The Potomac Appalachian

THE NEWSLETTER OF THE POTOMAC APPALACHIAN TRAIL CLUB

OCTOBER 2013 - VOLUME 42, NUMBER 10



A VIEW FROM A ROCKY OVERLOOK
PHOTO BY LEE SHEAFFER



VOLUNTEER OF THE MONTH 3



HIKER'S NOTEBOOK 4



YOUTH SECTION 20

HIKE OF THE MONTH: APPALACHIAN TRAIL

NORTH AND SOUTH MARSHALL MOUNTAIN, SHENANDOAH NATIONAL PARK

No person shaped the United States judicial system more than its 4th Chief Justice, John Marshall. It is said that through his actions and decisions as chief justice the judiciary became an equal partner of the three branches of government. It is fitting that a man with such long views would have two mountains named after him—one with long views over his home state of Virginia, the other to the west where the young country would expand. There is no evidence that Marshall ever owned these peaks (his property was further north in Fauquier County, VA). There is also little evidence of who named these mountains, but it is believed that the Marshalls were named after the famous founding father and judge. Today both peaks bearing Marshall's name are in Shenandoah National Park; the Appalachian Trail crosses both peaks.

There are many options to this hike, with at least three access points off Skyline Drive and with longer and shorter options available. The hike begins just south of mile marker 14 on the Skyline Drive in an area where the Appalachian Trail crosses the road and known as Hogwallow Flats. This name alone gives a clue to the former use of this flat shoulder between peaks. There is shoulder parking here on the west side of the road. Immediately cross Skyline Drive (to the east side) and begin to climb North Marshall Mountain on the Appalachian Trail. The climb

(continued on p.18)

Remember this number!

PATC's CFC Number is: **91413**

Attention all federal and military employees: If you would like a simple and effective way to help the club, please consider donating to PATC during the Combined Federal Campaign (CFC) season. For the National Capital Area, PATC's CFC number is 91413. For the Chesapeake Bay and Northern Shenandoah Valley campaigns, please refer to your charities list for the correct number. Thank you—your generosity is appreciated.

CFC

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VIENNA, VA 22180-4609
WWW.PATC.NET
ISSN 098-8L54



JOHN'S JUNKET

This is a good time to provide an update on the many initiatives your club is addressing. Most of these actions are on-going and will be reported on in more detail as necessary.

We are investigating two properties for possible purchase that will help protect the Tuscarora Trail. One is along Route 50 near Gore, Virginia and the other is in Pennsylvania. As with any land purchase, there are numerous issues to be addressed and Phil Paschall, our Trail Land Acquisition lead, is working hard on them.

Automating our cabin reservation system is proceeding and we should begin testing it soon. Detailed instructions on how to use the system will be posted prior to going "live." Not all aspects of our cabin reservation system will be automated since some actions, such as priority reservations, will need to be addressed by our reservation volunteers and staff; however, it is expected that the automation will allow up to 80% of those desiring cabins to reserve on-line with no delay or need to interface with our volunteers. This will be a huge step forward and will allow our cabin reservation volunteers to spend more time with people who are not familiar with our cabin procedures.

Planning is underway for the Appalachian Trail Club (ATC) 2015 Biennial, which your club will host. There is a link on our web page for volunteers to sign-up. The Biennial committee will be coordinating with ATC and Shenandoah University to complete a Memorandum of Understanding outlining mutual responsibilities. There will be much more information provided in the coming months.

The new rental cabin near Old Rag is proceeding well. The work is being done by the Lincoln Loggers headed by John Corwith. The foundation has been poured and the stone facing completed. All the logs from the old house are on site ready to be installed. The septic permit has been approved and the well dug and capped. Work trips are advertised on our calendar and volunteers are welcome.

We are waiting for approval from the Appalachian Trail Park Office to begin the construction of another shelter at Dicks Dome in Northern Virginia and a composting privy at the Jim and Molly Denton Shelter. The archaeology and natural resource surveys have been completed and the paperwork is making its way through the approval process. We will announce the work trip schedules on our on-line calendar.

We have new caretakers at Bears Den Hostel and they are doing a terrific job. If you would like to volunteer to assist please contact them at www.bearsdencenter.org.

Planning for our annual Awards/ Banquet meeting scheduled for Nov. 12 is ongoing. Please consider attending this event to help recognize our many deserving awardees and meet many old acquaintances. You can register on-line.

You might not know that PATC produces 21 high quality hiking maps covering our recreational area plus some areas south of Shenandoah National Park. The mapping committee is doing a terrific job of digitizing these maps and updating those that are needed. This is a very technical process and our GPS Rangers assist by walking the trails and providing extremely accurate route information. We are very fortunate to have so many qualified mapping and GPS experts willing to donate their time to this important effort.

We are constantly updating our wonderful hiking publications and these can be obtained from our on-line store. There are numerous hiking lectures planned at various REI stores throughout our area and the schedule is listed on our calendar and at the REI stores.

These are just a few of the initiatives your club is pursuing. As always we need volunteers so please contact us at president@patc.net for more information.

—John Hedrick

THE APPALACHIAN TRAIL IS COMING TO THEATERS

2013 ATC MEMBERSHIP DRIVE

AVALON THEATRE,
WASHINGTON, D.C.
OCTOBER 10, 2013
8 p.m.to 10:30 p.m.

The Appalachian Trail Conservancy (ATC) is hosting a membership drive across the eastern United States called "Journey of 2,000 Miles: the Appalachian Trail".

To reserve your seat, watch the trailer and learn more about the film visit: www.appalachiantrail.org/journey.

Event Highlights:

- Watch the film *Appalachian Impressions* on the big screen
- Hear amazing stories of the men and women who volunteer on the Trail
- Interact with a 2,000 Miler
- 1 Year Membership or Gift Membership to the ATC ($40 value)
- Free admission for kids (13 and under)
- Win cool prizes such as an ATC ENO™ Hammock
- Make new friends in the outdoor and hiking community
- 1 year subscription to A.T. Journeys, the official magazine of the Appalachian Trail
- Receive an ATC decal and patch
- Protect an irreplaceable treasure: the Appalachian Trail
- ***Every dollar raised will help preserve and manage the Appalachian Trail.***

Appalachian Impression is an epic story about hiking the Appalachian Trail from Georgia to Maine. The program takes you on a six-month, 2,180-mile journey along the most famous long-distance hiking trail in the world. Along the way, you'll meet hikers who have embarked on this trek, carrying everything they need on their backs. You'll hear their stories, and experience the thrills and challenges of daily life on the Trail. The program covers all fourteen states, the changing of the seasons, footwear, food, shelters, volunteer trail crews, and Leave No Trace Ethics.

Enter promo code: BOARD 13
to receive $5 off your reservation!

VOLUNTEER OF THE MONTH: MIKE JENKINS

Upon joining PATC in 1988, Mike Jenkins was quickly recruited by Andy Hiltz to be the district manager along 32 miles of the AT from Harpers Ferry to Snickers Gap. Four years later he stepped down from this position to build a house beside the AT, keeping about 4 miles of the trail south of Keys Gap to maintain. Chris Brunton, who took over as district manager, said Mike often helps him with trail projects along the entire section, relying on him to take care of any problems. Currently they are working together laying out a major AT relocation on Loudoun Heights.

Mike was in the first chainsaw workshop held by PATC, keeping his sawyer and first aid/CPR certifications current by attending successive workshops.

Besides working on trails, Mike volunteers in other ways with PATC. He built the parking lot at Keys Gap in 1991, then the kiosk, and still monitors the area with trash removal, a big issue at this location. Since 1990, he has been the AT corridor monitor north of Keys Gap. Three years ago Chris Firme, PATC hiking chairman, asked Mike to lead the "Roads Scholars" (formerly "Elder Hostel") along the AT in West Virginia, which he continues to do several times a year, passing along information about the history, cultural resources and management of the area.

During the 1990s the West Virginia Chapter (now the West Chapter) held their monthly meetings at Highacre in Harpers Ferry. Each summer, Mike would lead the group through Harpers Ferry giving wonderful historical insights into the area.

Along with being a volunteer for PATC, Mike also volunteers with other organizations. He is supervisor of trails for the Mountain Club of Maryland; attends the meetings of the Maryland Appalachian Trail Management Committee, working hard with a variety of partners to defend and protect the AT; and regularly volunteers and assists with the Harpers Ferry National Historical Park and Catoctin Mountain National Park. Mike is also a Life Member of Appalachian Trail Club, and will be receiving a Silver Service Award for 25 years of volunteer service to the AT this summer at the ATC Biennial Conference.

The AT in Maryland, Virginia, Pennsylvania and West Virginia is fortunate to have a friend like Mike who takes a special interest in it. PATC is fortunate to have such a dedicated volunteer.

—Rick Canter

Please e-mail Rick Canter at patcmd@yahoo.com if you have someone you would like to nominate for Volunteer of the Month



Mike Jenkins works with a chainsaw
Photo by Robert Freeman

STAFF PORTRAIT: MONICA CLARK

I became the business manager for PATC in January of 2002. I am the staff person who is responsible for all accounting and monetary aspects of the club. Briefly, I am the one who accounts for incoming monies, outgoing monies, payroll, budgets, annual audits and preparation of financial reports. This has led me to get involved with most aspects of the club and understand how each area relates to the others. I really enjoy this because I have met many wonderful people over the years and this has opened up a whole new world for me!



Monica Clark handles the money for PATC.
Photo courtesy of Monica Clark

It is amazing to see how we have evolved, how far we have come in the last decade and where we are going! When I first arrived, we used a big book and pencil to reserve cabins! Eventually, we found a software program for this. However, every night people reserved cabins and the following morning, I manually ran their credit card payments through the credit terminal at the Sales Desk. After a few years, we updated our software so that the cabins were paid for at the time the reservation was made through the software program—this meant I no longer needed to run credit cards through the credit card terminal every day. Now, we are getting ready to fully automate the Cabins Reservation System so that people can actually go online and reserve cabins themselves! I am very excited to see this happen!

I do like the outdoors, nature and wildlife. I am proud to say that I live near one of the PATC maintained trail sections, Popes Head Creek in Fairfax County.

My volunteer duties include newsletter editor as well as treasurer for different organizations including PTA, Church and The Compassionate Friends. I have a Bachelor of Science degree in Business Administration (Marketing concentration) from George Mason University and also a Certificate in Accounting.

If you need a reimbursement check, just send me an email or give me a call.

—Monica Clark

HIKER'S NOTEBOOK

BLACK WALNUT: GOOD FOOD AND GOOD MEDICINE

The black walnut (*Juglans nigra*), also known as the American walnut or Virginia walnut, is the tallest of twenty species of the *Juglans* genus trees worldwide of which six are native to North America. The etymology of the common name reflects its international notoriety. Walnut is derived from the Welsh *wealh* meaning "foreign" and *hnutu* meaning "nut"; the tree was introduced from Gaul and Italy to England where it was called "foreign nut" to distinguish it from the native "hazel nut." Walnut trees are characterized by distinctive compound leaves that have an odd number (7 to 23) of pointed, lanceolate leaflets, by their hard, durable and esthetic heartwood and by their fruit, an oil-rich nut in a ridged, hard black shell surrounded by a thick green non-splitting husk. The generic name *Juglans* is derived from the Latin *iovis* meaning 'Jove' or 'Jupiter' and *glans* meaning 'nut', literally Jupiter's Nut or, metaphorically, a nut fit for the gods.



(Left to right) Black Walnut Tree showing opposite leaf arrangement and in situ husked nuts; Black Walnut with husk removed.
All photos by William Needham

The black walnut produces a chemical substance called juglone (from the genus name *Juglans* – its chemical designation is 5-hydroxy-alphanapthaquinone) that is toxic to many other plants. Juglone is produced mainly by the roots which extend radially outward from the trunk to a distance of up to 80 feet. Many plants are affected by the chemical, notably tomato, potato, blackberry, blueberry, mountain laurel, rhododendron and apple, with injury or death resulting from an exposure of several months. Animals, notably horses, are also affected by the toxin. Small amounts of walnut chips or sawdust in equine bedding can result in a laminitis, an inflammation of the layers, or laminae, of their hooves. In severe cases, swelling in all four legs, edema of the abdomen and colic can result in death. The poisoning of one plant by another is known as allelopathy, from the Greek *allel* meaning "of one another" and pathos meaning disease. It was first described by Pliny the Elder, a Roman naturalist in 77 CE, noting the toxic effects of the walnut tree on its surrounding plants. (Allelopathy is a survival adaptation of a number of plants, including sugar maple, sycamore, cottonwood and black cherry.) The effects of black walnut are generally more pronounced, resulting in wilting, foliar yellowing, and eventual death. Experimentation has demonstrated that juglone is a respiration inhibitor that deprives sensitive plants of metabolic activity.

Black walnut bark and nut husks have been used for medicinal purposes for millennia, taking advantage of the allelopathic properties of juglone. It is purported to be a superior antiseptic, high in iodine, and an excellent treatment for any kind of fungus condition. A bark poultice was used by the Greeks and the Romans to treat a skin fungus known as dermatomycosis. Native Americans used the inner bark to make a laxative tea and chewed the bark as a palliative for toothaches; it is still used as a dentifrice in Pakistan. A tincture of black walnut made with grain alcohol and the green husks of the fruit is said to kill the larvae and adult stages of some 100 parasites. A known vermifuge, it expels pinworm, ringworm and other parasites from the intestinal tract. Juglone has also been found to have a sedative capacity similar to that of diapezam, the ingredient in Valium.

The medicinal properties of the walnut were also recognized in a metaphysical sense through the philosophical notion proposed by Jacob Boehme in the 16th Century and known as the doctrine of signatures. This philosophy, which had a religious origin but practical application, maintained that God sought to become manifest through the placement of living things on the earth's surface with an appearance that suggested, or gave a signature to, their use. Thus, a plant that looked like a tooth (cut-leaf toothwort) must be good for toothache and a plant that looked like a liver (hepatica) must be good for biliousness. This applied to walnuts, as noted by William Cole, an exponent of the doctrine of signatures, who wrote in his book on the subject entitled Adam in Eden in 1657 that "all-nuts have the perfect Signature of the Head." In his rather detailed anthropocentric assessment of the walnut's qualities, the outer husk of the nut bore the signature of the scalp, as it was covered with light fuzz. A tonic made from the husk must then be a remedy for head wounds. The nut "hath the signature of the skull" and the "kernel hath the very figure of the brain." Therefore, the nut is "very profitable for the brain and resists poysons." The treatment recommended was for the nut to be moistened with wine and put on the head, where it "comforts the brain and head mightily."

