



The Potomac Appalachian

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

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September 1998

Work Trip Report—Costa Rica

Supervisor of Trails

The Costa Rica work-trip report was delayed a little because of uncertainty on how to record travel time—should it be from National Airport to Quepos and return, or from Quepos to Manuel Antonio Park and return? We finally agreed on the latter.

Our task was to complete the loop trail around Punte Catedral (Cathedral Point) in the park. The point separates Beaches 1 and 2 from Beach 3. Park managers, before the budget ran out, had built a trail from the end of Beach 2 to the highest point on the peninsula, where they built a mirador (overlook). Park visitors had made a herd path to another overlook, Mirador de la Ansona, and down to Beach 3. We were to convert the herd path into a maintainable trail.

That we did in the five days we were in Quepos. Park employees had dumped two piles of 2' to 6' logs or tree branches at the two trailheads, to be the raw material for the waterbars needed and the trail edgings desired to remind visitors to stay out of the jungle vegetation beside the trail.

We nine PATCers did not need them, but, before beginning work, we put up colored tapes at the points where waterbars were needed. The tape served as guides for the two young Peace Corps men who were our interpreters and who intended to help build the trail, and any member of the six-man park staff (that included superintendent and cook) who had time to help.

We divided ourselves into digging and carrying crews. The diggers dug waterbars and edging trenches, cut stakes to help keep logs in place, and sank them. Each carrier went back and forth, carrying as many logs as he or she could at one time, from the dumps to the places currently being worked on or scheduled next for work. And we built about 100 meters of trail a day, completing the three-quarter-mile trail and two miradores, which required more work than the trail did.

The park supplied the tools. We had to learn to use a machete instead of a hatchet or a lopper. The hours of work were from after breakfast, to which we walked in pre-dawn twilight at 5:30 a.m., to about noon, when

heat and humidity made everything stop till late afternoon.

We ate all our meals with the park staff, so we usually spent the afternoon at park headquarters, watching toucans and other birds or the squirrel and white-faced (cappuchino) monkeys overhead, iguanas and leaf-cutting ants on the ground and, once, a slow-moving sloth in the treetops. Sometimes we swam in the milk-warm water and looked for the Indian turtle traps of boulders said to be offshore. The water was never clear enough to spot them.

See Work Trip, page 3

WANTED:

TRAIL HOURS FOR 1998. PLEASE TURN IN YOUR TRAIL WORK HOURS ASAP. THE WORK HOURS MUST BE RECEIVED BY THE END OF SEPTEMBER, SO THEY CAN BE REPORTED TO ATC AND SNP FOR THEIR ANNUAL REPORTS. THIS IS A TIMELINE THAT THEY GIVE US, AND IT'S NOT FLEXIBLE. PLEASE SUBMIT YOUR HOURS SO THAT ALL OUR HARD WORK IS RECOGNIZED.

Massanutten Mountain Hike and Buzzard Rock Climb:

Double Tripping with the Northern Shenandoah Valley Chapter and PATC Mountaineering Section Rock Climbers

Just as two heavenly bodies occasionally come into conjunction, so did two interesting but entirely different types of outings conjoin at the same location on consecutive days. The Northern Shenandoah Valley Chapter (NSVC) met on Saturday, July 18, at the Elizabeth Furnace Picnic Grounds on Passage Creek in the heart of Massanutten Mountain. The purpose was a geological interpretive trip along with a smattering of history and botany.

This was my first time with the NSVC and I didn't know anyone, but that didn't last long.

Dr. Bill Melson (geologist) prefaced the trip with a talk about the geologic structure of Massanutten Mountain, rock types and the history of Elizabeth Furnace. During the Civil War, the furnace produced iron from hematitic ore in the local sandstone.

Hikers eventually gathered, and since the hike was a one-way trip, cars had to be planted around on the east side of the ridge. We started hiking at about 9:45 a.m. The weather was good, with partly cloudy skies but no threat of rain. It was warming up, and as we headed

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Charlottesville Chapter: John Shannon
West Virginia Chapter: Jane Thompson

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Cabin Construction: Charlie Graf
Conservation: Mary Margaret Sloan
Corporate Donations: Jack Reeder
Endowment: Bill Ladd
Finance: Blair Staley
Hikes: Tom Johnson
Lands: Phil Paschall & Eric Olson, co-chairs
Legal: Randy Minchew
Maps: Dave Pierce
Maryland Appalachian Trail Management Committee: Charlie Graf
Public Affairs: Terry Cummings
Publications: Jean Golightly
Shelters: John Andrews
Trail Patrol: John Moore

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Tuscarora Trail Land Management: Vacant
Cabin Reservations: Marilyn Stone
Deputy Supervisor of Trails: Rick Rhoades
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Council Fire

The Council held its regular meeting on July 14, 1998 at the Club headquarters. 24 Council members, 4 staff, and one guest attended the meeting.

The PATC membership is 6,098, clearly over 6,000 members. In June, 164 people became new members of PATC.

Treasurer Dick Newcomer introduced John Persel of the accounting firm of Cocke, Szpanka and Taylor to discuss the 1997 audit of PATC. The report is unqualified. The auditors questioned the manual cabin rental system, but had no alternative. They also questioned the large inventory of maps and guidebooks. But significant cost savings occur by printing three years worth of maps and two years worth of guidebooks. Obsolete inventory is minimal, due to a good tracking system.

Supervisor of Trails Pete Gatje presented an overview of the trails maintenance system. PATC has the responsibility for maintaining 240 miles of the AT and about 660 miles of other trails including blue-blazed trails in the SNP, the Tuscarora Trail, and other trails around the Capital District. This is done with 486 overseers who report to 18 district managers. Heidi Forrest is the paid trails coordinator, with summer intern, Heather Walker, who was introduced to the Council. Ten one-week trail crews work in the SNP and in the nearby national forests during the summer. These are supported by PATC, but reimbursement comes from the Park. Pete pointed out some issues including an over-reliance on the use of personal vehicles to support the trail crews, inconsistent policies by the government jurisdiction of the use of chain saws, and the low level of volunteerism for trail maintenance.

The Club should limit the number of additional trails it takes on and should try to increase volunteerism among the members. PATC members did respond to the Internet message for help in reopening trails after the extensive winter storm damage. Through-hikers praise the trails maintained by the PATC.

The Council approved the revisions to *Duties and Responsibilities: A Guide for PATC Officers*. The Guide is given to all new officers with the mutual understanding that their duties and responsibilities are substantially as outlined.

The Council welcomed Bianca Menendez as the new editor of the *PA*. She described her background and interests.

The Executive Committee of the PATC and a few others are meeting the weekend of August 1 to discuss long range planning for PATC. The growth of the Club and the needs of members require the need to think about possible changes for the future.

The Council requested an ad hoc committee to review the Dogwood Half-Hundred, which has become one of the premier hiking events on the East Coast. Recommendations for changes should be presented to the Council in the next three months.

The Nominating Committee reported that it has almost completed its work in presenting a slate of officers for the 1998 election.

The Lands Committee expects to complete the purchase of the Oliphant property by the end of July. □

—Gerhard Salinger,
Recording Secretary

ADT Addition to National Trails System

As Congress wound down on August 7 for the month-long summer recess, trail activists were still awaiting final action on the bills that would add the American Discovery Trail (ADT) to the National Trails System. The current target date for enactment of the proposed National Discovery Trails Act of 1998 is October 2, which would be the 30th anniversary of the National Trails System. As the nation's first trans-continental trail, the ADT would make a fitting generational capstone, tying together the widely scattered

trails that now make up the National Trails System.

The Senate bill, S. 1069, was passed on July 17 by unanimous consent, along with 15 other bills that were included in the same motion. The House bill, H.R. 588, has yet to be reported out of committee. However, Resources Committee Chairman Rep. Don Young (R-Alaska) and Parks Subcommittee Chairman Rep. James Hansen (R-Utah) have both reportedly com-

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Potomac Appalachian

Hike, from page 1

up the east-bound trail, which had such a gentle grade that it hardly seemed like we were on our way to a gain in elevation of 1,230 feet. By noon we had reached Shawl Gap at the crest of the ridge where we stopped for lunch. It was already hot, and the forest was dry.

The synclinal structure of the mountain has resulted in an upturned edge of the west-dipping beds that makes a narrow pathway with sides sloping steeply both east and west. We were heading north, and the walk was getting difficult because of the angular edges that formed the trail. Small trees on either side of the trail made the walk akin to threading one's way through a maze. Our pace was not rapid, and some people were feeling the effect of the heat; some were out of water. The leader called for stragglers to hurry up as we still had a couple of miles to go. While pausing for a break, Bill pointed out surviving American chestnut trees and compared them with a nearby chestnut oak; similar leaf but different trees.

On the west side of the trail we came to Buzzard Rock, where the bedding dips west 65 degrees to 85 degrees and the Potomac Appalachian Trail Club (PATC) rock climbers would be meeting the next day.

A short way north of the outcrop, the trail switches back to the south and east and descends through the forest to a parking area on Rt. 619 where the cars were parked. The afternoon heat had turned the cars into cook

stoves, and we had to open car doors and turn on air conditioners to make entry bearable.

When we returned to the picnic area, some people left for home and a few went down to Glass House for a potluck supper and an overnigher. Even though I didn't formally bring anything to put in the pot, I was invited to eat as I had made arrangements to stay overnight. The reason for staying was that on Sunday, the Rock Climbers were coming to Buzzard Rock.

Bill Melson and Walt Smith stayed with about eight others for supper. We talked about Costa Rica and volcanoes and found out that Bill had been to Arenal in May. (This later proved of interest to Tom Johnson who is leading the Costa Rica trip in March 1999.)

After supper, Walt led an exploratory trip up Sidewinder Trail to the Mudhole Gap Trail northwest of the cabin. Five of us went, and the ladies hiked in shower sandals! When we got back, the ladies went to Bill's, the next house down the valley, and I took a shower while there were only a few people at the cabin. Refreshed, smelling good and well fed, I was ready for bed. Temperatures fell as darkness overtook the valley, and soon it was cool enough to use a summer-weight bag.

