams on the north flank of Compton Peak, and the second crew upgrading earthen waterbars to locust, south of the Tuscarora Trail junction on Hogback Mountain.

At day's end, the crew retired to Indian Run Ristorante where the table was overflowing with culinary delights from the Mediterranean regions in a multi-course feast, complete with wailing mandolins. After dinner, the crew waited for the full summer solstice moon to arise over the meadow to debate the merits of the Western man-in-the-moon vs. the Eastern rabbit-in-the-moon theories. The consumption of Moretti helped fuel the debate.

Tornado Damage in the Wilderness

The Wilderness area of Spotsylvania and Orange counties had a tornado or tornado-like wind on the evening of June 6. There was heavy damage with lots of big trees down across the Gordon Flank Attack Trail, Federal Line Trail, and Hill-Ewell Drive. You had see the area to appreciate the devastation. Remember Mt. St. Helens? Well 50 or maybe 75 trees lay across the Federal Line Trail in just one place. This scene was repeated several times. District Manager Frank Haas and Federal Line Trail Overseer Dorsey Counts worked several days cutting blowdowns and were thankful that the NPS maintenance team was also out cutting and clearing.

Frank has a suggestion for working safely in temperatures of 80 degrees or higher with the dew point 60 degrees or higher - eat a banana a day, two prunes (no they do not bother you), oranges, grapefruit, raisins, and

See Trailhead, page 19

Trailhead, from page 18

other foods rich in potassium. And don't neglect the salt shaker. This prevents the electrolyte level from dropping dangerously low when you down a lot of water because you are sweating and thirsty. If you are sweating and you taste no salt in the sweat, you are in danger.

SNP Central District Workshop

The 2002 SNP Central District Workshop was a big success. About 40 folks attended, including the PATC and SNP instructors. The highlight of the weekend was, as usual, the banquets assembled by Esther and Sam Aulthouse. District Managers Hal Hallett and Dan Dueweke took new and prospective Overseers to the Corbin Cabin Cutoff Trail, where they practiced erosion techniques, sidehill repairs, and general Overseer skills. More experienced volunteers worked with SNP trails professionals C.T. Campbell and Don "Mr. Terps" Harvey on two projects on the White Oak Canyon Trail: a pinned log staircase (utilizing a gas-powered rock drill), and a long stone turnpike (built with the help of a GripHoist high-line). The weather for the workshop was perfect (sunny and in the '80s), and the temporary prohibition against gnats was respected by the otherwise-cantankerous arthropods. Overseers who missed the June workshop can still join in the fun ... George Walters' legendary North District Workshop is scheduled in September, also at the Pinnacles.



Overseer Workshop attendee (and SNP overseer) Mark Holland wrestles a rock drill on the White Oak Canyon trail.



Photo by Aimee Kratts

The 20th Anniversary ATC Konnarock Crew (first week) was attended by five PATCers (Bernie Stalman, Don Watts, Cliff Wiley, Charles Hillon, and Kerry Snow ... Bernie is the one with the hat).

Konnarock Crew Celebrates 20 Years

The ATC Konnarock Crew celebrated its 20th birthday this year. The Konnarock "First Week" has become a regular stop on the itinerary of many PATC Trail leaders. This year's contingent included Bernie "Long John" Stalman, Charles "Mo Too Big" Hillon, Don "Bubba" Watts, Cliff "Cliff" Wiley, and Kerry "Consumptive" Snow. The Konnarock Crew is headquartered at the Forest Service Sugar Grove Camp, near Mt. Rogers in southern Virginia, and provides an excellent opportunity to work with volunteers from other AT clubs, and to learn new trail building/maintenance techniques.

Gore Relo

And what is so rare as a day in June? Then, if ever, come perfect days.

Then Heaven tries earth, if it be in tune, and over it softly her warm ear lays.

Whether we look or whether we listen, we hear the murmur or see it glisten . . .

Those immortal lines and the others that follow were written by the noted American poet, James Russell Lowell. As he realized, you can have perfect trail weather in the Eastern United States during June and be out there to enjoy it! PATC crews have done just that this year, but the Cadillac Crew, at least, was having record low turnouts at that time.

PATC and its trail crews can actually work in mild or moderate weather conditions at almost any time of the year, given a little bit of luck. But bad weather - hurricanes, blizzards, windstorms, or even ordinary rainouts

- can also come at any time. We still need to do the clean-up work on the trails afterwards, and we really do it all!