The commercial Persian walnut (*J. regia*) is native to Asia Minor. First cultivated in Persia, it was spread throughout Europe by the Romans. It is more commonly called English walnut as English colonists brought it to North America, making its way to California with early missionaries. About 340,000 tons of English walnuts are harvested each year almost exclusively in California, compared to 20,000 tons of black walnuts primarily in the southeast. This is due primarily to the nature of the shell,

the black walnut having a thick and intractable shell from which the kernel is difficult to extract whole. Consequently, most black walnut nuts are used in home baking and in commercial ice cream and candy manufacture. The heavy shells are ground up to make blasting grit, anti-skid additives to tire rubber, and activated carbon. The nut husks are processed to produce a yellow dye and oil that is used in soaps, paints and cooking.

The fruit of the walnut is a nutritious and healthful food. It has one of the highest ratios of polyunsaturated to saturated fat ratios (7 to 1), an attribute that contributes to a lowering of harmful LDL cholesterol levels. Walnuts also contain alpha-linolenic acid, or ALA, an omega-3 fatty acid similar to those found in fish that have been found to ameliorate abnormal heart rhythms. A recent study concluded that consumption of a diet in which walnuts replaced a significant portion of saturated fat intake resulted in an 11 percent reduction in cholesterol over a twelve-week period. In March of 2004 the U.S. Food and Drug Administration ruled that foods containing walnuts could be labeled as heart-healthy based on the fact that "supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day . . . and not resulting in increased caloric intake . . . may reduce the risk of coronary heart disease."

—William Needham

POTOMAC APPALACHIAN TRAIL CLUB GPS RANGERS OPEN HOUSE

PINNACLES RESEARCH STATION, SHENANDOAH NATIONAL PARK
SUNDAY, OCT. 13, 9 A.M. – 4:30 P.M.

Learn about the PATC volunteer trail surveyors, the GPS Rangers!

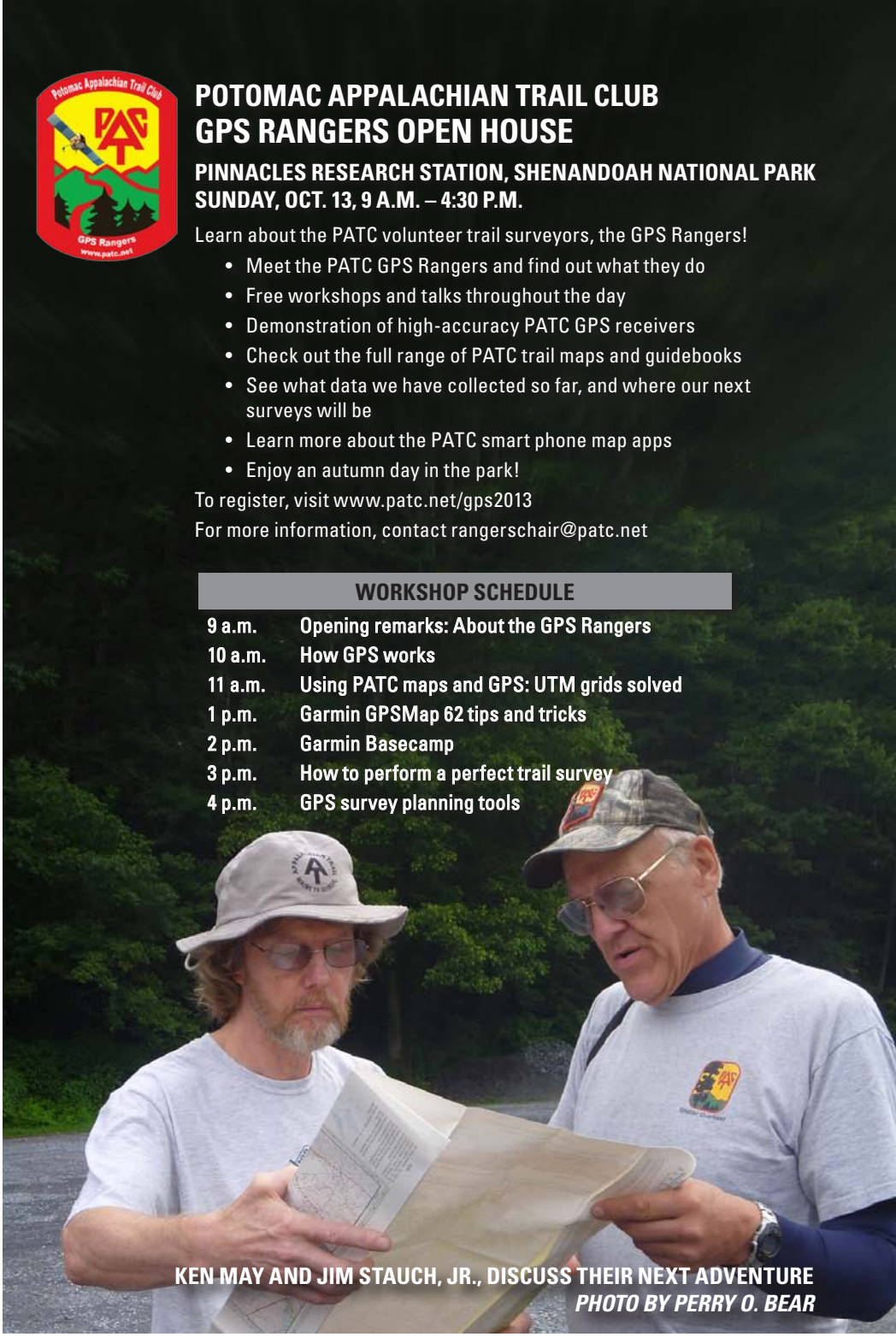
- Meet the PATC GPS Rangers and find out what they do
- Free workshops and talks throughout the day
- Demonstration of high-accuracy PATC GPS receivers
- Check out the full range of PATC trail maps and guidebooks
- See what data we have collected so far, and where our next surveys will be
- Learn more about the PATC smart phone map apps
- Enjoy an autumn day in the park!

To register, visit www.patc.net/gps2013

For more information, contact rangerschair@patc.net

WORKSHOP SCHEDULE

9 a.m.	Opening remarks: About the GPS Rangers
10 a.m.	How GPS works
11 a.m.	Using PATC maps and GPS: UTM grids solved
1 p.m.	Garmin GPSMap 62 tips and tricks
2 p.m.	Garmin Basecamp
3 p.m.	How to perform a perfect trail survey
4 p.m.	GPS survey planning tools



KEN MAY AND JIM STAUCH, JR., DISCUSS THEIR NEXT ADVENTURE
PHOTO BY PERRY O. BEAR

MAGICAL MOMENTS ON THE AUSTIN MOUNTAIN TRAIL

On June 20, cool temperatures created a divine atmosphere in the South District of the Shenandoah National Park. Beginning in late afternoon, a welcome breeze kicked in. Dense stands of mountain laurel in full bloom created the aura of a botanical garden. The songs of warblers and other birds tickled my ears with delight. Early summer wildflowers lined the edge of the treadway. After nightfall, my headlamp spotted a luminous orange object on an old blowdown near the intersection of the Rockytop Trail. As I stepped closer, it turned out to be the reflected light coming from the eye of a nocturnal bird. As I moved still closer, the frozen image of a whippoorwill appeared just 20 feet away. On my return to the Browns Gap parking area, numerous barred owls and whippoorwills welcomed the night with their calls. The fireflies danced up and down in front of me as I ascended the Madison Run Fire Road. In the grass behind the parking lot, a large group of fireflies lit up the area just behind my car. As I stepped into my car, I looked up and saw white puffy clouds gliding past the full moon.

—Dick Peacock,
Austin Mountain Trail Overseer





(Top to bottom) A close-up of stout goldenrod; zig-zag goldenrod.
Photos by Richard Stromberg

WHAT IS THAT FLOWER
THE ASTER/SUNFLOWER FAMILY: GOLDENRODS

You probably started seeing asters and goldenrods in August, and they became the dominant flowers along the trail in September. Some of them continue flowering into October, and you will see their fluffy seed heads all winter. Asters have white and purple daisy-type flowers. The small-flowered, yellow spikes and sprays you see are goldenrods. We have many species of each in our area. I will give you give you tips on differentiating the ones seen along trails. Note that the large leaves at the base of the plant are often key, not the smaller leaves up the stem—sometimes a problem because the basal leaves may not be there any more or may be hard to find under other vegetation.

This month I will discuss goldenrods (genus *Solidago*), with asters next month. Many of the goldenrods are common throughout our area, so I will only mention specific places to see them if they have a limited habitat. For identification purposes, I divide goldenrods into three groups based on how the flowers are clustered:

1. Multiple, curved clusters branching of the top of the main stem with flowers on only one side
2. Clusters in leaf axils
3. Straight clusters at the top of the plant, longer than broad with flowers all around the stem

Four of the multiple, curved cluster types have large basal leaves. If you see such a goldenrod in August, it is likely the aptly named **early goldenrod** (*Solidago juncea*). Its basal leaves have sharp teeth and taper gradually to the stem. **Gray goldenrod** (*S. nemoralis*) basal leaves are bluntly toothed, and the fine hairs on the stem and leaves make them grayish. **Sharp-leaved goldenrod** (*S. arguta*) basal leaves are egg-shaped, narrowing to a slender stem and are sharply double-toothed. It is found mostly in the mountains.

Other species of the multiple, curved cluster types have leaves that are more or less uniform or gradually reduce up the stem. **Late goldenrod** (*S. gigantea*), **tall goldenrod** (*S. altissima*), and **Canada goldenrod** (*S. canadensis*) are all tall and difficult to tell apart. Their leaves are long and narrow and have three veins, one on each side of the center one. Late goldenrod's stem is smooth, usually with a white bloom. It likes wet places: I have seen it in flower as late as December by a side stream of the North Fork of the Shenandoah in Shenandoah River State Park. The Tall and Canada species once were merged and are hard to tell apart. Their stem, at least in part, is downy. They are both very tall with a whorl of leaves all along the stem. Tall goldenrod's leaves are barely toothed, Canada's sharply. **Sweet goldenrod** (*S. odora*) leaves have only one main vein and have no teeth. **Rough-stemmed goldenrod** (*S. rugosa*) leaves also have only one vein, have teeth, and are usually rough as is the plant's stem.

Two species have flower clusters growing from the leaf axils. *S. flexicaulis* is called **zigzag** or **broad-leaved goldenrod**. The stem bends or zigzags from axil to axil, though what clearly distinguishes this species are the sharply-toothed, egg-shaped leaves—the only species where the leaves are wide up the stem. It is most common in the mountains. **Blue-stemmed** or **wreath goldenrod** (*S. caesia*) supposedly has a blue stem, but I find that unreliable. Long, narrow leaves separate the flower clusters growing from the axils. Instead of standing upright, it often forms an arch. It is common but does not grow above 3,000 feet.

Several species are in the group with straight clusters at the top of the plant. **Hairy goldenrod** (*S. hispida*) has densely hairy leaves and stems. It grows in rocky places in the mountains. *S. bicolor* is similar to *S. hispida* except the rays are white (disk flowers still yellow, hence *bicolor*), and is cleverly called **silverrod**. It is far more common than hairy goldenrod. **Stout goldenrod** (*S. squarrosa*) is easily distinguished from the others in this group, not so much because of its stout stem, but because the tips of the bracts under each flower head have a spreading habit. It grows in the mountains and is widespread but infrequent. **Showy goldenrod** (*S. speciosa*) has large, egg-shaped, finely toothed lower leaves, gradually reducing



WREATH GOLDENROD
PHOTO BY RICHARD STROMBERG

in size up the stem. Its flower cluster is usually large and branching, not as wide or curving as the first group. Growing in the mountains and Piedmont, it is uncommon. **Downy goldenrod** (*S. puberula*) and **erect goldenrod** (*S. erecta*) are similar and equally common. Downy's stem is minutely hairy while erect's is smooth. To be sure, look at the bracts under the flower heads: downy's are narrow, erect's are broad and blunt. **Rand's goldenrod** is uncommon. It only grows in crevices on open rock ledges like Stonyman, Hawksbill, Bearfence, Crescent Rock and Old Rag in Shenandoah National Park. Its lower leaves taper to the stalk. The leaves become smaller up the stem. The species name is debated: the "Flora of Virginia" calls it *S. randii* while the U.S. Department of Agriculture Plants Database calls it a subspecies of *S. Simplex*.

Sometimes you will see an aberration—a dense cluster of leaves at the top of a goldenrod plant instead of flower clusters. The floral parts have developed into leafy structures, usually caused by an infection. This is called phyllody.

—Richard Stromberg

HOW DO YOU BALANCE MEETING THE NEEDS FOR OUTDOOR RECREATION AND PRESERVING THE NATURAL RESOURCES?

This is a question that many land managers are asking in the twenty-first century, balancing the growing need for outdoor recreation while sustaining the natural resources surrounding trails. No matter how you slice it, building a trail has an impact on the surrounding ecosystem. How and where that trail is built, and in some cases whether it is built, can lessen the impact on the plants and animals that inhabit the land. Montgomery Parks has been asking this question.

Montgomery County Department of Parks learned a few years ago with the Vision 2030 survey and public meetings that trails are the number one recreational resource used in the county. Furthermore, residents would like to see more trails accessible to their homes. Therefore, with this knowledge and a new GIS tool that allows park planners to better understand the land trails are built on, they set out two years ago to amend the Countywide Park Trails Master Plan. Staff at Montgomery Parks worked with stakeholders on the Trails Working Group, a small committee made up of trail user groups plus members of park stewardship advocacy groups to amend the new plan. I was invited to participate to represent hikers, in particular families with kids, as a member of PATC and owner of Hiking Along. Not only was my participation beneficial for Montgomery Parks and their goals but I gained tremendous knowledge about how Parks is planning and implementing sustainable trails to reduce the impact on nature but also reduce their operational cost in maintaining over 200 hundred miles of trails in the county.