By 10 p.m. everyone was in the sack, although there was still some whispering that everyone could hear anyhow. Just when things were quiet, a car raced up the steep gravel drive-

way, its headlights stabbing through the front doorway, which had been left open to help cool things off. Four PATCers jumped up and jammed the doorway and confronted the shirtless, tattooed driver, head tied with a bandanna, who was now standing next to a throbbing red sports car, arms crossed against chest, asking for "the party." The "party" of four caused the unwanted guest to leave abruptly. Then, several went down and pulled the cable across the driveway and locked it. Finally, we all got to sleep after discussing, "Where can you be safe these days, or nights?"

Sunday morning was warm, even when we woke, but soon breakfast was being prepared. By 8 a.m., I left and drove north to the campground where I found a volunteer ranger who told me that the rock climbers usually started from the parking lot in which we had ended our hike the day before. As I headed back to the lot, three cars of climbers led the way, and the first contingent arrived about 9 a.m. Trip leader Pete Grant waited until the others arrived, and people started up the trail in a strung-out fashion.

If You Can't Take The Heat...

It was already hotter than yesterday at the same time. The steep climb up the north end of the mountain was an awful way to start the day! By 10 a.m., the colorful pink-purple and red-blue nylon ropes were being set up for top-roping. Climbers donned their body harnesses, bright red protective helmets, climbing slippers and racks of gear for leaders. The steep dip of the bedding was good for climbing, but the trees grew right up against the rock. There was not much room to stand, but just enough room for belaying.

People of all ages, degrees of experience and talent tied in, clambered up and rappelled down the slabs of quartzitic sandstone. Leaders did the climbs requiring "pro" and coached the novices. After doing one short climb, I stopped for a lunch of peanuts and raisins, an apple and lots of water. Rejuvenated to some extent, I did a second, longer climb clear to the top and unroped near where I had left my pack. More water and a change back to hiking shoes concluded my day as it was already 2 p.m.

When I got back to the car, the interior was naturally hotter than a pistol. A cold Pepsi from the cooler and I was restored and on my way home, tired but satisfied. This had been a rare opportunity to double-trip with two great groups. □

—Carl Bock

Work Trip, from page 1

After finishing the trail, we left Quepos to reward ourselves with walking the muddy trails of Monteverde Cloud Forest and the dry trails of Rincon de la Vieja, where we climbed to its still-hot crater (it had erupted less than a week before, and the evidence was plain to see). We also visited Poas Volcano in mist and the towns of Liberia and Cartago as well as San Jose.

Work trip dates: March 6-11, 1984, inclusive; hours: 330; travel time: 55 hours; work time: 275 hours

Workers: PATC—Ernest Bauer, Merritt Cordray, Jeannette Fitzwilliams, Kim and Bill Hutchinson, "Bets" and Joe Johnson, Jack Meiners, Paula Strain
Peace Corps—Rick Charboneau, Kirk Koepsel

—Paula Strain

Editor's note: The report, sans postmark, seems to have been delayed even longer than usual. The present Supervisor of Trails says he wants his work reports in more quickly! □

Cougars at the National Geographic Museum on Sept. 4!

There will be an exhibit including a live cougar, bobcat, and lynx at the National Geographic Museum on 17th St. in DC on September 4, 1998, between 11:00 am and 1:00 pm. Sherry will be happy to tell you about seeing and hearing wild cougars as they visit her farm. You will enjoy her enthusiasm. In her June appearance, the crowd was packed 4 and 6 deep to hear Sherry and see her cats. The cats, by the way, seem to glow and bask in all the attention.

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 Rick Canter (rbcanter@erols.com), 301/824-4942 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday—contact Charles Irvin at 301/447-2848. Pennsylvania AT work trips also include an optional Saturday night stay at the Gypsy Springs cabin. Dinner, breakfast, and camaraderie available. For information on upcoming hikes, contact Chris

Firme at 717/765-4833. For general chapter information, contact chapter president Steve Koeppen (skoeppen@qis.net) 410/756-2916.

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 Walt Smith, 540/678-0423.

Southern Shenandoah Valley Chapter

See **Forecast** for work trips and hiking events sponsored by the Southern Shenandoah Valley Chapter. Most trips meet in Harrisonburg at the Cloverleaf Shopping Center at 8:00 a.m. Hikers from the DC area should allow about 3 hours to get to our region. INFO: in Harrisonburg, call Suzanne 540/269-4341; in Staunton or Waynesboro, call Vernon 703/886-9218, or Doris 540/885-4526.

West Virginia Chapter

Chapter meeting at Highacre on the first Wednesday of the month; see **Forecast** for up-coming activities. For further information on chapter activities or to receive the chapter newsletter contact Jane Thompson 301/865-5399.

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: Katherine Stentzel 703/781-3249.

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 Wednesday evening for the following seven days. The **Forecast** can also be found on PATC's Web site at <http://patc.simplenet.com/forecast.html>

-  Hiking Trips
-  Backpacking Trips
-  Trail Work Trips
-  Cabin Work Trips
-  Class
-  Meetings
-  Cross-Country Skiing

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!

Do you Know??

What cabin was the first to be owned by PATC?

Answer on page 12.

September

1 (Tuesday)

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 bianca@moon.jic.com. Allow one week for postal service delivery.

1 (Tuesday)

MEETING - Trail Patrol Headquarters, Vienna, VA

7:30 p.m. Trail Patrol volunteers are PATC's good will trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, 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: John Moore (trailptrl@aol.com) 703/368-1952 or see PATC's website (<http://patc.simplenet.com/patrol.html>)

2 (Wednesday)

HIKE - Easy Hikers Lake Frank, MD

About 4 miles. Meet at 10 a.m. Bring lunch. From right access lanes of I-270N, exit W on Rt 28 towards Darnestown, just past Rockville, Rt 28 exit East. Right on Research Blvd. Right on Gude Dr. Left on Southlawn. Right on Avery. Left into Lake Frank parking lot. INFO: Margaret Chapman 301/977-8988

2 (Wednesday)

MEETING - West Virginia Chapter Harpers Ferry, WV

Jim Lautenberger will discuss GPS receivers and describe situations where a hiker can benefit from having a receiver. He also will describe the features of typical GPS receivers on the market today and how to set one up when it comes out of the box. He will talk about how to coordinate using the GPS receiver with the map and compass since a GPS receiver augments rather than replaces these items. We will meet at Highacre at 7:00 p.m. INFO: Jim 301/371-4084 before 9:00 p.m.

3 (Thursday)

MEETING - New Members Headquarters, Vienna, VA

7:30 p.m. Thrills and chills abound as hikes, cabins, excursions, and special events are stripped of secrecy for interested new and not-so-new club members. Just show up or phone ahead. INFO: Lisa Still (Stills2@aol.com) 703/425-3884

5 (Saturday)

TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

9 a.m. Join the South Mountaineers for fun and teamwork, creating erosion control on the Appalachian Trail. Learn how to install a water bar and how to make it last. What is a water bar anyway? Tools provided. Bring lunch, water and gloves. INFO: Rick Canter (rbcanter@erols.com) 301/924-4942

5 (Saturday)

TRAIL WORK TRIP - Stonewall Brigade VA-WV Border

Help us open a new trail in Racer Camp Hollow in West Virginia. INFO: Wil Kohlbrenner 540/477-2971

5 - 6 (Saturday - Sunday)

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

When this old world starts getting you down...join us up on the roof at Blackburn Trail Center. A new roof is going on this venerable lodge, and then we're taking the old one off. Come and see how that is done and help swap tall tales around the dinner table later on. There are plenty of projects here for skilled and unskilled volunteers alike. Bring old clothes, work gloves, your Saturday lunch and the evening beverage of your choice—we'll supply the rest. INFO: Chris Brunton 703/560-8070, George Still 703/425-3884 or Bruce Clendaniel 410/820-7550

5 - 7 (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 10. INFO: Dave Wilcox (davewilcox@worldnet.att.net) 703/212-0991

5 - 7 (Saturday - Monday)

🏠 CABIN WORK TRIP - Wineberry Lydia, VA

We are almost done with the cabin construction. If you don't get down to Wineberry now, you won't have a chance to contribute. September 19th-20th will be the last Wineberry worktrip before it's dedicated. We will be sanding, polyurethaning, painting, applying finish trim, and adding the final bells and whistles to the cabin. Remember, it's either now or never. Overnight stay in Conley Cabin. INFO: Larry Lang (Lang_L@bjs.gov) 703/631-9278

8 (Tuesday)

🏠 MEETING - PATC Council Headquarters, Vienna, VA

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, but members wishing to address the Council should call two weeks prior to the meeting in order to be included on the meeting agenda. INFO: Wilson Riley (wiley1226@aol.com) 703/242-0693 x11

9 (Wednesday)

🏠 MEETING - Mountaineering Section Headquarters, Vienna, VA

8:00 p.m. Second Wednesday of every month. INFO: Tony Sanders 202/362-3819 or see PATC's website (http://patc.simplenet.com/mtn_sect/)

9 (Wednesday)

❖ CLASS - Fall Hiking Mid-Atlantic REI, Bailey's Crossroads, VA

7:30 p.m. Autumn is the best hiking season. It's also the most popular. REI's Mark Nelson will detail some great but less traveled trails and areas to explore within three hour's drive of the Washington monument. For those new to the area, Mark will also provide tips on the best places for outdoor day trips for various activities and information on local outdoor clubs. INFO: REI 703/379-9400

9 (Wednesday)

🏠 HIKE - Easy Hikers Great Falls, VA

The Easy Hikers will hike 5 to 6 moderate miles along Difficult Run and in Great Falls Park, VA. Meet at 10:00 a.m. at the parking lot on Georgetown Pike (VA 193).