We couldn't handle all 7,000 or so PATC members on one work trip, but we are always looking for a few more good people, so we welcome newcomers and returning old-timers. Come on out if you are interested in learning about trail work or just want to get back into it! Just check the crew calendar and contact one of the leaders!

Despite the small crew size, the Cadillac Crew finished roughing out the northern end of the Tuscarora relo outside of Gore and blazed the new section in preparation for opening the new section later this summer. After a hot work day, they headed for Brill Cabin and for the annual summer steak cookout to continue the tradition started by Al Rogers.

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 jkkrindt@erols.com. □

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DISTRICT MANAGER MASSANUTTEN
SOUTH

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

ASHBY GAP/ LINDEN AT & BB – MAP 8
(RTE. 50 TO RTE. 638)
CALL ED MCKNEW, 540/622-6004
E-mail: emcknew@aol.com
Appalachian Trail

2nd Logging Road to Pipeline (1.2miles)
Dicks Dome Shelter Trail
AT to shelter (0.20 miles)

SNP NORTH BLUE-BLAZED -MAP 9
CALL BERNIE STALMANN, 301/725-8876
E-mail: Bstalmann@aol.com
Tuscarora/Overall Run Trail
Thompson Hollow Jct. To Mathews Arms
(2.3 miles)

SNP CENTRAL BLUE-BLAZED (NORTH END)
– MAP 10
CALL DAN DUEWEKE AT 703/266-3248
E-mail: danjan@fcc.net

WILDERNESS OVERSEERS NEEDED FOR
REMOTE TRAILS. HARD WORK, LOW PAY,
ADVENTURE GUARANTEED.

SNP SOUTH AT – MAP 11
CALL MIKE KARPIE, 540/785-9553
E-mail: BKPKR@erols.com
Appalachian Trail
Powell Gap to Flattop Mt. Summit (1.7 miles)
Appalachian Trail
Riprap Trail Parking to Hairpin Switchback
(1.5miles)

SNP SOUTH BLUE-BLAZED – MAP 11
CALL PETE GATJE, 434/361-1309
E-mail: pjgatje@aol.com
Furnace Mountain Trail
Trayfoot Mt. Trail to Furnace Mountain
Summit (2.0 miles)
Hightop Hut Access Road
Smith Roach Gap Road to Hightop Hut (.7
mile)

Lewis Peak Trail
Rocky Top Trail to West Park Boundary (2.6
miles)

One-Mile Run Trail
Two Mile Run Overlook to west Park bound-
ary (3.7 miles)

Rocky Mount Trail
Intersection of Gap Run [upper] to Summit of
Rocky Mt.Trail (1.2 miles)

Rockytop Trail –Co overseer
Big Run Loop Trail to Lewis Peak Trail (2.2 miles)

Rockytop Trail –Co overseer
Lewis Peak Trail to Big Run Portal Trail (3.5 miles)

TUSCARORA SOUTH – MAP F, G, 9
CALL RICK RHOADES, 540/477-3247
E-mail: Rrhoades@shentel.net

Tuscarora Trail
Mill Mountain Trail to White Rocks Trail
(2.90 miles)

Tuscarora Trail
White Rocks Trail to Cedar Creek (2.7 miles)

Tuscarora Trail
Rock marker to Massanutten Trail (1.5 miles)

MASSANUTTEN NORTH – MAP G
CALL MIKE SUTHERLAND, 703/591-8330
E-mail: msutherland@cox.net

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

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

Massanutten Trail
Bear Trap Trail to Peters Mill Run Trail (1.6
miles)

Massanutten Trail
Moerlan Gap Road to Jawbone Gap Trail (1.6
miles)

Massanutten Trail
Jawbone Gap Trail Crisman Hollow Road
(4.8 miles)

MASSANUTTEN SOUTH – MAP H
CALL BILL SCHMIDT, 301/585-2477
E-mail: wmeschmidt@aol.com

Massanutten Mt. South Trail
TV Tower to Pitt Spring (3.40 miles)

Massanutten Mt. South Trail
Pitt Spring to Morgan Run Trail (3.3 miles)

Second Mountain Trail
Boone Run trail to Kaylor Knob (1.1 miles)

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

GREAT NORTH MOUNTAIN – MAP F
CALL HOP LONG, 301/942-6177
E-mail: mgrgmd@hotmail.com

Mill Mountain Trail
Big Schloss Cutoff Trail to the Tuscarora
Trail (3.3 miles)

Great North Mountain Trail
Stack Rock to FR 720 (4.2 miles)

Gerhard Shelter Trail
Tuscarora Trail to Vances Cove Trail (1.5
miles)



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