Not all trails in Montgomery County were built sustainably. For example, the Northwest Branch trail from Route 29 in Silver Spring to Kemp Mill Road was built in the stream's buffer and floodplain. As a result, in places the trail is heavily eroded along steep stream banks and the tread is wide due to standing water. The GIS tool, called the Resource Atlas, helps planners more accurately determine – earlier in the planning process – locations of steep slopes, soil types that are highly erodible, endangered plant species, areas with high biodiversity or high quality forests and wetlands. With this new planning tool, they can overlay a potential trail route on the map before flagging it in the field. This kind of planning has allowed Montgomery Parks to build more sustainable trails, such as the Muddy Branch Trail, that lays lighter on the land and also reduces the annual operational costs.

The Resource Atlas has also enabled the Park Planning and Stewardship Division of Montgomery Parks to examine the current plan for implementing trails across the county. In previous master plans, the county's vision was to create and connect trail corridors, in particular the Potomac to the Patuxent, creating a spaghetti map of trails in the county. Planners can now utilize the Resource Atlas to determine the implementation difficulties of some planned trail routes.

Montgomery Parks has used this new knowledge, from the Resource Atlas and Vision 2030, to develop a new trail's vision for the county called a "loops and links" concept. This amended master plan identified four areas in the county with highest projected population densities and serviced by large park facilities, such as Wheaton Regional Park, to create loops in those areas and links within the loops and between them. They identified four areas in the county that lacked trails, some of which have implementation difficulties like Watts Branch, but are already serviced by other land managers or unsanctioned trails.

Montgomery Parks has been working on an amendment to the Countywide Trails Master Plan for two years. It is in its final stages, a draft amendment to be presented to the Montgomery County Planning Board this fall. They held two public meetings on the draft version for public comments this past June. Residents of Montgomery County can visit the Montgomery Parks website, www.montgomerytrails.org (trails page), to view the draft amendment and its supporting documents, including the power point presentation given at the public meetings.

(continued on p.19)



FORECAST

CHAPTERS

Charlottesville Chapter
The Charlottesville Chapter hikes every Saturday; summer, winter and in between. Hikes are usually 8 to 10 miles with some shorter hikes. We usually maintain trails on the last Saturday of the month. Meet at Albemarle High School in Charlottesville at 9 a.m. with food and water for the day. The majority of hikes are in the South and Central Districts of SNP, with some in the North District and in George Washington National Forest. Chapter hikes are posted at www.patc-charlottesville.blogspot.com/ (select Hike Schedule from the menu). INFO: Lindsay Brown 434/973-2343 or Lbrownpar72@yahoo.com.

North Chapter
The North Chapter conducts monthly trail work trips on the Maryland and Pennsylvania sections of the AT and 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 Leonard Keifer (mdtrail@yahoo.com). Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday; contact Pete Brown (yankeeclippers@patc.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday dinner at the Gypsy Spring Cabin. For information on upcoming hikes, contact Chris Firme at 717/794-2855 or bncfirme@innernet.net. Chapter home page is www.north.patc.net.

Northern Shenandoah Valley Chapter
Currently not active.

Southern Shenandoah Valley Chapter
For descriptions of hikes and work trips, go to www.ssvc.org or www.patc.net. We usually hike in the southern and central districts of the SNP and in the GWNF. Contact the listed hike leader for information about a specific event, or contact Karen Waterman at 540/337-1273 or karenswaterman@gmail.com.

West Chapter
The West Chapter is meant to serve those residents who live in the area bounded by Frederick, Md., to Leesburg, Va., west to Hancock, Md. and to Berkeley Springs, W. Va. However, anyone, regardless of where they reside, may request to join the chapter's Yahoo group (www. groups.yahoo.com/ group/ PATCWest). The group is open to anyone interested in chapter events but only current PATC members may post messages to the group. Hikes, trail work trips and other activities are generally scheduled from March through December. INFO: Dave Jordahl westpatc@hotmail.com.

SPECIAL INTEREST SECTIONS

Ski Touring Section (STS)
Since 1974, the STS has served to provide cross-country skiing experiences for beginner through expert. The section sponsors winter weekend ski trips to the mountains in Maryland, West Virginia and Pennsylvania; there are also more extensive trips that travel west, north and across the ocean. Social events are scheduled throughout the year. If you share a respect for nature and enjoy outdoor exercise, peaceful scenic trails, and cheerful, goodhearted companions, join STS. INFO: Rob Swennes robertswennes@hotmail.com.

Mountaineering Section
We're a diverse group of local D.C.-area climbers who share a common interest in promoting safe climbing, conserving the outdoors, developing new climbers' skills, representing the Washington-area climbing community and having fun! We provide instruction for those wanting to learn the basics—we are not a school, but we can get you started. Our climbs are local or further afield, nearly every weekend. In the winter, we organize trips for beginning and advanced ice climbers. Please visit our website at www.potomacmountainclub.org/. INFO: Dave Giacomin at 240/478-5475 or dave@giacomin.com.

PATC Hikes
PATC offers diverse organized hikes. On weekends and weekdays, there are family hikes tailored to kids; natural history hikes stalking the fascinating but often elusive flora and fauna of the region; hikes featuring varying levels of difficulty with the Easy Hikers, Midweek Hikers, and Vigorous Hikers; birding hikes with experts to help sight and identify our avian neighbors; historical hikes tracking little known structures in SNP; series hikes on a long trail or in a specific area; backpacking trips; geology hikes focused on the unique stratigraphy of our area; waterfall hikes to beat the summer heat; and, outreach hikes to get together with the members of area groups. Check out the Forecast calendar on the PATC website www.patc.net for information.

Trail Patrol
Trail Patrol volunteers are PATC's goodwill ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, and strive to educate the public on good hiking practices, minimum impact hiking and camping ethics. Patrol members are trained in land navigation, emergency procedures and personal equipment. INFO: Murry Moskowitz (trailpatrol@patc.net) or www.patc.net/trailpatrol.

Other Clubs' Hikes
We include these hikes to give members more chances to hike. Please note that there is no charge to go on a PATC hike, unless specifically stated. For many of these clubs there is a charge if you are not a member of their organization.

Capital Hiking Club
(www.capitalhikingclub.org) and Wanderbirds (www.wanderbirds.org) hike on Saturdays and Sundays, traveling by bus and leaving from downtown, with suburban stops as well. Contact hike leader for times.

Center Hiking Club
(www.centerhikingclub.org) and Sierra Club (www.dc.sierraclub.org) hike on Saturdays and Sundays using carpools. Schedules are available at PATC Headquarters.

Northern Virginia Hiking Club
(www.nvhc.com/) offers an amazing number and variety of outdoor activities. West Virginia Highland Conservancy (www.wvhighlands.org) Outings are mostly in W. Va.

MEETINGS

New Members
Third Wednesday of each Month (verify in the Forecast). Curious about the club? Current, new and non-members are welcome to come and learn about PATC. INFO: Supervisor of Membership, membershipsup@patc.net

Mountaineering - Second Wednesday
7:30 p.m. except for August, or unless noted in the Forecast. INFO: Dave Giacomin (dave@giacomin.com) or www.potomacmountainclub.org.

Shenandoah Mountain Rescue Group (SMRG) - Tuesday
Group Business Meeting, 7:30 p.m. INFO: join@smrg.org or www.smrg.org



PATC Council—Second Tuesday
The council meets at 7 p.m. sharp, except January and July, to conduct business of the club. In November, we have a dinner meeting. All members are welcome. Come see how we make decisions about your club.
INFO: Edna Baden at 703/242-0693 x105 or EBaden@patc.net.

Trail Patrol—First Tuesday
7:30 p.m. except January.
INFO: Murry Moskowitz (trailpatrol@patc.net) or www.patc.net/trailpatrol.

October

10/1/2013 (Tuesday)
HIKE—Vigorous Hikers Sams Ridge/Hannah Run, 8:30 a.m.

Sams Ridge/Hannah Run – Central District SNP. (PATC Map 10) Starting and finishing at Sams Ridge trailhead, hikers will do a clockwise loop of Hazel Mt., Hot-Short, Nicholson Hollow, and Hannah Run trails, Skyline Drive, and again the Hazel Mt. trail. 18 mi. and 4,400 ft. of ascent.
INFO: David Saah (davidm.saah@gmail.com)

10/1/2013 (Tuesday)
MEETING—Trail Patrol Meeting, 7:30 p.m. Trail Patrol volunteers are PATC's goodwill trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, and strive to educate the public on good hiking practices, minimum impact hiking, and camping ethics. Patrol members are trained in land navigation, emergency procedures, and personal equipment.
INFO: Murry Moskowitz, trailpatrol@patc.net

10/2/2013 (Wednesday)
HIKE—Easy Hikers—Zoo area D.C., 10:15 a.m.
A 5-mi. circuit hike within or near Rock Creek Park, via the National Zoo, Adams Mill Rd, Klingle Rd, Western Ridge Trail, to Pierce Mill; return via Klingle Mansion & Road, Tregaron trails, 32nd St., and Normanstone Park. Directions: Take the Metro red line to the Woodley Park—Zoo metro stop (at Connecticut Ave. & 24th St.). From there walk south 1 block down 24th St. and across Calvert St., to shaded parkland on left, where we'll meet at 10:15. Bring lunch and water. Restrooms at the adjacent Omni Sheraton Hotel and at Pierce Mill.
INFO: Mike Kimmel, 202/293-2951

10/5/2013 (Saturday)
HIKE—Capital Hiking Club: Conestoga Trail/ Amish Farmers Market, PA, 8 a.m.
After a pre-hike stop at the Amish Farmers' Market in Delta, PA, we'll proceed to scenic Tucquan Creek for a shortened hike of the Conestoga Trail. Hikers will follow Tucquan Creek, then take the Conestoga Trail up to Pinnacle Overlook and back down through the gorge formed by Kelly's Run. Short hike ends at Holtwood Recreational Park. Long hikers continue on the Conestoga Trail past Holtwood Dam before crossing the Susquehanna River on the scenic Rte. 372 bridge, finishing at the Lock 12 park. Long hike: 8.3 mi., 2,100 ft. ascent, 2,200 ft. descent. Short hike: 5.2 mi., 1,650 ft. ascent, 1,350 ft. descent. CTS Map D ($25 members/ $28 non-members). Bus departs 16th & I Sts. with stops at Wisc. & Woodley, F. Heights, and at Grosvenor Metro.
INFO: Mark 703/401-2719 or Ann 703/941-2508, caphiker@yahoo.com

10/5/2013 (Saturday)
TRAINING—Hike Leader Training, 8 a.m.
This one day course is designed to prepare you to lead hikes. The course uses classroom and outdoor instruction to prepare participants with skills to lead safe and enjoyable hikes while minimizing impact to the environment. Topics covered include medical emergencies, personal equipment, Leave No Trace, leadership, planning, standard procedures and navigation. Scenario exercises will also be used to emphasize hike leadership skills. Cost: $35 Location: Vienna, Va Registration: You may register online at www.patc.net/hlt or send payments to PATC, Hike Leader Training, 118 Park St., SE, Vienna, Va 22180-4609. Pre-registration is required. Mailed registrations must be received no later than 2 weeks before class starts. Registration form may be obtained via the PATC Web Site, under "Classes and Training" then "Classes" then "Hike Leader".
INFO: Courtney Trusty, tphlt@patc.net

10/5/2013 (Saturday)
TRAIL WORK—Yankee Clippers AT Work Trip in Pennsylvania, 8:45 a.m.
Join the Yankee Clippers trail crew to work on the Appalachian Trail in Pennsylvania. We meet at Caledonia State Park in the parking lot at the junction of US 30 and PA 233. We have supper afterward at Gypsy Spring Cottage. Notification of your intention to join us for supper is required by Wednesday, October 2.
INFO: Pete Brown, yankeeclippers@patc.net

10/5/2013 (Saturday)
TRAIL WORK—MD AT Work Trip, 9 a.m.
The air is getting crisp, come out and get dirty like when you were a kid. We meet at 9 a.m. in Frederick County, Md. Please bring lunch, water, gloves and boots. You can expect to hike 2-4 mi.
INFO: Leonard Keifer (mdtrail@yahoo.com)

10/5/2013 (Saturday)
TRAIL WORK—Stonewall Brigade Trail Work, 9 a.m.
Come and help as we maintain hiking trails in the George Washington National Forest. Join the Stonewall Brigade on Great North Mountain for a day of trail work. We meet at 9 a.m. at the Wolf Gap Recreational Area. Bring lunch,water, and gloves. Fun and tools will be provided. For map and directions, email Lee Manning.
INFO: Lee Manning (lee.manning@cox.net)

10/6/2013 (Sunday)
Hike—Wanderbirds
Swift Run to Bootens Gap, SNP, VA. PATC map 10. Fare $20/25. VA bus (departs 17th &K Sts. NW and Vienna). Long hikers start where the AT crosses Skyline Drive at Swift Run Gap and hike north on the AT. Moderate hikers will start at South River fire road and after a short distance go north on the AT. All hikers will stay on the AT until Bootens Gap then everyone will walk along Skyline Drive to Hazeltop Ridge Overlook. Est. miles: 12 (strenuous) and 8 (intermediate).
INFO: Beatriz Prieto-Oramas, 646/436-5701 (bprietooramas@hotmail.com), and Michael Ollinger, 202/423-7762 edward_ollieollie@yahoo.com

10/8/2013 (Tuesday)
HIKE—Vigorous Hikers, 8:30 a.m.
Central SNP (PATC 10) A fast paced hike of 17 mi. with approximately 4,000 ft. of elevation gain utilizing the White Oak Canyon/AT/Skyland Big Meadows Horse/ Cedar Run Trails.
INFO: Mina Goodrich, LarryMina@peoplepc.com

10/8/2013 (Tuesday)
MEETING—PATC Council Meeting, 7 p.m.
The PATC Council meets monthly except for January, July and November to conduct the business of the club. All members are always welcome. Come see how we make decisions about your club. Meetings start promptly at 7 p.m. and generally end around 9 p.m.
INFO: Edna Baden 703/242-0315 x105 or adminstration@patc.net



FORECAST

10/9/2013 (Wednesday)
HIKE—Easy Hikers—Goldmine trail, Potomac, MD, 10:15 a.m.
Easy to moderate 5-mi. hike along the C&O towpath and the Gold Mine Trail to Great Falls Tavern, and return via the towpath, Gold Mine Trail and Berma Road. Meet at 10:15 a.m.at the parking lot on MacArthur Blvd, across from the Old Anglers Inn. (Note: The address for Old Anglers Inn is 10801 MacArthur Blvd., Potomac, MD 20854). From I-495 Beltway, go west on Clara Barton Parkway to its end at MacArthur Blvd. Go west one mi. and turn left into the parking area. What to bring: sturdy hiking shoes, lunch and water. Pets must be on leash.
INFO: Stephen Brickel, 301/946-2520 (h); 202/297-1570(c) or sbrickel3003@verizon.net