From the Beltway (I-495), take exit at VA 193 and travel west toward Great Falls. Just past the bridge over Difficult Run, look for parking area on left. INFO: Shirley Rettig 703/836-0147

12 (Saturday)

(Rain date September 26)

✂ TRAIL WORK TRIP - DC Metro

Rock Creek Park, Washington, DC

8:15 a.m. to noon. Help prepare D.C.'s trails for the fall hiking season. Meet at Rock Creek Nature Center. INFO: Mark Anderson 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31

12 (Saturday)

✂ TRAIL WORK TRIP - Maryland Suburban District Cabin John Trail, MD

All who want to contribute and believe that early fall is a fine time to be outside, come join us to build a walkway on the Cabin John Trail. Bring water, lunch and gloves. Meet at 9:30 a.m. in the parking lot for indoor tennis courts just off Democracy Boulevard, near Montgomery Mall. To sign up and get INFO: Liles Creighton 410/573-0067

12 (Saturday)

✂ TRAIL WORK TRIP - Massanutten Crew Massanutten Mountains, VA

Tread rehab on the trail from PATC's Glass House to the Tuscarora-Bear Wallow Trail. Call 5 days ahead. INFO: Wil Kohlbrenner 540/477-2971

12 - 13 (Saturday - Sunday)

🏠 HIKE LEADER TRAINING - Blackburn Trail Center Round Hill, VA

The third annual hike leader training will take place at newly-remodeled Blackburn Trail Center in mid-September. We will be talking about first aid on the trail, trail leadership, planning hikes, and extricating fallen hikers, among other things. There will be opportunities to problem-solve in situations that are very realistic for our hiking area. Whether you are an inexperienced leader or an old hand, you can get something out of this year's event. Cost will be a big \$10, primarily to cover food Saturday evening and Sunday morning. Sign up now. INFO: Tom Johnson 410/647-8554

12 - 13 (Saturday - Sunday)

✂ TRAIL WORK TRIP - Cadillac Crew Shockeyville, VA

Shockeys Knob. We're still working on the Tuscarora Trail relocation, so come on out to Shockeys Knob and help! Overnight at a local cabin. Bring a lunch and water for Saturday. Saturday night community dinner. Share costs for food. Please call by September 5 to let us know if you're participating! INFO: Tom Tamburo (wxur58a@prodigy.com) 301/829-0354

12 - 13 (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

12 - 13 (Saturday - Sunday)

✂ ANNUAL NORTH DISTRICT TRAIL MAINTENANCE WORKSHOP - Mathews Arm Campground

North District, Shenandoah National Park, VA

Once again, PATC and the Park Staff team up to offer this instructional workshop for all new and potential trail overseers. See article in August *PA* for more details. RSVP/INFO: George Walters 410/426-2724

12 - 13 (Saturday - Sunday)

🏠 CABIN WORK TRIP - Tulip Tree Cabin Shaver Hollow, VA

With luck we will be putting second floor joists in. This is a time consuming but rewarding task requiring a good eye and a little skill but you can do it! Primitive building skills come naturally to some but for most of us it takes a little instruction and a lot of practice. Anyone can learn how to build a log cabin with primitive hand tools. It takes mostly the nerve to try and the patience to stick with it till it's done. Try your hand at it! INFO: Charlie Graf 410/757-6053

13 (Sunday)

❖ CLASS - Basic Rock Scrambling for Hikers Great Falls, VA

This practical hands-on half day class will provide hikers with the fundamentals of route finding and safe movement over rock hazards and obstacles encountered in alpine and rocky environments. It will include scrambling with the use of hands and feet, and elementary climbing techniques. Class at Great Falls Park, VA. Limited to 15 people. INFO: Tony Sanders 202/362-3819

13 - 18 (Sunday - Friday)

✂ MASSAROCK TRAIL CREW

George Washington & Jefferson National Forests

The Crew will stay at Camp Roosevelt Campground in the northern Massanutten Mountain. Meals and box lunches will be provided by Caroline Furnace Lutheran Camp. 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.

14 (Monday)

🏠 MEETING - Shenandoah Mountain Rescue Group Headquarters, Vienna, VA

7:30 p.m. New members meeting. INFO: Martin Juenge (mjuenge@rpihq.com) 703/255-5034 then press 5

15 (Tuesday)

🏠 HIKE - Vigorous Hikers

A fast paced hike of about 15-18 miles with a fair amount of elevation change for hikers who enjoy a good workout and nice scenery. INFO: Cliff Noyes 703/451-5181

16 (Wednesday)

🏠 HIKE - Easy Hikers

Wheaton Regional Park, MD

Meet at 10 a.m. for about a 5 mile hike through Wheaton Regional Park, with a stop at the marvelous green house. Bring lunch and water. Directions: From the Beltway, take Georgia Ave. North for about two miles to Arcola (traffic light). Turn right on Arcola and go about 1.5 miles to the Kemp Mill Shopping Center. Turn right into the center and meet at the rear of the parking lot opposite the Giant store. INFO: John Giblin 301/585-5172

17 (Thursday)

❖ CLASS: Fall Hiking Mid-Atlantic REI, College Park, MD

7:30 pm. Autumn is the best hiking season. The bugs are gone, the air is crisp, and the mountains are full of color. REI's Mark Nelson will detail some great trails and destinations that are also less traveled. Mark will also provide tips on gear, skills, local outdoor clubs, and other outdoor adventure destinations at REI College Park. Call 301-982-9681.

FORECAST

19 (Saturday)

✂ TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

9 a.m. in Frederick County, MD. "Fun work" is the oxymoron that best describes a trailwork event. Learn how to take care of trails instead of just hiking them. An informal social event, accentuating teamwork, in the backdrop of the western Maryland hills. Tools provided, bring water, lunch and gloves. INFO: Rick Canter (rbcanter@erols.com) 301/924-4942

19 (Saturday)

👤 HIKE - North Chapter, Tuscarora Trail Series #II-4 Gore, VA

Devils Backbone section. Gore, VA (Jct. of Rtes. 751 and 853) to Loman Branch. 13.5 difficult miles with an elevation change of 1900 ft. INFO: Chris Firme 717/765-4833 after 5:30 p.m.

19 (Saturday)

👤 HIKE - Tuscarora Trail Series #5 Chambersburg, PA

A moderately paced 15.9 mile hike south on the Tuscarora Trail from PA-641 to Cowans Gap State Park. Elevation gain is 1700 feet. PATC map K. A car shuttle is required. Meet at Vienna Metro, Nutley Street North at 7:30 a.m. INFO: Jack 703/339-6716 or William 703/256-6735

19 (Saturday)

👤 HIKE - Northern Shenandoah Valley Chapter George Washington National Forest - White Rock Cliff All are invited to join the NSVC on an interesting 6 mile hike up 1400' on the slopes of Little Sluce Mountain. Hikers will be rewarded with a lovely view of the Shenandoah Valley from the White Rock Cliff. The hike will be conducted at a slow pace, noting nature as we go. The ruins of the 19th Century Van Buren Furnace are visible enroute to the trailhead. Leader/ INFO: Rita Bradford 540/459-3571

19-20 (Saturday-Sunday)

👤 Natural History Weekend GW National Forest

Join Bob Pickett for two day hikes in this beautiful area just south of the Shenandoah National Park. After Saturday's 6.8 mile loop trail along the Appalachian Trail along the balds of Cole Mountain, we'll pick up our backpacks from our cars and hike 100 yards to Wiggin's Spring for dinner and camping out instead of driving back to the city. Sunday, after an easy morning, we'll do another day hike of about five miles to the summit of Mt. Pleasant for lunch and wonderful views. Both of these hikes were featured in our VA 95 Conference and offer outstanding views and unique plants. Additionally, we'll visit a former Indian hunting site where several arrowhead fragments were found during the conference hikes. INFO: Bob Pickett (301) 681-1511

19 - 20 (Saturday - Sunday)

✂ TRAIL WORK TRIP - Stonewall Brigade VA-WV Border

Help us open a new trail in Racer Camp Hollow in West Virginia. Call 5 days ahead. INFO: Wil Kohlbrenner 540/477-2971

19 - 20 (Saturday - Sunday)

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

Want to move UP in the world? You can't go much higher than the roof of Blackburn Trail Center, which is now getting removed and improved. Come out and drive a nail or two, help us smooth out the road up the ridge or organize the tools in storage—there

is a task for every skill level and interest, even YOURS. Make PATC history and leave your mark on the Blue Ridge. INFO: Chris Brunton 703/560-8070, George Still 703/425-3884 or Bruce Clendaniel 410/820-7550

19 - 20 (Saturday - Sunday)

👤 CABIN WORK TRIP - Wineberry Lydia, VA

This is the final Wineberry construction worktrip!!! After six years of volunteer effort Wineberry is almost ready for its public debut. We will be sanding, painting, cleaning, and adding the final bells and whistles to the cabin. Don't blame me if you missed out on the action. Overnight stay at romantic Conley Cabin (site of several engagements this past spring/summer). INFO: Larry Lang (Lang_L@bls.gov) 703/631-9278

19 - 20 (Saturday - Sunday)

OVERSEER MASONRY WORKSHOP Central District, Shenandoah National Park, VA

There will be an Overseer Masonry Workshop for huts & cabins in Shenandoah National Park. The workshop will be held at the South River Maintenance Hut in the Central District of SNP just south of mile marker 63. You will need to bring your own tent and food. Repointing and repairing fireplaces will be demonstrated. Materials will be distributed. RSVP by 9/14. INFO: Heidi Forrest, Trails Coordinator 703/242-0693 x12

19 - 20 (Saturday - Sunday)

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

Sacre bleu! C'est le jeu de travail francais des Hoodlums. Vous viendrez travailler, venez pour enjouir! Saturday, on travaillera a l' Appalachian Trail. Nous nous coucherons a Indian Run Hut et nous mangerons la cuisine francaise - le coq au vin, les legumes, les sauces, le pain delicieux. Nous écouterons la musique Québécois et buverons du vin francais et de la biere. Come join us! Newcomers welcome! Nous nous amuserons!! RSVP/INFO: George Walters 410/426-2724

21 (Monday)

👤 MEETING - Conservation Committee Headquarters, Vienna, VA

7:00 p.m. INFO: Mary Margaret Sloan 703/807-0746

22 (Tuesday)

👤 HIKE - Vigorous Hikers

A fast paced hike of about 15-18 miles with a fair amount of elevation change for hikers who enjoy a good workout and nice scenery. INFO: Cliff Noyes 703/451-5181

23 (Wednesday)

👤 HIKE - Easy Hikers Burke Lake, VA

10:00 a.m. Hike 5 miles around Burke Lake. Directions: From the Beltway (route 495), take exit 5, go west on Braddock Rd (route 620) 1.6 miles to Burke Lake Road. Turn left on Burke Lake Road and drive 4.8 miles to Ox Road (route 123). Turn left on Ox Road and go 0.6 mile to Burke Lake Park on the left. Turn left into the Park and drive 0.3 mile to the Marina parking lot. INFO: Bob Griner 703/534-5415

