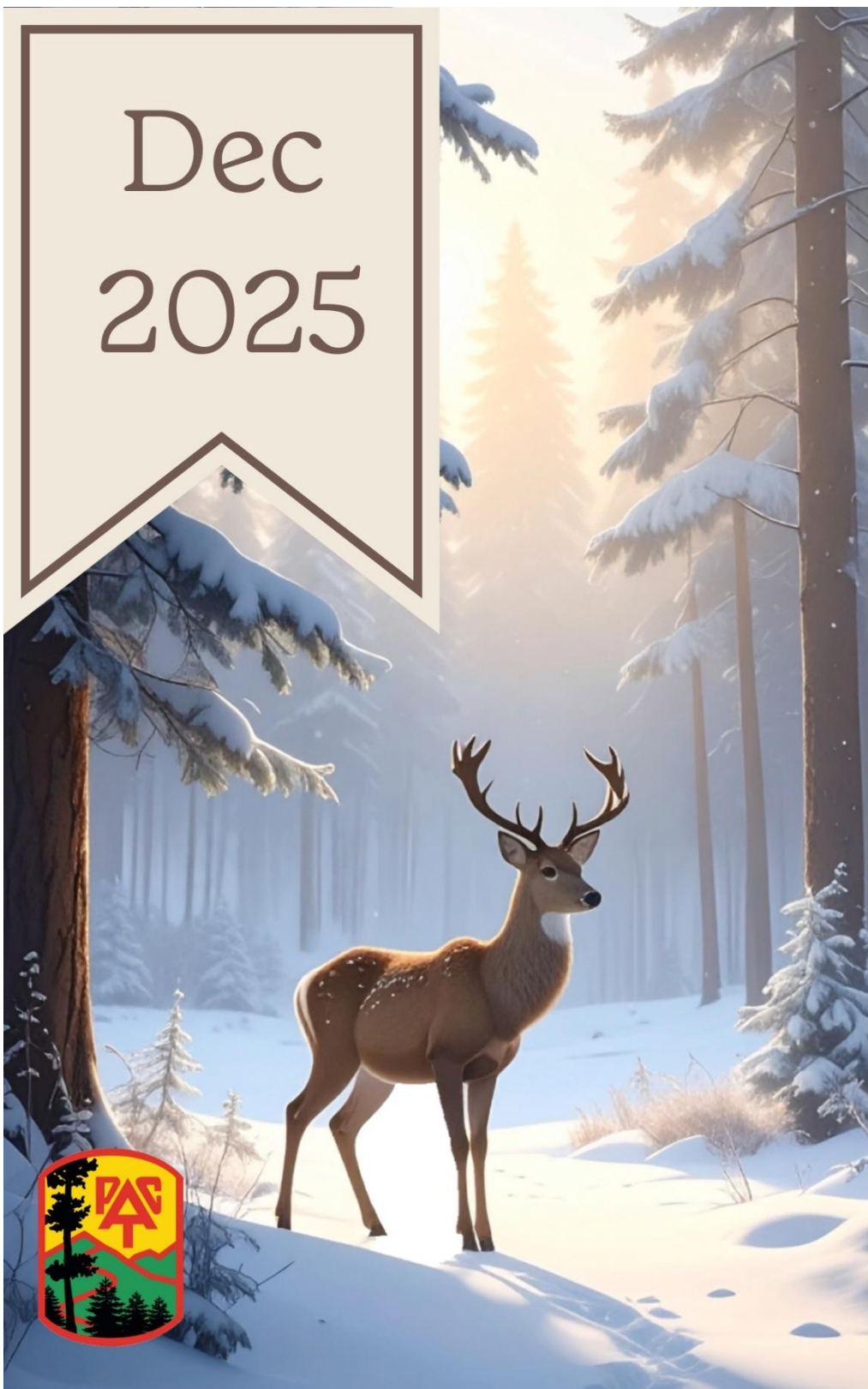


Dec
2025

THE POTOMAC APPALACHIAN



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PATC Volunteer Awards 2025

By Amber Jones

NEWS FLASH: “Body found on trail!”

Luckily, it wasn’t a human; only a squirrel. But PATC’s valiant volunteers snap to attention whenever an anomaly occurs, whether it’s a tree blocking the trail, an eroded bank, or a plugged-up privy. They assess, maintain, and clean things up, restoring the natural beauty (and aroma) of hundreds of hiking areas across the region.

They also lead the organization and maintain the infrastructure that brings the volunteers together and provides them with support and financing.

A bevy of those volunteers were honored with PATC awards at [VolunteerFest](#) October 11th—which in turn was planned and run by even more volunteers! Oh my, how smoothly this club, and most of the hiking infrastructure in the region, runs on the adrenaline of unpaid labor! Here are brief reports on the passionate, dedicated leaders recognized this year. We’ve expanded our Award [website](#) page to include who nominated these recipients and the nomination they submitted. Meet these people, get to know them, and draw inspiration from them.

The major awards are shown on the following pages:

[Myron Avery Award](#)

[Honorary Life Member Awards](#)

[Lifetime Achievement Award](#)

[Honorary PATC Members](#)

[Youth Award](#)

[Appreciation Awards](#)



John Hedrick receiving Myron Avery Award from Rob Lamar (left) and Jim Fetig (right)

PATC leaders awarded 37 [Hawksbill Award](#) certificates and recognized 575 people with [Service Award](#) certificates. Details are on the website.

Our last recognition is for some of our most enduring members—those who have been part of PATC for 50 years. This year, we honor the members who joined PATC in 1975 and have continued to renew their memberships ever since. Below are the names of our 50-Year Members which is an extraordinary milestone. It represents Decades of support for our trails, cabins, and programs; A long-standing commitment to the mission and community of PATC; and, in many cases, a lifetime of hikes, work trips, friendships, and stories woven through this club. To our following 50-Year Members:

Thank you for sticking with PATC through changing times, changing gear, changing trail conditions—and for continuing to believe in the work we do together. We are honoring you with a Life Membership: Jb R. Birch, Robert N Colombo, Carol & Paul Cunningham, Jean E Dwyer, Krista D Eaton, Karl F Edler, Jean C Golightly, Robert V Hancock, Robert Henig, John M Henika, Richard Heuwinkel, Donald F. Kocher, Paul & Rita Marth, Carol May, Cort W Oliphant, Olivia K Pickett, Ronald J. Tipton, and Margaret Wettling.

[Myron Avery Award](#)

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The most prestigious honor, the [Myron Avery Award](#), recognizes the highest level of passion and dedication for a single year—although recipients are frequently lifelong champions of the outdoors.

John Hendrick retired this year after more than a decade on the PATC Executive Committee – during which he also restored trails, improved cabins, edited trail guides, improved air quality (i.e., cleaned crappers), and managed dozens of other service projects. Yet when the Supervisor of Lands unexpectedly resigned, instead of slowing down, John raced to help.

“John stepped in as Acting Supervisor and immediately took on several complex land issues. He engaged the right volunteers, provided strong guidance, and delivered excellent results,” reported Rob Lamar, one of five members who nominated John. Efficient, adept at mustering teams, diplomatic, rational, selfless, gifted mentor—these are some of the descriptions of the qualities John brings to his selfless service and accomplished collaborations.

At the VolunteerFest ceremony, John received an original oil painting of Shenandoah National Park (SNP) Crescent Rock Overlook by PATC member Ariel Freeman.

Lifetime Achievement Award

David Trone was honored with a [Lifetime Achievement Award](#) for more than 25 years of dedication and leadership and for the enduring impact of his work on the Appalachian Trail and shelters in southern Pennsylvania. In nominating him, Curt and Tawnya Finney noted: “What truly stands out about Dave is his integrity, generosity, and the way he lifts others up.” David received a framed photo of SNP Pinnacles taken by PATC member Bill Bunting.

Honorary Life Member Award

Three long-time PATC members earned [Honorary Life Member Awards](#), which recognize contributions over a significant period, involvement in multiple areas of the Club, and outstanding volunteer performance.

