



The Potomac Appalachian

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

Volume 29, Number 9
September 2000

Call for Award Nominations

Last year PATC awarded its first Volunteer of the Year Award to Charlie Graf for his significant contributions to the Club throughout the year. The Volunteer of the Year Award is given to the Club member who most exemplifies the spirit of volunteerism through his or her contribution to PATC during the year. That can mean any kind of volunteerism from working at the cabins reservation desk, to building shelters, to maintaining trails, to being an active member of Council. To receive the award one must be a PATC member and be nominated by a fellow PATC member. The only restriction is that the nominee cannot be a member of the PATC Executive Committee. If you know someone who spends all their spare time volunteering for PATC or has contributed mightily to a particular project or who has worked as a volunteer for years without much fanfare: this is the time to nominate them as the volunteer of the year. Include the person's name, address, and telephone number; your name and telephone number; and a justification as to why you think this person should receive the Volunteer of the Year Award. Nominations

must be received at the Club headquarters no later than Friday, October 6. Send nominations to Mickey McDermott, PATC, 118 Park St., SE, Vienna, Va. 22180. If you have questions about the award, you can contact Mickey at jtmcd@erols.com or Terry Cummings at tcivp@mindspring.com or 410/489-4594. The recipient will be announced at the Annual Meeting, November 15.

Honorary Life Membership Award

In addition to the Volunteer of the Year, PATC also recognizes members for their outstanding commitment to the Club over an extended period. In 1999, three members received an Honorary Life Membership Award: former web master Andy Hiltz, trail guru George Walters, and long time office volunteer Marguerite Schneeberger. Anyone can nominate a PATC member for this most prestigious award. If you think a member has rendered outstanding service or contributions to the Club or its objectives over an extended period and meets the following criteria, send your nomination, to be received at Club headquarters no later than Friday, October 6.

To qualify for the award one must:

1. Be a long-time Club member
2. Exemplify the service aims of the Club (service includes leading trips, serving on committees of Council, serving as trail or cabin overseer, donating time at headquarters, etc.)
3. Have contributed to the Club across a broad range of service activities.
4. Have generated enthusiasm and inspired others to become active in the Club.

The award includes a personal, written statement from the Council describing the recipient's contribution to PATC, a Life Membership card, a rocker bar "Honorary Life Member" to wear below the PATC patch, and a special gift of recognition from the Club. Again, if you have questions contact Mickey McDermott at jtmcd@erols.com or Terry Cummings at tcivp@mindspring.com or 410/489-4594. Recipients will be honored

See Nominations, page 4

Don't Miss the Annual Blackburn Pig Roast

As the seventeenth Pig Roast approaches, its creators and caretakers marvel at how well the porcine fest has aged.

"If you would have told me we'd still be doing this after all these years I'd say you were nuts," said Tim Rahn. Rahn has been helping to organize the roast for the last ten years or so. "We've been doing this through thick and thin," Rick Portal said. Portal's Cuban marinated pig has been the centerpiece of the event since it began in 1984. Portal and Rahn can remember cooking for as many as 110 and as few as 40. "Events come and go," Rahn said, "but this one seems to have a life of its own now." Through the years, the men have many

memories of past events from the annual ritual naming of the pig to the more creative ghost stories told at the Jack-o-lantern carving contests.

With the help of Nancy Hughes, Portal and Rahn will again cook and organize this year's Pig Roast at the Club's Blackburn Trail Center on October 7 and 8.

"Every year we pull out our provisions lists and start planning," Rahn said. "I wonder why, though. Since we don't plan to change the menu, I think Rick and I could do this in our sleep." In addition to the pig, Portal and Rahn will prepare the old favorites of

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Deputy Supervisor of Trails: Rick Rhoades
Firestone Tract Management: Shirley Strong
Headquarters Facility: Orron Kee
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Schneeberger
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Phoebe Kilby & Larry Bradford
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Potomac Appalachian

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Council Fire

The PATC Council held its regular meeting on July 11, 2000, at the Club headquarters. The meeting was attended by 22 Council members and one staff member. The PATC membership slipped to 6,908 last month, despite the registration of 95 new members.

Club Goals

Before the Council meeting, Council members separated into four groups to review progress on the Club goals for 2000, to set goals for 2001, and to revise the five-year Club goals. The four groups are (1) Trails and Lands; (2) Facilities; (3) Membership, Volunteerism, Training and Communications; and (4) Finance. The Club goals emphasize protecting the Tuscarora Trail and providing shelters on it. The goals, as reported on in the Council meeting, will be discussed in Executive Committee and in the August Council meeting.

Cabins Update

Charlie Graf, who was cited in the *Annapolis Evening Capital* for his work on the Appalachian Trail and for his selection as the 75th ATC Anniversary Volunteer, reported on the many ongoing activities in shelter and cabin construction. The Ed Garvey Memorial Shelter should be finished by the end of the year. The state of Maryland is helping out by constructing a road to the shelter that can also be used for search and rescue and fire suppression access. The construction of John's Rest and Tulip Tree Cabin is proceeding apace. Mel Merritt reported that the Garland House Cabin has been returned to the Garlans. The privy at Pocosin cabin has been

replaced, and electrical work will be done at Gypsy Spring.

Trails and Maps

The Trail Patrol has assumed responsibility for the training of the Club's hike leaders. The Trail Patrol is also responsible for the Dogwood Half-Hundred. They are evaluating this year's event and discussing ways to improve it. Good news for local hikers: the Mountaineering Section is considering rehabilitation of some of the climbing trails in the Great Falls National Park.

David Pierce, PATC's map-maker, has documented the trail miles of sections of the AT and Tuscarora Trail. His findings will be incorporated in new maps to be released this fall. It turns out that the AT in Maryland is actually 0.4 mile longer than the 2000 Databook records!

Headquarters Renovation

Warren Sharp and Wilson Riley met with the architect to finalize plans for the Headquarters renovation. The project will go to bid in August. The leak in the roof of the Headquarters building has been found and will be patched.

Biennial ATC Conference

The North Chapter is our point of contact for the biennial ATC conference to be held in Shippensburg, Pa., in 2001. They are looking for someone to chair the Excursions Committee. □

—Gerhard Salinger
Recording Secretary

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

Address: 118 Park Street, S.E., Vienna, VA 22180
Hours: Monday through Thursday, 7 p.m. to 9 p.m.
and Thursday and Friday 12 Noon to 2 p.m.
Phone #: 703/242-0315
To receive an information packet: Extension 10
To leave a message for the Club President Walt Smith: Extension 40
24-hr. Activities Tape #: 703/242-0965
Facsimile #: 703/242-0968
Club E-mail #: Wriley1226@aol.com
World Wide Web URL: <http://www.patc.net>

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Membership/Cabin Coordinator: Pat Fankhauser (Ext. 17) Email: pfankh@erols.com
Sales Coordinator: Maureen Estes (Ext. 19) Email: patcsales@erols.com

Walt's Notes

The Tuscarora Trail, A National Gem

What is the longest segment of the almost 1,000 miles of hiking trails that PATC oversees maintain? The Appalachian Trail you say? No, it is the Tuscarora Trail, stretching more than 250 miles from its southern junction with the Appalachian Trail in Shenandoah National Park in Virginia to its northern connection with the AT near Harrisburg, Pennsylvania. The trail was conceived in the 1960s as a possible alternative location for the AT, which appeared for a while to be threatened by development. The trail has seen its ups and downs: indeed, the Pennsylvania section became overgrown in the 1980s following gypsy moth defoliation. After the Keystone Trails Association was no longer able to maintain sections of the Tuscarora Trail, the North Chapter of PATC came to the rescue and made the trail passable by 1994. The trail has been in good shape ever since, and it is being used by an increasing number of hikers and backpackers. Some hikers who like to walk even longer stretches of trail are now combining the Tuscarora Trail with the AT to the east. This results in a new circuit of around 450 miles called the "Tuscalachian Loop", as reported in the September '99 issue of the *PA*.

The Shockey's Knob Relocation

The trail is continuing to shift course as dedicated PATC volunteers negotiate land purchases and easements, and crews work in order to move the trail off the roads. We reported in the September '99 *PA* the acquisition of land for the Tuscarora Trail in Pennsylvania, which will allow hikers to have access to the view from The Pulpit. Another shift from road to "real" trail was completed and recognized this year in Virginia. On July 8 the Cadillac Crew celebrated a twelve-mile relocation in the Shockey's Knob area, in the vicinity of the West Virginia/Virginia boundary. Thanks to the generous contributions of Dr. Byron Brill and the Caskey family, represented by Mr. Larry Caskey, over whose land the new trail passes, hikers can now enjoy the natural beauty of the landscape, including views of Shockey's Knob, instead of having to trek on hard-surface highways. It was a pleasure to hike the new trail in July and view the excellent trail work accomplished

by the Cadillac Crew, headed by Fran Keenan and Jon Rindt. Lloyd MacAskill, Chairperson of the Tuscarora Trail Land Management Committee, is continuing to work with other landowners in the Northern Virginia area so that more of the trail can be relocated off the road and onto protected land.

A Future Vision

At the Shockey's Knob dedication I asked the question, "What is your vision for the Tuscarora Trail?" My personal hope is that by the year 2010 the entire Tuscarora Trail will be completed and on protected lands with supporting facilities. Can we do that? Yes, we can. Will it be difficult? Yes, it will, but we have the marvelous voluntary capacity to accomplish that goal if we concentrate our resources and dedication. People enjoy helping a good cause, and the Tuscarora Trail, a potential national scenic trail, is just such a good cause. How do we accomplish this vision? By sticking to the goal, maximizing our resources in conjunction with our partners, and recognizing what has worked well in the past. For the most part, this is what is already happening.

The Tuscarora Trail Shenandoah Valley Project

It is a time-consuming task to secure land so that a trail is protected. One of the more difficult places to do this is in Shenandoah County, Virginia, located in the Shenandoah Valley, where recent land development has threatened the Tuscarora Trail's very existence. However, two members of the Northern Shenandoah Valley Chapter, Phoebe Kilby and Larry Bradford, Co-chairs of the Tuscarora Trail Shenandoah Valley Project Committee, are not daunted by the difficulty of the task. They have assembled a working group of local Shenandoah County citizens, members of PATC, and representatives from the Virginia Department of Forestry, Lord Fairfax Soil and Water Conservation District, the U.S. Forest Service, and the National Park Service to work on finding solutions and achieving success. This team is in the process of knocking on local landowners' doors in order to replace handshake agreements with more formal easements so that the trail will remain available to hikers in the future. Fortunately, it

appears that many people in the community recognize the recreational value of a trail that connects many cultural and natural sites. In fact, because the Tuscarora Trail in that county passes by the Elizabeth and Van Buren iron furnaces, Signal Knob, a Civil War-era signal station, the Toms Brook Battlefield, and the Shenandoah County Farm property, a former home of Revolutionary War General Peter Muhlenberg's family, it has been suggested that the trail be called the Tuscarora Heritage Trail!

It is the painstaking, detailed work by volunteers in planning the process, securing local community cooperation, accomplishing the necessary legal action, moving rocks and earth for the trail, and building shelters that will transform the vision into reality. Let us put our shoulders to the wheel and get the job done by 2010!