23 (Wednesday)

👤 CLASS - Autumn Color Waterfall Hikes in Virginia REI, Bailey's Crossroads, VA

7:30 p.m. Bright colors and falling water provide material for great outdoor photography as well as fantastic hiking destinations. Local photographer Ed Neville will take you on an evening's visual tour of

some of the more remote and less well known waterfalls of Virginia and provide tips on hiking gear and photography that will help make your trip a success. At REI Baileys Crossroads. INFO: REI 703/379-9400

24 (Thursday)

👤 CLASS - Autumn Waterfall Hikes in Virginia REI, College Park, MD

For details refer to 09/23. INFO: REI 301/932-9631

26 (Saturday)

✂ TRAIL WORK TRIP Tuscarora Trail, PA

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

26 - 27 (Saturday - Sunday)

✂ TRAIL WORK TRIP - Cadillac Crew Shockeyville, VA

Shockeyville Knob. We're counting them down. There are only three more work trips this season on the Tuscarora Trail relocation. Come on out to help! We'd love to meet you. Overnight at a local cabin. Bring a lunch and water for Saturday Saturday night community dinner. Share costs for food. Please call by September 19 to let us know if you're participating! INFO: Tom Tamburo (wxur58a@prodigy.com) 301/829-0354

26 - 27 (Saturday - Sunday)

👤 CABIN WORK TRIP - Tulip Tree Cabin Shaver Hollow, VA

The cabin is really beginning to take shape now and looks like a cabin (minus the roof). It is still not too late to partake in the magic of building a log cabin with primitive hand tools though. There is still plenty of work to do and it will all be done in the old fashioned way. There are still rafters to make and erect and the roof to put on, not to mention chinking, building the staircase, installing the doors and windows, and the list goes on and on. INFO: Charlie Graf 410/757-6053

27 (Sunday)

👤 CLASS - Land Navigation Course 101 Sperryville, VA

Class 101 is an introductory Map and Compass Workshop. A day long event featuring classroom study in the use of topographical maps and compass, with practical hands-on outdoor exercises using basic tools of land navigation. The first of three progressively more challenging classes. Limited to 25 people. Details at <http://webmentor.com/mwrop/welcome.html>. INFO: Mike Gingerich 703/590-3188

29 (Tuesday)

👤 MEETING - Shenandoah Mountain Rescue Group Headquarters, Vienna, VA

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

29 (Tuesday)

👤 HIKE - Vigorous Hikers

A fast paced hike of about 15-18 miles with a fair amount of elevation change for hikers who enjoy a good workout and nice scenery. INFO: Cliff Noyes 703/451-5181

30 (Wednesday)

👤 HIKE - Easy Hikers Rock Creek Park Washington, DC

10:00 a.m. Meet at the Nature Center parking lot located off Military Road at Glover Road. Hike about

five miles in this central section of Rock Creek Park.
INFO: Joanne Horgan 703/938-4662

October

1 (Thursday)

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 bianca@moon.jic.com. Allow one week for postal service delivery

1 (Thursday)

MEETING - New Members Headquarters, Vienna, VA

7:30 p.m. Thrills and chills abound as hikes, cabins, excursions, and special events are stripped of secrecy for interested, new and not-so-new club members. Just show up or phone ahead. INFO: Lisa Still (Stills2@aol.com) 703/425-3884

3 (Saturday)

HIKE - Northern Shenandoah Valley Chapter Toms Brook, VA

All are invited to join the NSVC on a hike in the vicinity of Toms Brook, VA on an easy paced, five mile hike across the Shenandoah Valley on the Tuscarora Blue. After descending from Fetzer's Gap, we will follow the trail along country roads and through woods and farm land with views of the mountains. We will also note the Civil War cavalry battle of Tom's Brook, fought on October 9, 1864. INFO: Walt Smith 540/678-0423

3 (Saturday)

TRAIL WORK TRIP - DC Metro Rock Creek Park, Washington, DC

8:15 a.m. to noon. D.C.'s hiking trails offer some of the best fall scenery in the region. Help maintain the trails while you look. Meet at Rock Creek Nature Center. INFO: Mark Anderson 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31

3 (Saturday)

TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

9 a.m. Enjoy fall colors with the South Mountaineers Trail Crew. Cooler air with erosion control on the agenda make this event a tough miss. Learn how natural erosion control devices work to protect a trail, then install them. Tools provided, bring lunch, water and gloves. INFO: Rick Canter (rbcanter@erols.com) 301/924-4942

3 - 4 (Saturday - Sunday)

CABIN WORK TRIP - Blackburn Trail Center Round Hill, VA

Come watch the trees trade mantles of green for cloaks of every hue from the best vantage point imaginable—the roof of Blackburn Trail Center. Help us saw, shingle and swear as we re-roof this majestic structure. Enjoy an evening feast in the newer, bigger kitchen; marvel at the stone work on the outside walls; and enjoy the cool autumn breezes from the best screened porch on the Blue Ridge. For information or to accept this limited-time offer, call Chris Brunton 703/560-8070, George Still 703/425-3884 or Bruce Clendaniel 410/820-7550.

3 - 4 (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.

3 - 4 (Saturday - Sunday)

TRAIL WORK TRIP - Youth Service Project Work Trip South District, Shenandoah National Park, VA

The Schairer Trail Center in the South District of SNP will house the group for the weekend. Any one interested in working with scouts or youth groups is welcome. If you need to perform a service project please join us. We will concentrate on wilderness trails in the area. All aspects of trail work may be covered depending on the size of the group. INFO: Hal Hallett 703/331-2173 or Heidi Forrest 703/242-0693 x12

3 - 4 (Saturday - Sunday)

TRAIL WORK TRIP - Stonewall Brigade VA-WV Border

Help us open a new trail in Racer Camp Hollow in West Virginia. Call 5 days ahead. INFO: Wil Kohlbrenner 540/477-2971

4 (Sunday)

TRAIL WORK TRIP

North District, Shenandoah National Park, VA

Trail worktrip cleaning waterbars, trail cleanup, trim branches and brush. AT in Northern SNP. INFO: Frank Turk 301/249-8243 before 9 p.m.

4 (Sunday)

HIKE - Jones Mountain/The Sag/Staunton River.

A pretty rough 16-mile day. One of the most beautiful and remote areas in the Shenandoah N. P. PATC Map 10. Carpooling/Metro accessible (depending upon seating space in cars). Central District, Shenandoah National Park, VA INFO: Chris 301/652-4777 9/28-10/3 before 9:30 p.m.

6 (Tuesday)

HIKE - Vigorous Hikers

A fast paced hike of about 15-18 miles with a fair amount of elevation change for hikers who enjoy a good workout and nice scenery. INFO: Cliff Noyes 703/451-5181.

6 (Tuesday)

MEETING - Trail Patrol Headquarters, Vienna, VA

7:30 p.m. Trail Patrol volunteers are PATC's good will trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, 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: John Moore (trailptrl@aol.com) 703/368-1952 or see PATC's website (<http://patc.simplenet.com/patrol.html>)

7 (Wednesday)

MEETING - West Virginia Chapter Harpers Ferry, WV

Dr. Melody Roelke-Parker will discuss her work as a veterinarian studying lions on the Serengeti Plain of Africa. She discovered that a deadly epidemic was due to an outbreak of canine distemper virus. We will meet at Highacre at 7:00 p.m. INFO: Jane 301/865-5399 before 9:00 p.m.

10 (Saturday)

HIKE - Tuscarora Trail Series #II-5 Jamina/County Line sections.

Third overnighiter. Loman Branch to Waites Run Road (forest service road). 1st day: 11.3 moderate miles with an elevation change of 500 ft. Overnight at Hawk Campground. 2nd day: 12.2 difficult miles with an elevation change of 1300 ft. Will shuttle vehicles and camping equipment to allow hiking with only a daypack. Will need tent, sleeping bag, and food. INFO: Chris Firme 717/765-4833 after 5:30 p.m.

10 (Saturday)

CLASS/HIKE - Northern Shenandoah Valley Chapter

Appalachian Trail in vicinity of Front Royal, VA

What is it like to be a Trail Overseer? Join Lee Bowen, longtime overseer of a section of the AT and a trail in Shenandoah National Park, to discuss what the rewards are. Lee will show you what equipment is used and how the trail is maintained. If you think you might be interested in being an overseer sometime in the future, you are invited to join the group as Lee provides a realistic scenario of the work involved and the problems to be overcome in order to make an important contribution to the community. This will be a hiking - chat of approximately three miles, not a worktrip. After the explanations are over, participants may wish to hike farther on the AT, at their own speed, to Possum Rest Overlook for a good view of Hickerson Hollow and Dickey Ridge (bring lunch & water). This additional hike will bring the total for the day to approx. 7.5 miles. Or, participants may wish to return to their cars and travel into Front Royal for the annual Fall Festival of Leaves! INFO: Lee Bowen (leebowen@rma.edu) 540/635-2547(w); 540/635-8495 (evenings before 9 p.m.)

10 (Saturday)

TRAIL WORK TRIP - Maryland Suburban District Cabin John Trail, MD

Join us for tread rebuilding on the Cabin John Trail. Bring water, lunch, and gloves. Meet at 9:30 a.m. in the parking lot for indoor tennis courts just off Democracy Boulevard, near Montgomery Mall. To sign up and get INFO: Liles Creighton 410/573-0067

10 (Saturday)

TRAIL WORK TRIP - Massanutten Crew Massanutten Mountains, VA

Tread rehab on the trail from PATC's Glass House to the Tuscarora-Bear Wallow Trail. Call 5 days ahead. INFO: Wil Kohlbrenner 540/477-2971

13 (Tuesday)

HIKE - Vigorous Hikers

A fast paced hike of about 15-18 miles with a fair amount of elevation change for hikers who enjoy a good workout and nice scenery. INFO: Cliff Noyes 703/451-5181.