Since 2019, Dan and Ellen Feer have led and greatly expanded the Cadillac Crew, a team that devotes one weekend each month to overseeing, assessing, and restoring hundreds of miles of trails in and around Virginia. Leadership of this diverse crew requires extensive planning, preparation, organization, and supervision. The projects are often well beyond normal trail work; for example, requiring the transport of large rocks and shaping them into crib walls and steps. Dan is also a teacher and mentor of new trail constructors, maintainers, and sawyers.

Nominated by Rob Lamar, Dan and Ellen each received a lifetime membership and a framed photo of SNP’s North District taken by PATC member David Manning, Backpacking Committee Chair.

The third winner, Marit Anderson, was nominated by Mark Perschel and Iva Gillet. Marit received a lifetime membership and a framed photo of SNP's Paine Run trail, taken by PATC member Bill Bunting.

Marit's extensive work on behalf of PATC's Charlottesville Chapter has run the gamut from leading hikes and maintaining trails to raising funds and organizing educational programs. For more than 20 years, she has also personally welcomed and assisted thru-hikers. In recent years she launched a partnership with Big Brothers and Big Sisters of Charlottesville to provide outdoor opportunities to some of the city's underserved populations.



Marit Anderson

Appreciation Award

Appreciation Awards were presented to:

- Park Ranger Wade Bushong for responsiveness, expertise with equipment, and focus on safety.
- Rachel Lettre for initiative and leadership as Appalachian Trail Conference Mid-Atlantic regional director.
- The Piedmont Environmental Council for land preservation efforts.
- Park Ranger Emily Bard, a state park ranger who worked closely with the Maryland AT Management Committee.
- Kristin Cromie is a respected "trail angel" in Boonsboro and on their local Environmental Commission. She has been a great help to the trail community and to our Ridgerunners.
- The Southern Appalachian Wilderness Stewards for providing crosscut saw training and certification.
- Park Ranger Shaun Lehmann who collaborated with PATC to establish a trail maintenance plan in the Palisades District of C&O Canal National Historic Park.



Emily Bard

Youth Award

Asa Williamson, 8, celebrated his first year as a volunteer with the Old Scouter Trail Crew, working on projects at the Annapolis Rocks and Catoctin Trail. His enthusiasm for learning skills, mastering tools, and patrolling trails earned him a [Youth Award](#). He was nominated by Pete Minderman, Jr.

[Honorary PATC Members](#)

Two new Ridgerunners – AT patrols that are often described as “ambassadors” to the hiking community – were nominated by Ray Stinson to become PATC [Honorary Members](#). Josh Sheets of Delaware worked the long season in Maryland, and Rich Jacobus patrolled the “roller coaster” section in northern Virginia.



Asa Williamson receiving Youth Award

President's Logbook

By Jim Fetig



Marion Park and Jean Stephenson on trail

Never thought I'd see this much of Shepherdstown, WV.

Jim LaTorre, Appalachian Trail Conservancy (ATC) Board Chair and PATC District Manager, and I enjoyed a productive and delightful lunch with Cinda Waldbuesser, the in-coming president of the ATC. Cinda is a two-time national park

superintendent who is well-acquainted with the Appalachian Trail (AT) and what we do.

It was an honor for Supervisor of Trails **Rush Williamson**, V.P. of Operations **Lee Congdon**, and myself to represent Marion Park at her induction into the AT Hall of Fame. Marion Park was one of several women who were essential to the founding of PATC, the ATC, and the

creation of the Appalachian Trail. She was with Myron Avery when he planted the northern terminus sign atop Mt. Katahdin in Maine.

The role of women in the creation of the Appalachian Trail has been understated. Many photographs of early club work trips feature more women than men, showcasing hard work that often went without recognition. Marion Park's induction in the AT Hall of Fame was a step in the right direction.

We bid farewell to past PATC president and ATC president **Sandi Marra**, as she stepped down from her ATC role. Sandi and her husband **Chris "Trail Boss" Brunton** have been stewards of the Blackburn Trail Center for decades. The Blackburn carriage house was named for them in honor of their service.

All of this happened in Shepherdstown. It's the oldest town in West Virginia, charming as a leprechaun, and a delightful place.

Of note, we launched our annual fall fundraising appeal. Please donate if you can.

What's ahead? The ExCom annual retreat will be in early January. There, we will discuss priorities for the upcoming year. Among them will be planning for our centennial year in 2027. If anyone wants to help plan the centennial, please contact me at president@patc.net. My February logbook will discuss the outcome of this meeting.

As the calendar page is about to turn on another year, my AT thru-hike comes to mind. It started in Georgia on Oct. 24. My plan was to hike 16 miles daily. On average, the shelters are about eight miles apart, meaning I would stop for the night at every other shelter.

At that time of year, light fades faster than a paycheck on Friday night. In no time, night hiking ruled the day. At first the night hiking was a quick half hour, a mere blink in a hiker's day. In time, just before the solstice, my head lamp's tiny beacon barely pierced the black wall of a well-digger's darkness in front of me.

That time reminds me of why, that at this time of year, almost every culture and religious tradition around the globe features a festival of light. Light is hope. Light is joy. Light is peace. Light is survival.

In that spirit may this season of light be a gift to you and yours. May light surround you and guide you on your trail to your next shelter.

How ever you celebrate, may your holiday season be filled with light.

Stoner Cabin Open House and Dedication

By Lee Howard



*by Stephanie Richard: Heather Miller and her granddaughter
Lulamae Williams*

Saturday afternoon, October 25, Stoner Cabin was officially dedicated as the club's most recent addition to its rental inventory. A group of family, friends, neighbors, and new acquaintances gathered under a canopy of autumnal colors to bask in the warmth of a crackling campfire, dappled sunlight, and a welcoming setting. Seasoned relationships were rekindled and new friendships sparked as the group celebrated the lives of kindred spirits whose legacy will benefit PATC members for

generations to come.

Cabin Maintainers **Lee Howard** and **Stephanie Richard** worked closely with the cabin donor **Vera Miller** and club staff to ensure that the event went according to plan, and it was a tremendous success. The event kicked off with an open house, followed by a short ceremony with Lee as emcee. PATC Supervisor of Facilities **Anstr Davidson** delivered opening remarks to express the club's gratitude for the generous gift.

While Stoner became available for rent in May, the dedication fulfilled three wishes Vera made when she donated the log cabin and five-acre wooded lot to the club in December 2023: she wanted to name the cabin, have a plaque installed to honor the folks who built it, and have a celebration onsite. Stoner is located along a country road at the base of Adam Yowell Mountain in Madison County, VA, a short drive from Old Rag and Whiteoak Canyon.

The cabin embodies the vision of a mother and son team: Sabra Staley and Stuart Miller. Sabra purchased the land in 1992 and christened it Yowell Come Woods. Stuart was a roofer, and he and his construction crew built the cabin from 1996 to 1997. American Chestnut logs salvaged from an antebellum structure originally built by the Matheny family define much of the cabin's character. Additional wood was harvested on the property, during which a Civil War burial ground was discovered.

The family enjoyed sojourns to Yowell Come cabin for 25 years, until the passing of Sabra, and shortly thereafter, Stuart. Vera inherited the cabin and land and decided to pass along the symbol of the family's love for the Blue Ridge Mountains and local hiking areas to PATC in late 2023 as her late husband's legacy.



photo by Stephanie Richard: Louie Garcia, Jason Anderson, and Doug Heffernan with the plaque honoring the construction team

Staley/Miller family and friends attended the dedication, including members of the construction crew, traveling from as far away as Michigan. **Louie Garcia** and **Jason Anderson** rejoiced at seeing photographs of the construction work, and **Doug Heffernan**, who milled much of the lumber for the cabin, recounted compelling stories about the process. Their names are among those listed on the plaque now hanging in

Stoner. **Heather Miller**, Sabra's granddaughter and Stuart's and Vera's niece, shared many fond memories of staying in the cabin as a child.