See you on the trail,

Walt



Photo by Walt Smith

A view of Shockey's Knob as seen by a hiker in July on the relocated Tuscarora Trail. Dr. Brill's cabin, used by the Cadillac Crew while constructing the trail, is seen in the hollow below.

Check out the redesigned
PATC website at
www.patc.net

Nominations, from page 1

at the Annual Meeting November 15 along with the Volunteer of the Year.

Service Awards

Are you a volunteer leader who is looking for some special way to recognize the volunteers you work with? Well here's your chance. Please send your list of service awards to

Terry Cummings at tcivp@mindspring.com no later than Friday, October 6. Service Awards recipients are anyone you think has provided above and beyond volunteer support throughout the year. Recipients will receive a certificate, to be presented at the Annual Meeting November 15. □

—Terry Cummings

PATC Annual Meeting
November 15th, Wednesday
Elks Lodge in Fairfax, Va.
See the Forecast for details

Pig Roast, from page 1

black beans and rice, potatoes gratin, and apple crisp. Portal's famous tamales will also return as a starter to the evening's festivities. Rahn will also prepare the standard hearty breakfast for those who stay the night at the Center or at the nearby campground.

"One of the neat things about this event is the fun in the kitchen," Rahn said. Portal and Rahn depend on volunteers to help prepare the food. When it comes time to make the tamales, Portal generally finds a dozen or so people to help roll the 300 to 400 tamales served at the Roast.



In addition to the evening meal, children attending the event are given pumpkins to carve for the Jack-o-lantern carving contest. This fun event requires the participants to

tell a ghost story about the pumpkin they have carved.

While dinner is not served until early evening, attendees are welcome to come early to help in the kitchen or take advantage of the trails around the trail center.

Members and others interested in attending the Roast should complete the form shown below with a check for \$20 to Nancy Hughes, 7312 Willow Ave, Takoma Park, Md. 20912. INFO: Nancy Hughes, 301/891-0386 or e-mail timandnancy@erols.com

Blackburn Pig Roast Saturday and Sunday, October 7-8, 2000

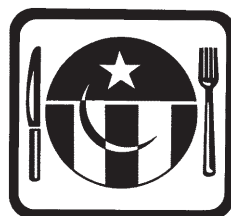
Name: _____
Address: _____
Phone: (day) _____ (evening) _____
Number of reservations: _____ @ \$20.00 each
Amount enclosed: _____

I will be bringing _____ children under 12 years of age (no charge for children under 12)

Include a \$20.00 payment per person for each reservation and mail to:

Nancy Hughes
7312 Willow Ave.
Takoma Park, MD 20912

IMPORTANT: Please be sure to make your check payable to Nancy Hughes.



Building New Trail

This is a three-part series describing how two PATC trail crews go about building a new section of trail. The series focuses on sidehill tread and contrasts the work of the Cadillac Crew, which builds trail for hiker-only traffic, and the work of the Massanutten Crew, which builds trail for horse and bike traffic as well as hikers.

Part 1: Planning The Work

A trail that climbs diagonally up a slope is called sidehill tread. A switchback is a sharp

turn in the sidehill tread. Most of our climbing trails consist of sidehill tread, switchback, sidehill tread, switchback. These are the trails that take us up onto a mountain.

Trail crews are often forced to repair pre-existing sidehill tread, perhaps a century old. The crew gets to praise the unknown trail builders for their fine work, or perhaps to curse them for not planning ahead. However, we'll focus here on trail construc-

tion, where the crew is building new trail on a hillside.

Suppose the end point of the new section of trail is exactly 80 feet higher in elevation than the start point, and suppose the crew decides to build at an average 8 percent grade, which is not very steep. Eight percent means the crew must build about 100 feet of new trail tread for every eight feet of elevation gain. To gain 80 feet of elevation,

See Building, page 16

Book Review: Virginia Blue-Ribbon Streams: A Fly-Fishing Guide

By Harry W. Murray, Frank Amato Publications, 96 pp., softbound, \$24.95.

Some PATC members may be fly-fishers or want to try their hand at it, or simply learn about the sport. This book covers fishing in the streams in the mountain regions of Virginia, including eight chapters on Shenandoah National Park. It includes useful information, too, for hikers and backpackers on motels, B&Bs, and campgrounds. This beautifully made book features excellent color photographs on every page. The author, who lives in Edinburg, Va., provides an extensive list of

facilities in the towns around SNP. Harry is a photographer as well as writer and owns a shop in Edinburg where he conducts clinics. The book includes several pages on backpacking in backcountry, plus SNP rules for backcountry camping. □

—Carol Niedzialek



Photo by John Luck

Kumait Jawdat, chairman of the PATC Trail Patrol, and Elissa Cardoni look over the western slope of Shenandoah National Park.

**2000 Chesapeake
Wildfowl Expo
at the Ward Museum of
Wildfowl Art
Salisbury, Md.,
6-8 October
Info: 410/742-4988**

Potomac Appalachian Trail Club Trail Patrol presents

Backpacking 202

A Course for INTERMEDIATE/ ADVANCED BACKPACKERS

Learn how to:

Enjoy the Backcountry Under
Challenging Conditions

The course teaches the needed skills for planning and executing an early winter backpacking trip. Two pre-trip sessions 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:

Wednesdays, October 18 and 25, 2000. 7:30-10:00 p.m.
PATC Headquarters, 118 Park Street, SE, Vienna, Virginia

Weekend Outing:

November 10-12, 2000 (Veteran's Day weekend)

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

To receive a registration form and all other information, please call:

Larry Marcoux: home,
703/968-4771 or work,
703/402-5441
nolsintmaster@aol.com

Help Protect Rock Creek Park

The best opportunity in a century to protect the resources of Rock Creek Park is about to pass us by.

Within the next few months, the National Park Service is expected to release its long-overdue "general management plan" for Rock Creek Park—and the news is not good. The current NPS draft plan is unlikely to adequately address the Park's overwhelming problem: excessive automobile traffic.

Park Service officials know that ever-increasing commuter traffic is damaging the resources of Rock Creek Park and diminishing the experience of visitors who come to bicycle, skate, run, or walk in the Park. But they seem convinced that the area's political leaders oppose measures to reduce weekday commuter traffic in the Rock Creek Valley. Thus, while NPS implements innovative traffic plans in Yosemite and the Grand Canyon, such measures are avoided in Rock Creek Park.

The People's Alliance for Rock Creek (PARC), representing 44 environmental, recreation, and community organizations, has offered NPS an alternative plan to protect the natural and recreational resources of Rock Creek Park. PATC is not a member of PARC but maintains many miles of trail in Rock Creek Park. PARC's plan would create permanent recreation zones on the three sections of Beach Drive that are currently closed to automobiles only on weekends and holidays. In addition, the plan would:

- * protect the Park's natural resources;
- * preserve existing recreation facilities;
- * improve public access and education; and
- * improve trails, bridges, and road crossings.

For more information on PARC's campaign, visit their Web site: www.waba.org/wabadocs/parc.htm.

Here's what you can do right now for Rock Creek Park: Send an e-mail or fax urging your Council member or Congressman to support reduced automobile commuter traffic in Rock Creek Park. Here are a few points you could make:

See Rock Creek, page 13

Campostela

Long-distance hikers in Europe have been walking the European Union's First Cultural Route since 1987 and getting certificates to show for it, as well as achieving the kind of emotional and spiritual rewards American AT through-hikers experience. European hikers get their rewards by taking the Pilgrim's Road to Campostela.

Santiago Campostela is a cathedral in the far north of Spain that honors St. James. Since the twelfth century, pilgrims have journeyed to the cathedral to pay reverence to the relics. Until the nineteenth century, pilgrims walked or rode mule or horseback. They came from all over Europe, but four major paths developed starting in Italy and France. The Italian path started in Rome, going north into Provence, through Arles and the Pyrenees to a pass that brought them to the monastery at Roncesvalles, where it joined the three paths that originated in France (at Paris/Chartres, Vezelay, and Le Puy). The French paths had merged at St. Jean-Pied-de-Port.

From Roncesvalles, there is one road to Campostela, some of it highway, much of it

not: The pilgrim path north of Roncesvalles also includes a mix of lesser highways and country lanes (an article that appeared in the February 1994 issue of Smithsonian magazine described the route). Where necessary, yellow arrows or a signpost with the pilgrim's signal scallop shell have been put up for hikers' guidance.

The European Union, I was told, subsidizes individuals or organizations providing hiker accommodations (lodging, dinner, and breakfast at modest prices) at the villages or towns that were customary stops along the route (St.-Jean-Pied-De-Port and Roncesvalles are two such stops—20 miles and a 3,400' pass apart, a good day's walk).

I saw at least four parties of two to six hikers walking that one section of trail the day I was there. My information source told me that one of his friends, a retired professor, had made the Paris-Campostela walk three times since his retirement.

Pilgrims receive a signed certificate of their accomplishment at the Pilgrim Office in the cathedral, on showing they walked at least

60 miles, or biked 120 miles, to Campostela. The "passport," which Catholic pilgrims received from their bishop and non-Catholics received from another organization before beginning the Cultural Route, is stamped at the various refugios, where the pilgrim hiker or biker stayed overnight, to provide the proof. (Under present European Union practice, real passports are no longer needed to cross between France and Spain). American would-be hikers who would like to walk some part of the Pilgrim's Way Cultural Route to Campostela may obtain pilgrim passports through the American Association of Friends of the Road to Santiago, 1708 No. 54th St., Omaha, Ne. 68104. □



A Brief History of PATC Hikes, Part III

Dogwood Half Hundred

One particular bright spot in the 1980s was the establishment of the Dogwood Half Hundred. The hike was proposed by Jane Bargler, a PATC Vice President in the early '80s, as a one-day hike of 30 miles or so to challenge Club members. The name, Dogwood Half Hundred (30 miles and 50 kilometers are roughly equal), would attract attendance. The required planning and operation of the hike (rest stops, first aid service, and so on) involved members hitherto inactive in PATC. It also brought out more than 100 participants, many of them from outside the Club. Satisfaction with the first Dogwood Half Hundred was so general it was offered again the next year and has continued to be offered annually—always with its own management distinct from other hike planning.

During its first two or three years, the Dogwood Half Hundred was held on the AT in northern Virginia. However, the

Appalachian Trail Conference and the U.S. Park Service disapproved of events of this nature. Conservation-minded PATCers also felt a couple of hundred people walking or running over a section of trail in one day detracted from the desired wilderness feel

In Celebration of PATC's History

and probably damaged the treadway. Therefore, the venue of the Dogwood Half Hundred was moved to the Big Blue Trail (now called the Tuscarora Trail), which was less used and under the oversight of the U.S. Forest Service and PATC alone. The terrain over which the hike passes is possibly even more difficult than the portion of AT used in earlier years.

Today the Dogwood Half Hundred has become more of a run than a hike, but its popularity remains high.

Trail Responsibilities Re-emerge

A chart I compiled that compares hikes, work trips, and membership from 1950 to 1990 shows the 1980s and 1990s to be a period of steadily increasing membership and a matching growth in both hikes and work trips, with the work trips—to relocate trails, to repair shelters, to build new cabins—offering very strong competition to pleasure hikes. Often there were more work trips than hikes on a weekend.

The growth of work trips was due in part to need. After 1978, the federal government was buying private lands so that the Appalachian Trail could be relocated to a permanent, and better, location. This required trailwork by the Club. Shelters built in the 1930s were showing their age.