13 (Tuesday)

MEETING - PATC Council Headquarters, Vienna, VA

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, but members wishing to address the Council should call two weeks prior to the meeting in order to be included on the meeting agenda. INFO: Wilson Riley (wriley1226@aol.com) 703/242-0693 x11

FORECAST

13 (Tuesday)

 **MEETING - Shenandoah Mountain Rescue Group**

Headquarters, Vienna, VA

7:30 p.m. New members meeting. INFO: Martin Juenge (mjuenge@rpihq.com) 703/255-5034 then press 5

14 (Wednesday)

 **MEETING - Mountaineering Section Headquarters, Vienna, VA**

8:00 p.m. Second Wednesday of every month. INFO: Tony Sanders 202/362-3819 or see PATCs website (http://patc.simplenet.com/mtn_sect/)

17 (Saturday)

 **TRAIL WORK TRIP Tuscarora Trail, PA**

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

17 (Saturday)

 **HIKE - Tuscarora Trail Series #6 McConnellsburg, PA**

A moderately paced 15.7 mile hike south on the Tuscarora Trail between Cowans Gap and Hells Hill Trail. Elevation gain is 1500 feet. A car shuttle is required. PATC Map K. Meet at Vienna Metro, Nutley Street North at 7:30 a.m. INFO: Jack 703/339-6716 and William 703-256-6735

17 (Saturday)

 **CLASS - Waterfall Photography Workshop**

9:00 a.m. - 4:00 p.m. Come explore the waterfalls of Shenandoah National Park and learn the techniques and equipment necessary to make beautiful waterfall photos. Led by local adventure/nature photographer Ed Neville, this workshop will concentrate on exposure and metering, depth of field, and

composition. The workshop fee of \$60 includes a roll of professional grade slide film, a light metering guide, and class notes and assignments. INFO: REI Customer Service at 703-379-9400 or 301-601-0987 for registration and further information.

17 (Saturday)

 **HIKE - Northern Shenandoah Valley Chapter Compton Peak, SNP, North District**

All are invited to join the NSVC on a varied hike of seven miles with an upward elevation change of 1800'. The hike begins at VA 622, hiking up to Land's Run waterfall. Continuing on the Dickey Ridge and the Appalachian trails, we will stop for the views at Fort Windham Rocks and on Compton Peak. We will be able to compare the deciduous forests seen in the morning, along Land's Run, with the more rugged environment along Jenkins Gap Trail, as we return in the afternoon. INFO: Toni & Al Mitchell 540/459-4366

17 (Saturday)

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

9 a.m. in Frederick County, MD. Come enjoy the peak of fall colors on this event. Hike a while, use a pick and shovel, move rocks, get dirty and have fun in the cooler air. The trails need your help and the nice weather beckons. Tools provided. Bring water, lunch, and gloves. INFO: Rick Canter (rbcanter@erols.com) 301/924-4942

17 - 18 (Saturday - Sunday)

 **TRAIL WORK TRIP - Stonewall Brigade VA-WV Border**

Help us open a new trail in Racer Camp Hollow in West Virginia. Call 5 days ahead. INFO: Wil Kohlbrener 540/477-2971

18 (Sunday)

 **HIKE - Family Nature Hike Alexandria, VA**

9:00 a.m. REI and the Metropolitan Washington Sierra Club team up to offer a leisurely, flat two mile circuit walk for parents and children of all ages in Huntley Meadows Park (sorry, no pets). The path goes through wooded areas and over a boardwalk through a wetland area rich in wildlife. Bring camera and binoculars. Dress for the weather. Hike begins at 9:00 a.m. from the Visitors Center parking area. Co-led by Mike Monbeck and Mark Nelson. Call 703-379-9400 or 301-982-9681 for further information and directions.

20 (Tuesday)

 **HIKE - Vigorous Hikers**

A fast paced hike of about 15-18 miles with a fair amount of elevation change for hikers who enjoy a good workout and nice scenery. INFO: Cliff Noyes 703/451-5181.

27 (Tuesday)

 **HIKE - Vigorous Hikers**

A fast paced hike of about 15-18 miles with a fair amount of elevation change for hikers who enjoy a good workout and nice scenery. INFO: Cliff Noyes 703/451-5181.

31 (Saturday)

 **TRAIL WORK TRIP - Maryland Suburban District Cabin John Trail, MD**

Join us for completing tread rebuilding or to relocate a section of the Cabin John Trail. Bring water, lunch, and gloves. Meet at 9:30 am in the parking lot for indoor tennis courts just off Democracy Boulevard, near Montgomery Mall. To sign up and get INFO: Liles Creighton, 410/573-0067

Family Hiking

Five months ago, PATC began experimenting with the implementation of a Parent/Child or Family Hikes program designed to help young families share their love of the outdoors with their children. So far, the results have been mixed, but through trial and error certain lessons have been learned.

This article hopes to impart the wisdom of some of these lessons on to individual parents who want to hike with their youngsters but aren't able to attend any scheduled group hikes. Just like hiking, it is a step-by-step process to help you design a hike that both you and your children can enjoy.

Step One

Know your child's limitations, and when planning a hike for more than one child, design it around the least capable member of the hike (even if that is a parent). Youngsters can exhibit surprising stamina, and children aged 7 have cheerfully hiked that distance in miles on PATC hikes (although ad-

mittedly on friendly terrain). A good rule of thumb, and one shared by the Sierra Club's Metropolitan Washington Regional Outings Program, is to limit distance to three to four miles for ages 6-9; five to seven miles for ages 9-12, and to allow hikers older than 12 to tackle trails of more than seven miles and on more challenging terrain.

If you aren't sure what your kids can do, start small and flat and work up to a distance and terrain matching their abilities. Before you know it, they'll be graduating from the C & O canal towpath to bounding up Old Rag mountain (and probably asking for the keys to your 4x4 while they're at it).

PATC publishes a number of excellent guidebooks, such as Jean Golightly's informative *Circuit Hikes of Virginia, West Virginia, Maryland and Pennsylvania*, which can help you select a route appropriate for everyone in the family. You will find suitable hikes much closer to home than you might think,

and you may even discover new ones to share with the club.

Step Two

Always carry and drink more water than you might think you need. Especially when hiking during the summer, dehydration can set in before thirst. Children should be halted for a short rest and a drink as often as every 20 to 30 minutes. Parents should set an example by drinking water at every halt.

Sharing snacks such as fruit, trail mix or crackers during rest breaks can also make the hike more enjoyable for all involved. High-sugar snacks such as candy should be avoided because the resulting sugar "high" is inevitably followed by a "low" that can make the last miles back to the car a trial for all involved.

Step Three

Try to know a little about the history, geology, flora or fauna of the area through which you will hike (sure, you say, and I'll also com-

NOTICES

PATC SHELTER LOOKING FOR OVERSEER: The PATC Shelters Committee is presently seeking an overseer for the BOONE RUN Shelter located in George Washington National Forrest. If interested, Please contact John Andrews at jnandrews@aol.com or call 703-938-0349.

PATC MEDICAL COMMITTEE Looking for Help Newly-appointed medical committee chair for PATC needs assistance with computer presentations for wilderness medicine classes. Will work at PATC HQ in Vienna. No equipment needed - just some time and expertise with computers. Call Dr. John McNamara at 703/528-4519.

HEADQUARTERS HOUSE COMMITTEE FORMING. Take Pride in Your Club! We're looking for a few good volunteers to form a Headquarters House Committee to monitor conditions and undertake minor maintenance projects in the Vienna Headquarters building. INFO: Warren Sharp, 703/242-0693, x-11.

NEW MEMBERS MEETINGS are hosted the first Thursday of each month at PATC Headquarters. If you're new to PATC, the meeting is a great opportunity to find out about club activities and meet some of the folks who lead these activities. Check the Forecast for specific meeting times.

SHENANDOAH RIVER LAND/ BLUE RIDGE MOUNTAIN LAND 10.19 acres of wooded land for sale, 557 ft. frontage on the Shenandoah River with natural canoe put-in, in Jefferson County West VA, 90 minutes from the DC area. Birds, wildflowers, views, great retreat abutting a 500 acre rolling pasture, \$69,900. Contact Anne McCormick (owner) 505/624-2434 or Cricket Morgan, agent for Greg Diden Realtors, 304/876-6400, evenings 304/725-6670.

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 (wirley1226@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: Martin Juenge 703/255-5034, then press #5.

TOOL ROOM VOLUNTEERS NEEDED to help sharpen and maintain tools at PATC Headquarters. INFO: Pete Gatje 703/242-0693 x13.

SITTING AT HOME ON A RAINY SUNDAY? Why not stop by PATC Headquarters for the monthly Sunday at the Club — great slide shows and fascinating stories? INFO: Lisa Still (Stills2@aol.com) 703/425-3884.

PURE MAPLE SYRUP. PATC Life Member relocated to the Berkshires makes his own. A quart shipped within the USA is \$18.00, and makes a perfect gift. Contact me for a brochure. Tom McCrumm, 755 Watson-Spruce Corner Road, Ashfield, Massachusetts 01330, (413) 628-3268.

PHOTOGRAPHS NEEDED. Pictures taken on any of the hikes in *Hikes in the Washington Region: Part C*. This includes hikes in Rock Creek Park, Dumbarton Oaks, Theodore Roosevelt Island, Glover Archbold, National Arboretum, Doncaster, Cedarville, Myrtle Grove, Piscataway, Cosca, Jug Bay, Watkins Regional Park, and Calvert Cliffs. New edition being prepared for release this fall. Contact Jean Golightly @ jcgolightly@aol.com or call 703-591-9363.

TO LONGTIME MEMBERS—A number of you have requested an updated club membership directory. For various reasons, it seems impractical to produce one. However, a directory, limited to the members who joined between 1927 and 1981 has been produced. Alphabetical by last name, it has the full address and home phone of these long-term members, as well as their date of joining PATC. To cover the cost (pho-

tocopying and postage) for the 20-page list, send \$1.00 and a self-addressed stamped envelope to Membership Coordinator, Potomac Appalachian Trail Club, 118 Park Street, SE, Vienna, VA 22180. Mailing will be done the first of next month.

THE INTERNET SERVICES COMMITTEE is searching for an individual interested in doing two small video authoring projects for the PATC website. The goal is to develop two short streaming video movies that will appear on PATC's opening page. Interested individuals should have a video camera, computer, and video authoring tools that produce content that can be viewed without external plug-ins (such as Real Audio G2). Contact Andy Hiltz (ahiltz@cais.net) 703/764-0121.