The event drew other PATC volunteers, including **Mark** and **Ruth Walkup**, as well as friendly and curious neighbors. As members of "The Regulars", the Walkups helped to renovate the cabin and prepare it for rental along with other volunteers such as **Allison** and **Bruce**

Berberick. Bruce led the renovation effort and is the district supervisor for the Piedmont that includes Stoner and other cabins such as Fort Valley, Meadows, and Old Rag. The club's resident artist **Matt 'Sharpie' Gentry** created two watercolor paintings of the cabin in advance of the event, one of which was presented to Vera's daughter Virginia during the dedication. The second was given to Heather Miller after the event.



Watercolor by Matt Gentry

At the end of the ceremony, Heather shared a family tradition, explaining that, whenever she was at the cabin, her grandmother would play Taps in honor of the soldiers buried on the property. Then, with her own grandchild perched upon her shoulders, Heather played those solemn notes to the captive crowd. In conclusion, the Stoner Cabin Open House and

Dedication highlighted the best of PATC culture - the joy of community, legacy of stewardship, and love of the outdoors - for what is common ground to both the deceased and the living.

Hiking the Appalachian Trail with Pennsylvania's First Lady

Tawnya Finney and David Trone

On October 22, members of the PATC's North Chapter joined Pennsylvania First Lady Lori Shapiro for a hike on the AT from Old Forge Picnic Area to Caledonia State Park. The First Lady's hiking group included Pennsylvania Secretary of Agriculture Russell Redding, representatives from conservation, tourism, and local government offices, Assistant

District Forester Michelle Blevins, staff members, security personnel, and North Chapter members **Curt** and **Tawnya Finney**, and North Chapter District Manager **Dave**

Trone. Kathy Seiler, another North Chapter member, represented The Greater Waynesboro AT Community. Cindy Dunn, Pennsylvania Secretary of the Department of Conservation and Natural Resources, shared words about the region's importance and gave a cheerful wave as the hiking group stepped off.

The group enjoyed the scenic stretch of trail while engaging in thoughtful conversations about volunteerism, stewardship, and the importance of protecting Pennsylvania's natural resources. The hike provided time to showcase all the efforts of our dedicated volunteers with a well-maintained footpath, and trail volunteers shared their experiences maintaining and improving the AT, highlighting the essential role that dedicated citizens play in preserving these landscapes for future generations.

The day was a celebration of community, conservation, and the shared commitment to keeping the AT and surrounding trails beautiful and accessible for all who seek the peace and adventure they provide. Special thanks go out to the following North Chapter trail and shelter maintainers: **Curtis Bailey**, **Bill Eberwein**, Curt Finney, Tawnya Finney, **Chris**



photo by Natalie Kolb: Russell Redding, David Trone, Lori Shapiro, Tawnya Finney and Curt Finney finish at Caledonia State Park

Firme, MJ Graham, Leo Hebert, Ken May, Peter Muschamp, Randy Sanders, Jeff Senft, Lance Sourbier, Jim Stauch, Henry Thiess, and Dee Utz.

VolunteerFest Spurs on Hike Leaders

Iva Gillet and Tim Muzzio, PATC Hiking Committee Co-Chairs



by Tim Muzzio: AT Wolfville to Penn Mar

Did you know that, as of November 12 this year, PATC hike leaders have led 155 hikes? They provided 1,925 volunteer hours to PATC, taking 1,600 hikers on those outings. The accompanying pictures are from some of the hikes.

The PATC Hiking Committee (**Josh**

Silverman, David Manning, Jayne Mayne, Jeff Monroe, Jean Stephens, Michael Martin, Bob Malkowski, Iva Gillet, and Tim Muzzio) is busy trying to improve the hike leading experience by recruiting, retaining and supporting PATC hike leaders. A session at VolunteerFest revealed much insight and the PATC Hiking Committee has begun tackling the revealed issues. Among the most interesting issues: providing hike leader feedback and recognition; the need for training and continuing education on matters such as Meetup, AllTrails and other navigation systems; how to be a more effective hike leader; clarification on first aid requirements; and requirements for maintaining active hike leader status. We thank all who provided valuable input.

In the few months since, the committee has been chipping away at these issues. Recently, for example, it began providing active hike leaders with PATC hats that distinguish them as hike leaders. The committee is examining hike reports to find meaningful ways to provide feedback to each hike leader. The Hike Leader manual was updated this Fall. First aid is a complicated issue spanning all facets of the club, and the committee is examining options that meet the specific needs of hike leaders that are consistent with other PATC chapters and committees. The committee intends to begin continuing education on various topics

in 2026 and is exploring ways for hike leaders to share information on favorite hikes, hike leading tips, and encouraging competent hikers to consider being a leader.

Finally, it is trying to get our newly trained hike leaders off to a good start by reinvigorating our hike leader mentoring efforts. Stay tuned!

To make this work, we need more hike leaders! Consider joining our dedicated hike leaders and share the joy of hiking among the trees, rocks and trails we all enjoy. We will have Hike Leader classes beginning early in 2026. For more information, please visit: <https://www.patc.net/hike>.

Also, we need the support and engagement of all PATC hike leaders in the following ways:

- Submit hike reports for every hike you lead, including uploading the sign-in sheets. These are essential not only for accurate statistics but also for liability coverage.
- Consider becoming a Hike Leader Mentor to share your experience and skills with new trainees.
- Suggest topics you would like to see covered in training and continuing education sessions.
- Share your ideas on how we can further improve recruitment, retention, and support for our hike leaders.

Provide your thoughts to us at: hikes@PATC.net

Hoodlums Battle October Traffic Jams and Crowds

By Wayne Limberg

Saturday, October 18 had all the makings of a perfect day for trail work as the North District Hoodlums gathered at Piney River Ranger Station. The day brought bright skies, mild temps, and striking fall colors. Head Hoodlum **Tom Troutman** was out of town



by Mike Gergely: North Marshall crew: Clockwise beginning in back row: North Marshall crew Cindy Ardecki, Mike Gergely, Michelle Viggiano, Chris Viggiano, Jennifer Gergely and Rosemary Seymour

for the birth of his first grandchild, so AT District Manager **Wayne Limberg** gave the safety briefing and assigned the two dozen participants to crews. The government shutdown made it touch-and-go as to whether the Hoodlums would be working in SNP but earlier in the week the park superintendent, Tracy Stakely, gave them the go ahead to work on the AT in the park.

Never one to turn away free help, Wayne took **Richard Lee, Randy Butler, Kevin Cwalina, and Erin Taylor** to Compton Gap to work on his AT section and got the first shock of the day. The parking lot was full and the road shoulder was already lined with cars. Skyline Drive hosted a steady flow of cars, including a 20+ caravan of Tesla drivers. In 20+ years working his section, Wayne had never seen so many hikers. The flow was so constant that the crew had to stop working every five to ten minutes to let hikers pass. Many were curious about what the crew was doing, which Wayne shamelessly turned into a recruiting moment. Despite the interruptions, the crew managed to install three new waterbars, rehab half a dozen rolling grade dips and several stairs, and remove a blowdown.

Jim Fetig's crew of **Daniel Sieh, Leon Fernandes, Meghaen Anderson, Jay McCaffrey, and Nicole Bridgland** encountered similar numbers of hikers on the other side of Compton. The crew replaced some old dysfunctional waterbars and grade dips at the top of Jim's section with rolling grade dips that met PATC's Certified Trail Maintainer standards. In the process, Jim taught the first six modules of the CTM course and recruited a new Hoodlum and a new member for the Hoodlum's Eager Beaver crosscut saw team. No good deed goes unpunished - Both Jim's and Wayne's crews found themselves trapped in a traffic jam at Jenkins Gap on the way back to Piney River and the Hoodlum potluck.



Dave Nebhut, Rosemarie Seymour, and Edgar Howell sat

by Edgar Howell: Edgar Howell, Marie Seymour, and David Nebhut work AT south of Jenkins Gap

in

some of the same traffic when they wrapped up their work on the AT south of Jenkins Gap. The flow of hikers was lighter than on Compton, which allowed Dave's crew to replace one non-functioning waterbar with a rolling grade dip and another with a new water bar. The

crew also rehabbed three checkdams and side-hilled about 20 yards where the trail had slipped down hill and was on top of a crib wall.