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History, from page 6

The pressure put on existing Club cabins by a public increasingly interested in an outdoors experience that included some comfort meant new cabins had to be built.

The first Blackburn Trail Center clique was created to address these needs. (Despite the aura of exclusivity “clique” carries, it is still the only word that aptly describes the groups of friends within PATC who play and work together, but PATC cliques rarely exhibit exclusivity.) These newcomers of the 1980s had as great an effect on PATC activities as did those of the 1955-1962 era but in a different direction. The earlier group sparked the expansion of hiking and excursions. The 1980s group became engaged in the building and repair of old and new shelters and cabins, the relocation of the AT in northern Virginia, and the building of new trails.

Club Climate Today

From 1988 to 1992, no annual report was made by an Excursions Chair, though the list of officers indicates there were people appointed to the post at least some of the time. The schedules published each month indicate hikes were offered and probably held.

The 1993 annual report tells that a new Excursions Chair was appointed in mid-year but had not yet established a committee. However, the Club offered a trip to Japan, which was filled, though it seems to have been more sightseeing than hiking.

In 1994, PATC developed and published in a pamphlet a policy for hike leaders. Three people were appointed to the Excursions

Committee, and it scheduled a hut-to-hut hike in the White Mountains. A hike held on National Trails Day won a national prize. In 1997, PATC held a two-day training program for hike leaders, but there was “no time to institute overall hike planning,” the annual report stated. However, the Excursions Chair was reviewing hikes to be announced in the next issue of the *Potomac Appalachian*, presumably to prevent competition and repetition among hikes and work trips.

Whether initiated by Excursions Chair or hike leader, the type of hikes offered varied—backpacking, family, natural history, fast, and far, but the trails chosen for the hikes from 1975 to the present continue to be the familiar ones: the AT and its side trails, the Big Blue (Tuscarora), and the C & O Towpath. Little effort was made to introduce Club members to the newly relocated sections of AT in Northern Virginia. (Had so many members worked on it that no one wanted to see it when completed?) Hike leaders and Excursions Chairs have been blind as well to the new trails built by neighboring organizations such as the relocated AT in the Cumberland Valley (the work of the Mountain Club of Maryland) and the trails south of Rockfish Gap.

Social attitudes change over time. What will PATC’s position on hiking be for the coming generation? The 1990s began with a new type of hike—natural history, of which PATC offered one or two a year with apparent success. But individuals today seem to prefer to take their pleasure hikes with one or two friends rather than in a group. They are still willing to work with others on an obvious project—putting on a

roof, digging a privy pit, or putting in waterbars. It is clear that things have changed noticeably in many aspects of PATC over the past 20 years. What is less clear is whether the change is permanent.

One last comment. Nowadays a hiker is asked to sign a liability waiver before going on a PATC hike—this at the insistence of the Club’s insurance company, which asserts hiking is unsafe. While I agree accidents may happen, not many do. In my 40 years of PATC hiking, I am aware of only three accidents requiring a hospital visit and one death. The death occurred in the 1980s on a cross-country ski trip in New England; the man who died had a known heart condition but insisted on making the trip.

One hiker broke a leg on a Bushwhacker’s trip near Lake Crimora in the 1960s. Also in the 1960s a rattlesnake on Robertson Mountain, justifiably irritated by so many passing hikers, bit the third or fourth person behind the leader. In both of these cases, hikers carried the injured parties out to medical aid. Another leg was broken on a mid-week hike on Sam’s Ridge in the 1980s; this time the Sperryville Rescue Squad helped get the victim to the hospital. It seems to me that four serious accidents in 70 years and thousands of hours hiking is not a terribly high percentage.

What will the future bring? It’s up to you, the membership, to decide that. □

—Paula M. Strain

“A Brief History of PATC Hikes,” parts I-III, has been excerpted from a report by Paula Strain. The report can be found in the PATC archives.

In Memory of... Alice Ruddiman

Alice passed away on July 13 after a long illness. She was a member from 1971 to 1992 when she moved to Lexington, Va., to be near her son. Alice worked in several capacities for PATC—sales desk, recording secretary, excursions committee, hutkeeper, helped overseers with their sections of trail, and she was in the original group that started the midweek hikers in the early 80s. Alice had an abundance of warmth, humor, strength, vitality, and stamina, an inspiration to all who knew her. Her son said she blossomed and became a changed person when she discovered hiking and joined the Wanderbirds Hiking Club and PATC. He said she always felt her time hiking was one of the major good experiences she had in life.

—Carol Niedzialek

Check out the redesigned
PATC website at www.patc.net

Attention Federal Employees!

PATC is participating in the Combined Federal Campaign of the National Capital Area. Please consider a payroll donation to PATC. Our 2000 Designation Number is 7956. Thank you for your support.
(The timeframe this fund is active is September - December)

FORECAST

Chapters

Charlottesville Chapter

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

North Chapter

The North Chapter of PATC conducts monthly trail work trips on the Maryland and Pennsylvania sections of the Appalachian Trail (AT) and on the Pennsylvania sections of the Tuscarora Trail. We also lead hikes on these and other trails. Maryland AT work trips are generally held on the first and third Saturdays—contact Mark Mitchell (mdtrail@yahoo.com), 301/461-7048 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday—contact Charlie Irvin, 301/447-2848 or Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday night stay at the Gypsy Spring cabin. Dinner, breakfast, and camaraderie available. For information on upcoming hikes, contact Chris Firme (bncfirme@innet.net) 717/765-4833. For general chapter information, contact chapter president Steve Koeppen (patc-north@mail.com) 410/756-2916 or visit the North Chapter home page (www.patc.net/north_ch.html).

Northern Shenandoah Valley Chapter

The Northern Shenandoah Valley Chapter sponsors hikes in national and state parks and forests in the Shenandoah Valley vicinity, open to the public, on a monthly basis except during the winter. Hikes are posted in the Forecast. Other activities are in the NSV Chapter Newsletter. For further information contact Martha Clark (mclark@visuallink.com) 540/665-2101.

Southern Shenandoah Valley Chapter

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

West Virginia Chapter

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

Ski Touring Section

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

PATC Midweek Hikes







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

Other Clubs' Hikes

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

KEY to Forecast Activities

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

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 (<http://patc.net/volunteer/trailpatrol>).

New Members (PATC) - First Wednesday

7:30 p.m. Curious about the Club? Want to learn more? The best way is to attend a New Members Meeting (but you don't have to be new to qualify). Attend the meeting and find the mysteries of PATC revealed in full. Refreshments will be served. Directions to PATC: Take Rt.123 into Vienna, VA and turn east on Park St.(Rt.675) to 118 Park St. on your left. INFO: Terry Cummings (TCIVP@mindspring.com) 410/489-4594.

Shenandoah Mountain Rescue Group

(New Members meeting) - Second Monday
7:30 p.m. New members meeting.
INFO: SMRG Operations 703/255-5034, then press #5.

PATC Council - Second Tuesday

7:00 p.m. sharp. The PATC Council meets the second Tuesday of every month to conduct business of the Club. All members are welcome.
INFO: Wilson Riley (wriley1226@aol.com) 703/242-0693 x11.

Mountaineering Section - Second Wednesday

8:00 p.m. Second Wednesday of every month. INFO: Greg Christopoulos (greg.christopoulos@do.treas.gov) or see PATC's website (http://www.patc.net/chapters/mtn_sect/).

The Futures Group - Third Tuesday

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

Shenandoah Mountain Rescue Group (Business meeting) - Last Tuesday

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

September

1 (Friday)

DEADLINE - October Potomac Appalachian Headquarters, Vienna, VA

5:00 p.m. All items for the next issue of the PATC newsletter must be submitted on disk if possible to headquarters, or via e-mail or e-mail attachment to jns-bianca@home.com. Allow one week for postal service delivery.

2 (Saturday)

⊗ **TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD**

Do you have some spare time this long weekend? Why not enjoy the camaraderie of a work event and get dirty on the trail? Bring a lot of water, lunch, gloves, and boots. INFO: Mark Mitchell (mdtrail@yahoo.com) 301-461-7048.

2 - 3 (Saturday - Sunday)

🏠 **CABIN WORK TRIP - Blackburn Trail Center Round Hill, VA**

SEPTEMBER — The weather is finally cooling off but we're still working feverishly. The big push is to winterize the basement water system before things really cool off! Help is needed to collect firewood and with lots of other small projects. Come for the day or spend the weekend. We'll share a meal on Saturday night. INFO: Bruce Clendaniel 410/820-7550 or Chris Brunton 703/560-8070.

2 - 3 (Saturday - Sunday)

⊗ **TRAIL WORK TRIP - North Chapter 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.

2 - 4 (Saturday - Monday)

🎒 **BACKPACKING TRIP - Otter Creek Wilderness Monongahela National Forest, WV**

Leaving Saturday morning, backpack four miles to our campsite where we'll spend two nights. Long dayhike on Sunday. We should be back to D.C. area by 6:00 p.m. on Monday. Wonderful place, but plan for rain and stream crossings. Group limit ten. INFO: Dave Wilcox (davewillcox@worldnet.att.net) 703/212-0991 or Gary Tobin 703/998-5057.

4* - 8 (* Week starts Monday PM due to Labor Day)

Shenandoah (North District) Trail Crews Shenandoah National Park, VA

Housing and Meals: Crews will be housed at the Pinnacle Research Center near the Pinnacle Picnic Area in the Central District. Vehicles may be driven to the Center. Crewmembers will pack their own lunches; breakfast will be self-serve at the cabin. Dinner will be served at Skyland Lodge. A PATC District Manager will stay and work with the crew under the supervision of a Park Ranger. Donate a week (or more) of honest sweat and fun in exchange for meeting new people, and sleeping under celestial splendor. For details on this thrilling and rewarding opportunity, free grub, and crew shirt, leave your name and address on 703/242-0693 x12.

5 (Tuesday)

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

6 (Wednesday)

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

6 (Wednesday)

CLASS - Trekking in Nepal, Tibet and the High Himalayas (REI)

REI, Baileys Crossroads, VA

7:30 p.m. Tank Ojha, Director of Himalayan Experience, will present an overview of the rich natural and cultural history of the high Himalayan regions of Nepal and Tibet. More than 50 cultures inhabit the region, affording travelers a unique opportunity to immerse themselves in cultural diversity, in the midst of some of the most awe inspiring terrain on earth. Tank, who grew up in far western Nepal, has served as a field geologist in the Himalayas for more than 15 years. His images and stories span more than 17 years of roaming the high Himalayas! INFO: REI 703/379-9400.

6 (Wednesday)

🏠 **HIKE - Easy Hikers Washington, DC**

The Easy Hikers will hike 5-6 moderate miles in Battery Kemble and Glover Archbold Parks. Meet at 10:15 a.m. (note new starting time). To reach the starting point from the intersection of Arizona Ave. and MacArthur Blvd., proceed toward downtown on MacArthur Blvd. Turn left at the second street, Chain Bridge Rd. and follow Chain Bridge Rd. to Battery Kemble parking area on right. Bring lunch and water. INFO: Shirley Rettig 703/836-0147.