10/12/2013 (Saturday)
HIKE—Capital Hiking Club: Corbin Mountain/ Millers Head/ Skyland, SNP, 8 a.m.
Starting from Nethers, hikers proceed up the Nicholson Hollow Trail before crossing the Hughes River to continue up the Corbin Mountain Trail. Hikers then follow the Old Rag Fire Road and Skyland/Big Meadows Horse Trail to Skyland, where the short hike ends. Long hikers continue with an out-and-back to Millers Head before returning to Skyland. Long hike: 10.7 mi., 4,200 ft. ascent, 1,300 ft. descent. Short hike: 8.5 mi., 3,800 ft. ascent, 900 ft. descent. PATC Map 10 ($25 members/ $28 non-members + park fee/ pass). Bus departs 16th & I Sts. with stops in Rosslyn and at Vienna Metro.
INFO: Les Bissell 571/271-2599 or caphiker@yahoo.com

10/12/2013 (Saturday)
TRAIL WORK—DC Crew - Work Trip in Rock Creek Park, 8:15 a.m.
Join the DC Crew on an autumn morning in Rock Creek Park. We will be working on the Valley Trail. Meet at the Nature Center first at 8:20 a.m. at 5200 Glover Road, NW; Washington D.C. 20015. We will carpool to the worksite and expect to finish by noon. No experience necessary; all are welcome. Please bring gloves and wear appropriate footwear and clothing for a few hours of manual labor. Rain or shine.
INFO: Alex Sanders, wD.C.trails@yahoo.com

10/12/2013 (Saturday)
CLASS—Basic Wilderness First Aid, 9 a.m.
Day one of this two-day class covers Adult CPR and AED and American Heart Association First Aid. You will receive a textbook and a certification card good for two years. Day two is American Safety and Health Institute (ASHI) Basic Wilderness First Aid. You will learn how to do bleeding control, splinting, and other basic first aid skills in the wilderness setting. There will be plenty of hands-on time, and paramedics with years of backcountry experience will teach the classes. The cost of the class is $130, and will be held at PATC headquarters 9-5 Saturday and Sunday. Preregistration is required no later than the Friday one week prior to the class. For more information or to download the registration form, or contact Saleena DeVore at emailert@yahoo.com or 410/456-6861. This class is sponsored by the TrailPatrol.
INFO: Saleena DeVore, emailert@yahoo.com

10/12/2013 (Saturday)
HIKE—Otter Creek Wilderness, 9 a.m.
We will do a 15 mi. backpack. Our main focus is to catch the last of the fall colors. To do so we will start out at the Dry Fork parking area at 9 a.m. We will follow the Otter Creek trail to Big Spring Gap then to Turkey Run. Our 1 night of camping will be spent at the meadow near Moore Run bog.
INFO: Susan Bly, susanbly32@yahoo.com

10/12/2013 (Saturday)
TRAIL WORK—Trail Work - Prince William Forest Park, Triangle, VA, 9 a.m.
Join the Spooky Beaver Trail Crew in Prince William Forest Park, Triangle, Va as we maintain the 37 mi. of hiking paths in historic Prince William Forest Park. Take exit 150 off I-95 and head west for less than a mi. Meet at the Turkey Run Education Center parking lot. We'll work until about 2:30 p.m. Wear boots and dress for the weather; bring water, a trail lunch, and leather work gloves.
INFO: Mark Ellis, 703/376-4150 or mark.ellis21@comcast.net

10/12/2013 (Saturday)
TRAINING—GPS and Trail Reporting Training for PATC GPS Rangers, 9 a.m.
A free one-day (9 a.m. - 4:30 p.m.) classroom course for prospective PATC GPS Rangers to learn the concepts of GPS, the procedures and protocols for PATC GPS data collection, trail reporting basics, and Rangers safety. Class will be held in Shenandoah National Park, Va. Please contact rangerschair@patc.net for more information. Register at www.patc.net/gps2013.; class size is limited.
INFO: Jim Tomli, rangerschair@patc.net

10/13/2013 (Sunday)
SPECIAL EVENT—PATC GPS Rangers Open House and Short Talks, 9 a.m.
An all-day PATC GPS Rangers Open House and free short talks on a wide variety of subjects involving GPS and the PATC GPS Rangers. Event will be held in Shenandoah National Park from 9 a.m. - 4:30 p.m. The event is free for all PATC members. Register at www.patc.net/gps2013
INFO: Jim Tomlin, rangerschair@patc.net

10/13/2013 (Sunday)
TRAIL PATROL—Meet the Trail Patrol Hike, 9 a.m.
We will meet at Big Run Overlook Parking area at mi. 81.2 From there we will do Big Run Loop which is a 5.8-mi. circuit from overlook along Big Run Loop Trail and Appalachian Trail; views and wildflowers. Moderate Hike - We will have lunch at about half way along the hike.
INFO: Bill Whitty, wjwhitty@yahoo.com

10/13/2013 (Sunday)
HIKE- Wanderbirds
Elkwallow Circuit via Piney Branch and Piney Ridge, SNP, VA. PATC Map 9. Fare $20/25. VA bus (departs 17th &K Sts. NW and Vienna). Columbus Day Weekend. This hike starts and ends at Elkwallow for the long hikers. Following the AT north, long hikers will travel clockwise along Piney Branch, Hull School, Fork Mtn, and Piney Ridge Trails ending up intersecting the AT which they will take south back to Elkwallow. Moderate hikers will start at Rattlesnake Point Overlook and follow the AT south a short distance to Piney Branch Trail and follow the same route of the long hikers to Elkwallow. Est. miles: 11 (strenuous) and 8.5 (intermediate).
INFO: Stan Scott, 214/912-8550 or sscott915@gmail.com, and Robert Holley, 571/247-2172 or reilex@yahoo.com

10/15/2013 (Tuesday)
HIKE—Vigorous Hikers-Sugarloaf Mt. Triple-Loop Tour, 12 a.m.
Closer in and a little shorter than usual, because we'll skip Monocacy River NRMA this year. Instead we'll complete 6 of 7 colored trails along with part of the 7th, the Yellow Trail, to total 14+ mi. and 3,000 ft. of ascent.
INFO: Bob Livezey, bobbilbo@msn.com

10/16/2013 (Wednesday)
HIKE—Easy Hikers—Colvin Run Mill area, Great Falls VA, 10:15 a.m.
The Easy Hikers will hike on the Cross County Trail in the vicinity of Colvin Run



Mill. Meet at Colvin Run Mill Road off Hwy. 7. From Beltway (I 495) and Leesburg Pike (VA 7), near Tysons Corner, Va, take exit 47a onto Leesburg Pike, Va 7, heading West. Go 5 mi., and then turn right onto Colvin Run Rd. Proceed 0.2 mi., past gravel driveway leading to Mill on left, and then go 0.1 mi. and turn left into large paved parking lot. The Mill's address is 10017 Colvin Run Rd, Great Falls, VA. Meet at the parking lot at 10:15 a.m. Restrooms are available. No pets, bring lunch and water. We will lunch at an appropriate place along the trail. We will hike across Highway 7 to Cross County Trail on left. 2.5 mi. out, almost to Little Difficult Run and return on the same trail.
INFO: Edna Trimm, cell phone: 703/304-5197 (Edna.Trimm@verizon.net)

10/16/2013 (Wednesday)
MEETING—New Members Meeting, 7:15 p.m.
Come meet other new members, see PATC HQs, & get questions answered. @ PATC in 118 Park St., SE Vienna, VA 22180 or call in to participate over the phone 1-877/746-4263 participant code 02 47 170#
INFO: Alan Day, communications@patc.net

10/19/2013 (Saturday)
HIKE—Capital Hiking Club: Big Schloss / Mill Mountain / Little Stony Creek, VA/WV, 8 a.m.
A Capital classic! Starting from Wolf Gap on SR 675, we'll ascend the Mill Mtn. Trail for a side trip to the breathtaking overlook of Big Schloss, the most famous landmark in GW National Forest. After lunching and ogling the view there, short hikers descend the Big Schloss Cutoff Trail to the bus at Stony Creek (Forest Rd. 92). Long hikers keep going on the Mill Mtn. Trail, eventually descending to the bus on the Tuscarora and Little Stony Creek Trails. $25 (nonmembers $28). Long hike: 11.0 mi., 1,500 ft. ascent, 1,800 ft. descent. Short hike: 5.6+ mi., 1,200+ ft. ascent, 1,500+ ft. descent. PATC Map F. Bus departs 16th & I Sts., NW, with pick-ups in Rosslyn and at Vienna Metro.
INFO: Brian O'Konski 202/362-2982 or Chris Powell 650/346-7331 or bernchrisp@aol.com

10/19/2013 (Saturday)
TRAIL WORK—Yankee Clippers Tuscarora Trail Work Trip in Pennsylvania, 8:30 a.m.
Tuscarora Trail work trip in Pennsylvania. Contact Pete Brown for information about the meeting place and the trail segment location.
INFO: Pete Brown, yankeeclippers@patc.net

10/19/2013 (Saturday)
TRAIL WORK—ND Hoodlums Work Trip, 9 a.m.
Nothing beats brats and kraut or the ND Hoodlums! Join them in their annual Oktoberfest work trip. The Hoodlums Trail Crew works on the AT and blue-blazed trails in the North District (Front Royal Entrance Station to Thornton Gap) of SNP. After a day of hard work, we will enjoy the camaraderie of fellow trail workers with an Oktoberfest themed meal at Indian Run maintenance hut. Come for the day, stay for dinner, and camp overnight if you wish. Or just come out and work with us for the day. Newcomers are always welcome! We will meet at Piney River Ranger Station, mi.post 22 on Skyline Drive just across from Matthews Arm Campground.
INFO: Wayne Limberg 703/533-8639 or wplimberg@aol.com

10/19/2013 (Saturday)
TRAIL WORK—MD AT Work Trip, 9 a.m.
Join us for a fun-filled event involving dirt and teamwork. Newcomers always welcomed. We meet in Frederick County, Md. We hike 1-5 mi. depending on the specific agenda. Please bring water, lunch, gloves and boots.
INFO: Leonard Keifer, mdtrail@yahoo.com

10/19/2013 (Saturday)
TRAIL WORK—Blue and White Crew Shenandoah Worktrip, 9 a.m.
The Blue and White crew will be improving a section of the Appalachian Trail or one of the side trails in Central District Shenandoah National Park. Our monthly projects involve Pick mattocks, crosscut saws and axes, Griphoist winches, swing blades, and lots of seasoned trail maintainers. If you have been curious about how PATC's trails are maintained and want to learn the tools and techniques firsthand, join us for a day or for the weekend and see teamwork in action. Weekend accommodations at Pinnacles Research Station, SNP.
INFO: Dan Dueweke, dandueweke@gmail.com

10/19/2013 (Saturday)
TRAIL WORK—AT - Skyland Stable to Timber Hollow, 9:30 a.m.
Do you wonder, on occasion, what it was like to break trail in a wilderness? Does your inner Daniel Boone yearn to get out and express itself? Does your cup overflow with frustration? Do you feel an urge to take up a dangerous weapon and hack your way through all those useless meetings that crowd your daily calendar? Well, do something about it! Help the Acme Treadway Company work on the Appalachian Trail—you can hack away, with McLeod and Pulaski, at mountain laurel, duff, and stone to your heart's content! It's gonna be good for you! Signup for this project today on our Website!The Acme Treadway Company will meet at 9:30 A.M. at Timber Hollow Parking Area on the Skyline Drive in Shenandoah National Park, approximately 12 mi. south of the Thornton Gap Entrance Station on US Rte. 211. Following our work on Saturday, we will stay overnight at the nearby Whiteoak Cabin.If you have not been out on a trail construction project before, be sure to read our article on what to bring with you. Also, please review our statement about safety.
INFO: Don White, acme@acmetreadway.net

10/20/2013 (Sunday)
HIKE- Wanderbirds
Seneca Creek Greenway Trail, MD. Seneca Creek State Park Map, MD-DNR. Fare $20/25. MD bus (departs 17th &K Sts. NW and Grosvenor). Long hikers start at a parking area along Berryville Road and follow the Seneca Creek Greenway Trail. Moderate hikers will join the long hikers' route at the parking lot off of Rt. 28 (Darnestown Rd.). All hikers go north on the trail to the bus at the Park Office parking lot near the Grusendorf Log House. Est. miles: 12.5 (intermediate) and 8 (easy). Extra Long Hikers have the option of adding an additional 3.7 miles, non-led, on the Lake Shore Trail loop around Clopper Lake.
INFO: Pat Fairfax, 703/328-1501 or pafairfax@aol.com, and Jesse Buckwalter, 443/852-4094 or inannapolis@gmail.com

10/22/2013 (Tuesday)
HIKE—Vigorous Hikers- Wolf Trap to Meadowlark Gardens,Lake Fairfax and CCT, 8 a.m.
We will start at Wolf Trap Park for Performing Arts and hike the new trail around the park. Then we follow Wolf Trap Run through the woods to Cinnamon Creek and over to Meadowlark Botanical Gardens. Follow Meadowlark Perimeter Trail and over to the WO&D out to Lake Fairfax and return through Colvin Run Stream Valley and the CCT Trail and back over to Wolf Trap Park. Approximately 18 mi. Leader: Mike Moran
INFO: Mike Moran, mjm.9406@cox.net



FORECAST

CABINS DESK CLOSURE

The PATC Cabins Desk and Customer Service Desks will be closed on Wednesday, Oct. 23, for the Town of Vienna annual Halloween Parade. The desks will be open normally on Tuesday, Oct. 22, from 7 p.m. to 9 p.m., then open again on Thursday, Oct. 24 from noon to 2 p.m. Please plan accordingly.