Meanwhile, **Mike Gergely** led **Chris** and **Michelle Viggiano**, **Cindy Ardecki**, **Jennifer Gergely**, and **Rosemary Seymour** to fill, as Wayne put it, a "really big hole" on the AT on North Marshall. While not exactly a hole, the crew did find a long stretch of gullying caused by spring and summer rains. The crew went straight to work rehabbing or replacing 10 water control structures as well as side-hilling and repairing tread rehabilitation to fill in and



by Wayne Limberg: Richard Lee, Randy Butler, Kevin Cwalina and Erin Taylor complete new waterbar on North Compton

shore up the gullied section of trail.

Despite it being well into fall, the crew saw numerous signs of wildlife, including red-backed salamanders, a white-spotted slimy salamander, and a pristine eastern woodrat skull (leading to an explanation that "woodrat" isn't just another name for squirrels).

Last but by no means least, **Justin Corddry**, **Roger Friend**, and new ND maintainer **Kyle Brost** journeyed down to Elkwallow Wayside with a

trusty crosscut saw to take out blowdowns on the AT north and south of

the wayside, including an especially gnarly one that had been reported earlier by the ridgerunners.

In keeping with tradition, the Hoodlums gathered back at Piney River at the end of the day for a potluck dinner. It being October, the theme was German: brats and wurst. Anyone interested in joining the Hoodlums should contact Tom Troutman at headhoodlum@patc.hoodlums.org. All are welcome.

Spooktober work trip

By Dan Feer et al.



by Tysha Robinson: back row: Jack, Lauren S., Peter Haupt, Alice DeCarlo, Stacy Kurukawa, Steve Phillips, Phil Abruzzese, Chris Glembocki; middle row: Tysha Robinson, Janet Arici, Bill Greenan, Don Oellerich, Ellen Feer, Erica Glembocki, Dave Jordahl; front row: Robert Fina, Kate Walker, Dan Feer, Edlyn Becton

The Cadillac Crew's October work trip of glorious weather and foliage color began with a bang, or a thud, as a 1.5-ft diameter tree fell across the access road to our weekend base at Blackburn Trail Center. Fortunately, before most of the crew had to wind their way up the hill, **John Kittridge** was able to tow the trunk to the edge of the road, where **Chris Brunton** made a few strategic chainsaw cuts, and **Jonathan Robertson** and caretaker **Lauren Singer** pried the sections into the woods.

...And the weekend only got better from there.

For our trips to Blackburn we always divide into two groups. The cabin team had a long list of must-dos including repairing the carriage house walls, string-trimming the front yard and splitting several cords of firewood. The trail team headed to the AT just north of Raven Rocks with a list of its own. This section of trail is a couple hundred yards of ankle busters



by Barbara Cook: Chris Brunton clearing the blowdown blocking the road to Blackburn Trail Center

that we needed to level, and Sunday both teams stayed at Blackburn to finish the cabin projects and fell and buck some hazard trees.

Steve Barber, Karen Brown, Chris B, Kirsten Elowsky, Neil Hopper, Michael Johnson, Jonathan R, Maryann Stetter, and Dan Wooley worked through the cabin punch list under the guidance of Barbara Cook and John K.

Returning veteran, **Phil Abruzzese, Janet Arici, Edlyn Becton, Alice DeCarlo, Dan Feer, Ellen Feer, first-timer Stacy Furukawa, Chris Glembocki, Erica Glembocki, Bill Greenan, Peter Haupt, Dave Jordahl, Rob Lamar, Don Oellerich, Steve Phillips, Tysha Robinson, Lauren S., and Kate Walker** literally hit the trail with sledge hammers and rock bars to rehabilitate dozens of yards of trail under the leadership of **Robert Fina**.

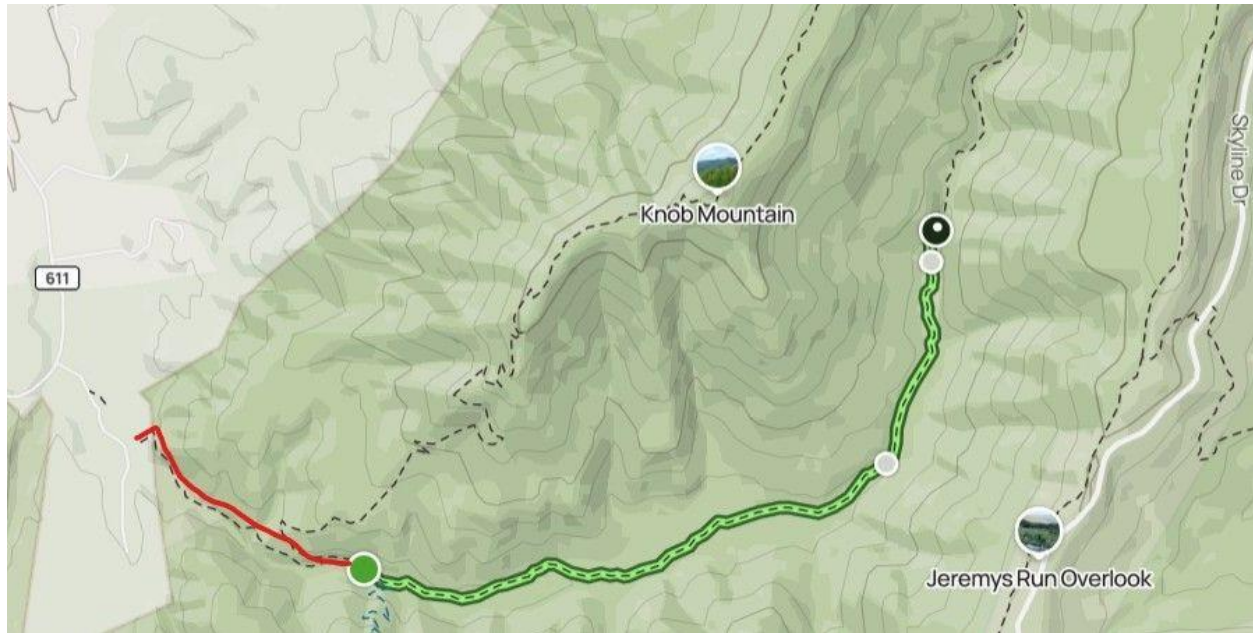
We love hard work and the results of all our projects this weekend were phenomenal, just take a look at the pictures, but this was our Halloween work trip. It's always loads of fun. **Sandi Marra** makes amazing main courses for us, Chicken Marbella this month, and we carve pumpkins. Kirsten won this year's contest. The vote was nearly unanimous.

The alchemy of fun, old and new friends, hard work and a mission greater than the moment draws us in and together. Month after month, we make time to rehabilitate trails for thousands of people we will never meet and for each other. If you've been looking for a challenge and dozens of new friends, send us a note at ccrewpatc@gmail.com. We train.



by Bill Greenan: Ellen Feer making gravel (crush) right on the trail, saving a lot of time

Trail In Search of Co-Maintainer – Middle Jeremys Run



This is a 2.7 mile section of trail with very modest elevation gain, but which features eight stream crossings. Typically, a hiker can make the crossings without getting feet wet by rock hopping but there are times of high water. Access is from the boundary on private property, which will be arranged by your co-maintainer. It's about a half-mile hike to the start of the section.

Jeremys is part of several rugged loop hikes that are popular with experienced hikers, who utilized Jeremys in conjunction with either Knob Mountain or Neighbor Mountain trails. It is a well-known trout stream, and this section gets very little pressure due to lack of public access at the lower boundary. The clear running stream is stunning, nestled in between the twin ridges above it. Camping spots abound.

The long-time current maintainer will remain, and welcomes help in keeping up with general maintenance activities, such as clearing light blowdowns, weeding and waterbar clearing. If you are interested in learning more, reach out to District Manager Tom Moran at twmoran19@gmail.com.

"What on Earth?"