7 (Thursday)

⊗ **TRAIL WORK TRIP - Happy Hour on the Potomac Potomac Heritage Trail, Arlington, VA**

6:30 - 8:30 p.m. Who says you have to drive for an hour to enjoy the outdoors? Join us for an after-work hike and cleanup in your own backyard. We'll pick up trash and cut back overgrowth along the Virginia bank of the Potomac River. Please bring trash bags, gloves, and old shoes as it can be muddy. Also bring clippers if you have them. Park at the Windy Run pumphouse. INFO: Email <potomacheritagetrail@hotmail.com>, or call Tricia Meeks 703/979-2174, Dan Radke 703/528-2870, or Jim Egenrieder 703/527-3643.

9 (Saturday) (Rain Date: September 23)

⊗ **TRAIL WORK TRIP - Rock Creek Crew Rock Creek Park, Washington, DC**

8:15-11:30 a.m. We only meet once this month so you can get out for a weekend hike sometime in the rest of September when the summer crowds are gone from the trails. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31.

9 (Saturday)

🏠 **HIKE - North Chapter Link Trail, PA**

Link Trail Series #6 (final hike). Frew Rd. at Carbon Trail to Greenwood Furnace State Park and the Mid-State Trail. 11.6 miles with an elevation change of 900 feet. This section has some fantastic views of the Stone Valley from atop the ridge of Stone Mountain. INFO: Chris Firme 717/794-2855 after 6:30 p.m.

9 - 10 (Saturday - Sunday)

⊗ **TRAIL WORK TRIP - Cadillac Crew Meadows Cabin, Syria, VA**

This weekend we're going to be clearing the area around Meadows Cabin and doing some much-needed weed control to help out the cabin overseers. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at Meadows Cabin. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

9 - 10 (Saturday - Sunday)

WORKSHOP - 13th Annual North District Trails Workshop

Mathews Arm Campground, North District, Shenandoah National Park, VA

See article in the August *Potomac Appalachian* for more information. RSVP/INFO: George Walters (gjwalters@erols.com) 410/426-2724.

10 - 15 (Sunday - Friday)

⊗ **TRAIL WORK TRIP - Massarock Trail Crew George Washington & Jefferson National Forests**

The Crew will stay at Camp Roosevelt Campground in the northern Massanutten Mountain. Caroline Furnace Lutheran Camp will provide meals and box lunches. You will need to bring your own tent, or sleep in your vehicle if you desire. The crew will continue constructing the Massanutten West Trail. Donate a week or more of honest sweat and fun in exchange for meeting new people, and sleeping under celestial splendor. For details on this thrilling and rewarding opportunity, free grub, and crew shirt, leave your name and address on 703/242-0693 x12. More information and an application is available on the web at www.patc.net.

11 (Monday)

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

11 (Monday)

🏠 **MEETING - Hiking Committee Meeting Blackburn Trail Center, Round Hill, VA**

If you are a hike leader, you won't want to miss a rare meeting of your committee. We'll be talking about an entirely new focus for the hiking program, and your input will be essential for making a good decision. Come out and find out what's up, and help us launch the program. We'll meet at Blackburn Trail Center at 7:00 p.m. If you haven't seen the new road and building, it will also be a chance to take a look. We'll even provide dinner. Reservations/INFO: Todd Birkenruth (birky@earthlink.net), Susan Bly (sbly@aol.com) 304/258-3319, or Tom Johnson (johns3@juno.com) 410/647-8554.

12 (Tuesday)

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

13 (Wednesday)

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

13 (Wednesday)

🏠 **HIKE - Easy Hikers**

Jug Bay, Patuxent River Park, MD

Meet at 10:15 a.m. in parking lot near the office. 4 or 5 mile hike preceded by 1.5-hour cruise on the "Otter" with park naturalist. Capacity 20 hikers. Directions: Beltway (I-95), Exit 11. Go south-east on Pennsylvania Avenue (MD 4) 6.2 miles to

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cut-off for Crain Hwy. Bear right 0.2 miles to fork, then right again 1.8 miles to US 301. Ease right 0.6 miles to Croom Rd (Md 382), turn left and go 3.1 miles to Croom Airport Rd, turn left and go 2.1 miles to park entrance on left. Then 1.6 miles to Park Office. Reservations necessary. Bring lunch and water. INFO: Henry Shyrock 202/479-4130 or Pauline LeMarie 202/484-2966.

16 (Saturday)

✂ **TRAIL WORK TRIP - North Chapter**
Tuscarora Trail, PA

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

16 (Saturday)

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

Finally, some cooler air. And in the hills, the leaves are starting to change color. Join us for some fun work in the beauty of South Mountain. Bring water, lunch, gloves, and boots. Novices to trail-work welcome. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

16 (Saturday)

⬆ **HIKE - Mason-Dixon Trail Series #8**
Havre de Grace, MD

A moderately paced 19-mile hike from Havre de Grace east to Elk Neck State Forest PA. A car shuttle is required. Mason-Dixon trail maps 7 and 8. INFO: Jack Thorsen 703/339-6716 or William Needham 410/884-9127.

16 (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 work on the Mill Mountain Trail and other trails on the mountain near Big Schloss. This popular area offers fine panoramic views of Trout Run Valley from the mountain crest. We will remove or break up rocks in the tread, build or clean and repair water bars, and remove brush and weeds. RSVP/INFO: Hop Long (mgrgnmd@hotmail.com) 301/942-6177.

16 (Saturday)

✂ **TRAIL WORK TRIP - Maryland Metrolites**
Cabin John Park, MD

Join the Maryland Metrolites for a work trip in Cabin John Park, Montgomery County. We meet at 9:00 a.m. at the Nature Center parking lot off Democracy Blvd. Bring lunch, gloves, water, and high spirits. INFO: Liles Creighton 410/573-0067.

16 - 17 (Saturday - Sunday)

✂ **Italian TRAIL WORKTRIP - North District Hoodlums**
North District, Shenandoah National Park, VA

Don't makka' me breaka' your leg for this one, eh Louie? Hearty Mediterranean cuisine will be the reward for a good day's work on the Appalachian Trail in the North District of the park this weekend. No experience necessary — tools provided. Bring work gloves, lunch, and a smile. Overnight stay at Indian Run Hut within the park. Come for the day, stay for the evening meal, or spend the entire weekend. The crew meets at 10:00 a.m. at Piney River Ranger Station in the North District. RSVP/INFO: George Walters (gjwalters@erols.com) 410/426-2724.

16 - 17 (Saturday - Sunday)

✂ **TRAIL WORK TRIP**
Central District, Shenandoah National Park, VA

Tired of that manufactured, air-conditioned "air"? Depressed because your cubicle is in a building with no windows? Have an almost overwhelming desire to *thwack* a perpetually bored and always-in-the-way teenager? Come out and help a crew of trailbuilders rebuild a section of the Appalachian Trail in Shenandoah National Park! That's right! Feel the satisfaction of your mattock well and truly striking the earth. Use the rock bar to move that immovable object of a boulder out of the way! Meet at 9:30 a.m. on Saturday at the Timber Hollow Overlook on Skyline Drive. Overnight accommodations at Pocosin Cabin. Reservations/INFO: Don White (whitedh@hotmail.com) 804/217-9700 x318 (w).

16 - 17 (Saturday - Sunday)

CLASS - Wilderness First Aid
Annandale, 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.

16 - 17 (Saturday - Sunday)

🏠 **CABIN WORK TRIP - Blackburn Trail Center**
Round Hill, VA

SEPTEMBER — The weather is finally cooling off but we're still working feverishly. The big push is to winterize the basement water system before things really cool off! Help is needed to collect firewood and with lots of other small projects. Come for the day or spend the weekend. We'll share a meal on Saturday night. INFO: Bruce Clendaniel 410/820-7550 or Chris Brunton 703/560-8070.

17 - 22 (Sunday - Friday)

✂ **TRAIL WORK TRIP - Massarock Trail Crew**

George Washington & Jefferson National Forests
The Crew will stay at Camp Roosevelt Campground in the northern Massanutten Mountain. Caroline Furnace Lutheran Camp will provide meals and box lunches. You will need to bring your own tent, or sleep in your vehicle if you desire. The crew will continue constructing the Massanutten West Trail. Donate a week or more of honest sweat and fun in exchange for meeting new people, and sleeping under celestial splendor. For details on this thrilling and rewarding opportunity, free grub, and crew shirt, leave your name and address on 703/242-0693 x12. More information and an application is available on the web at www.patc.net.

18 (Monday)

⬆ **HIKE - Family hike**
Great Falls Park, VA

Great Falls Park — Virginia side. Put your baby or toddler in a front or back carrier and join us for a hike — we'll determine the distance based on the group preference. INFO: Lauren Lang (LEvansAT94@aol.com) 703/631-9278.

19 (Tuesday)

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

20 (Wednesday)

⬆ **HIKE - Easy Hikers**
Wheaton Regional Park, MD

Hike around scenic Wheaton Regional Park, with a visit to the fabulous greenhouse. Meet near the kids' rail station at 10:15, rather than our usual 10:00 a.m. Bring lunch and water. Directions: From the Beltway, take the Georgia Avenue North exit and go north a few miles to a right on Shonefeld Drive (traffic light and small shopping center). Take the right-hand entrance down to the train station area. INFO: John Giblin 301/585-5172.

20 (Wednesday)

CLASS - Climbing in the Death Zone (REI)
REI, Baileys Crossroads, VA

7:30 p.m. Mountaineers have always found adventure and risk in high places, and the highest peaks have always been regarded with awe and respect. Above 18,000 feet, the human body can't get enough oxygen. Strength and judgment can fail, just when they are most necessary. The heights have always drawn adventurers to challenge the peaks, and the Himalayas have always presented the ultimate challenge. This video/slide presentation will take us on veteran mountaineer Chris Warner's four most recent Himalayan expeditions. We will travel from the summit of Cho Oyu (world's 6th highest) to the slopes of Shishapangma (where Alex Lowe and Dave Bridges were killed last fall) and on to Ama Dablam and Everest's North Ridge. The images will capture the brain-numbing reality of climbing in the Death Zone, and also show Tibetan and Nepali culture and landscapes. INFO: REI 703/379-9400.

23 (Saturday)

⬆ **HIKE - Northern Shenandoah Valley Chapter**
Central District, Shenandoah National Park, VA

There are only four points in SNP that offer a 360 degree view. The Northern Shenandoah Valley Chapter is hiking to one of those high points — Mary's Rock. The trip will be about 3.5 miles with a total climb of 830 feet. This is a medium-easy hike with a few stretches that are moderately steep. We will pass the ruins of Meadow Spring Cabin and hike on the AT to the summit. INFO: Larry and Rita Bradford (bradford@shentel.net) 540/459-3571.

23 (Saturday)

✂ **TRAIL WORK TRIP - Potomac Heritage Trail**
Arlington, VA

9:00 - 11:00 a.m. Want to help out but can't make a weekend-long commitment for a work trip? You don't have to! Join us for a hike and cleanup in your own backyard. We'll pick up trash and cut back overgrowth along the Virginia bank of the Potomac River. Please bring trash bags, gloves, and old shoes as it can be muddy. Also bring clippers if you have them. Park at the Windy Run pumphouse. INFO: Email <potomacheritagetrail@hotmail.com>, or call Tricia Meeks 703/979-2174, Dan Radke 703/528-2870, or Jim Egenrieder 703/527-3643.

