

JULY-AUGUST 2000

# ATN

APPALACHIAN TRAILWAY NEWS



75<sup>TH</sup> ANNIVERSAR Y ISSUE





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## ON THE COVER

*Myron Avery and members of the Maine A.T. Club measure the Hunt Trail approach to Katahdin in 1935, on their way to put a new A.T. sign on the Trail's northern terminus. (ATC Archives) Inside: A rare color photo of Avery recording Trail data.*

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## INSERT

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Trail Years: A History of the Appalachian Trail Conference

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## Appalachian Trailway News

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Volunteer and free-lance contributions are welcome. Please include a stamped, self-addressed envelope with your submission.

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## Air pollution

I have been a member of ATC for three years now and have had a desire to hike the Trail since I first heard about it back in the UK in the early 1960s. However, having just read Glen Scherer's article about the terrible air quality along the Trail, my enthusiasm for this walk has just waned. Why, I wonder, would I forsake the clear, pure air of northern British Columbia to breathe in the industrial haze along the Trail and possibly risk permanent damage to my lungs in the process? As I am already 55, I cannot wait until 2065 when the air quality is supposed to be brought back to natural conditions!

Until I read this article, I did not know that the older coal-fired power-generating plants were exempted from Clean Air Act provisions or that the ever-more-popular, ever-larger, gas-guzzling SUVs were classified as "trucks," enabling them to escape EPA's car emission standards.

The more I hear about this type of thing—such as the trading of pollution credits, the patenting of life forms (including sequences of human DNA), and genetic manipulation of food—the more I realize that corporate America is ruining this world while the uninterested American public, consumed by their toys, remains largely oblivious.

Mel Coulson  
Telkwa, B.C., Canada

## Leaving It to the Beaver(s)

I live in Florida and as such am not able to belong to one of the local maintaining clubs or hike the Trail on any regular basis (in fact, I have never hiked on the Trail). After supporting ATC financially for several years, I had made a decision to let my membership lapse. After reading the article about the beavers at Dry Run in the May/June *ATN*, I have reconsidered and am cheerfully sending in my dues.

Any organization that can pull together and solve such a problem in a functional, yet environmentally sound

fashion deserves my support. Hats off to the dedicated members of PATH that braved the elements and found time to do the actual building work. Thank you for sharing this inspiring story with the membership.

Nancy M. Peters  
Gainesville, Fla.

## Cog railway

The photo of "Mt. Washington Cog Railway at Dusk" inside the front cover of the May–June issue was, I sincerely hope, a not-so-subtle comment on the burning of coal (and other fossil fuels). I quite like how it starts out black coming from the engine's smokestack, billows up into a black and blue overcast, and gradually fades into bluish mists that make it impossible to see much of anything. Mt. Washington itself becomes a giant coal seam.

Peter Green  
Wiscasset, Maine

## Format changes

I am deeply saddened and disturbed that "ATN" was used on the cover of the March–April 2000 issue with "*Appalachian Trailway News*" in much smaller letters underneath. I hardly recognized our magazine.

Please take a second look at the cover

## Letters

*Appalachian Trailway News*

welcomes your comments. Letters will be edited for clarity and length.

Please send them to:

Letters to the Editor

*Appalachian Trailway News*

P.O. Box 807

Harpers Ferry, WV 25425-0807

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# From the Chair

David B. Field

and be proud to use the full *Appalachian Trailway News*. These days we are being inundated with letter abbreviations and numbers. Does the Appalachian Trail have to follow this trend?

Mary E. Cunningham  
Liberty Hill, S.C.

## Drifters in hostels

To all of you good-hearted souls who run hostels and who help hikers because you like people, as a cautionary note I would like to suggest that you don't have to help 100 percent of the people 100 percent of the time.

Most people are good, and most hikers are good, but there are always a few who spoil it for everyone. Often it is not even real hikers who are the problem; it is people who I will call "drifters," who are maybe passing through, hitching and maybe doing a little hiking. They get to town, talk with the locals who can't tell a hiker from any scruffy bum, and are told, "Yeah, there's a place that's pretty loose, they might let you stay or take a shower. I see scruffy people going in and out all of the time."

This can pose a danger to other hikers, either right then or later on. One woman told me how some of her things disappeared during the short time the hostel-keepers generously let a couple of hiker/homeless people use the shower—for free, I think. The two were hiking and skipping part of the Trail, but gave a lot of the rest of us the creeps—which wouldn't have happened if some well-to-do folks with more dollars than sense hadn't bought them \$700 worth of gear because they felt sorry for them having such rudimentary equipment. (Hey, how come strangers don't buy the rest of us \$700 worth of gear?)

Do what the ATC tells hikers to do about questionable characters they meet on the Trail—use your intuition.

Susan Gail Arey  
Norfolk, Va.