Article and Photo by Ray Barbehenn



Spring Peeper

What on Earth?

Spring Peepers can sometimes be heard along the AT. Over time, they have made their way up into the hills along creeks – the lucky ones finding woodland ponds or marshy areas in which to breed. These frogs are only about an inch long, but they are loud. Even from 50 yards away, the combined racket of hundreds of calling males can warrant using ear plugs for those who camp nearby. However, try to sneak up for a peek at one, and they suddenly become silent and invisible; they watch closely for danger and are superbly camouflaged. The Spring Peeper in the above photo was observed in the woods near the AT in Duke Hollow (northern Virginia) on September 24. Notice the bulbous tips of its toes. These are helpful for climbing and clinging to wet objects. Its excellent camouflage includes stripes on its legs, a distinctive brown stripe between its eyes, and an X-shaped pattern on its

back. The X-shaped pattern inspired the Spring Peeper's Latin name, *Pseudacris crucifer*, referring to the shape as a cross (as in "crucifix").

During much of the summer and fall, Spring Peepers are widely scattered in the moist woods. Instead of calling loudly together at their breeding area, individual males make occasional, softer peeps in the fall. And, instead of calling in the evening and night, they call during the day. Based on these different behaviors, they are sometimes called Fall Peepers. Their calls in the fall are a unique sound. To my knowledge, the other species in our area – the Pickerel Frogs, Bullfrogs, Green Frogs, Gray Tree Frogs, and Wood Frogs – remain silent after they finish breeding.

Why do Spring Peepers peep in the woods in the fall?

- A. They moved to the woods to hunt, and their peeps help startle prey.
- B. They moved to the woods to hunt, and peep in preparation for breeding in the spring.
- C. They call in the woods to defend their hunting territories.
- D. Unknown.

The answer is at the bottom of the page!

Fun Facts and Musings

Male Spring Peepers actually begin calling in the late winter, not long after the ice has melted from their breeding areas. Near the AT in Duke Hollow, this is during the first weeks in March. The males establish small territories of about a square yard at the edges of ponds or other wet areas, announcing their presence for one to three weeks before breeding begins. They mainly call at night, beginning in earnest just before sunset and often going until after midnight. However, each frog does not call for this entire time; though the racket may seem constant, each frog calls on and off for a total of about three hours. Calling at a rate of about one peep per second, each male makes over 10,000 loud peeps per night! These are tiny athletes. (Try yelling "peep!" once a second even for just one minute!) Not surprisingly, they have incredibly well-developed muscles for exhaling, known as the oblique or trunk muscles. Indeed, the energy expenditure of these little frog muscles is far higher than the muscles of any other "cold-blooded" vertebrate and is as high as that of highly active muscles in "warm-blooded" animals.

How do tiny Spring Peepers make such loud calls? They use not only their impressive trunk muscles to exhale forcefully, but also large "vocal sacs." When inflated, these balloon-like throat pouches may be almost as large as the frog's body! The vocal sacs help amplify their

calls by resonating at the sound frequency of their peeps. The sacs also allow them to call more efficiently. As a Peeper peeps, some of its exhaled air inflates the sac further. As the sac relaxes, it forces air back into the lungs, quickly preparing the frog to make another call. You can see a Spring Peeper peeping in the following video: <https://www.youtube.com/shorts/H0NkA3xOOAk>. Note how its trunk muscles and vocal sac work together, alternating their contractions.

Why do Peepers expend so much energy peeping? Like many displays of male prowess, peeping is mainly an effort to impress the females. Female Peepers choose which males are most attractive to them, and they appear to be more attracted to full-sized frogs that are able to keep up a higher calling rate and make louder calls. Males also peep to maintain a territory and will tussle with other males that get into their spaces.

The breeding period lasts about two months for Spring Peepers, after which they disperse into the forest for the rest of the year. Thus, they are really woodland frogs for most of their lives. And, even while they are breeding they venture back into the woods to hunt. After breeding, they move further away from water – often around 200 to 300 yards, and up to a maximum of about 1200 yards. In the woods, they presumably find a greater abundance of food, which includes a wide variety of insects and spiders.

As the weather grows cold, Spring Peepers seek shelter from freezing by digging themselves deeply into leaf litter or squeezing under rocks or logs. A few inches of good insulation makes a big difference in the underlying temperature. If you have ever scraped away the leaf litter or rolled over a log in the winter, you will probably have noticed moist soil, tender seedlings, or various unfrozen critters.

However, there are limits to how effective a hibernation spot is against freezing weather. Peepers must still be able to survive when their body temperatures go below 32 degrees. To do this, they make their own antifreeze! In a period of hours, they can boost the concentration of glucose (sugar) in their blood and organs by breaking down the stored glycogen in their livers. (We also store glycogen for energy in our livers.) As the concentration of glucose goes up by as much as 100-fold in their bodies, the water in their bodies does not freeze until it is well below 32 degrees. This is the same phenomenon that we make use of when salting icy roads or adding ethylene glycol to our car radiators.

So, why do some Spring Peepers begin to call again in the fall when they aren't breeding? It isn't clear (answer D). Some frog biologists have speculated that the males may be excited by a surge of hormones as they mature their sperm in the summer, presumably to be prepared for early spring breeding (answer B). They may also be excited by the weather and daylength in the fall, both of which can be similar to late winter when they breed. However,

it is important to note that only a small number of Peepers call in the fall. If they are excited, then why is there is no noisy chorus in the fall as the males go through frog puberty? Perhaps Fall Peepers are young males learning to peep (answer B)? (They do make weak calls and only repeat them for a few minutes.) Or, perhaps males in the woods peep occasionally to defend their hunting territories (answer C). Thus, fall peeping remains a peculiar and poorly understood phenomenon. Fall Peepers are another example of the many, many aspects of nature that remain virtually unexplored.

Answer: D! (or B?)

Send your photos and ideas for topics to Ray at rvb@umich.edu. Wanted: Photos of opossums, foxes, coyotes, and anything else that you have a good picture of!

What's that Flower?

By Richard Stromberg

The AT section east of Harpers Ferry (heading north on the AT) has unique vegetation for the AT because of its low elevation (220 feet above sea level) and because it is close to the Potomac River on one side and closer to the Chesapeake and Ohio Canal on the other. To see some of the plants better, go into some of the openings towards the river. Here are some of the plants to look for. Before you climb the stairs to get to take the AT on the bridge beside the railroad tracks, look at the cracks in the stone wall when you walk under the railroad tracks. One plant growing there is a small, native fern, **Purple Cliffbrake** (*Pellaea atropurpurea*). The main stem is purple. The pinnae (leaflets) are widespread and are not divided and do not have any lobes or



Late Boneset, Cardinal Flower, and Sneezeweed

teeth. Also growing in the cracks is **Kenilworth Ivy** (*Cymbalaria muralis*). It is not native, but is rare, so no danger of invasion. The light green leaves have three or five points. The flowers are about a quarter inch. They have five irregularly arranged blue or lilac petals with yellow in the middle.



Kenilworth Ivy

Leaving the metal stairs down from the bridge over the Potomac, turn right to follow the AT along the Canal towpath. The towpath runs close to the canal. The river is several yards on the other side of the towpath, mostly obscured by vegetation, but several openings let you see the river and flowers close to the river. Look for the flowers listed below. All are native unless otherwise noted.

Bladdernut (*Staphylea trifolia*) is a small tree with three-part leaves, the stems of the two side leaflets are much shorter than the stem of the end leaflet. Panicles of one to two-inch, globose, papery capsules with three pointed lobes at the end hang at the end of branches. They contain bony seeds that rattle in the capsule.

Pawpaw (*Asimina triloba*) is small tree with large leaves, some over a foot long. They are entire (no teeth or lobes) tapering to the stem. They alternate along the stem but tend to cluster at the end of branches. Pawpaw fruits are green and cylindrical, up to six inches long and two inches diameter. They have sweet, custardy flesh surrounding several, black, half-to-one-inch seeds.

Late Thoroughwort or Boneset (*Eupatorium serotinum*) can be over six feet tall with branching clusters white flowers at the top. Individual flowers are small but are impressive because there are a lot of them.