23 (Saturday)

CLASS - Adventure Travel/Trekking Seminar (REI)
REI, Baileys Crossroads, VA

1:00 - 4:00 p.m. This free clinic provides useful guidelines to expand the possibilities and rewards of adventure travel and trekking. It is designed to assist you in planning happier, healthier and safer treks through regions where travel is less certain,

and more adventurous. REI's veteran adventure traveler, Hans Sawyer, will provide helpful tips on gear, clothing, choosing a travel/trekking service, and the best seasons and destinations. Hans will discuss cultural orientation, overcoming language barriers, adventure travel photography, and negotiating the risks inherent in adventure travel. Hans will also present an audiovisual introduction to several popular trekking destinations, including Nepal, Tibet and Peru. Don't miss this great opportunity to expand your horizons! Register early! INFO: REI 703/379-9400.

23 -24 (Saturday - Sunday)

✕ TRAIL WORK TRIP - Cadillac Crew

Gainesboro, VA (west of Winchester)

Shockeys Knob. It's the end of September and time to close the Tuscarora Trail relocation project for the season. Join us for some final tread and stories around the campfire. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at local cabin. INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

23 - 24 (Saturday - Sunday)

🏃 BACKPACKING TRIP - Natural History

Ramseys Draft Wilderness Area, GWNF, VA

Join Bob Pickett on a weekend trip through this beautiful wilderness area. We'll hike 7 miles Saturday, along Jerry's Run Trail and the Shenandoah Mountain Trail to Hiner's Spring for the night. Sunday, we'll hike down another 7 miles through old growth hemlock trees and return along Ramseys Draft. Numerous stream crossings will be encountered both days and moderate ascent on Saturday. Hike limited to 8 people. Reservations/INFO: Bob Pickett 301/681-1511.

23 - 24 (Saturday - Sunday)

✕ TRAIL WORK TRIP - Blue & White Crew

Central District, Shenandoah National Park, VA

The Blue & White Crew will start another major AT rehab in September (near Bootens Gap). Join us to learn the fine art of swinging a pick-mattock. We'll overnight at the historic Pinnacles Research Station and Day Spa, and will be joined on Saturday evening by a famous mystery chef from the National Park Service who'll cook award-winning chili for the hard working PATC volunteers. INFO: Kerry Snow (KerrySnow@prodigy.net) 301/570-0596.

24 (Sunday)

🏃 HIKE - Meet the Trail Patrol

Call for location

Hike with the Trail Patrol and learn what the PATC's goodwill ambassadors do. These adventurous, dedicated men and women monitor the Club's nearly 1,000 miles of trails, helping people, instructing them in safe hiking practices, and reporting on the conditions of the trails. At the same time, we cover some of the best, and often little-known trails, while having a great time with like-minded friends. INFO: Kumait Jawdat 202/328-8137.

26 (Tuesday)

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

26 (Tuesday)

CLASS - Climbing in the Death Zone (REI)

REI, College Park, MD

Same as 9/20 except at College Park. INFO: REI 301/982-9681.

30 (Saturday)

🏃 HIKE - GWNF circuit hike

George Washington National Forest, VA

Pond Run/Half Moon Mt/Old Mine Rd. circuit. Hike 8 miles at a slow pace with an elevation change of 1200 feet through varied terrain and to great views. We begin from the intersection of Old Mine Road and Waites Run Road (south of Wardensville, WV), hiking on the forest road until we reach Waites Run; then climb up the Pond Run (Tuscarora) Trail, through lots of hemlocks (enjoy them while they last), crossing the run eight times; stop for great view at new Half Moon Hollow Overlook; hike on Half Moon Trail until we reach remains of old fire lookout tower on ledges of the Half Moon Peak, stopping for five different views; return to the German Wilson Trail, hike north down ravine to Old Mine Road which we follow through beautiful woods to our cars. INFO: Walt Smith (wsmith@visuallink.com) 540/678-0423.

30 - 1 (Saturday - Sunday)

🏃 CABIN WORK TRIP - Blackburn Trail Center Round Hill, VA

SEPTEMBER — The weather is finally cooling off but we're still working feverishly. The big push is to winterize the basement water system before things really cool off! Help is needed to collect firewood and with lots of other small projects. Come for the day or spend the weekend. We'll share a meal on Saturday night. INFO: Bruce Clendaniel 410/820-7550 or Chris Brunton 703/560-8070.

30 - 1 (Saturday - Sunday)

CLASS - Land Navigation Class (REI)

Call for location

Staying found is one of the most fundamental outdoor skills. Call REI Customer Service to register for our comprehensive map and compass skills class. The first day is spent in the classroom; the second is spent off-trail getting practical experience with new skills. The class fee of \$70 includes map, compass, UTM grid reader and class text. Register early! Space is limited! INFO: REI 703/379-9400 or 301/982-9681.

October

1 (Sunday)

DEADLINE - November Potomac Appalachian Headquarters, Vienna, VA

5:00 p.m. All items for the next issue of the PATC newsletter must be submitted on disk if possible to headquarters, or via e-mail or e-mail attachment to jns-bianca@home.com. Allow one week for postal service delivery.

3 (Tuesday)

🏃 MEETING - Trail Patrol, 7:30 p.m.

4 (Wednesday)

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

7 (Saturday)

✕ TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

This is a beautiful time of year to be in the woods.

Join us for a social, fun and challenging work event. Bring water, lunch, gloves, and boots. Don't miss out.

INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

7 (Saturday)

✕ TRAIL WORK TRIP - Maryland Metrolites

Cabin John Park, MD

Join the Maryland Metrolites for a work trip in Cabin John Park, Montgomery County. We meet at 9:00 a.m. at the Nature Center parking lot off Democracy Blvd. Bring lunch, gloves, water, and high spirits. INFO: Liles Creighton 410/573-0067.

7 - 8 (Saturday - Sunday)

✕ TRAIL WORK TRIP - North Chapter

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.

7 - 9 (Saturday - Monday)

🏃 BACKPACKING TRIP - Cranberry Wilderness

Cranberry Wilderness, WV

Take advantage of this 3-day weekend and join us for a moderate backpack in this unique wilderness area. Fall colors peak and weather turns cooler earlier in this region. Would prefer early Friday afternoon departure for this further destination. INFO: John Koutze or Kathy McDermott 703/846-9207.

9 (Monday)

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

10 (Tuesday)

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

11 (Wednesday)

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

14 (Saturday)

✕ TRAIL WORK TRIP - Rock Creek Trail Crew

Rock Creek Park, Washington, DC

8:15-11:30 a.m. Rock Creek park is a wonderful place to hike — or do trail work as we will do — in the fall. Come check out the beauty of the big D.C. trees. Meet at the Rock Creek Nature Center.

INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31.

14 - 15 (Saturday - Sunday)

✕ TRAIL WORK TRIP - Cadillac Crew

Vining Tract, Stanardsville, VA

Thank goodness it's finally cooled down! Join the Cadillac Crew for a weekend of clearing and weed control on the Vining tract. We'll also be working on our pet project of uncovering the Cliff Trail. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at local cabin.

INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

17 (Tuesday)

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

FORECAST

18 (Wednesday)

CLASS - Backpacking 202
Headquarters, Vienna, VA

7:30 - 10:00 p.m. The Trail Patrol presents the first of two classroom sessions for the Backpacking 202 course (see ad on page 5). The course provides the necessary skills for an early winter backpacking trip. INFO: Kumait Jawdat 202/328-8137.

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 work on the Mill Mountain Trail and other trails on the mountain near Big Schloss. This popular area offers fine panoramic views of Trout Run Valley from the mountain crest. We will remove or break up rocks in the tread, build or clean and repair water bars, and remove brush and weeds. This is the last trip on Saturday until after the hunting seasons. Trips will be on the third Sunday of the month beginning in November. RSVP/INFO: Hop Long (mrgnmd@hotmail.com) 301/942-6177.

21 (Saturday)

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

Who would be a fool not to go outside in peak autumn foliage!? Join the South Mountaineers for a fun and dirt-filled event. We do all kinds of work, depending on what is needed. Bring water, lunch, gloves, boots, and spunk. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

21 (Saturday)

👣 **HIKE - Mason-Dixon Trail Series #9**
Newark, DE

A moderately paced 13-mile hike from Elk Neck State Forest, PA northeast to Newark, DE. A car shuttle is required. Mason-Dixon trail maps 8 and 9. INFO: Jack Thorsen 703/339-6716 or William Needham 410/884-9127.

21 - 22 (Saturday - Sunday)

👣 **HIKE/Camp - Natural History Camping Trip**
Pedlar District, GWNF, VA

Join Bob Pickett on two day hikes and spend the night camping at the trailheads. We'll do the seven-mile Henry Lanum Trail (formerly the Pompey and Mt. Pleasant Trail) on Saturday and the 8-mile Hotel Trail on Sunday. Both trails are relatively easy, with moderate ascents and no substantial creek crossings. Saturday evening, we'll camp off trail, in an abandoned field, by a spring. Reservations/INFO: Bob Pickett 301/681-1511.

21 - 22 (Saturday - Sunday)

✂ **TRAIL WORK TRIP**

Central District, Shenandoah National Park, VA

Tired of the emotional drain caused by your ecotour? Somewhat soured on that digital cell phone that gives the world (i.e. boss, creditors, marketers, etc.) access to you 24/7 over a variety of media? Don't wanna see one more brake light, or make one more decision? Then come on out for a weekend in Shenandoah National Park. Make new friends, as you meet our regulars: Mr. Pulaski, Ms. McLeod, and others. Listen to stories by Dave, a former FBI Agent. Sit quietly on the porch of a rustic cabin, sipping whatever you've put in that cup, and just watching the sky. BYOB, we supply the food. INFO: Don White (whitedh@hotmail.com) 804/217-9700 x318 (w).

24 (Tuesday)

CLASS - Dancing on Mount Whitney (REI)
REI, College Park, MD

7:30 p.m. Reaching the summit of the highest mountain in the lower 48 was a real challenge for Debra Barclay, but with good planning, preparation, focus and determination, she finally stood on the summit. You can, too! Debra will present slides of her climb and discuss gear, planning, ways and means, and the experience of being "on top" for the first time, and her unique commitment to outdoor endeavors. Come on in and find out how to plan and fuel your outdoor adventures! INFO: REI 301/982-9681.

25 (Wednesday)

CLASS - Backpacking 202
Headquarters, Vienna, VA

7:30 - 10:00 p.m. The Trail Patrol presents the second of two classroom sessions for the Backpacking 202 course (see ad on page 5). The course provides the necessary skills for an early winter backpacking trip. INFO: Kumait Jawdat 202/328-8137.

25 (Wednesday)

CLASS - Climbing Mount Whitney (REI)
REI, Baileys Crossroads, VA

7:30 p.m. Viewed from Lone Pine, CA, Mount Whitney's East face is a towering wall soaring to nearly three miles above sea level. And as you get closer, it just gets better! From the trailhead at Whitney Portal to Iceberg Lake, you gain 4,200 feet in less than 5 miles. Then it gets steep. Come along with local climber Mike McKenna, for a visual climb of Whitney by the East Buttress Route, to the summit at 14,496 feet, the highest point in the lower 48. Mike will also discuss planning, gear and ways and means for your own high adventures. INFO: REI 703/379-9400.

27 - 28 (Friday - Saturday)

✂ **TRAIL WORK TRIP - North Chapter**
Tuscarora Trail, PA

We will work in and around Cowans Gap State Park and will be staying overnight on Friday and Saturday at a cabin in the park. Reservations are required. INFO: Charlie Irvin 301/447-2848.