WANTED: Hiking partner to do the Maryland section of the Appalachian Trail in four 12 mile long segments from Pen Mar, MD to Harpers Ferry, WV. The series of hikes would be done sometime in the fall during a Saturday.

Section 1—would be from Pen Mar to State Route 77.

Section 2—would be from State Route 77 to Washington Monument State Park.

Section 3—would be from Washington Monument State Park to Gathland State Park at Crampton's Gap.

Section 4—would be from Gathland State Park at Crampton's Gap to the U.S. Route 340 bridge at Harpers Ferry.

The mileage may vary. If you are interested, Please either call me, Dave Lepkowski, at (703) 758-9721 or Email me at Lwws27b@prodigy.com

PATC SHELTER LOOKING FOR OVERSEER: The PATC shelters committee is presently seeking an overseer for the Hightop Hut shelter located in the South District of the Shenandoah National Park. If interested, Please contact John Andrews at jnandrews@aol.com or call 703-938-0349.

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. PLEASE let us know when your notice is no longer applicable.

pose a sonata in my spare time). This is really easier than you may think. Consult your guidebook. If you're planning to hike through a park, phone ahead and ask the park staff some questions. If your hike goes past ruins, your kids will be more interested if you can say something about what once stood there and why. If you hike along a beaver pond or stream, pointing out the lodge or even just the teeth marks on a downed tree trunk can be a high point of the hike.

A hike through Manassas battlefield doesn't obligate you to relate in detail how on this very spot in 1862, Colonel Schmedlap's 13th infantry neglected to bring their Dahlgren

guns along on a retrograde maneuver. However, some mention that from 1861 to 1865, the federal and confederate governments disagreed over policy would be appropriate, and might help the youngsters enjoy the day and pass that upcoming history exam.

Step Four

Be safe. Carry at least a basic first-aid kit and know how to use it. Blisters happen, even to nice people, and youthful high-spiritedness often results in unplanned scrapes. Knowing how to give these situations attention is a must, and so is knowing what not to treat. In Potomac Appalachian Trail Club territory, day hikes rarely take one far from the nearest

telephone, which means that serious injuries can be left to the professionals. Make sure that you and the kids apply some sunscreen to lessen UV ray exposure; even overcast days get a full dose of solar radiation. Broad-brimmed hats will also help protect smooth cheeks. Insect repellent can also make a difference. The view looks better without a mouthful of gnats or an armload of mosquito bites.

Step Five

Dress for the weather, and worse. Sometimes a 30 percent chance of rain can keep you soaked for hours, and wet blue jeans on a cool, breezy day are an open invitation to hypothermia. Even the smallest hiker should be able to pack a wa-

are a sure-fire "go back now!" combination. Little feet get very hot.

How far can you hope to go? It really depends on the child, but a mile round trip is about it for 3 year olds. Two miles if there is a happy group of toddlers and older children spurring each other on. For the longer hikes, or ones with lots of uphill, plan on holding hands, stopping a good deal, and eventually carrying the little ones. Just ask yourself ahead of time, "which is stronger? My arms or my back?" You will use both!

Llamas are reputed to be excellent trail animals that are friendly, gentle, neat, and pack all your goods and kids with no complaint. This might be better than a typical spouse! If you want to explore the llama concept try calling Homestead Llamas in Davidsonville, MD at 410-798-5000 X300.

Toddlers spending nights at the cabins aren't too tricky. Handing them their own flashlight and packing a bag of "special" toys will delight them. They will ask for the TV and the movies once or twice but this notion is

ADT, from page 2

mitted themselves to the bill's passage during the 105th Congress.

Although there was early progress made during the 1998 term, both bills ran into legislative roadblocks, which prevented them from being signed into law on the original target date of June 6, National Trails Day. The Senate bill was delayed by an objection registered against another bill dealing with a pilot program for management of three of California's national forests. This effectively tied up a large number of bills, including the ADT bill, which had been formally reported out by the committee on April 29.

Movement on the House ADT bill stalled over differences of opinion on such issues as notification of landowners along the trail and the role of the National Park Service in dealing with incidents of trespassing. The last of the language addressing these issues was just being worked out before the August recess, but with 21 other bills already on the calendar for the last mark-up session, the committee had to defer action on the ADT bill until after Labor Day. □

—Lloyd MacAskill

quickly dispelled. They think it's fun to help with collecting kindling, hiking for water, watching a fire get started, making up bunk beds and reading books by flashlights. Even a bath is fun, if they get to sit in a cloth-lined wash basin in front of the wood stove while mom squeezes warm water over them!

Your hiking achievements without kids might include long distances in record time. With small kids, you won't get as far or as fast, your arms will ache, but it all pales in comparison to seeing the sheer joy of a little person completing a hike and telling everybody in ear shot, "I did it! I did it! I liked it too. I saw ferns! And Look! I got this rock!"

Additional reading:

Hiking, Cycling and Canoeing in Maryland.

A family guide by Bryan MacKay.

The Curious Naturalist, Published by the National Geographic Society, 1991.

Both have great suggestions for activities for kids like making leaf prints. The MacKay book also gives suggestions for day hikes with small children and describes the conditions you will encounter.

Nancy Merritt and Alison Rolen are MOTTs. (Moms on the Trail). Neither one is a doctor, a child-development specialist, botanist, geologist, or natural scientist! They are both "retired" from marketing/management careers, but have lots and lots and lots of hours hiking and camping with their little kids who love it. Nancy and husband Mel Merritt are overseers for Mutton Top Cabin. Mel also serves on the committee for Highacre. □

Family Weekend

This is your last chance to sign-up for PATC's Family Weekend, September 19 and 20 at Bear's Den Hostel near Bluemont, Virginia. The weekend begins Saturday, September 19th at 9:00 a.m. Bring your family out for a weekend that is full of activities both entertaining and educational. Activities include hikes, crafts, music and workshops in safety, "leave no trace," and "how to pack a pack".

It costs nothing to attend the Family Weekend and families not planning to join in the meals may attend free and not eat, but there is a fee to those families planning to partake in the meals to cover the cost of the food provided. The cost for Dinner and Breakfast is \$7 for both meals per adult and child age 13 older, \$4 per child

below the age of 13. Remember to clearly note any dietary restrictions or food allergies on the sign-up sheet provided.

To take part, please mail the completed sign-up sheet to: PATC Family Weekend, 118 Park Street, SE, Vienna, Virginia 22180-4609, or drop it by Club Headquarters. The deadline to receive your sign-up is September 5th. SO DO NOT DELAY!! Because PATC will be purchasing food and supplies in advance, refunds for cancellations may not be given.

For additional information, please phone Lisa Still at 703/425-3884 or e-mail Stills2@aol.com. □

Family Weekend Sign-up Sheet

Name: _____

Address: _____

Phone: (Home) _____ (Work) _____

Email: _____

#Adults _____ #Children age 13 and up _____ #Children under 13 _____

Dinner? _____ Breakfast? _____ Won't join the meals _____

Dietary Restrictions: _____

Desired Activities: Hikes _____ Games _____ Crafts _____ Other _____

Please enclose a check to cover meal costs. #Adults + #Children 13 & up x \$7, #Children under 13 x \$4. Make check payable to Potomac Appalachian Trail Club or PATC.

Hunting Season Alert

With the fall inevitably comes hunting season. If you'll be hiking on land where hunting is permitted, be sure that hunters know you're a human: wear bright colors or tie blaze orange fabric to your pack. Talk to your companions or whistle or hum if you're by yourself. Distinguish yourself from that hunter's dinner or trophy. See last fall's PA for more tips on making your presence known to hunters.

To help you plan your fall hiking, here are some details about hiking seasons in Virginia, West Virginia, and Maryland. Included are dates, in chronological order, of various hunting seasons. In some cases, dates vary by city or county, and national parks and forests and Wilderness Management Areas are sometimes excluded. Consult the relevant government agency for more information on the areas in which seasons apply.

—*Bianca Menendez*

Virginia: For more details, see the Virginia Department of Game and Fisheries online at <http://www.dgif.state.va.us/index.cfm>, or contact them at 4010 West Broad Street; Richmond, Virginia 23230, Phone: (804) 367-1000.

October 3-November 14	Deer, archery
October 10-November 7	Bear, archery
October 26-February 13	Grouse
November 2-January 2	Bear, firearms
November 2-January 30	Fox, with dogs and gun
November 2-January 30	Bobcat, firearms, archery, muzzleloaders, dogs, trapping
November 2-14	Deer, muzzleloading gun
November 9-January 30	Quail/Pheasant
November 16-28	Deer, firearms
& some days until Jan 2	
November 30-January 2	Deer, archery
December 21-January 2	Deer, rifle or muzzleloading gun

Maryland: For more details, see the Maryland Department of Natural Resources online at <http://www.dnr.state.md.us/huntersguide> or contact them at 580 Taylor Avenue Tawes State Office Building; Annapolis, MD 21401.

September 2-25	Atlantic population Canada geese
September 15-October 15	Deer, archery
October 11-15	Ducks
October 16-18	Deer, muzzleloader
October 20-November 28	Deer, archery
October 31-November 28	Snow geese
November 1-28	Ducks
November 15-28	Atlantic population Canada geese
November 15 and Nov 29-Dec 13	Deer, firearms
December 4-March 7	Snow geese
December 15-19	Deer, archery
Dec. 15-February 14	Atlantic population Canada geese
December 15-January 20	Ducks
January 5-31	Deer, archery

West Virginia: For more details, see the West Virginia Division of Natural Resources online at <http://www.wv.gov/www/hunting/seasons.html> or contact them at Capitol Complex Building 3; Charleston, WV 25305.

October 17-November 21	Bear, archery
October 17-December 31	Deer, archery
October 17-December 31	Wild Boar, archery
October 17-February 27	Grouse
October 24-November 14	Turkey
November 5-7	Wild Boar, gun
November 7-January 2	Pheasant
November 7-January 30	Fox
November 7-January 30	Bobcat
November 7-February 27	Quail
November 7-February 27	Rabbit
November 7-February 27	Hare
December 7-31	Bear, gun
December 14-19	Deer, muzzleloading
December 21-26	Turkey
December 28-30	Wild Boar, gun

Looking Back

20 Years Ago This Month...

PATC had just published Carolyn and Jack Reeder's *Shenandoah Heritage: The People Before the Park*. "This tight little book describes the lifestyle of the people in the Virginia Blue Ridge in the 1920s and '30s." The book is in its fifth printing and is available from PATC for \$5.60 (members).