Cardinal Flower (*Lobelia cardinalis*) flowers are bright red. The flowers have two lips spreading from a tube. The upper lip has two, erect lobes. The lower lip has three, spreading lobes.

Sneezeweed (*Helenium autumnale*) is an all-yellow daisy-type flower. Don't worry. It won't make you sneeze. The name derives from its dried leaves being used as snuff. Its flowers can be three inches in diameter. The flower head's knob-shaped central disk is surrounded by drooping, wedge-shaped, three-toothed rays, broadest at the tip.

The **Small-flowered Leafcup** (*Polymnia canadensis*) few short, white, ray petals often are missing. The leaves are a foot long and deeply indented into three or five pointed lobes.

Large-flowered Leafcup (*Smallanthus uvedalius*) leaves are as large as Small-flowered Leafcup's but are shaped like maple leaves. The flowers have yellow ray florets, so it is also known as Yellow-flowered Leafcup.

Halberd-leaf Rose Mallow (*Hibiscus laevis*) can grow over six feet tall. Single flowers grow from leaf axils near the top of the plant. The flowers are up to seven inches wide with pink petals that grow darker toward the center, surrounding a long column of pistils and stamens. The leaves are up to six inches long. They are arrow-shaped, but the lobes on either side of the base of the plant turn outward rather than down—halberd-shaped.



Halberd-leaf Rose Mallow

Mistflower (*Conoclinium coelestinum*) has branching clusters of fuzzy purple flowers growing at the top. It grows three feet tall.

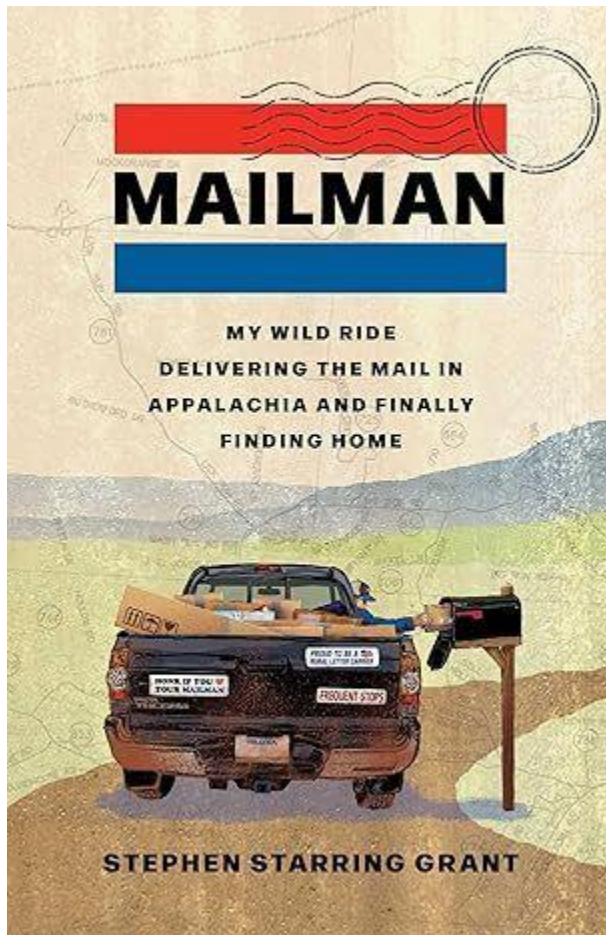
Hollow Joe-Pye Weed also called **Trumpetweed** (*Eutrochium fistulosum*) can grow ten feet tall. Its purple stem is hollow. Its many, small, purple/pink flowers form a dome at the top of the plant.

Seedbox (*Ludwigia alternifolia*) gets its name from its cube-shaped fruits that can last through winter. Its half-inch, yellow, four-petaled flowers grow in leaf axils.

Lance-leaf Frogfruit (*Phyla lanceolata*—lance-shaped) is eight to thirty inches tall. The leaves are up to two-and-a-half inches long. The edge of the leaf has five to eleven teeth on each side from the tip of the leaf to below the middle and is smooth the rest of the way. Flower spikes grow from alternate leaf axils, rarely two from the same node. The inflorescences at the end of the spike stem are at first globose, then lengthen into a cylinder. The flowers are arranged in whorls around the spike. Each flower is about one-fifth inch across. The flower is white, light pink, or light purple, with a small patch of yellow or rosy-pink near the throat of the flower.

Keep Calm and Read On: Love Letters

By Wayne Limberg



We take some services for granted, never giving them much thought until we need them. Mail carriers are one of them. In "Mailman," Stephen Grant aims to change that. During the covid pandemic Grant spent a year as a rural mail carrier in the Appalachian mountains surrounding Blacksburg, VA. "Mailman" is the at times inspiring, at time humorous, and always a thoughtful story of how that year changed his life and the important role the postal service continues to play in today's America.

In March, 2020, Grant lost his consulting job with a New York based start-up. He had some savings but his home and way of life in Blacksburg were suddenly threatened. On top of that he had just been diagnosed with early-stage prostate cancer. No job, no insurance. Consultancy gigs were few and far between. One day he saw an ad for a job as a rural mail carrier in Blacksburg. Pay was a

fraction of what he earned as a consultant but it offered medical insurance. More importantly, it seemed an adventure and a chance to reconnect with his youth. Grant's family dated back generations to southwestern Virginia. His father taught at Virginia Tech, and Grant had fond memories of camping, hiking, fishing and hunting in the surrounding mountains. So, despite his wife's misgivings, he applied.

Grant immediately had some awakenings, some rude, some not. At the end of his two-week training session, he took the oath of office every federal employee takes. It was a strange and unexpected experience for him. He realized he was part of something big. The USPS and US Army are the oldest services in the federal government. The first US postmaster was Ben Franklin who saw the creation of national postal service and post roads as guaranteeing the exchange of information and ideas and forging a sense of one united nation. While the USPS changed over the years, Grant argues that one thing stayed

the same: all Americans will receive their mail regardless of who they are or where they live, and all are invited to be part of the nation's commercial, legal, scientific and artistic conversation.

On reporting to the central mail facility in Blacksburg, Grant found that many of his preconceived notions were wrong. While the postal service has made great technological strides toward sorting and handling mail, the last two steps in the process are still done mainly by hand. Each carrier has to hand sort the hundreds of items in their daily take, organize it in bins for efficient delivery, load it in their vehicle and hit the road. Once on the road, the mail carrier becomes a mix of athlete and contortionist. Some carriers use the familiar white USPS right hand drive jeeps but most use their own left hand drive vehicles. This means they sit on the passenger side and drive with their left hand on the wheel, one foot on gas and brake, while they stuff mailboxes with their right hand.

Grant came to realize he would never be a great mail carrier. This was humbling for someone used to being at the top of his game. Over time, however, he found it liberating. More than once Grant's fellow carriers saved him from disaster and taught him that persistence trumped perfection. As long as you showed up every day, someone would have your back. This led Grant to do some serious soul-searching. In his former life, he had a reputation for being a demanding, even difficult boss and colleague.

These lessons informed his wider view of the world. Most of the people he delivered mail to hailed from families that had lived in the Appalachian Mountains for generations. They were an independent even contrary lot, suspicious of outsiders and change. However, Grant came to see their independence as a result of their need to be self-reliant. And while they could be a bit distant with strangers, they could also be generous and caring, offering coffee in the winter or a cold lemonade in the summer. They could also be a bit quirky, even eccentric. He never did find out why one farmer was carrying a skinned pig on the back of his tractor, and he still shakes his head over his USPS colleagues' take on covid vaccinations. None of Grant's Appalachian folk see themselves as victims. As such, "Mailman" is a good counterbalance to J. D. Vance's "Hillbilly Elegy."