10/23/2013 (Wednesday)
HIKE—Easy Hikers—
Sugarloaf MD, 10:15 a.m.
Sugarloaf Mountain Northern Peaks (Blue) Trail; 5 mi. of scenery and hiking.Directions: From Beltway (I-495) Take I-270 North about 20 mi. to Exit 22; Turn Right on MD Rte. 109 for 2.8 mi.; Turn Right onto Comus Road for 2.3 mi. to entrance to Sugarloaf Mountain road; Turn Right for 1.7 mi. to West View parking area; meet near building-shed. About 1hr. 10 min. from Beltway. Bring hiking shoes or boots, water and lunch.
INFO: Ed Reis, 301/229-0438

10/25/2013 (Friday)
CABIN WORK—Lambert Cabin
Weekend Trip, 4:00 p.m.
Join Bob Pickett and friends for a weekend of various activities at the Lambert Cabin just outside Luray, Va. We'll be trimming back shrubs, cleaning out a spring, making grape arbors and more!For information, please call Bob Pickett.
INFO: Bob Pickett 240/457-0352 or pickett@us.net

10/26/2013 (Saturday)
HIKE—Capital Hiking Club: AT:
Rt. 50 to Rt. 7, VA, 8 a.m.
Like long-distance hiking? Today's long hike, a 14-mi. ramble on the Appalachian Trail, is our longest of CHC's fall quarter. It heads north along the Blue Ridge crest from Ashby Gap (Rts. 50/17) to Snickers Gap (Rt. 7). For a shorter option, follow the long-hike route as far as Rt. 605 near Mt. Weather, ride the bus to Snickers Gap, then hike back 0.5 mi. to Bears Den Rocks and await the long hikers. $25 (nonmembers $28). Long hike: 14.0 mi., 4,250 ft. ascent, 4,200 ft. descent. Short hike: 7.5 mi., 2,200 ft. ascent, 2,150 ft. descent. PATC Map 8. Bus departs 16th & I Sts. with pickups in Rosslyn and at Vienna Metro.
INFO: Vera H. 214/289-9993 or Andy Bily 703/836-0065 or vera_holovchenko@yahoo.com

10/26/2013 (Saturday)
TRAIL WORK—DC Crew- Work Trip
in Rock Creek Park, 8:15 a.m.
Join the DC Crew on an autumn morning in Rock Creek Park. We will be working on the Valley Trail. Meet at the Nature Center first at 8:20 a.m. at 5200 Glover Road, NW; Washington D.C. 20015. We will carpool to the worksite and expect to finish by noon. No experience necessary; all are welcome. Please bring gloves and wear appropriate footwear and clothing for a few hours of manual labor. Rain or shine.
INFO: Alex Sanders, wD.C.trails@yahoo.com

10/26/2013 (Saturday)
MISCELLANEOUS—Cadillac
Crew - Halloween at Blackburn
Trail Center, 9:30 a.m.
Work on Overseer's punch list, local AT work, pig roast, and pumpkin carving. Blackburn will be available Friday night and we'll stay over Saturday with usual happy hour and pot luck dinner Sat and Sunday group breakfast.
INFO: John, cadillacwebmaster@patc.net

10/26/2013 (Saturday)
CABIN WORK—Weekend at
Lambert Cabin, 10 a.m.
Join us for a weekend of activities working and playing at Lambert Cabin adjacent to the Shenandoah National Park just outside Luray, Va. We'll be trimming shrubs, making grape arbors, cleaning the frog pond and other fun activities. For those who want to get an early start for the weekend, you're welcome to join us Friday evening. Learn about the Lambert Cabin and the former owners of this wonderful property
INFO: Bob Pickett, pickett@us.net

10/27/2013 (Sunday)
HIKE—Wanderbirds
Dead Woman Hollow – Pine Grove Furnace, Adams Co, PA. PATC Map 2-3. Est. miles: 7.5 (intermediate) and 9.5 (strenuous). Fare: $20/25. MD bus (departs 17th &K Sts. NW and Grosvenor). This hike along the Appalachian Trail goes through a beautiful wooded area with a s-p-o-o-k-y name. All hikers start at the AT junction with Shippensburg Road. Moderate hikers will walk north on the AT to Pine Grove Furnace State Park. Long hikers will start north on the AT then turn right onto Dead Woman Hollow road. They will then turn left onto the Blueberry trail to Michener cabin, left onto Dead Woman Hollow trail, right onto Dead Woman Hollow road. Ascending to the AT, they turn north and follow the moderate route to Pine Grove Furnace. If time permits we will stop at Peters Orchard.
INFO: George Saxton, 703/243-8284

10/29/2013 (Tuesday)
HIKE—Vigorous Hikers:Paw
Paw Tunnel, 7 a.m.
Starting on the C&O towpath we'll veer off and explore the area south of the tunnel, visiting an abandoned tunnel and bridge of the Western Maryland RR and views of the operating CSX system on old roads and bushwhacking through an open forest. Afterwards we continue east on the towpath and other trails as time permits before turning back and going through the 3,700 foot Paw Paw Tunnel. 15+ mi. and 2,000 ft. of elevation gain.
INFO: Duncan Thompson, duncanjt@verizon.net

10/29/2013 (Tuesday)
MEETING—PATC Executive
Committee, 7 p.m.
Monthly meeting of the PATC Executive Committee.
INFO: Edna Baden 703/242-0315 x105 or ebaden@patc.net

10/30/2013 (Wednesday)
HIKE—Easy Hike Adelphi Mill/
NW Branch to Colesville Road,
Adelphi, MD, 10:15 a.m.
New hike for us! Up to 6 1/2 mi. round trip or turn around sooner on this out and back hike. Bring lunch or $, and water. If you go the full distance you'll have a chance to make the only indoor restroom stop, and to buy a quick lunch midway. Trail worthy footwear that's also good for walking through an inch of water will be helpful for a couple of flat concrete stream crossings. Ankle high hiking boots would suffice, as would a quick shoe change to old sneakers. The trail is paved until we cross under the Beltway, where it becomes a dirt footpath, with some rocks along the way as we approach the fall line. Directions: Take Beltway exit # 28 B New Hampshire Ave. south towards Takoma Park. Go about 1 mi. from the Beltway, then turn left on Metzerott Road. Go half a mi. and turn right on Riggs Road. Go another half mi., then turn right off of Riggs Road at the easily missed brown Adelphi Mill park sign. If you get to University Blvd. you missed it.
INFO: Margaret Chapman, 301/977-8988 or MargtChapm@aol.com



11/1/2013 (Friday)
CLASS—ATC Chainsaw Sawyer Recertification Class - Carlisle, PA, 8 a.m.
The Appalachian Trail Conservancy's sawyer certification program teaches AT volunteers how to operate a chain saw to remove downed trees and cut materials needed for Trail projects and focuses on saw maintenance, sawyer safety, and safe bucking and limbing of downed trees. This one day workshop is a fast-paced recertification class for previously certified sawyers and will include minimal review. Participants' certification should be current or recently lapsed. Class size is limited. www.appalachiantrail.org/what-we-do/trail-management-support/volunteer_toolkit/information-for-a-t-sawyers Non-AT maintainers will be charged the full cost of the course, currently $130. A $65 cancellation fee applies for all courses. Recertification – one day, limited to current or recently lapsed B level sawyers, fast paced with minimal review - class size limit: 6. Class will be based at ATC's Scott Farm Trail Work Center, near Carlisle, PA.
INFO: Bob Sickley at 717-258-5771 or bsickley@appalachiantrail.org

November

11/2/2013 (Saturday)
CLASS—ATC Chainsaw Sawyer Class - Carlisle, PA., 8 a.m.
The Appalachian Trail Conservancy's sawyer certification program teaches AT volunteers how to operate a chain saw to remove downed trees and cut materials needed for Trail projects and focuses on saw maintenance, sawyer safety, and safe bucking and limbing of downed trees. This two day certification workshop is for AT maintainers who have not previously been certified, those who have previously been certified at the A (Apprentice) level and need to recertify, B (Intermediate) level sawyers who would like more review as they recertify or B level sawyers whose certification has lapsed. Class size is limited and priority will be given to AT maintainers. [class size limit: 10] Class will be based at ATC's Scott Farm Trail Work Center, near Carlisle, PA. www.appalachiantrail.org/what-we-do/trail-management-support/volunteer_toolkit/information-for-a-t-sawyers Non-AT maintainers will be charged the full cost of the course, currently $130. A $65 cancellation fee applies for all courses.2 day Certification session for AT maintainers who have not previously been certified, those who have previously been certified at the A (Apprentice) level, B (Intermediate) level sawyers who would like more review as they recertify or B level sawyers whose certification has lapsed. [class size limit: 10] Class will be based at ATC's Scott Farm Trail Work Center, near Carlisle, PA.
INFO: Bob Sickley at 717-258-5771 or bsickley@appalachiantrail.org

11/2/2013 (Saturday)
HIKE—Capital Hiking Club: Kings Gap State Park, PA, 8 a.m.
A maze of tempting trails awaits us on this visit to South Mtn. and one of PA's newest state parks. Starting from the Pine Plantation Day Use Area, we'll follow the Rock Scree, Locust Point, Boundary, Watershed and Scenic Vista trails to the Kings Gap mansion. The short hike ends there, while long hikers make an additional loop on the Woodland Ecology, Maple Hollow, Forest Heritage, Ridge Overlook and Kings Gap Hollow trails. Long hike: 9.5 mi., 2,700 ft. ascent, 2,200 ft. descent. Short hike: 6.5 mi., 1,500 ft. ascent, 1,000 ft. descent. Bus departs 16th & I Sts. with stops at Wisc. & Woodley, F. Heights, and at Grosvenor Metro.
INFO: Cornelia S. 301/897-9727 or Chris P 650/346-7331 or bernchrisp@aol.com

11/2/2013 (Saturday)
CLASS—Wildernesss First Aid, 8:30 a.m.
Join us for a 20-hour Wilderness First Aid Class! In this class you will learn how to get help, move and transportpatients, conduct patient assessments, document incidents, handle medical and environmental emergencies, prevent and care for injuries,and much more. There will be plenty of hands-on practice time as well as scenarios. This class will be conducted inside and outside on the trail. Each student will receive a certification card good for two years through ECSI and a waterproof field guide. Cost of this class is $180, and pre-registration is required. This class will be held in Frederick,Md. This class does meet BSA requirements. Please contact Saleena DeVore at 410/456-6861 for more information or the registration forms. Noexperience is required. This class is sponsored by the Trail Patrol.
INFO: Saleena DeVore, emailert@yahoo.com

11/2/2013 (Saturday)
CLASS—NPS/SNP Volunteer Chainsaw Class, 8:30 a.m.
The 2 day class is open to 20 Trail, Shelter, Cabin overseers, Corridor Monitors, District Managers, & Crew Leaders. Space for new students is very limited. Those needing to recert . will be given priority. Be prepared to stay for both days and bring 3 bag lunches. New students are required to attend both days.Be prepared to bring a bag lunch, water and appropriate clothing for field work & rain gear. Long sleeve shirts & leather boots are required. 1st Aid & CPR are required. The Certification is for 3 yrs. Volunteers must be willing to retake the class every three years. Class runs from 8:30 a.m. to 9:30 p.m. Saturday & 8 a.m. to 3 p.m. Sunday. [Recertifications are on Saturday only].
INFO: Heidi Forrest, 703/242 0315 x 107 or hforrest@patc.net

11/2/2013 (Saturday)
TRAIL WORK—Yankee Clippers AT Work Trip and North Chapter Fall Meeting, 8:45 a.m.
Join the Yankee Clippers trail crew to work on the Appalachian Trail in Pennsylvania. We meet at Caledonia State Park in the parking lot at the junction of US 30 and PA 233. We'll have supper afterward. Notification of your intention to join us for supper is required by Wednesday, October 30.
INFO: Pete Brown, yankeeclippers@patc.net

11/2/2013 (Saturday)
TRAIL WORK—MD AT Work Trip, 9 a.m.
Everyone goes home happy and a bit tired from South Mountaineers events. We meet in Frederick County. Expect to hike 2-4 mi. Bring water, lunch, boots and gloves.
INFO: Leonard Keifer, mdtrail@yahoo.com

11/2/2013 (Saturday)
TRAIL WORK—Stonewall Brigade Trail Work, 9 a.m.
Come and help as we maintain hiking trails in the George Washington National Forest. Join the Stonewall Brigade on Great North Mountain for a day of trail work. We meet at 9 a.m. at the Wolf Gap Recreational Area. Bring lunch,water, and gloves. Fun and tools will be provided.
INFO: Lee Manning, lee.manning@cox.net

11/3/2013 (Sunday)
HIKE—Wanderbirds Fair Hill NRMA, Maryland-Delaware Border.
Fare: $20/25. MD bus (departs 17th &K Sts. NW and Grosvenor). Daylight Saving Time ends. Hikers have a choice of a 7 or 12 mile



FORECAST

circuit through the mixed hardwood forests on the Maryland –Delaware border. The hikes start at the Fair Hill Nature Center, by an historic covered bridge. Moderate hikers use the "South Loop" consisting of the park's blue, green and yellow trails. Long hikers do the same, plus the "Orange Loop" to the west of the Visitor Center. Est. miles: 12 (intermediate) and 7 (intermediate).
INFO: Marsha Johnston, 619/855-0699 or mwjohnston1@gmail.com, and Emil Friberg, 202/812-8990 or emilfriberg@hotmail.com

11/5/2013 (Tuesday)
MEETING—Trail Patrol Meeting, 7:30 p.m.
Trail Patrol volunteers are PATC's goodwill trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, and strive to educate the public on good hiking practices, minimum impact hiking, and camping ethics. Patrol members also report trial conditions to the trail maintainers and conduct hiking, backpacking, and Leave No Trace classes to PATC members and non-members. Patrol members are trained in land navigation, emergency procedures, and personal equipment.
INFO: Murry Moskowitz, trailpatrol@patc.net

11/9/2013 (Saturday)
HIKE—Capital Hiking Club: Mt. Marshall/ Bluff Trail/ Big Devils Stairs/ AT, SNP, VA, 8 a.m.
With leaves largely gone from the forest canopy, we'll get good views from this longtime Shenandoah favorite. From Jenkins Gap Overlook on the Skyline Drive, we'll follow the Mt. Marshall and Bluff Trails southbound, with an optional side trip (adding 1.2 mi., 500 ft. elevation change) to the Big Devils Stairs Overlook. Short hikers finish at Gravel Springs Gap; long hikers reverse course on the Appalachian Trail over South and North Marshall Mtns. to end at Hogwallow Flats Overlook. Long hike: 11.3 mi., 2,300 ft. ascent, 1,950 ft. descent. Short hike: 7.3 mi., 1,350 ft. ascent, 1,150 ft. descent. PATC Map 9. Bus departs 16th & I St.s with stops in Rosslyn and at Vienna Metro.
INFO: Al Havinga and Susan Lewis 703/683-1958 or caphiker@yahoo.com