28 (Saturday)

✂ **TRAIL WORK TRIP - Rock Creek Park Crew**
Rock Creek Park, Washington, DC

8:15-11:30 a.m. This is the final trip of the year and it's usually blessed with some fall colors in the giant canopy of Rock Creek Park. Help us get 40 miles of hiking trails ready for the winter (don't worry we won't tackle them all today). Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462.7718 or Ranger Ken Ferebee 202/426-6834 x31.

28 (Saturday)

CLASS - Mountain Landscape Photography (REI)
George Washington National Forest, VA

8:30 a.m. - 3:00 p.m. REI's resident nature photographer, Ed Neville, will lead this foray into mountain landscape photography. The setting will be the area around Big Schloss, on Great North Mountain in the George Washington National Forest. The class fee is \$75, and includes film and development. Registration/INFO: REI 301/982-9681 or 703/379-9400.

28 - 29 (Saturday - Sunday)

👣 **CABIN WORK TRIP - Cadillac Crew**
South District, Shenandoah National
Park, VA

Schairer Trail Center, near Skyline Drive mile post 71. Join the Cadillac Crew as we help the cabin overseer of the Schairer Trail Center in SNP South District to spruce up the cabin grounds. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at the trail center.

INFO: Fran Keenan (outdoorsnow@cox.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

28 - 29 (Saturday - Sunday)

CLASS - Wilderness First Aid
Annandale, 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.

31 (Tuesday)

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

Want to submit something to the newsletter?

- * Make sure it gets to me by the first of the month preceding the month of publication.
- * Send your news item, feature story, photograph, or idea to Bianca Menendez, preferably via e-mail attachment (jns-bianca@home.com). You can also mail floppy disks or typed text to the Editor (118 Park Street, Vienna, Va., 22180).
- * To make my job easier, please omit fancy formatting (appropriate bolds and italics are fine). Instead write a note about how you'd like your text and graphics to appear.
- * Text should be single space, with double spaces between paragraphs and no indentation. A nice, easy to read font like Arial or Times New Roman is preferable.
- * If you type your submission, please don't make corrections on it. I scan typed pages, and the software doesn't know what to do with corrections. I'll fix your typos for you.
- * News items should be 250-500 words. Features should be 500-1,000 words.
- * I'm always looking for good pictures!
- * Thanks for helping make this a great newsletter.

Tails From the Woods by George Walters



"... DON'T ASK! ... JUST GET ME OUTA' HERE! ... OK?..."

Rock Creek, from page 5

- * Tell them what Rock Creek Park means to you as a hiker and how excessive traffic detracts from your enjoyment of the Park;
- * Point out that Beach Drive attracts suburban automobile commuters to D.C. when we should be encouraging

alternatives to driving such as Metro and bicycling;

- * Ask your Council member to urge NPS to adopt a plan that includes measures to restrict traffic on upper Beach Drive, at least on a trial basis.

—*Mary Margaret Sloan*
Conservation Chairman and
President of American Hiking Society

Check out the redesigned
PATC website at
www.patc.net

Appalachian Trail Museum

Volunteers have started organizing an AT Museum. No site has been chosen yet, but it may be located near ATC headquarters in Harpers Ferry.

ALDHA is looking for donations for the displays. Suggested items include, gear from early trail hikers, items showing the evolution of gear, trail registers, signs, videos, guide books and maps, slide shows, and documents from hikers, trail committees, maintainers, and clubs.

Monetary contributions are welcome.

For more information, contact Larry Luxenberg, 914/634-0581, e-mail hiker778@aol.com, or Carla Laflaur, 413/737-8503, e-mail hr1@map.com.

Mike Karpie's Photo Tips: Lenses, Part Three: More on Lens Use

We all know that lenses affect size as well as angle of view, but did you know that the lens you select can also be used to alter the perspective in your scene? For instance, if you use a wide angle lens for a full-face portrait, your subject's nose might appear abnormally large. This is because a wide angle lens alters the perspective between the foreground (nose) and background (face) by making the foreground appear larger. This is a milder form of what is known as the "fish-eye" effect.

A telephoto lens does just the opposite, the background appears larger in relation to the foreground. If you have ever seen an image of a man leading his camel across the Arabian dunes silhouetted by an enormous

setting sun, the photo was probably taken with a 1000MM lens. The long telephoto lens makes the sun look larger in relation to the man and his camel. This is known as the "pancake" effect. Your photo appears to be compressed and it looks as though the man can reach back and touch the sun. This effect is directly proportional to the size lens used.

So the next time you are on a ridgetop preparing to photograph a beautiful mountain scene, consider perspective as you make your lens choice. If you use a wide-angle lens you will take in more of the scene, but the mountains may appear smaller in relation to the valley in the foreground. Use the telephoto lens and the

mountains will loom up to the viewer as if they are crowding each other, but you may have to forfeit the beautiful valley. Photography is a science of choices. Each effect you alter may change another. The skilled photographer learns these relationships and works them to his or her advantage.



Next month: Fun With Filters

The archive of Photo Tips and sample photos can be found at:

<http://www.geocities.com/mkarpie/tips.html>

—*Mike Karpie*

NOTICES

NEW NOTICES

BEARS DEN HOSTEL is recruiting volunteers willing to lead a series of workshops and programs and share what they know. The workshops are part of a continuing series of educational programs organized by Melody Blaney, manager of the hostel, and are held on weekends at the historic facility along the crest of the Blue Ridge, near Bluemont, Virginia.

Melody is looking for volunteers willing to lead or assist small group workshops in subjects such as environmental education, nature activities (such as bird watching), writing, painting, and preservation of wildlife and natural habitat. If you have a talent or passion in any of these areas and are willing to donate your time to educate others, please contact Melody Blaney (bearden@crosslink.net) at Bears Den Hostel, 18393 Blueridge Mountain Road, Bluemont, Va. 20135 or 540/554-8708. Bears Den Hostel is owned and operated by the Appalachian Trail Conference.

SAFARI ANY ONE? Safari camps in southern Africa put an age limitation on single travelers but not on a group of friends or relatives. As I want to see both the people and the animals of the region, I hope one to nine PATC members will join me in a 12-13 day mobile camping safari (some camp chores but more comfort) in spring 2001. As this issue goes to print, negotiations are only far enough along to have approximate costs (\$3,600-\$4,500 land cost plus \$1,200-\$1,500 round trip air from Dulles). By September, more details can be sent to interested people who send a self-addressed, stamped envelope to Paula Strain, 118 Monroe St, Apt 804, Rockville, Md. 20850 or phone 301/340-6895.

IRELAND HIKING TOUR: Apr 27- May 7, 2001 (tentative) See the magnificent landscape of western Ireland on a 10-day hiking tour to the "most Irish" part of Ireland planned. The tour offers spectacular walking in ancient and unspoiled landscapes in the most fascinating and beautiful areas of County Clare and Galway. Destinations to be visited offer a rare chance to experience the people, culture, music, and landscape and include such gems as the mountains of Connemara, (Joyce and Yeats country), the stunning Cliffs of Moher, Killary Harbor (Ireland's only fjord), the Aran Islands, the dramatic Burren region and much more. Walk rugged mountains that soar above majestic coastlines, tread softly on orchid rich bogs, visit Celtic islands and explore mythic landscapes with expert guides with an in-depth knowledge of Ireland's history, archeology, and culture. Price (\$1,600-\$1,800 estimated) to include r/t airfare (DC-Ireland), ground transfers, 8 guided hikes with lunch, 9 nights accommodations with breakfast, most evening meals, and transfer to and from hiking locations. If interested, please call or e-mail the trip leader, Joan Burg, 5904 Mount Eagle Drive #1215, Alexandria, Va. 22303, (703) 960-1026 (joanburg@gis.net) for more details as they firm up. Initial deposit of \$300 is required to reserve your space.

CLASSES

LONG DISTANCE HIKING WORKSHOP at Bears Den Hostel, Bluemont, Va. Join Bears Den Hostel Manager and 1996 Appalachian Trail through-hiker, Melody Blaney on October 14 and 15, 2000, for an informative weekend discussing and demonstrating backpacking skills required for a long distance hike. This workshop is designed for

the beginner and experienced backpacker who is planning a long hike of any distance. Cost: \$40. Overnight lodging at the hostel is available for an additional cost (\$12 for members, \$15 for non-members, plus tax, per night). For reservations or information: Bears Den Hostel, 18393 Blueridge Mountain Road, Bluemont, Va. 20135; 540/554-8708; bearden@crosslink.net.

VOLUNTEER OPPORTUNITIES

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.

NOT INTERESTED IN WORKING 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 (wriely1226@aol.com) 703/242-0693, Ext. 11.

PATC OVERSEERS get BIG discounts from the following merchants who support our volunteer programs: -Blue Ridge Mountain Sports (Charlottesville/Tidewater)-20% -Hudson Trail Outfitters (DC Metro Region) 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. And 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.

HIKING PARTNERS

SLOW HIKER (10 MILES PER DAY) who has done 1200 miles of AT seeks companions for sections of the southern half: Catawba to Daleville, Va. (June 5-7), Daleville to Glasgow (June 8-13), Glasgow to Tyro, Va. (June 14-18), Tyro to Rockfish Gap VA (June 19-21), Franklin to Nantahala River NC (June 27-30), Nantahala R. to Fontana (July 1-3), Fontana to Davenport Gap (July 4-11), Davenport Gap to Allen Gap (July 12-16), Springer Mt. to Hiawasse, Ga. (Aug 2-9), Hiawasse to Franklin, NC (Aug 10-14), Allen Gap to Erwin, Tenn. (Aug 15-20), Erwin to El Park, NC (Aug 21-24), Elk Park to Damascus, Va. (Aug 25-31), Damascus to Troutdale, Va. (Sept 11-15), Troutdale to Atkins VA (Sept 16-17), Atkins to Bland VA (Sept 18-22), Bland to Pearisburg, Va. (Sept 23-26), Pearisburg to Catawba, Va. (Sept 27- Oct 3), Rockfish Gap to Front Royal, Va. (Oct 4-14). George Meek ("Poet") 703/875-3021 or gmeek@mciworld.com.

HIKING VACATIONS

WALKING HOLIDAYS. This is an invitation for you to join a small party and enjoy a week exploring the Lake District of England or Northumbria. Holiday dates are July 8-15, August 19-26, September 9-16 for Lake District tours or June 10-17 or July 1-8 for Northumbria tours. INFO: Derek Teasdale, 0044/191-2520752, DTeasdale1@aol.com, or <http://members.aol.com/DTeasdale1/>

LOST and FOUND

LOOKING FOR THE RIGHTFUL OWNER of a 1996 Finisher Bar found on the trail during the 2000 Dogwood Half-Hundred. Call Pat Fankhauser at 703/242-0693, Ext 17.

WANTED/FOR SALE/ FOR RENT

NEEDED FOR BLACKBURN TRAIL CENTER. Wooden porch furniture and picnic tables. Call Chris Brunton 703/560-8070

FOR RENT: Canaan Valley four seasons resort vacation home "Chamonix." New four bedroom, two bath, fireplace, hot tub, deck, BBQ, all amenities. Beautiful wooded mountain location near hiking, biking, skiing, and fishing. \$450 for three nights (summer rate). Call 800/633-6682 or e-mail: rentals@timberlinerealty.com. Ask for "Chamonix" #82 Mountainside.