40 Years Ago This Month...

Grant Conway first reported on the North Mountain Tragedy earlier that year in which Dr. Robert Grimsley was lost in a blizzard on a backpacking trip to Sugar Knob Shelter. Details about this tragedy appeared in the January 1998 PA.

60 Years Ago This Month...

The Shelter Committee reported on the ongoing renovation of Kennedys Peak, Sugar Knob, and Wolf Gap Shelters. Difficulties with Kennedys Peak Shelter included a request to install bunks next to the stove in the seven foot eight inches square space and the inability to locate a rumored spring near the shelter.

Answer:

Bear Spring Cabin, which Harrison Krider gave to the club in a partially built condition in 1939. All the other cabins were on federal or state lands and used by special arrangement.

Patrons

Capital Hiking Club
Center Hiking Club
Potomac Backpackers Association
Sierra Club, Washington Outings Program
Wanderbirds Hiking Club

Corporate Supporters

Blue Ridge Mountain Sports
Campmor
Casual Adventures
Duron
Hewlett-Packard
Hudson Trail Outfitters
Outdoor Adventure
REI
The Outfitter at Harpers Ferry
The Trail House
Wilderness Voyagers

PATC Annual Meeting

You are cordially invited by council members and staff to attend PATC's Annual Meeting and Biennial Election.

When: Friday, November 6, 1998.
Where: Elk's Lodge #2188
8421 Arlington Boulevard
Fairfax, Virginia
Time: 6:30 p.m. to 10:30 p.m.
Cost: \$16.00 per person for dinner

PATC is holding its Annual Dinner Meeting and Biennial Election of Officers. A Buffet dinner is provided and a cash bar for beer and wine will be available, but Club members may attend at no charge and elect officers without electing to eat.

Stop by the various committee displays showing what PATC has been up to this year, and help honor fellow members being bestowed with Achievement Awards for their volunteer efforts. For the evening's entertainment, you will be serenaded by the Opus String Quartet featuring local violinist and PATC member Laura Horstkamp of the George Mason University Symphony Orchestra.

Come meet and greet your fellow Club members. Help determine PATC's direction and future course as we select the last PATC council of the 20th century. Those who cannot attend the dinner should still come by at 8:30 p.m. for the meeting and elections. Please RSVP by October 31, 1998.

PATC ANNUAL MEETING REGISTRATION FORM

Name _____

Number in party _____

Address _____

Phone _____

Please enclose \$16.00 per adult for dinner.

Mail to:

Potomac Appalachian Trail Club
Attn: Annual Meeting Regina Garnett
118 Park Street SE
Vienna, Virginia 22180

BECAUSE PATC PAYS FOR DINNERS IN ADVANCE, NO REFUNDS AFTER OCTOBER 31, 1998.

PA Q&A

Q: Last Wednesday, a pal and I did the White Oak Canyon/Cedar Run hike, up the former, down the latter, from the parking past Syria near the base of Old Rag. On the Skyline Drive, south of Mile Post 45, near the Hawksbill parking, we found memorial markers for three children with the family name of "Taylor." If I remember correctly, a couple of them were infants when they died, the eldest not more than four or five years old. They died in the 'thirties, about the time the SNP was being established. I surmise that someone recently placed these memorial markers and flowers on the site of an old family cemetery, one that was probably moved as work progressed on the Skyline Drive. Do you happen to know the story? This little memorial gesture we found to be somewhat moving and are curious to know what tale it may involve.

—Bruce Strong

A: See page 54 of Reeder and Reeder's *Shenandoah Secrets: The Story of the Park's Hidden Past* and page 22 of *Shenandoah Heritage: The People Before the Park*. These are the actual burial sites, and the "memorial markers" identify the location of the graves. The subsequent generations were not able to afford tombstones, thus the markers, which are easily procured from any funeral home. They get "mowed off" by Park power machines occasionally, or fallen trees, trucks, whatever, and they eventually get put back.

They come and go. The conifer trees behind the graves were planted by the family as a permanent memorial (though I haven't looked to see what sort or shape THEY are in following all the natural disasters in the area recently). The family, what's left, only a grandson and a granddaughter, I believe, live in Front Royal. The baby pictured probably died of one of those childhood diseases like diphtheria, one of those dreaded then that we don't think twice about today. The grown daughter who died in a stove fire, mentioned in the text, died because someone (whether she was the one or not was never known) accidentally poured gasoline in a kerosene can, and she used it to start the stove fire.

The cemetery was there BEFORE the Drive was built. They were lucky—sometimes (like in Thornton Gap) they built the road right through the cemetery. There may be more burials located there, but the family member whom we contacted and still exchange Christmas cards with only knew for sure who the three marked there were. (She was moved off the mountain as a child and didn't know the entire family history.) Many years ago the nearby family garden gatepost was still standing and we took a picture of her next to it, something which she still cherishes today. The foundation of the barn is still in the area, not far from the Drive. Not much else remains, perhaps an occasional cultivated plant. Most have died out. (B. Taylor was a genius at horticulture, apparently.)

The Taylor family was mentioned in the Madison County paper regularly for garden or other social achievement, weather reporting, and other typical country news; Mr. Taylor was a sometime contributor. They were not poor, or uneducated, and were well respected as far away as Madison, Virginia. □

—Jack Reeder

Correction

West Virginia Hiking Trails by Allen de Hart is published by Appalachian Mountain Club Books. If you'd like to order a copy from AMC, call 1-800-262-4455.

Obituary: Margaret Balcolm

Margaret Balcolm passed away this spring in Colorado. She was struck by a motorist in Denver as she was walking to church. Margaret, a PATC member since 1943, was a native Washingtonian. She worked at the National Bureau of Standards in Optics on the chemical luminescence project, studying fireflies. She retired in her seventies to go to seminary and join the ministry.

Book Reviews

Waterman, Laura and Guy. *Yankee Rock and Ice: A History of Climbing in the Northeastern United States*. Stackpole Books, 1993. 352p. illus. \$19.95.

Technical climbing was created in the Alps in the mid-19th century and remained there until the 20th century, except for the rare eccentric in this country. By the second decade of this century, small groups were beginning to climb on both coasts, and, in 75 years, rock climbing has become so widely popular that a spectator sport split off. *Yankee Rock and Ice* tells a part of the story of climbing as an American sport.

The account begins with the appearance of regular climbing in Appalachian Mountain Club (AMC) programs in 1926, and recounts the expansion of climbing activities by AMC

members and others in the Adirondacks, White Mountains and Shawangunks, decade by decade through 1989. Each of the twin sports, rock climbing and ice climbing, has its own history in these pages, though many of the same names appear in both accounts.

The history is detailed and personal, because the Watermans are long-time AMC members and knew or know personally most of the people whose doings are reported here. There are climbing areas almost everyone knows and climbers of great accomplishment who are scarcely remembered by today's young climbers (William Lowell Putnam, Hans Kraus, and John Turner, for example). And there are also names from PATC's Mountaineering section although the connection is not mentioned by the authors: Arnold Wexler for his Katahdin climbs, Herb and Jan Conn (the Watermans'

"Climbing Couple" of the 1935-1945 decade) and John Stannard (their "brainiest climber" of the 1957-1966 decade).

John Stannard's clean climbing campaign in the 1967-1973 chapter is only one of the discussions of changes in climbing ethics, conduct and equipment that extend beyond the geographical boundaries drawn by the book's title.

Yankee Rock and Ice is well worth reading by anyone interested in outdoor recreation in America. Climbers will want their own copies for permanent reference. □

—Paula M. Strain

Editor's Note: PATC's copy of this title has gone missing! Anyone with information as to its whereabouts, please contact Pat Fankhauser at HQ.

Trails Workshop

There may still be space. Sign up today! Space is limited to 25 participants.

Call George Walters at 410/426-2724 to reserve your spot. (Once we are filled up, a message will be left accordingly on the recorder.) Then mail the form below with your area of interest and fee by September 5th. You will then be sent a confirmation and further instructions. See you there!

REGISTRATION FORM

Annual North District SNP Trails Workshop September 12-13, 1998

Name: _____
Address: _____
Phone # _____
(day): _____ (eve.): _____
Number of Reservations: _____

Check Area of interest:

Sat.: Basics
 Waterbars
 Rockwork

Sun.: Waterbars
 Rockwork
 Power Weeder (tentative)

Please include \$16 per registrant, checks payable to George Walters.

Send to: George Walters, 5604 Pilgrim Road, Baltimore, MD 21214

Donations

Our heartfelt THANK YOU to those members who have given additional donations with their dues renewal fee to the individual funds listed below. Our mission of protecting the Appalachian National Scenic Trail and side trails throughout Virginia, West Virginia, Maryland, and Pennsylvania, is assured through generous donations from you. It also helps greatly to insure that these protected trail lands can be enjoyed by future generations.

Donations received in June

Funds: G - General; T - Trail Lands; S/C - Shelters, Cabins, Cabin Lands; HQ - Headquarters Capital Repair; E - Endowment

Mrytle G. Brown	S/C	Elaine and Robert King	T
Richard W. Brown	G	Joseph J. Kolb	E
Time Duffey and Robin Mitchell	E	James and Marilyn Meek	G
Alan S. Goldberg	T	Charles R. Miller	E
Lawrence S. Griffith	S/C	Evelyn and Ivan Oelrich	T
Ellen N. Holway	T	Louise A. Robinson	T
Forden M. Hughes	T	John C. Rothberg	G
Paul D. Katsanis	T	William and Gloria Smith	T

—Pat Fankhauser, Membership Coordinator

Volunteers - Appointed in July

Trail Overseers

Christiann Stapf	Salamander Trail
Mark Hineline	Rocky Mount - Intersection of Gap Run [upper end] to Summit of Rocky Mount
Jeff Loomis	Rocky Mount and Gap Run
Kevin Hebbe	Buck Ridge [W most] - Buck Hollow Trail to Hazel Mountain Trail
Robert Dern	Rocky Mount - Summit of Rocky Mount to 2nd Junction of Gap Run Trail Trayfoot Mountain —Summit of Trayfoot Mt. To 2nd Summit (3121 elev.)
Sarah Winn	Appalachian - Crimora Lake Overlook to Turk Gap
Bud Winn	Appalachian - Crimora Lake Overlook to Turk Gap
David Scull	Cabin John - Seven Locks Road to River Road
Laura Grace Carmona	Byrds Nest 4 Access Trail

TRAILHEAD

Considering the winter's devastating ice storms and the spring's early onslaught of briars and nettles, PATC-maintained trails are, by all reports, in great shape. Ridge-runners, long distance hikers, and our government partners are all congratulating the Club for a season of diligent attention to the trails we build and maintain.