Grant does not shy away from stating his opinions, and his language can be colorful, even blue. He has choice words for Amazon and UPS when the two failed to reach a new shipping deal and the USPS had to pick up the slack. He takes pride in how the USPS made sure mail-in ballots reached their proper destinations during the 2020 elections. His position on guns may raise some eyebrows, but it partly flows from his father being wounded in the 2007 shooting incident at Virginia Tech. Food for thought is revelation that

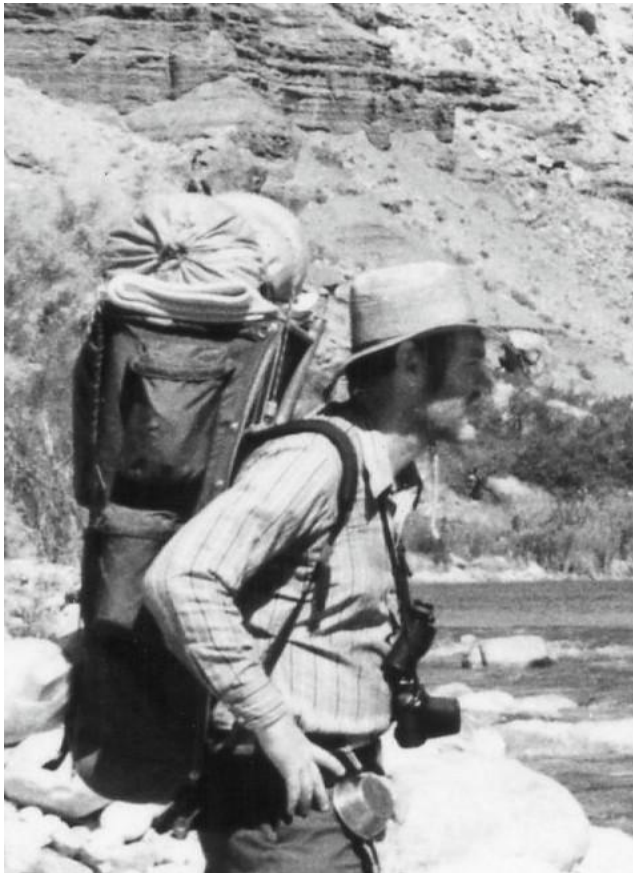
an experienced mail carrier can provide a fairly detailed profile of someone on their route from the mail they receive.

Grant ultimately gets a new consultancy job but knows he will always carry a map of Rural Route 10 in his head and fond memories and deep regard for all those carriers who show up and deliver. Some may see mail delivery as dumb and anachronistic, but for Grant it is a vital act of normalcy and an essential glue that holds this nation together.

Thanks to all who have recommended good reads. If you have one, send it along to wplimberg@aol.com. Meanwhile, keep reading. See you on the trail.

Remembering Tom Floyd

By C. David Floyd



Tom Floyd

Tom Floyd was born in Bergman, Arkansas in 1932 and grew up in the Midwest.

Tom began his long career as a civilian civil service employee of the US Government. His first job was in hospital management on Army bases in Texas. He transferred to Washington DC and began working for the Department of Interior in personnel management.

During his long career in Washington DC Tom was involved in trail building and trail easements for the Appalachian Trail and other trails in the Virginia area. He was a PATC volunteer and leader. He wrote two books published by PATC: "Lost Trails and Forgotten People: The Story of Jones Mountain" and "Diary of a Trail," the story of the people who built the Tuscarora Trail. Tom Floyd Wayside is an AT shelter with many campsites just north of SNP.

His vacation time was spent in Arizona, where Tom developed a love and fascination of Grand Canyon. He did multiple back county backpacking expeditions of 9-to-20-days. In 1974 he became one of the first few to thru-hike the entire Grand Canyon National Park.

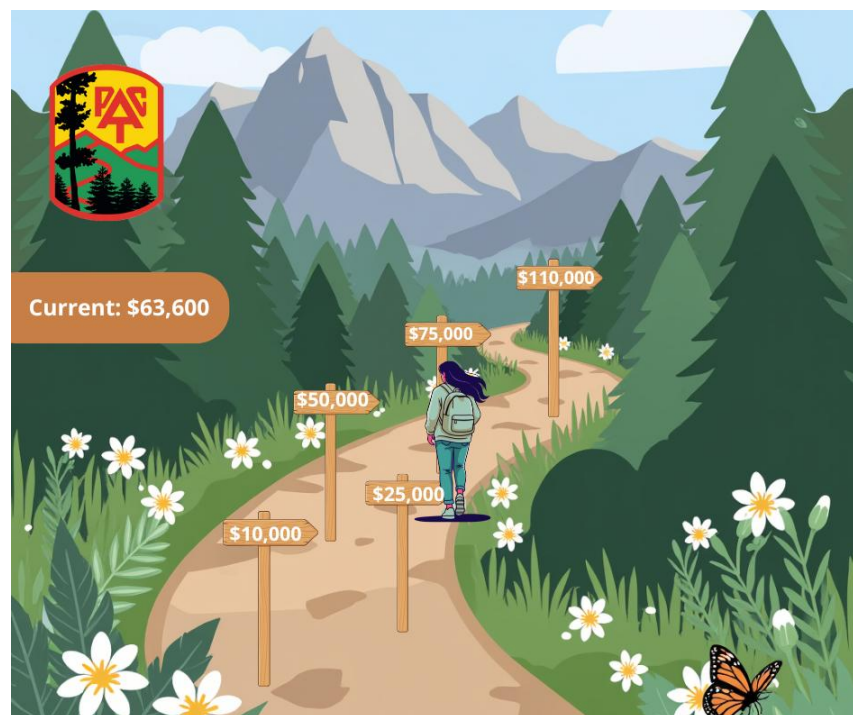
Early retirement found Tom living a few yards from the AT in Virginia in a cabin with an outdoor privy. Then he went to a resort in northeast Oklahoma and then to the old family house at Harmon, AR bought by his parents after World War II. As time passed, Tom spent less time in any house, as he traveled far and wide across North America. He lived in travel trailers, pick-up campers and finally in his trailerable houseboat that doubled as a camping trailer or lake cruiser. His buddies on his travels were his succession of beloved dogs: MD, King George, and Largo.

His final travels found him living proudly as a “full timer” with no house and no real address. In Arizona, the state of his youth, he would follow the seasons and weather camping in his SUV with Largo. Age and time brought Tom again to Tulsa, Oklahoma to be near relatives in an assisted living facility, his final camp. At age 93, Tom broke camp and moved on, continuing his travels. Undoubtedly, Tom is again somewhere in Grand Canyon hiking down the trail.

Miles of Impact Campaign: A Strong Start Toward Our Year-End Goal

By Abbie Fine

As we move into the final weeks of the year, we’re excited to share that PATC’s **Miles of Impact Campaign** is already more than halfway toward our goal of raising **\$100 for every one of the 1,100 miles of trails entrusted to PATC** by December 31st! In this special year-end effort, each symbolic mile represents the tools, training, materials,



coordination, and volunteer power required to ensure our trails, cabins, shelters, and wild lands remain open and welcoming for all who seek them.

This year's campaign stories have brought that impact to life. We introduced supporters to **Marissa**, a Ridgerunner whose journey from feeling lost to finding purpose on the trail was made possible through PATC's training and field support. We also celebrated the extraordinary accomplishments of our volunteers, who logged more than **73,000 hours** this year—clearing blowdowns, repairing water crossings, clipping hundreds of miles of trail, and caring for the most heavily used sections across the region. And through **Jim Fetig's reflections**, we shared how volunteers find pride, belonging, and joy in this physically demanding work—caring for trails not just for today's hikers, but for future generations yet to discover them.