11/9/2013 (Saturday)
TRAINING—Backpacking 202, 8 a.m.
Take your backpacking to the next level by developing the special skills needed to plan and lead group trips. Class members will plan and direct most of the preparations for an overnight backpacking trip, facilitated by experienced instructors. Covers leadership, equipment selection and use, route planning, food planning, improving safety and comfort, managing the unexpected, and Leave No Trace principles.Overnight Backpacking Trip -Veteran's Weekend November 9, 10 and 11, 2013. Three class pre-trip meeings at PATC HQ in Vienna will be scheduled with the participation of registered students, as part of the trip planning process.Fee ($20 non-refundable): $40.00 for PATC Members; $55.00 for non-members. Classes are limited to 25 students. Participants must be 18 or older and have completed Backpacking 101 or have equivalent backpacking experience. Pre-registration is required.
INFO: John Bridges: 703/726-0188 or TPBackpack@patc.net

11/9/2013 (Saturday)
TRAIL WORK—Trail Work - Prince William Forest Park, Triangle, VA, 9 a.m.
Join the Spooky Beaver Trail Crew in Prince William Forest Park, Triangle, Va as we maintain the 37 mi. of hiking paths in historic Prince William Forest Park. Take exit 150 off I-95 and head west for less than a mi. Meet at the Turkey Run Education Center parking lot. We'll work until about 2:30 p.m. Wear boots and dress for the weather; bring water, a trail lunch, and leather work gloves.
INFO: Mark Ellis, 703/376-4150 or mark.ellis21@comcast.net

11/9/2013 (Saturday)
MISCELLANEOUS—Cadillac Crew + Lincoln Loggers - Old Rag Cabin, 9:30 a.m.
Combined crew work trip due to the holidays. Work on cabin construction and clearing of the property. Possibly scout out a hiking trail. Will camp overnight on site weather permitting with our usual happy hour, pot luck and group breakfast.
INFO: John, cadillacwebmaster@patc.net

11/10/2013 (Sunday)
HIKE—Wanderbirds Buck Hollow, Meadow Spring to White Oak Canyon parking, SNP, VA. PATC Map 10.
Fare: $20/25. VA bus (departs 17th &K Sts. NW and Vienna). In honor of Veterans Day all National Parks are free this weekend. Long hikers start at Rt 211 and take Buck Hollow to Meadow Spring and the AT. Heading south, long hikers continue to the second Skyland entrance and turn left for the bus at White Oak Canyon parking lot. Moderate hikers start at Meadow Spring and follow the long hikers to White Oak Canyon parking lot. Est. miles: 11.75 (strenuous) and 8.5 (intermediate).
INFO: Antonia Curiel, 301/351-5168 or antoniacuriel@verizon.net, and Annetta DePompa, 410/535-5171 or hikerfool@yahoo.com

11/12/2013 (Tuesday)
SPECIAL EVENT—86th Annual Meeting and Awards Banquet, 6 p.m.
Save the Date! Members and guests are cordially invited to the 86th Annual Meeting of the Potomac Appalachian Trail Club on Tuesday, November 12, 2013. Visit old friends and make new ones with people who enjoy the trails and cabins we maintain. Details to follow on our website and in upcoming issues of our newsletter, the Potomac Appalachian.
INFO: Edna Baden 703/242-0315 x105 or ebaden@patc.net

11/16/2013 (Saturday)
HIKE—Capital Hiking Club: Duncan Knob, Massanutten Mountains, VA, 8 a.m.
You'll feel like you've summited a peak in the Rockies if you make the fun, optional scramble up the boulders of Duncan Knob in this outing in the rugged Massanuttens. We'll get to the base of the rocks via a roundtrip on the Gap Creek Trail from Scothorn Gap, which we reach by taking Massanutten Mtn. East Trail from the Crisman Hollow Rd. (Rt. 274). After the Knob, we descend to Rt. 274, where the short hike ends. Long hikers cross Rt. 274, climb to the Massanutten Mountain West Trail and follow it north to Rt. 374 (Edinburgh Gap Road). Long hike: 11 mi., 3,050 ft. ascent, 3,750 ft. descent. Short hike: 7.5 mi., 2,050 ft. ascent, 2,750 ft. descent. PATC Map G. ($25; nonmembers $28). Bus departs 16th & I St.s with stops in Rosslyn and at Vienna Metro.
INFO: Michael Martin 571/225-6763 or patholobaugh@gmail.com

11/16/2013 (Saturday)
TRAIL WORK—Yankee Clippers Tuscarora Trail Work Trip in Pennsylvania, 8:30 a.m.
Tuscarora Trail work trip in Pennsylvania. Contact Pete Brown for information about the meeting place and the trail segment location.
INFO: Pete Brown, yankeeclippers@patc.net



11/17/2013 (Sunday)
TRAIL WORK—MD AT Work Trip, 9 a.m.
We expect to hike 2-4 mi. performing tread repairs. Join us for a fun-filled Sunday event involving dirt and teamwork. We meet in Frederick County, Md. Please bring water, lunch, gloves, boots.
INFO: Leonard Keifer, mdtrail@yahoo.com

11/17/2013 (Sunday)
HIKE—Wanderbirds
Big Schloss, George Washington National Forest, VA. PATC Map F.
Fare: $20/25. VA bus (departs 17th &K Sts. NW and Vienna). Enjoy the view from the top of the castle on the ridge. All hikers start at Woodstock Reservoir and end at Wolf Gap Recreation Area. Long hikers pass Sugar Knob Cabin, using the Little Stony Creek and Mill Mountain Trails. Moderate hikers take a shortcut consisting of FR. 92 and the Big Schloss Cutoff Trails. Est. miles: 12 (strenuous) and 7 (intermediate).
INFO: Kathleen Martin, 202/547-0302, or kathleen.martin7@gmail.com, and Vera Holovchenko, 214/289-9993 or vera_holovchenko@yahoo.com

11/20/2013 (Wednesday)
MEETING—New Members Meeting, 7:30 p.m.
Come meet other new members, see PATC HQs, and get questions answered at PATC in 118 Park St., SE Vienna, VA 22180 or call in to participate over the phone1-877/746-4263 participant code 02 47 170#
INFO: Alan Day, communications@patc.net

11/23/2013 (Saturday)
HIKE—Capital Hiking Club: Hazel Country, Shenandoah National Park, VA + Distillery Tour, 8 a.m.
We start with a hike through "Hazel Country," once an epicenter of moonshining, by ascending the Sam's Ridge, Catlett Mtn., Catlett Spur and Hazel Mtn. trails to the Skyline Drive, where the short hike ends. The long hike continues south on the AT to Jewell Hollow Overlook. There we'll all have a chance to taste Wasmund's Single Malt Whisky before stopping in Sperryville for an ever-popular tour of the distillery. Long hike: 10.5 mi., 4,000 ft. ascent, 1,500 ft. descent. Short hike: 7.0 mi., 2,850 ft. ascent, 900 ft. descent. PATC Map 10. $25 (nonmembers $28) + park fee/pass. Bus departs 16th & I St.s with stops in Rosslyn and at Vienna Metro.
INFO: Roslyn Rubin 703/812-4855 or caphiker@yahoo.com

11/24/2013 (Sunday)
HIKE—Wanderbirds, South Mountain Appalachian Trail, MD. PATC Map 5-6.
Fare: $20/25. MD bus (departs 17th &K Sts. NW and Grosvenor). This hike passes several sites of Civil War skirmishes that led up to the Antietam Battle. The hike traverses Lamb's Knoll, Maryland's second highest Mountain. Moderate hikers start at the visitors' center at Gathland State Park and hike north on the Appalachian Trail to Turners Gap (Rte. 40). Long hikers start at Weverton Cliffs, follow the AT north past Gathland to Turners Gap (Rte. 40). Est. miles: 14 (intermediate), 10 (intermediate).
INFO: TBA

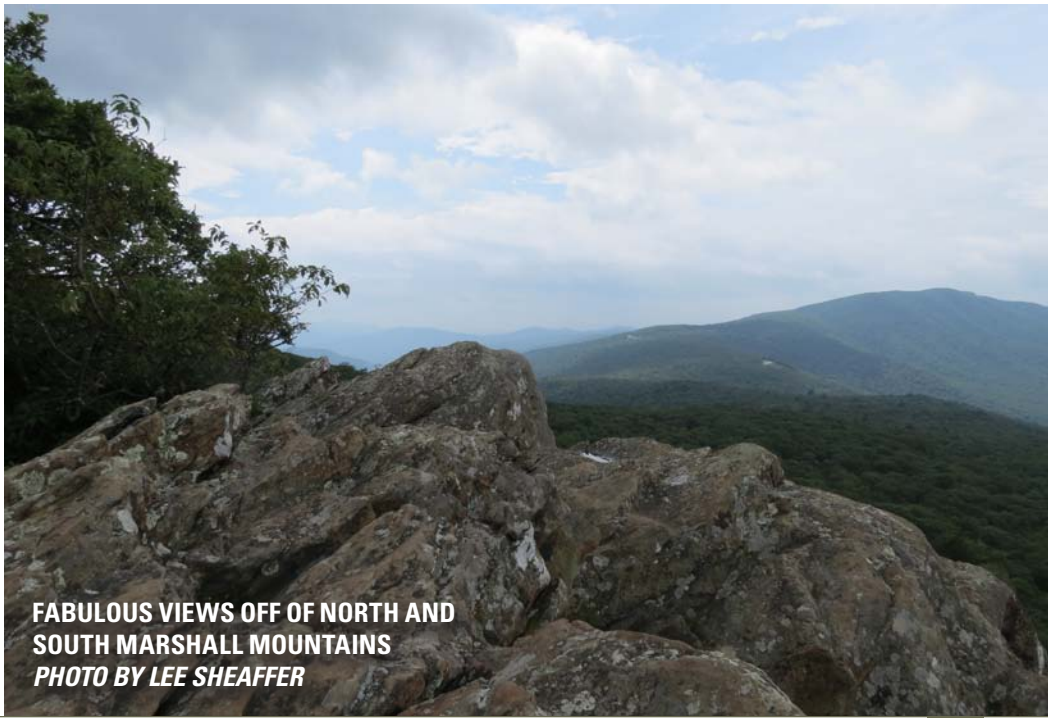
11/26/2013 (Tuesday)
MEETING—PATC Executive Committee, 7 p.m.
Monthly meeting of the PATC Executive Committee.
INFO: Edna Baden 703/242-0315 x105 or ebaden@patc.net

11/30/2013 (Saturday)
HIKE—Capital Hiking Club: Potomac Heritage Trail, VA / C&O Canal Towpath, D.C., 9 a.m.
Burn off those Turkey Day calories with a brisk, convivial in-town hike right in our own backyard. Our in-town ramble crosses Key Bridge then follows the C&O Canal Towpath to Chain Bridge. There we cross to the Virginia side of the Potomac and complete our circuit on the Potomac Heritage Trail over high bluffs and along the river. Complete loop of 9 mi.; 500 ft. ascent/descent; shorter out-and-back options available. $5; trailhead hike.Meet at Roosevelt Island parking lot at 9 a.m. (3/4 mi. from Rosslyn Metro Station; limited parking available)
INFO: Susan K 703/796-9130 or Vicki B 301/320-9542 or caphiker@yahoo.com



SHOP ONLINE 24/7

Remember that the PATC store has lots of items for sale. Whether you need a map or a guidebook for your next trip or a gift for a family member, the PATC store has you covered. Check out www.patc.net/store for the entire selection.



FABULOUS VIEWS OFF OF NORTH AND SOUTH MARSHALL MOUNTAINS
PHOTO BY LEE SHEAFFER

TRAILHEAD



ERIC GOLIGHTLY AND CHRIS FIRME FIRE UP THE GRILL AFTER A LONG DAY.
PHOTO BY DAN INNAMORATO

Yankee Clippers 2013 Corn Roast
Neither rain, nor more rain nor gloom of rain shall stay the **North Chapter Yankee Clippers** trail crew from their appointed rounds. Light rain was falling at 8:45 a.m. at the assembly parking lot at Caledonia State Park, Pa. on August 3, but the crew came nonetheless, including 1st time trail crew volunteers Dave & Jan Richetti, along with the regular Yankee Clippers.

The Richettis went with Peter Muschamp to dig drainage ditches in a boggy area off Route 233 near the village of South Mountain and elevate the trail with the removed material. Sawyer Peter then left for some blowdown work, but returned in time to chat with a passing section hiker and give him the Yankee Clippers volunteer recruiting pitch.

Bob Wise was performing brushcutter duty on the section south of Michaux Road and the others had dispersed over a wide area, spanning over 15 miles of the trail. There was light rain, moderate rain, brief sunshine with patches of blue sky and then more rain . . . a normal summer day on the AT.

At 3pm, the rain subsided as crews rendezvoused at Gypsy Spring Cabin for the Annual Corn Roast Feast, prepared by Chief Cook, Ester Aulthouse. There were huge quantities of fire-roasted corn, corn & black bean salad, baked beans, green bean casserole, strawberries, melon, applesauce, burgers & dogs, home-baked cookies, caramel cake & cherry pie.

Between bites, there was discussion of trail work completed & yet to be done, shelter repairs, cabin repairs and a unique solution to the Michener Cabin electric toilet problem . . . The Tazer Toilet Seat Project. By unanimous vote of Beth and Chris Firme, feasibility & engineering studies will soon be underway. Renters... Read the Signs!

The AT, rain, a massive picnic feast and the entertaining company of some fine PATC volunteers—I cannot think of a better way to spend my 62nd birthday.

—Dan Innamorato

ND Hoodlums Wrap Up the Summer
August in Washington, DC means vacation and the beach but not for the **North District Hoodlums**. Saturday, August 17 saw two dozen gather at Piney River Ranger Station for the final summer work trip. Despite predictions of rain and thunderstorms earlier in the week, Saturday could not have been better: clear skies, low humidity and temperatures in the low to mid-80s. Hoodlum weather.

On their July trip, the Hoodlums had again devoted a good deal of effort to weeding and blowdown removal, and preparations for their September trail maintenance workshop, working on the AT around Elkwallow and on the Thornton River trail. This time the emphasis was on structure and treadwork. Peter Harris took one crew back to Thornton River to work on lateral drains and waterbars and generally get the lower section up to standards for newly appointed overseers, Tricia and Nick Colombo. District Manager Noel Freeman led another crew to Lower Pass Mountain to do much the same for new overseer Heather Callahan; we are talking some *long* rock waterbars.