Chris Brunton recently completed a 115-mile hike of the AT from North Adams in Massachusetts to Cornwall Bridge, Connecticut. During his trip he encountered many north-bound through-hikers and, almost without exception, they heaped praise on the trail section from Rockfish Gap to Pine Grove Furnace. Chris reports that the consensus opinion among the trekkers he met was that the PATC did the best job of trail maintenance they'd seen so far. Kudos to all of the volunteers who've worked long and hard this season to keep our trails in a condition that they and the Club can be proud of.

Chris will be organizing a major rehab project on a section of the AT in his District this fall. PATC overseers will be joining the ATC Mid-Atlantic Crew to rebuild the treadway on Buzzard Hill and Tomblin Hill. Chris invites all interested Club members to lend a helping hand and possibly learn some new techniques from the Mid-Atlantic rock-masters. The work will take place from October 15 through October 19.

Lloyd MacAskill, Trails Manager of the Tuscarora-Blue North District, reports that history was made on Shockey's Knob in July. Chris Firme led the first scheduled PATC hike over the entire relocation from the Upper Campground at Sleepy Creek Lake to the Siler Country Store, a distance of about 15 miles. The new route completely avoids paved roads and passes within site of just a few buildings. The relocation will still require considerable work. Only the first five miles of the hike were on PATC-maintained treadway. Eventually, the relocation will travel up the eastern slope of Shockey's Knob and will replace the old jeep road that hikers now use. This section of the Tuscarora Trail is, interestingly, very close to the original AT route proposed by Benton MacKaye in 1921 (before the creation of Shenandoah National Park).

The Cadillac Crew, master builders of the Shockey's Knob relo, visited the trails around

the Morris and Muttontop Cabins in July. They cleared the Cliff Trail and the Devil's Graveyard Trail from brush and weeds that had made both trails virtually impassable.

As the Club builds and acquires new trails, and as experienced overseers retire for one reason or another, new overseers are required. Most regular readers of the *Potomac Appalachian* know that the last page of the newsletter is routinely devoted to advertising trails that need help. What the casual reader may not notice is that some of these trails stay advertised for many months, or that there are often over 20 trails in need of overseers. A hot topic of campfire conversation among trail maintainers is why, with a membership roster as considerable as that of the PATC, do many of the jobs that are vital to our central purpose go unfilled.

One theory is that many members are simply unaware of the opportunity to help out. They may also be a little intimidated by a job that sounds physically demanding and time-consuming. Perhaps they're concerned that their lack of expertise in trail-related matters would be an impediment. Suffice it to say that PATC District Managers are more than willing to allay any or all of these concerns.

The average PATC overseer is responsible for about 1 to 2 miles of trail. The basic responsibilities of an overseer are: 1) clipping and weeding, 2) treadway maintenance, and 3) blazing, as needed. In addition to summer underbrush, the overseer is usually expected to clear the trails of any small trees or limbs that have blocked the path. Treadway maintenance usually involves installing and maintaining erosion control devices (waterbars and checkdams). A typical year for a PATC overseer begins in late winter with an inspection hike, which gives the maintainer a chance to check up on any winter damage and to clear any small trees that have fallen. In early spring, the overseer returns with a pick and fire rake, to clear the accumulated silt from the upper side of waterbars. By late spring, an average trail will need an initial weeding and the conscientious overseer will clip woody vegetation back that might be protruding into the path. Depending on the trail, the overseer will probably return another time or two to cut back undergrowth during

the summer months. Fall is a good time for a second waterbar trip and the cool weather is usually perfect for blazing touch-ups.

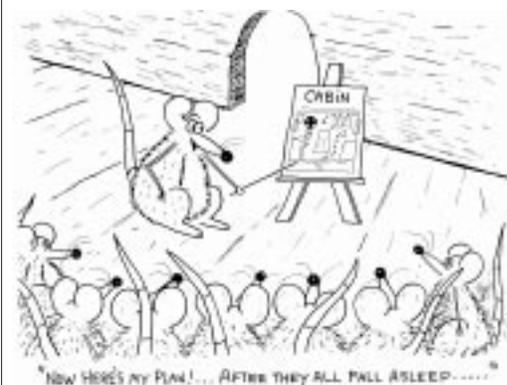
Many trails are shared projects. Some trails are overseen by husband/wife teams or by entire families. Other trails are maintained by two or more "co-overseers". Most District Managers actively recruit co-overseers, especially for long or demanding trail sections. Signing up as a co-overseer is a reasonable solution for those members who'd like to help out but don't have enough spare time to take on an entire trail section.

Overseers can count on considerable support from the Club. In addition to the various perks that overseers receive (enumerated in the last Trailhead), the Club sponsors workshops (including the excellent Overseer Workshop this month, organized by George Walters) and provides a detailed Overseer Handbook. District Managers and the Club's trail crews are available to help with any big jobs, such as rehabilitation projects and removal of large blowdowns.

Overseeing a trail provides many rewards. The only real requirement is a sense of commitment and pride in a section of our Club's trail system. The PATC District Managers encourage all Club members who haven't had this opportunity yet, to check out the "Help Wanted" page in this newsletter and give them a call. If you don't see the particular trail (or area) that you're interested in, call anyway. The list is very dynamic and might not include every available section. A more complete list of District Managers is available from headquarters or on the PATC website. □

—Kerry Snow

Tails from the Woods by George Walters



TRAIL OVERSEERS WANTED

Trail Overseer Openings August 7, 1998. Contact the District Manager for the region that interests you.

VIRGINIA NORTH AT (Map #7 & 8)
[CALL CHRIS BRUNTON AT 703/560-8070]
Appalachian Trail

Loudoun Heights Trail to Gov. Stevenson Junction [.40 miles]

VIRGINIA SOUTH AT (Maps # 8 & 9)
[CALL ED MCKNEW AT 540/622-6004 OR
HEIDI FORREST AT 703/242-0693 x 12]
Appalachian Trail

Second Logging Road to the Pipeline [1.2 miles]

Appalachian Trail
Pipeline to the Davenport Meadow [1.2 miles]

Appalachian Trail
Route 638 to the Denton Shelter [1.1 miles]

Appalachian Trail
Denton Shelter to the Powerline [1.2 miles]

Appalachian Trail
South end of the waterline to Bear Hollow Creek [0.9miles]

Appalachian Trail
Bear Hollow Creek to Route 522 [0.8miles]

SNP CENTRAL AT & BLUE-BLAZE (Map # 10)
[CALL KERRY SNOW AT 301/570-0596]
Appalachian Trail

Spitler Knoll Overlook to Fishers Gap [1.30 miles]
Laurel Prong

Appalachian Trail to Fork Mountain [2.20 miles]
Bearfence Loop (scramble)

Skyline Drive to Appalachian Trail [0.80 miles]
Corbin Cabin Cutoff

Skyline Drive to Corbin Cabin [1.40 miles]
Crusher Ridge

Skyline Drive to Park Boundary [1.80 miles]
Passamaquoddy Trail

Appalachian Trail to Skyland Dining Hall [1.40 miles]
Mill Prong Trail

Appalachian Trail to Mill Prong Horse Trail [1.00 miles]
Powell Mountain Trail

Hazeltop Ridge Overlook to VA 759 [3.00 miles]
Co-overseers - Ridge Trail

Weakley Hollow Fire Rd to Old Rag Summit [2.70 miles]

SNP SOUTH BLUE-BLAZE (Map # 11)
[CALL ROB LAUCHNER AT 804/794-1038]
Rocky Mount Trail

Gap Run [upper end] to Summit of Rocky Mount [1.20 miles]

Hightop Hut Access Road
Smith Roach Gap to Hightop Hut [0.7 miles]

MASSANUTTEN NORTH (Map # G)
[CALL NANCY AND DAVID CAREY AT 703/538-2418]

Massanutten Mountain East Trail
Camp Roosevelt to Gap Creek Trail [3.0 miles]

Sidewinder (upper)
Glass House to Tuscarora Trail

Sidewinder (lower)
Glass House to VA 678

MASSANUTTEN SOUTH (Map # H)
[CALL BILL SCHMIDT AT 301/585-2477]

Massanutten Mountain South Trail
TV Tower Road (FR375) to Pitt Spring [3.4 miles]

Massanutten Mountain South Trail
Pitt Spring to Morgan Run Trail [3.3 miles]

Morgan Run Trail
Cub Run Rd. to Massanutten Mt. South Trail [1.4 miles]

Second Mountain Trail
Boone Run Trail to Kaylor Knob [1.1 miles]

TUSCARORA BLUE - NORTH (MAP #L)
[CALL LLOYD MACASKILL AT 703/978-4070]

Co-overseers - Tuscarora Trail
Pinnacle Powerline to Larrick Overlook [1.40 miles]

Co-overseers - Tuscarora Trail
Larrick Overlook to Lucas Woods [2.3 miles]

TUSCARORA BLUE - SOUTH (MAPS # 9, F, G & H)
[CALL RICK RHOADS AT 703/239-0965]

Tuscarora Trail
US 340 to SNP boundary [1.10 miles]

Tuscarora Trail
Glass House Trail to Elizabeth Furnace [2.20 miles]

Tuscarora Trail
White Rocks Trail to Cedar Creek [2.70 miles]

DISTRICT OF COLUMBIA/ROCK CREEK PARK (MAP #N)
[CALL MARK ANDERSON AT 202/462-7718]

Co-overseer - Western Ridge Trail
Bluff Bridge to Military Rd. [2.7 miles]

Co-overseer - Valley Trail
Military Rd. to Boundary Bridge [2.2 miles]

Co-overseer - Valley Trail
Bluff Bridge to Boulder Bridge [1.4 miles]

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