WANTED: Someone with pickup truck to take away a truckload of firewood (blue ash cut down January 12, 2000). Wood is stacked in Bernie Morgan's back yard (Hyattsville, Md), accessible by a wide alley. We periodically carry our seasoned wood to cabins by car but cannot long store this large amount and hope it might be useful to a Club member. INFO: Bernie and Mary Morgan 301/864-1324.

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.

**PATC Annual Meeting
15 November 2000
Elks Club, Fairfax, VA**

**Come vote for the Club's officers
and catch up with friends!**

**Check out the redesigned
PATC website at
www.patc.net**

Donations

PATC wishes to thank the following members and supporters who have recently given donations to the Club. Our mission of protecting the Appalachian National Scenic Trail and side trails throughout the Virginia, West Virginia, Maryland, and Pennsylvania is assured through generous donations from you.

Names listed with (**) are donations made in memory of PATC member and hiking companion, Alice Deming Ruddiman, who died July 13, 2000.

Names listed with (*) are donations made in memory of PATC member Eric J. Thomas (February 27, 1970 - May 7, 2000). Eric was born in Washington, D. C. and spent most of his life in Oakton, Va. A graduate of Oakton High School in 1988, he loved music, sports, and outdoor activities.

CONTRIBUTOR (\$25 to \$99)

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PRESIDENT'S CLUB (\$50,000 and above)

Clifford Firestone
Philip Stone
Bert and Elizabeth Vos

Life Memberships were purchased recently by Ric Nauen on June 16, John Shannon on July 6, and Keith A. Boswell on July 26. Life Memberships can be purchased for \$500 (the spouse of a Life Member \$250), which is allocated to go into the Club's Endowment Fund. □

PUR Filter recall and replacement

PUR is advising that the "Stop Top" attachment cartridge for PUR filters Explorer, Scout and Voyageur is potentially unable to remove bacteria from untreated water. PUR is offering a free update kit by calling Recovery Engineering at 800/319-7735 or through their website at <http://www.purwater.com/camping.shtml>. PUR advises that you can continue to use your filter in the meantime by following the directions for handling "Difficult or Extreme Water Conditions." Thanks for this alert from Andy Hiltz!

—Kathy Murphy

Building, from page 4

they must build about 1,000 feet of new tread.

Knowing the start and end points, the crew explores the hillside, inserting little flags to mark a path. They use a clinometer to be sure the grade of the path is not far from 8 percent, and they note the irregularities of the hillside and the location of natural drainage areas, rock outcrops, trees, and brush. They may also work down from the end point to the start to see how it looks when descending. They may mark alternate routes and debate the merits of one over the other. They may dig into the hillside in places to see how difficult the digging is and whether certain rocks can be moved. They choose where the switchbacks will be, influenced by boundaries between private and public land and by rocky or steep areas of the hillside.

Suppose the steepness of the hillside varies between 20 percent and 40 percent. The steepness of the hillside will influence where the crew puts the new tread, but the crew must still build 1,000 feet of new tread if it aims for an 8 percent grade.

The tread will be about three feet wide. There are various ways to construct a three-foot-wide walking surface on a steep hillside, and we'll deal with that in Part 2. However, both crews will build tilted, or outsloped, tread.

Outsloped Tread

The best way to understand outslope is to imagine yourself walking up the centerline of the tread. You register the 8 percent grade as steepness. If the tread is also outsloped, the tread feels tilted. When the higher part of the hillside, the upslope, is on your right, the tread will feel tilted down to the left. The amount of outsloping is usually under 2 percent, so you may not even notice it.

An outslope is built into the new tread so that water runoff coming off the upslope will cross the tread and flow onto the area of the hillside below the tread, called the downslope. Outsloping the tread helps to ensure that runoff will not get trapped in the tread and flow along it.

Both crews avoid placing rocks along the downslope edge of the tread. A line of rocks along the downslope edge may look nice, and it gives some people a sense of security

on a steep hillside, but it will quickly develop into a dam that traps runoff, preventing it from going over the downslope edge.

Both crews outslope their new tread, smooth it, and pack it down to form a hard, smooth, tipped surface. It will be very inviting when it is finished!

Will it still be inviting one year, five years, 10 years later? What happens to the new tread as the seasons go by? As the trail traffic goes up and down the mountain on it?

Without traffic, a properly built sidehill tread will change very little over the years. The trail traffic is the problem.

Seasonal Effects

Consider the seasonal effects on the tread, assuming no trail traffic. In the summer, the compacted tread dries to a hard surface, so hard that heavy runoff from a thunderstorm may simply run over the surface, unable to penetrate the packed earth.

When steady fall rains come, the tread gets wetted—some moisture runs across the tread and some passes into the subsoil. Leaves also fall onto the tread—some blow away, some get stuck to the tread.

When winter comes, the moisture in the ground freezes, perhaps four or five inches down. On a warm day, the surface thaws, then refreezes during the night. Additional moisture from rain or melted snow cannot penetrate the frozen layer and gets trapped in the freeze-thaw layer. The top layer of the tread becomes saturated with water—an inch or more of frozen mud.

Eventually, spring arrives with a big thaw, and the trapped moisture descends into the subsoil. The tread remains damp from spring rains, then dries out in the warmer weather of summer.

Trail Traffic Effects

Initially, all the trail traffic follows the centerline of the new three-foot-wide tread. The centerline gets scuffed by boots. In the National Forest, it also gets chopped by horse hooves. During the summer, the powdery dirt that is scuffed loose by boots and hooves is washed away in the flash runoff of a thunderstorm. Our smooth, flat, outsloped tread begins to erode along its centerline.

Heavy runoff probably still crosses the tread onto the downslope, but light runoff flows down the depressed centerline of the tread, sweeping loose dirt with it. Light runoff may also deposit a thin layer of silt along the downslope edge.

Fall rains soften the packed earth, and bikes traveling the centerline on a rainy day may leave grooves along the tread, increasing the likelihood that runoff will flow downtrail in the groove instead of flowing over the downslope lip.

Winter comes. When the mud layer thaws on a warm day, all trail traffic slips in the mud, often displacing the top inch of dirt. Descending bikes skid around curves, plowing mud toward the outside of the curves. The centerline of the tread becomes more depressed, and the downslope edge may develop a dam of mud.

Within two years of moderate trail traffic, the tread's outslope may be compromised, and most runoff may be flowing along the tread until it is diverted onto the downslope.

Next month: In Part 2, we'll see what the trail crew does to anticipate the damage to the new tread that is caused by trail traffic and seasonal effects. □

—Wil Kohlbrenner leads the Massanutten Crew and is an occasional member of the Cadillac Crew.

Trail-Building Terms

Tread: The walkable surface of a trail.

Upslope and downslope: Areas of the hillside above and below the tread.

Uptrail and downtrail: Directions along the centerline of the tread.

Grade: A measurement of the steepness along the uptrail direction, expressed as a percentage. Most hikers go up an 8 percent grade without difficulty. (That's eight feet of elevation gain for 100 feet of horizontal movement.) Most hikers tire quickly on grades greater than 15 percent.

Outslope: A gentle tilt of the trail surface that allows runoff to flow over the edge of the tread onto the downslope.

Puddle of Dust

Just south
of Route Fifty, that snaky witticism
of a highway where the taillights
out of sight around the bend
are likely your own, I completed
my ranger arrangements, planted
my mop-handle staff firmly
in a dust puddle on the
Appalachian Trail, and adventured away.

Three days later,
having eaten nothing but
Bis-quick, beans, and gorp,
I re-greased at a lodge on the Sky-Line Drive
on Virginia ham and brown eggs—
trading exaggerations
with a north-traveling cruiser
(a hiker doing the entire 2,000 mile trail).
He told me stories of bears
following back-packers, and the
restaurant exit sign echoed;
“...back-packers beware...of the bear(s).”

I spent the day
on Stony Man, climbing, tasting
the mountain.
Closer to four thousand, flavors
hesitate and splinter as
hardwoods yield to balsam pine.
The mountain and I peak—together.
I recalled warnings
and tied off my pack
fourteen-feet
up a scruffy conifer.
I gorped, Tanged,
and went rock climbing.

After a perilous
shinny to the forehead of the ‘Man’,
I sampled the ingredients
of the rare air, and—
like a deep breath—
inhaled the sights of the valley.
With the south fork of the Shenandoah
curling and obliging,
you could see the Allegheny Range
in West Virginia, fifty miles away.
The evening fog issued
by the river was swelling,
filling the valley.
I watched long and
spilled into it.

I drifted back
to the mountain, and
found I was fog-tied
in the bone-breaker rocks.
The bear stories drifted in also, and
every twist-turning rackety leaf that moved
was suddenly, a six-hundred-pound
ill-mannered mother-bear
with red-rimmed eyes
and an attitude.

There was no sleep.
Fake dawn and I
crept carefully to the camp-site.
The tie rope was dangling,
the pack was torn down,
and the ground was
dust-whitened by Bis-quick.

I touched once
at two-thousand, again at one,
and with six mother-may-I
giant-steps—spanned the miles to my
green and gold Vega GT.
I negotiated no turns,
ascended no grades, did not slow or stop
through the perilious mountains
until I was safe in Clarksburg
one-hundred-and-eighty miles away.

* * *

When I look back,
in time, the animal who ate my tang
and redistributed my bis-quick, probably had
bandit-eyes and a striped-grey tail.
But—looking away—I shall never forget
the resolute stance and odious eye of the bear
who found me in a fog that night
on the trembling mountain.

—Jerry Hoff



Trailhead

With the jet stream dipping over the mid-Atlantic states for most of the month, the cooler than usual July was conducive to trailwork. Just as well, because the trailside vegetation is beckoning all overseers to trim back the briars, poison ivy, nettles, vines, locusts, and other small trees branching out into the open trail space. In addition to the trailside problem, the excessive growth and heavy rains are clogging waterbars and other drainage structures. More than a few overseers have been heard to say that they are ready for the growing season to be over with.

Gypsy Moth

SNP's forest health specialist, James Akerson, reports there is increased gypsy moth activity over much of the previously infested area in the Park and in Virginia. The Massanutten and areas of Great North Mountain are more actively infested than the Park. The Virginia Forestry aerial recon working-group detected a few-acre "defoliation" spot near Mathews Arm Campground. They also found large defoliation zones in Loudoun, Fauquier, Clarke, Frederick, Warren, Shenandoah, Rockingham, and then further south in Bath, Alleghany, Botetourt, Bedford, Amherst, and Rockbridge counties. So it's all around us.

Our own park-wide monitoring shows elevated populations and activity, but no "defoliation" zones other than the Mathews Arm site. The heightened activity was aided by the droughts of 1998 and 1999 that discouraged *Entomophaga maimaiga* fungus, which attacks the gypsy moth in the caterpillar stage. Many of us expect the gypsy moth levels to drop again after this year of normal spring and summer rains. That remains to be seen, but we are finding many cadavers indicating fungus presence, and samples are being assayed. Others are cooperating on research for next year that will test the benefit of watering under trees to encourage the fungus and aid gypsy moth control.