No Hoodlum trip this year would be complete, however, without some blowdown work. Frank Burke and Cindy Ardecki took a crew down and around Pole Bridge to tackle some blowdowns reported by the ridgerunner. District Manager Wayne Limberg, Steve Osbrach, Julie Johnson and Stu Scott meanwhile met overseer Clint Stretch on his blue blaze section of the Tuscarora between Thompson Hollow and Route 340. Clint had reported half a dozen or more blowdowns and that section is wilderness so that meant crosscuts. End of the day, the count grew from 6 or 7 to 18, ranging in size from 8 to 15 inches in diameter.

At day's end, the Hoodlums were back at Indian Run maintenance hut for their annual Caribbean potluck—jerked chicken, fried plantains, Jamaica slaw and beef patties, fruit salads—you get the picture. Too warm for a fire but the Hoodlums enjoyed Josh Benton's guitar as they looked ahead to the rest of the year. September is the workshop and October the last "regular" Hoodlum work trip (brats and kraut, folks). The Hoodlums will have one last special trip the first weekend in November, however, when they lend a hand at Bears Den.

Cadillac Crew Rehabs Highacre Kitchen
In August Cadillac Crew succumbed to the jingle of the Good Humor truck and descended on Highacre for homemade ice





WHILE STEVE OSBRACH AND CLINT STRETCH WORK THE CROSSCUT, WAYNE LIMBERG PROVES THE M IN DM IS FOR MANAGER, NOT WORKER.
PHOTO BY JULIE JOHNSON

cream and a wee bit of work. Nineteen volunteers turned out to work on the property and nearby trails. For some time, Highacre overseers had visions of a kitchen without a decommissioned chimney taking up space and after a nightmarish effort, their dream has come true. Cadillac Crew members dismantled the chimney brick by brick from the attic to the basement. Then patched up the holes in the ceilings, walls and floors and cleaned up the mess. While they were at it they tore out the entire kitchen floor repairing numerous temporary patches and water damaged sub-flooring. While this was going on, a separate group of crew members performed major brush clearing on the AT near the top of Loudoun Heights, while yet a third group led by two representatives from the National Park Service did some clearing of the (non-AT) Loudoun Heights trail. Lastly, after years (decades?) of laying in disrepair, crew member Robert Fina (and a small support crew) completed repair of the stone pillars at the base of Highacre's driveway entrance. Special thanks to Robert for his masonry expertise.



STEVE BARBER AND TOM HUTCHINGS REMOVE THE LAST OF THE WATER DAMAGED SUB FLOOR FROM IN FRONT OF THE KITCHEN SINK.
PHOTO BY KIRSTEN ELOWSKY



Dismantling the chimney in the Shenandoah bedroom at Highacre.
Photo by Kirsten Elowsky

With the kitchen dismantled, the work-trip potluck was prepared outside on charcoal grills and camp cook stoves, generating mouth-watering aromas for hikers passing by. A sweet potato vegetarian chili appetizer was followed by a main course of inch thick, juicy burgers. Homemade ice cream was enjoyed atop scratch-made brownies topped with caramel, M&Ms and other high calorie toppings. What a perfect ending to a long day of hard work. Special thanks to John Corwith for his ice cream churning expertise and new member Lisa Haschart for her baking skills. This was Lisa, her husband Dave and son Alex's first work trip with the Cadillac Crew and they've already asked about signing up for the next potluck . . . err . . . work trip.

In October, the Cadillac Crew will be at Blackburn Trail Center for a pig roast and Halloween celebration complete with pumpkin carving. Overseer Chris Brunton might have a task or 12 for the crew to tackle. To join in the fun contact cadillacwebmaster@patc.net (301/589-2482).



THE FINAL FEW STEPS INTO GRAVEL SPRINGS HUT.
PHOTO BY LEE SHEAFFER

HIKE OF THE MONTH

(CONTINUED FROM P.1)

is steady but not particularly steep, as will be the case all the way to the peak, with the trail climbing in fits and starts and then leveling out for a bit, only to climb steadily again. A short distance up the trail a small side trail leads to a spring in one of the flat areas. The trail climbs for a considerable distance until large boulders announce the top of the wooded peak and then begins to descend. A short distance from the peak, a small unmarked side trail leads to a cliff and good views to the west. The trail descends more steeply over rocky terrain until it makes a sudden turn to a large open cliff with expansive views to the west and south. Below you is the largely agricultural Browntown area of the Page Valley and beyond that, the ridges of the Massanutten Mountains and beyond into West Virginia. To the south the ridge continues with South Marshall Mountain (just south of your position) and the more prominent Hogback Mountain beyond that.

Continue south a short distance as the trail descends steeply over rocky terrain until you come to an unmarked side trail climbing steeply on your left. Take this trail around some boulders and to another outstanding overlook atop rock columns jutting out from the cliff line. This view is largely to the south with some views to the east. Again, South Marshall and Hogback Mountains are the prominent features as well as Skyline Drive winding its way around the peaks. From this overlook descend steeply over rocks back to the Appalachian Trail and continue the steep descent over steps. The trail eventually levels and passes a small parking lot on your right and after a short distance crosses Skyline Drive. After crossing the drive, begin a short climb to the wooded peak of South Marshall Mountain. The descent on the south side of the mountain is steeper and rockier as you pass a boulder field. The trail comes to an intersection with the Appalachian Trail turning left and a short side trail leading slightly up hill to another outstanding view west and south. Again the view is expansive with ridge and valley to the west and Hogback Mountain, the tallest peak in the park's North District, just to the south. After taking in the view, continue south on the Appalachian Trail over a short stretch of level trail which passes large boulders along both sides.. On the left, large boulders and cliffs define the peak of South Marshall and to the right is a steep drop with randomly placed boulders down the slope. The trail once again begins a steady descent and eventually crosses Skyline Drive at Gravel Springs Gap.

The trail continues along the back side of a parking lot and gently descends. After a short distance, take the blue blaze trail at the concrete marker and descend to Gravel Springs and Gravel Springs Hut. Gravel Springs is one of the most active springs in the park and always has an abundance of water. The hut is a typical three-sided structure used for overnight stay for long distance hikers in the park. This is a good turnaround point for our hike. Instead of going back up the blue blazed trail, take the service road back up to the parking lot. This will be the steepest climb of the hike and, added to the long steady climb back up to the peak of South Marshall Mountain, will be the longest climb of the hike. Be sure to stop at the overlooks again as even a short change in time and weather conditions can dramatically alter the view. Also enjoy the dense forest with its wide variety of flowers, ferns and trees, along with abundant wildlife. After the steep climb up to the peak of North Marshall Mountain it is a steady descent back to Hogwallow Flats and your car.

John Marshall's rulings as chief justice of the Supreme Court were insightful and far reaching. It seems that the two mountains bearing his name have that in common with the man: their views are far reaching as well.

—Lee Sheaffer

THE FACTS
MAP: The entire hike can be found on PATC Map 9; Shenandoah National Park; North District. There are many options from very short to very long. Plan a hike that suits you best!
LENGTH: As described; 8 miles
ALTITUDE GAIN: 1,790 feet
DIFFICULTY LEVEL: 169.2

AWARDS BANQUET AND ANNUAL MEETING

I hope Tuesday, Nov. 12, is already filled on your calendar with the PATC 2013 Annual Meeting and Awards Banquet! We will begin the festivities at 6 p.m. with a social gathering, followed by a delicious buffet-style dinner. The newly appointed superintendent of the Appalachian Trail Park Office, Wendy Janssen, will be this year's keynote speaker.

The cost is $40 per person in advance or $50 at the door. Please consider making an additional donation of $86 to commemorate our 86 years of work on the trails. Registration and payment online is easy and secure by going to www.patc.net/2013awards.

The event will be held again this year at the beautiful Atrium of the Northern Virginia Regional Park Authority, located next to Meadowlark Botanical Gardens on Beulah Road in Vienna, Va.

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Court
Vienna, Va. 22182
703/255-3631

Directions: Take I-495 to Northern Virginia to Exit 47 (Leesburg Pike/Route 7) towards Tyson's Corner (westbound). Proceed 4.5 miles on Leesburg Pike and turn left on Beulah Road (Rte.702). Go 1.7 miles on Beulah and turn left into Meadowlark Gardens Court. Park at the Atrium (building on the right).

HIKING IN HAZEL COUNTRY

Rather than hiking up to Marys Rock from Meadow Springs Parking at Mile 33.5 in Shenandoah National Park, head downhill for a nine mile loop that takes in diverse forests, nice views, a waterfall, a cave and several stream crossings.

Descend on the Hazel Mountain Trail with predominantly dense forest but punctuated with an open understory of mountain laurel and a canopy of white pine and oak. Turn left onto White Rocks Trail. Soon the trail tops a dry open ridge with chestnut oak and pitch pine. Continue to a blue-blazed trail descending steeply on rock steps to the falls, impressive cliffs and the cave entrance.

Retrace back to the ridge and continue until views open on the left. On the right a short scramble up the White Rocks allows views north to Oventop Mountain, west to the Blue Ridge crest and south to Hazel Mountain.

The trail drops moderately until a sharp bend. Here lingering hemlocks mark a steeper decent to the Hazel River. Cross the stream and reach the Hazel River Trail. Turn right and hike steadily uphill under large tulip-trees.

A hairpin turn to the left announces an end to the upgrade and shortly, with easier hiking, reconnects with the Hazel Mountain Trail. Pass through moist woodland and cross two small streams. The picturesque Hazel River again appears just before returning to the beginning of the White Rocks Trail. Retrace the Hazel Mountain Trail back to the trailhead. Now take that hike up to Marys Rock.

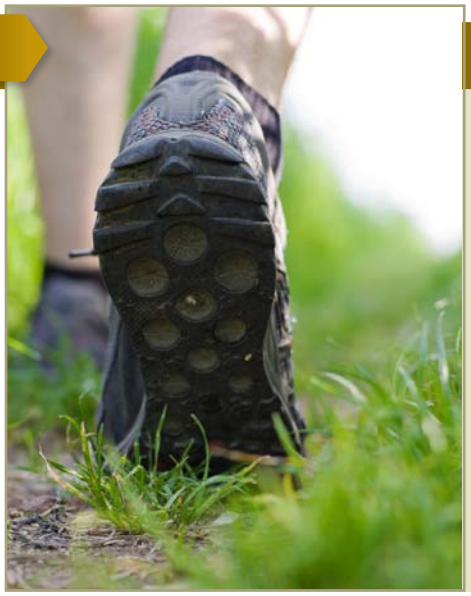
—Richard Annan

NATURAL RESOURCES

(CONTINUED FROM P.7)

Thankfully today, land managers and trail organizations are building smarter trails that reduce the impact on the surrounding ecosystem, such as less sediment runoff into streams, and ultimately improving the budgetary bottom line. Montgomery County entered the sustainable trails conversation during the last decade, including building them. Now they are implementing a whole system philosophy of planning and implementing outdoor recreational services that places the impact of the county's natural resources front and center.

—Jennifer Chambers



UPCOMING HIKE LEADER TRAINING COURSES

This one-day course is designed to prepare you to lead hikes. The course uses classroom and outdoor instruction to prepare participants with skills to lead safe and enjoyable hikes while minimizing impact to the environment. Topics covered include medical emergencies, personal equipment, Leave No Trace, leadership, planning, standard procedures and navigation. Scenario exercises will also be used to emphasize hike leadership skills

Upcoming class: Oct. 5- Frederick, Md.

Cost: $35

Registration: You may register online at www.patc.net/hlt or send payments to PATC, Hike Leader Training, 118 Park Street, SE, Vienna, VA 22180-4609. Pre-registration is required. Mailed registrations must be received no later than two weeks before class starts. Registration form may be obtained via the PATC website under "Classes and Training," then "Classes," then "Hike Leader."

Information: (TPHLT@patc.net) Courtney Trusty, 410/929-3824

YOUTH SECTION

KNOW YOUR SQUIRRELS

Did you know that October is National Squirrel Awareness Month?

Neither did I! Squirrel Awareness Month is different from January's Squirrel Appreciation Day. National Squirrel Awareness Month was started by Greg Basset as a way to pay special homage to squirrels. Basset also began the Squirrel Lovers Club, a club for squirrel lovers, with the mission "to encourage appreciation, kindness, and education in regard to animals, specifically squirrels."

DID YOU KNOW...?

Squirrels can run up to 20 miles an hour.

Squirrels are a member of the Rodentia order, the largest group of mammals. Squirrels belong to a large family of rodents called Sciuridae. The Sciuridae family includes ground squirrels, tree squirrels, flying squirrels, marmots, chipmunks and prairie dogs. The Appalachian Trail in PATC's area is home to chipmunks, woodchucks, tree squirrels and flying squirrels.

Eastern chipmunks are the smallest squirrel found along the trail. Including their tail, they average 10 inches long. The eastern chipmunk has reddish-brown fur with five dark stripes running along its back. Chipmunks are agile climbers but they live in underground nests with deep tunnels and several ways in and out. Chipmunks camouflage their nest with sticks, rocks and leaves to protect themselves from predators.

Woodchucks, commonly known as groundhogs or whistle-pigs, are part of the marmot group. They have the largest geographical range of any Sciuridae, and can be found in places as far away as Alaska. They are mostly herbivorous, meaning they only eat plants.

Woodchucks are excellent diggers; their burrows can be as deep as five feet underground with tunnels and passages as long as 46 feet. Despite their size, they are fast climbers and excellent swimmers. Both skills are useful for escaping predators. When frightened by a predator the woodchuck may squeal or grind its teeth together to produce a creaking noise.

Three types of tree squirrels are found in our area: the eastern gray squirrel, eastern fox squirrel and the red squirrel. What makes tree squirrels (and flying squirrels) unique from other species of Sciuridae is the fact that they live mostly among trees.

The eastern gray squirrel is the most frequently seen squirrel on the East Coast. The eastern gray and the eastern fox squirrel are similar in many ways. Both are omnivorous, eating plants and animals. Both species live in dens inside trees or large nests of leaves, and both breed at similar times of the year.

However, the fox squirrel prefers open spaces and spends a majority of time foraging on the ground. The gray squirrel rarely strays far from the protection of a tree. If you have ever encountered a squirrel far away from trees, perhaps in a field, or on a farm, it was most likely an eastern fox squirrel. The eastern fox squirrel has a long, fox-like tail that moves when excited; an eastern gray squirrel's tail is narrower.