So, thank you! The campaign progress so far reflects the incredible generosity of the PATC family—members, volunteers, and supporters who understand just how much quiet, behind-the-scenes work happens on the trail each day. If you'd like to learn more about how the campaign works and the impact your contribution can have on the places you love, visit the **Miles of Impact webpage!**

Help Wanted: Current Volunteer Opportunities

Wood Sign Maker- contact John Hedrick at C 703-403-1479,

jhedrick@erols.com

Shelter Volunteer

Henry Horn ~ 301/498-8254, shelters@patc.net

Rocky Run Shelter [Original] ~ PATC Map 5-5

Paul Gerhard Shelter ~ PATC map F

District Manager

Co- District Manager ~ Tuscarora Central [Map L]

Bill Greenan, wpgreenan@yahoo.com

SNP North District Blue blazed ~ Map 9

Tom Moran, (703) 715-0050, twmoran19@gmail.com

Beahms Gap Loop ~ AT to Skyline Drive (Beahms Gap Parking) (.1mi)

Dickey Ridge Trail ~ MP 2.1 to Snead Farm Road (2.6mi)

Dickey Ridge Trail ~ Low Gap to AT (2.2 mi)

Fork Mountain Trail ~ Co ~ Piney Ridge Trail to Hull School Trail (1.1 mi)

Jeremys Run Trail (middle) ~ Co ~ 8th Ford of Jeremys Run to junction Knob Mt. & Neighbor Mt. Trail (2.7mi)

Pass Mountain (lower) ~ Co ~ "break point" to US 211 (1.32 mi)

Piney Branch Trail (upper) ~ Co ~ AT to Power line (2.2mi) (bottom needs help)

Piney Branch (middle) ~ Power line to Hull School Trail (2.2mi)

Piney Ridge (upper) ~ Co ~ Service Rd. by Range View Cabin to Fork Mountain Trail (2mi)

Sugarloaf Trail ~ Co ~ AT (Hogback Mt.) to Pole Bridge Link Trail (1.4 mi)

Tuscarora /Overall Run from Thompson Hollow/Overall Run Jct. to Mathews Arm Trail (2.3mi)

Tuscarora Trail ~ SNP Boundary to Thompson Hollow Trail (1.5 mi)

SNP Central District Blue blazed [north] ~ Map 10

Patrick Wilson ~ pwilson@hsc.edu

Eugene "Buz" Groshong ~ 540-522-6749, buzgroshong@verizon.net

Josh Fuchs (703) 346-4842, jrfuchs48@gmail.com

Corbin Cabin Cutoff from AT to Nicholson Hollow Trail at Corbin Cabin (1.4mi)

SNP Central District Blue blazed [south] ~ Map 10

John Hedrick ~ 540/987-8659, jhedrick@erols.com

Rock Spring Parking/Cabin/Hut ~ Rock Spring Parking to AT/AT to Rock Spring Cabin & Hut (.2mi)

Rock Spring Cabin/Hut Spring Trail ~ Rock Spring Cabin & Hut to spring (.1mi)

SNP South District Appalachian Trail ~ Map 11

Bob Pingry ~ 434-981-5094, bobpingry@gmail.com

AT ~ Co ~ Loft Mtn Camp Store trail to Loft Mountain Amphitheater trail (1.3)

SNP South District Blue blazed ~ Map 11

James Surdukoski ~ 434-459-1122, buslsurdukowski@gmail.com

Brown Mountain - Brown Mountain Summit to Big Run Portal Trail (3.5 mi)

Gap Run Trail - Junction of Rocky Mount Summit Trail to bottom of Gap Run (1.50mi)

Pennsylvania Tuscarora ~ Maps J & K

Chris Firme ~ 717-794-2855, bncfirme@innernet.net

Dave Trone ~ 717-778-1308, trildavidt@gmail.com

Pete Brown 410-207-2921, trailpete@gmail.com

PA Tuscarora [J] ~ Fowler Hollow shelter to Hemlock Rd (2.2mi)

PA Tuscarora [J] ~ Mountain Rd. to Jct. PA 641 (6.2mi)

PA Tuscarora [K] ~ Alice Trail to Yellow Blazed Trail (4.2mi)

PA Tuscarora [K] ~ Yellow Blazed Trail to PA 456 (6.7mi)

Tuscarora Central ~ Map L

Bill Greenan ~ wpgreenan@yahoo.com

Co-District Manager needed!

Tuscarora Trail ~ Burnt Mill Bridge to Lutkins Passage (3.2mi)

Tuscarora Trail ~ Meadow Branch to Eagles Nest Parking (2.2mi)

Tuscarora Trail ~ Eagles Nest Mt. Parking Lot to Meadow Branch Trail (3mi)

Tuscarora Trail ~ Larrick Overlook to Lucas Woods Trail (2mi)

Tuscarora Trail ~ Sleepy Creek Registration to Hampshire Grade Road (5.6mi)

Tuscarora Trail ~ Hampshire Grade Road to High Rock (2.7mi)

Tuscarora Trail ~ Co ~ Lucas Woods Trail to Powerline (3.5mi)

Tuscarora Trail ~ Sleepy Creek WMA Border to VA 671 (Shockeysville Road) (4.1mi)

Tuscarora Trail ~ US 50 (Back Creek) to Gore Access Trail (1.3mi)

Tuscarora Trail ~ Co ~ Powerline to Dry Gap (3.5mi)

Devils Nose Connector Trail ~ Devils Nose Parking Area to Tuscarora Trail (.5mi)

Spruce Pine Hollow Trail ~ Tuscarora Trail to Spruce Pine Hollow Park Trailhead (.10mi)

Massanutten South ~ Map H

Paul Boisen, (540) 246-5662, paulboisen@hotmail.com

Massanutten South Trail ~ Pitt Spring to Morgan Run Trail (1.4 m FR 65) (3.3mi)

Roaring Run Trail ~ Catherine Furnace to TV Tower Road (3.8mi)

Pitt Spring Lookout Trail ~ Massanutten South Trail to lookout point (.27mi)

Great North Mountain ~ Map E

Mike Allen ~ 540-333-3994, michaelallen0056@gmail.com

North Mt. Trail ~ Stack Rock Trail to VA 720 (4.3mi)

Stack Rock Trail ~ Forest Rd 252 to North Mt. Trail (1.5mi)

Long Mountain Trail ~ Trout Pond Trail to FR 1621 (4.4mi)

Big Schloss Trail ~ 2.3 Mile Marker of Mill Mt. Trail to Big Schloss View (.3mi)

Mill Mt. Trail ~ Wolf Gap to Big Schloss Cutoff Trail (2.8mi)

Gerhard Shelter Trail ~ Tuscarora Trail to Vances Cove (1.5mi)

North River Map-National Geographic Trails Illustrated #791

Lynn & Malcolm Cameron, (540) 234-6273, slynncameron@gmail.com

Braley Pond Loop ~ 491, 496, 654 from Braley Pond Parking to Braley Pond Parking (3.6 mi)

MD Montgomery County Parks ~ Map D

Lynn Gallagher ~ (301) 320-4862, or lynn.t.gallagher@gmail.com

Cabin John Trail ~ Seven Locks Rd to Tuckerman Lane

Prince William Forest Park

Dennis Calhoun, 703-583-4386, dennis_calhoun@comcast.net

Carl Nicholson, 703-314-6365, cwnicholson@gmail.com

South Valley from Scenic Drive [3rd Intersection] to North Orenda Road (1.1 mi)

Potomac Heritage Trail: GWMP & Great Falls Park ~ Map D

Pete Neal ~ Roosevelt Island to Pimmit Run & Great Falls Park

(703) 536-4962, (202) 841-7220, peteneal77@gmail.com

PHT ~ Roosevelt Island parking lot to Spout Run (.7mi)

Maryland National Battlefield Parks – Antietam & Monocacy

Mary Ann Lepore ~ H 814-942-0670, C 814-327-8526

shastalepore@msn.com

Antietam NBP

Final Attack Trail ~ Burnside Bridge to Snavelly Ford Trail (1.74mi)

Monocacy NBP

Junction Trail (1.mi) plus Best Farm Trail (1.5mi)[one maintainer for both trails]

Worthington Farm Trail ~ Worthington House to through [including] Ford Loop (1.6mi)

Brooks Hill Trail ~ Worthington House to High Water Bypass Trail (1.9mi)

Thomas Farm Trail ~ Thomas Barn to though [including] Middle Ford Loop Trail (1.9mi)

Gambrill Mill Trail (.5mi) plus Dam Ruins Trail (.3mi) [one maintainer for both trails]