AT Use in SNP

Appalachian Trail use in the Park continues at near record level reports Shawn Green, Park Trails Coordinator. For the year, 896 north-bound AT through-hikers and section hikers have registered for backcountry permits at Rockfish Gap. This is down 17 permits from the same period last year.

During June 2000, 462 backcountry permits for AT through-hikers were issued at Rockfish Gap. The second and third weeks in June have seen approximately 20 long-distance AT hikers entering the Park each day. Use in July typically drops off to 5 AT-through-hikers entering the Park each day. However, this year use of the AT by youth groups continues at high levels.

Summer Trail Crews hit the South District

For the longest time it appeared that the crews might get cancelled due to lack of applicants, but thanks to the recent article in the *PA*, headquarters was flooded with last-minute applicants, and both weeks of trail crews were filled up. At the time of this writing it appears that credit for greatest distance traveled to participate in the trail crews will go to Allen Poole, from Manteo, NC.

The first crew met at Schairer Trail Center Sunday evening, July 30th, for introductions, orientation, and some of Pete Gatje's fine outdoor cooking. Dave Fellers led the first crew and Mike Karpie led the second. Roger Doval served as the NPS summer crew supervisor. Special thanks to Shirley Strong and the rest of the Schairer maintenance crew for all their hard work in preparing the center for the volunteer crews.

Never Ending Repair

July was a busy month for the Blue and White Crew. Two weekend trips and a weekday crew (organized by Dan Dueweke) were all spent on several sections of the AT in the Central District of SNP. The 1st and 2nd found the crew finishing up last year's rehab project near the South River picnic grounds. Except for a small stretch near the South River Road, the section of the AT is now completely repaired following several years of dramatic storm damage. The crew dug new sidehill, removed rootballs and boulders from the tread, and installed numerous drainage control features.

On July 27th, Dan's weekday B&W contingent did battle with the dreaded sidehill creep on the trail to Mary's Rock overlook. SNP Trails Supervisor CT Campbell pointed out areas where 70+ years of gravity had slowly narrowed the treadway to the point that hikers were walking along the

cribwall. Using pick mattocks and rock bars, Dan Dueweke, Charles Hillon, and Topher Bill beat back the mountain just enough to fashion a stable bench. Then, under the keen hand of Mr. S.V. Dove, the roughed-out sections were graded back to their original condition.

Finally, the last weekend of July was spent on a new rehab project near the junction of the AT with the Crusher Ridge Trail. The trail (a series of long switchbacks) had eroded over the last few years. The B&W Crew regraded the section and installed waterbars and checkdams along the steep grade. Saturday and Sunday lunches were a hearty smorgasbord of gnats and sweat. The Crew expects to finish the project in August.

All It Takes Is One

The "one man trail crew", Ray Galles has returned (between section hikes of the AT) to volunteer for the summer with the Park and to help out on trouble areas in the North District. His handiwork can be seen from Jenkins Gap to South Marshall to Elkwallow. Thanks Ray!!

Biased, I Think Not

Chris Brunton, District Manager for Harpers Ferry to Ashby Gap in Va., recently completed hiking from the AT southern terminus, Springer Mountain, to the Smokey's. His comment—PATC trails are better maintained than that part of the AT!

Tuscarora Relo Dedication

After five years and hard work by over 150 different volunteers, the Tuscarora relocation project at Shockey's Knob was formally dedicated in early July. The relocation takes the trail off a hard surface road and routes it through the woods and onto picturesque Shockey's Knob before rejoining the Tuscarora in West Virginia's Sleepy Creek Wildlife Management Area. Tom Johnson, PATC VP for Operations, stated "now if we can just get the trail off the road all the way to Gore, Va." Looks like Cadillac Crew's work in this area won't end soon.

Some forty plus trail crewmembers, local residents, and PATC officials participated in the dedication. After encouraging words from Walt Smith, PATC President, and

See Trailhead, page 19

Trailhead

Lloyd MacAskill, Trail District Manager, all enjoyed Al Rogers' barbecue, Phil Abruzzese's roast corn-on-the-cob, and Tom and Sandra Van Veen's keg of ale. Tom also has a set of over 30 photos of the occasion on the web at <http://www.bigdayphoto.com/knob/index.html>.

Dr. Bryon Brill, whose trail easement and cabin were instrumental to the relo project, announced to the group that he was in the process of making a conservation easement of 300 plus acres on Shockeys Knob adjacent to PATC's 70 acres. Walt Smith thanked Dr. Brill for all the help to PATC and remarked on the tremendous potential the area has for the Tuscarora Trail.

By the way, John Beisner and Teresa Peters, PATC overseers on Massanutten East Trail, are section hiking the Tuscarora Trail and were the first backpackers to hike and christen the new relo. A special thanks to Dave Pierce for taking time at the dedication to document the relo with his pet measuring wheel. He will be developing an insert for the Tuscarora Trail Guide.

Never Rains?

"It never rains on the North District Hoodlums!" Well, that kind of boasting from a crew leader usually results in a torrential downpour, but chief hoodlum George Walters pressed his luck anyway and apparently got away with it once again during the July AT worktrip. Indeed, the forecast was ominous and storm cells appeared all around the crew, day and night, but nary a drop of rain fell on the Hoodlums as they continued work on the Compton Gap AT relocation and feasted on a Southern barbecue meal spread afterwards at Indian Run Hut. SNP's Don Harvey joined the crew for dinner and remarked it was "quite a feedbag". Don has complimented the crew on the trailwork that has been done on the relocation to date, but it was not clear at time of press if there was not some bribery involved on the part of the crew.

The Squeaky Wheel

After reporting trails in the vicinity of the Molly Denton Shelter were barely passable, Lloyd Parriott found the reward was to be

designated the new Deputy District Manager for the AT between Rte. 638 and SNP north boundary. Congratulations Lloyd, you asked for it.

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 jkrintd@erols.com. □

Garvey Shelter Update

The Ed Garvey Memorial Shelter near Harper's Ferry is coming together nicely. The physical structures of the log shelter and privy have been completed in Bowie, Md. and await coordination of involved parties for disassembly and relocation. The access road to the shelter site is in place and being improved. Construction of the block wall has been completed on site and the deck will be assembled while waiting on final confirmations to relocate the log shelter. The most recent round of

See Garvey, page 20

Volunteers - Appointed August 7, 2000

Trail District Manager

Lloyd Parriott VA South Appalachian Trail & side trails-
Route 638 to Shenandoah National Park

Trail Overseers

Mark & Violet Willis	AT -VA 638 to the Denton Shelter
Jon Rindt	AT - Parking Lot #8 to Trico Road
Tom Ryan	AT - Rattlesnake Point to the north end of Hogback Overlook
Keith Denson	AT - Loft Mt. Store to Loft Mt. Amphitheater
Ray Galles (co-overseer)	AT - Park Boundary Sign to Compton Gap AT - Rattle Snake Point Overlook to Elkwallow Gap
Liles Creighton (co-overseer)	AT - Park Boundary Sign to Compton Gap
John Butler (co-overseer)	Sams Ridge Trail
Jack Hardgrove	Buck Hollow Trail [lower] - US 211 to Buck Hollow Stream
Sammy Merrill	Corbin Cabin Cutoff Trail
Anthony & Phyllis DiTommaso	Massanutten Mt. South - Morgan Run Trail to Fridley Gap
Bruce Glendening (co-overseer)	Potomac Heritage - Roosevelt Island to Windy Run



Photo by Ken Kurylchek

July 15, 2000 Front of the Shelter

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TRAIL OVERSEERS WANTED

Trail Overseer Openings. Contact the district manager for the region that interests you.

HARPERS FERRY/ASHBY GAP AT & TUSCARORA (BB) - MAP 7
CALL CHRIS BRUNTON AT 703/560-8070

Appalachian Trail

VA 605 to Bolden Hollow [2.00 miles]

ASHBY GAP/RTE. 638 AT & TUSCARORA (BB) - MAP 8
[RTE. 50 TO RTE. 638]

CALL ED MCKNEW AT 540/622-6004

or E-mail: emcknew@aol.com

Appalachian Trail

Verlin Smith Trail to Manassas Gap Shelter [1.40 miles]

Trico Tower Trail

AT to Trico Tower [0.50 mile]

Manassas Gap Shelter Trail

AT to Manassas Gap Shelter [0.10 miles]

SNP NORTH AT - MAP 9

CALL JOHN MCCREA AT 610/352-9287

or E-mail: mcreajf@aol.com

Appalachian Trail

Co-overseer positions available. Call for details.

SNP CENTRAL BLUE-BLAZE [Map #10]

CALL CHARLES HILLON AT 703-754-7388

or E-mail: hillon@erols.com]

Mill Prong Trail

AT to Mill Prong Horse Trail [1.00 Miles]

CALL BERNIE STALMANN AT 301/725-8876

or E-mail: Bstalmann@aol.com

Leading Ridge Trail

Skyline Drive to Park Boundary [1.30 miles]

TUSCARORA SOUTH - MAP F, G, 9

CALL RICK RHOADES AT 703/239-0965

or E-mail: RTRhoades@aol.com

Tuscarora Trail

Waites Run Road to Mill Mountain Trail [3.30 miles]

Tuscarora Trail

Mill Mountain Trail to White Rocks Trail [2.90 miles]

GREAT NORTH MOUNTAIN - MAP # F

CALL "HOP" LONG AT 301/942-6177

or E-mail: theFSLongs@erols.com, or mgrgnmd@hotmail.com

Gerhard Shelter Trail

Tuscarora Trail to Gerhart Shelter [0.10 mile]

MASSANUTTEN NORTH - Map # G

CALL WIL KOHLBRENNER AT 540/477-2971

or E-mail: wmaxk@shentel.net

Massanutten Mt. North Trail

Scothorn Gap Trail to Waterfall Mt. Trail [2.0 miles]

Massanutten Mt. North Trail

Waterfall Mountain Trail to US 211 [1.8 miles]

MASSANUTTEN SOUTH - Map # H

CALL BILL SCHMIDT AT 301/585-2477

or E-mail: weschmidt@aol.com

Massanutten Mt. South Trail

Pitt Spring to Morgan Run Trail [3.3 miles]

Fridley Gap Trail - VA 868 to Cub Run [2.60 miles]

NORTHERN VIRGINIA METRO - MAP D

CALL PETE GATJE AT 703/255-4705

or E-mail: pjgatje@aol.com

Lee Drive Trail

Howison Hill to Landsdowne Valley Road [3.00 miles]

Lee Drive Trail

Landsdowne Valley Road to Prospect Hill [3.50 miles]

NORTHERN VIRGINIA-SOUTH HALF - Map 8

CALL LLOYD PARRIOTT AT 540-622-2743

or E-mail Blumont1@aol.com)

APPALACHIAN TRAIL

State Rd. 638 to Denton Shelter (1.1 miles)

Carvey, from page 19

thanks is owed to Thurston Griggs, Charlie Graf, and The South Mountain Crew among others for their labors in excavating the road, shelter trench and privy. Thanks also to Jim Skinner, Bob Stransky, Bob

Oliver, and Gary Himes for various contributions of time and talent. Workers are needed and welcome. Please email your interest to frankturk@erols.com or jsskinner@erols.com to allow them to coordinate activities. You are encouraged to follow the

steps taken on this journey by reading Frank Turk's journal at www.trailjournals.com and experience the devotion each of these builders has poured into the project. □

— *Kathy Murphy*



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