Have you ever heard a squirrel bark? That's right, bark. The red squirrel produces a loud bark-like noise to alert to intruders. They can bark for up to an hour without stopping. Red squirrels are loudest during breeding season, when they make a noise that sounds a lot like a buzzing cicada.

DID YOU KNOW...?

The eastern chipmunk has two fewer teeth than other chipmunks.

Flying squirrels don't actually fly but they do glide using a gliding membrane called the patagium and a flattened tail. The patagium, attached from the wrist to the ankle, acts as a parachute and the tail helps slow down the flying squirrel before landing.

Flying squirrels are smaller than other tree squirrels, and their small size allows them to glide over long distances. Flying squirrels have been recorded going as far as 90 meters. They are exciting to watch but hard to keep up with!

Want to learn more about squirrels? Check out www.thesquirrelloversclub.com and the Smithsonian's National Museum of National History website at www.mnh.si.edu/mna



Youth Section Editor: La Benn
Contact the Youth Section at pa@patc.net

HIKING WITH THE EXPERTS: PATC PRESENTS AT REI

REI – Columbia
6100 Dobbin Rd.
Columbia, MD 21045
410/872-1742

REI – Rockville
1701 Rockville Pike
Rockville, MD 20852
301/230-7670

REI – Fairfax
11950 Grand Commons Ave.
Fairfax, VA 22031
571/522-6568

REI – Timonium
63 W. Aylesbury Rd.
Timonium, MD 21093
410/252-5920

REI – Tysons
8209 Watson St.
McLean, VA 22102
703/506-1938

Registration required for each session. See registration information below and store location above. All sessions are free. Presented by Potomac Appalachian Trail Club, www.patc.net.

Best Hiking in Shenandoah National Park

Wednesday, Oct. 9
Register at www.rei.com/Rockville
Want to know where to go in our region to see great fall colors, spot migrating birds and enjoy a good hike as the days grow shorter? Want to know where and when rattlesnakes are likely to den up for the winter? PATC's editor for local and regional trail guides, Larry Broadwell, will tell you where to go. And William Needham, Potomac Appalachian's regular columnist on flora and fauna, will tell you what you're likely to see, and how to spot some trailside gems of the season.

Tuesday, Oct. 15
Register at www.rei.com/Fairfax
John Hedrick, past president of PATC and editor of the latest edition of "Circuit Hikes in Shenandoah National Park," will introduce some fine routes in SNP. Learn which ones require an early start in order to finish safely before dark, which offer the best fall colors and which pass the most scenic waterfalls. Find out how to prepare, what maps and guidebooks will help, where to find shelters and cabins, and more.

Best Autumn Hikes

Wednesday, Oct. 23
Register at www.rei.com/Timonium
Want to know where to go in our region to see great fall colors, spot migrating birds and enjoy a good hike as the days grow shorter? Want to know where and when rattlesnakes are likely to den up for the winter? William Needham, Potomac Appalachian's regular columnist on flora and fauna and creator of the on-line Hikers Notebook, will tell you where to go, what you're likely to see, and how to spot some trailside gems of the season.

Best Autumn Hikes

Tuesday, Oct. 29
Register at www.rei.com/Tysons
Want to know where to go in our region to see great fall colors, spot migrating birds and enjoy a good hike as the days grow shorter? Want to know where and when rattlesnakes are likely to den up for the winter? A trio of PATC experts will tell you where to go, what you're likely to see and how to spot some trailside gems of the season: Larry Broadwell, editor of the club's pocket guides on local and regional trails; Glenn Gillis, who has spurred construction of trails all over Northern Virginia; and Frank Wodarczyk, AT section hiker, outings leader and contributor to several PATC guidebooks over the last two decades.

Climbing the Andes of Ecuador

Tuesday, Nov. 5
Register at www.rei.com/Tysons
Dave Giacomin, leader of PATC's Mountaineering Section, will tell you how to join the section, and where to learn and train in the D.C. area. Then he will present slides on his 2012 expedition in the Andes, when foul weather at high altitude made his climb more than interesting.



FIRST OF THE MONTH

DEADLINE FOR *POTOMAC APPALACHIAN* ARTICLES AND FORECAST

Articles to be considered for publication in *PA* should be submitted to pa@patc.net. Digital photos are welcome if they meet the requirements for a print publication, good contrast and at least 5x7 inches assuming a print resolution of 300 dots per inch. Please supply information for photo caption and name of photographer. Photographs need not be connected with a story.

Forecast items to be included should be posted to the PATC calendar at patc.net by the deadline.

HOW TO CONTACT US Headquarters, Sales, Cabin Reservations, and Membership Information

Address: 118 Park Street, S.E., Vienna, Va. 22180
Phone #: 703/242-0315
Fax #: 703/242-0968
Club E-mail: INFO@PATC.net
Internet: www.patc.net
Club President (leave a message),
John Hedrick: 703/242-0315
Hours: Monday-Wednesday, 7 p.m.–9 p.m.
Thursday and Friday, noon–2 p.m.

Club Officers and Chairs Contact Info
Contact list is online at www.patc.net/contacts
Change of Address? Log on to www.patc.net and update your address online, or contact membership@patc.net

Staff, During regular business hours

Position	Staff	Ext	E-mail
Staff Director	Edna Baden	105	Ebaden@patc.net
Trails Management Coordinator	Heidi Forrest	107	Hforrest@patc.net
Business Manager	Monica Clark	106	Mclark@patc.net
Membership/Cabin Coordinator	Pat Fankhauser	108	Pfankhauser@patc.net
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Co-Editor	Dan Pulskamp		
Forecast Editor	Jack Bowie		PA-Forecast@patc.net
Layout Designer	Carey Stefano		
Co-Layout Designer	Greg Smith		

NEW BOOTS

Volunteers Appointed in August



Corridor Monitor

Ron Bungay	Big Flat - PA
Bob Lukens	Shannondale - VA/WV
Dennis Helfrick	Bear Hollow - VA (Blue Ridge Mt. Estates)

Shelters

Shellie Moubray	Manassas Gap Shelter - PATC map 8

Trails

Len Henzke	Bear Den Rock
Trisha & Nicholas Colombo	Thornton River Trail (middle)
Heather Callahan	Pass Mountain Trail (upper)
Charles & Martha MacLeod	Appalachian Trail - Hightop Parking Area to Hightop Hut Trail
Robin Laskowski	Appalachian Trail - Jarman Gap to Summit of Calf Mountain
Pete Aagaard	Onemile Run Trail (upper)
William Greenan	Old Coal Mine Trail
David Wurst	BROT - Trail intersection at Mi 4.7 to Wolf Run Shoals Road
Craig Odell	Stone Bridge/Farm Ford Loops 1st Manassas [north] 1st Manassas/Matthews Hill 1st Manassas [west] Matthew Hill Loop
Loren Friedel	Unfinished Railroad Loop Unfinished RR Loop/Sudley-Thornberry Connector Sudley-Thornberry Loop

HELP WANTED

Trail District Managers Needed
SNP Central District Blue blazed [south end] - Map 10
Great North Mountain [Stonewall Brigade Crew Leader] - Map F
Contact - Heidi Forrest
703/242-0315 x 107, or trails@patc.net

Corridor Monitors

Tom Lupp -
301/663-6644, tlupp@verizon.net
Apple Orchard - Linden VA [Map 8]

Shelters

Volunteers needed for the AT Shelter Construction Crew - Henry Horn - 301/498-8254, patcshelter@comcast.net

Volunteer needed for the Tuscarora Shelter Crew -
Mike Wingeart - 443/791-9196, mikewingeart@hotmail.com

Trails

Pennsylvania AT, Blue blazed & Tuscarora - Maps [2-3, 4, J, & K]
Pete Brown - 410/343-1140, trailpete@gmail.com
PA Tuscarora Trail [J] - Longs Gap to PA Rte.74 (3.3 miles)
PA Tuscarora Trail [J] - PA Rte.74 to McClure's Gap (3.3 miles)
PA Tuscarora Trail [J] - McClure's Gap to Warner Trail (3.7 miles)
PA Tuscarora Trail [J] - PA 233 to Bill Miller Trail (3.9 miles)
PA Tuscarora Trail [J] - Hemlock Road to Mountain Road (4.9 miles)
PA Tuscarora Trail [J] - Mountain Road to PA Rte.641 (6.2 miles)
PA Tuscarora Trail [K] - Co-Overseer - Cowans Gap State Park to Lincoln Trail (4.3 miles)
Rocky Knob Trail - Birch Run Road to Ridge Road (4.5 miles)

Harpers Ferry / Ashby Gap AT & Blue blazed - Map 7 & 8
Chris Brunton - 703/967-2226, trailbossbtc@msn.com
Trail Volunteer needed for the Northern Virginia/West Virginia District to work on sections of the AT and blue blazed side trails.

SNP North District Appalachian Trail - Map 9
Wayne Limberg - H 703/533-8639, wplimberg@aol.com
Appalachian Trail - Co-Overseer - Jenkins Gap to Hogwallow Gap (1.7 miles)
Appalachian Trail - Co-Overseer - Elkwallow Gap to Ridge Crest (1.6 miles)

SNP North District Blue blazed - Map 9
Noel Freeman - 540/372-3840, noel.freeman1@gmail.com
Tuscarora/Overall Run - Thompson Hollow/Overall Run Jct. to Mathews Arm Trail (2.3 miles)
Pole Bridge Link Trail - Piney Branch Trail to Keyser Run Fire Road (1 mile)

SNP Central District Blue blazed- Map 10
Melvin Ellis - H 703/860-1253 or 540/987-9797, freestatehollow@hotmail.com
Powell Mountain Trail - Hazeltop Ridge Overlook to VA 759 (3.6 miles)
Stanton River upper Trail - Fork Mountain Fire Road to Jones Mountain Trail (2.3 miles)
Entry Run [Upper] Trail - Park Boundary to Pocosin Fire Road (0.8 miles)
Entry Run [Lower] Trail - John's Rest Access Road to Park Boundary (1.7 miles)

SNP South District Appalachian Trail - Map 11 Don White - 804/795-2914, rockfish@southshenandoah.net
Appalachian Trail - Co-Overseer - Smith Roach Gap to Powell Gap (1.6 miles)
Appalachian Trail - Ivy Creek Overlook to Ivy Creek Hut Trail (2.1 miles)
Appalachian Trail - Co-Overseer - Hairpin Switchback to Crimora Lake Overlook (1.5 miles)

SNP South District Blue blazed - Map 11
Steve Bair - bairprnt@aol.com or Pete Gatje - 434/361-1309, PJGATJE@aol.com
Rockytop Trail [lower] - Co-overseer - Lewis Peak Trail to Big Run Portal Trail (3.5 miles)
Eaton Hollow Trail - Eaton Hollow Overlook to Schairer Trail Center (0.5 miles)

Tuscarora Central - Map L
John Spies - jspieslp@gmail.com
Tuscarora Trail - Gore Connector Trail to Hunters Cabin (1.8 miles)
Tuscarora Trail - Northern Rockfield to Southern Rockfield (1.5 miles)
Tuscarora Trail - Southern Rockfield to Pinnacle Power line (2.3 miles)
Tuscarora Trail - Loman Branch to Yellow Spring Road (3.7 miles)

Tuscarora South - Map F, G, 9
Rick Rhoades - 540/477-3247, Rrhoades@shentel.net
Tuscarora Trail - Gerhard Memorial Shelter to Waites Run Road (4.4 miles)

Great North Mountain - Map F District Manager needed
Lee Manning -Acting District Manager 703/560-0960, lee.manning@cox.net

DC Metro District- Map N
Alex Sanders – 703/465-8140, wdctrails@yahoo.com
Melvin Hazen Trail - co-overseer - Rock Creek to Connecticut Ave (0.5 miles)

Maryland Metro- Map D
Lynn Gallagher – 301/320-4862, or lynngallagher@peoplepc.com

Zoe Sollenberger – 703/447-8636, or zoe4dogs@shentel.net
Berma Road - Canal (N of Stop Gate) to Anglers Parking (1.5 mile)

Manassas National Battlefield Park

Dick Eagan - H 703/281-9119, C 703/622-3644, or dickeagan@aol.com
Chinn Ridge Trail/Chinn Ridge Loop - P10 to P10 (1.4 miles)

Prince William Forest Park
Mark Ellis - 703/376-4150, Mark.ellis21@comcast.net
South Valley - From Mawavi Rd to High Meadows Trail (1.53 miles)
Carters Pond Trail - Parking Lot to Dam (.14 miles)
Piedmont Forest Trail - Parking Lot to Parking Lot (.4 miles)
Muschette Trail - Orenda Fire Road to Orenda Fire Road (.2 miles)

Mutton Hollow - Map 11
Bill Holman - H 434/973-1523, john_w_holman@yahoo.com
Conley-Morris Trail - Conley Cabin to Morris Cabin to CCC Road (.4 miles)
Orion Trail - Conley-Morris Trail to Vining Trail (.5 miles)

The Potomac Appalachian

118 Park Street, S.E.
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AWARDS BANQUET AND ANNUAL MEETING – TUESDAY, NOV. 12, 2013

Registration for PATC's 86th Award Banquet and Annual Meeting Tuesday, Nov. 12, from 6 p.m. to 10 p.m. at the Atrium at Meadowlark Gardens. Register online at www.patc.net/2013awards, or fill out and return the information below.

Number of attendees having dinner at $40 per person: ____

Name(s): _____

Number of attendees not having dinner: ____

Name(s) _____

If you wish to attend the meeting and not have dinner, please contact Pat Fankhauser and let her know you will be coming.

( ) Here is an additional $86 for the General Operating Fund for 85 years of service on the trails.
( ) Sorry, I can't attend the banquet, but here is $86 to support PATC's General Operating Fund.

For 86 years, PATC has led hikes; constructed and renovated shelters and cabins; mapped the trails; taught trail construction, safety and conservation; and built and cleared the trails in rain, snow and sunshine. Your contribution will be used to enhance those activities.

LET'S CELEBRATE AS WE MOVE INTO OUR 87TH YEAR!

Please enclose a check made out to PATC, or list your credit card information below.

VISA/MasterCard Number: _____ Expiration Date: _____

Please charge my credit card for $_____

Signature: _____

Daytime phone number: _____

Mail to: PATC – Awards Banquet and Annual Meeting 2013, 118 Park Street, SE, Vienna, VA 22180 Attn: Pat Fankhauser, Membership Coordinator. *Because PATC pays for dinners in advance, no refunds after Nov. 1, 2013.*