April 22, 2000, was Earth Day. Fifty years earlier, April 23 was the annual meeting of the Maine Appalachian Trail Club. At the meeting, MATC Publicity Director Jean Stephenson issued a press release announcing that the club meeting coincided with the "Maine Beautiful Month" and the "Clean Up" week of the "Boost Maine" Campaign. She noted that the Maine club coordinated the activities of volunteers who take care of the 266 Maine miles of the Appalachian Trail, which extends 2,021 miles from Katahdin to Oglethorpe. "Trees fall across it, new growth obscures the way, beavers flood it out. Constant work is necessary to keep it clear enough for use and properly marked."

In late June 2000, presidents and other leaders of A.T. maintaining clubs met in Harpers Ferry to discuss how to deal with challenges of increased and changing uses of the Trail. In 1950, the Trail community was responding to publicity occasioned by 1949 articles in *Reader's Digest*, *National Geographic*, and *Glamour* magazines. Map supplies had been exhausted, and a revision of the Katahdin guide and maps had been pushed through to be ready for the 1950 season. In addition to the Maine publications, Editor Jean Stephenson was struggling with a 584-page proof of a *Southern Guide for the Appalachian Trail* and a 400-page proof for the *Blue Ridge Guide*, for which she was investigating the use of a paper called "Resistal Bond," a potential substitute for bulky wet-strength papers.

The year 2000 finds the Appalachian Trail Conference Land Trust seeking money for exciting Trail-protection initiatives. In January 1950, MATC announced that the

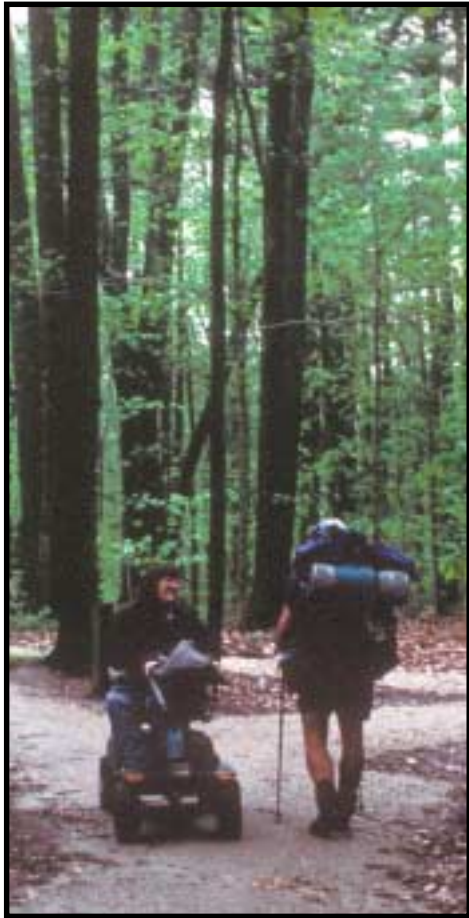
## Earth Day... minus 50

Trail route in Maine would "receive considerable publicity during the coming year by reason of the comprehensive program to restore it to the prewar standard." Still, the cable bridge over the West Branch of the Penobscot River required replacement. The Maine Forestry commissioner had persuaded the highway department to do the work, with ATC providing \$100, MATC \$500, and Great Northern Paper Company \$500 plus tractors for hauling materials. However, MATC officers decided that it would cost too much to install a commemorative brass plate on the bridge to acknowledge the original 1937 work of the Civilian Conservation Corps as well as the 1950 rebuild, opting instead for a wooden sign.

The 2000 work plan for Maine includes an update of MATC's 1992 Trail assessment. In 1950, Overseer of Trails John W. Clark reported on his assessment of the Trail in Maine and provided a schedule of work, along with estimates of hours that would be needed to bring the Trail up to "Class A maintenance" (1,129 hours), that needed for "Class B" conditions (602 hours), and person-hours actually available (520 hours). At the 1950 annual meeting, Clark reported on a proposal to build a ski trail on Sugarloaf Mountain. Although Clark allowed that "it is possible that, before they are through, the means may be found to have quite a development there,... he did not believe that there would be any interference with the Appalachian Trail." In 2000, estimates of the impacts of ski area expansion on the AT are less optimistic.

In 1950, Myron Avery, chief admiralty counsel for the Department of the Navy, president of the Maine Appalachian Trail Club, and chair of the Appalachian Trail Conference, continued his prolific outpouring of letters to recipients from one end of the A.T. to the other in an effort that smacked of attempting to herd cats. To an overseer of the Trail: "Your handwritten letter of June 11<sup>th</sup> and your typed letter of June 12<sup>th</sup> brought almost as much consternation and dismay as word of the Maine hurricane of 1937." To the Shenandoah Publishing House: "Our Treasurer is a New

*Continued on next page*



### Access for the disabled

You people get stranger by the year. "A leap of faith?" (May-June *Appalachian Trailway News*) Maybe into a sucker trap! When have there been "common-sense interpretations" of government rules? Big joke!

Biggest point not covered—just who defines handicapped? I speak with considerable expertise (and a lot of levity) on the subject. I, my sons, now my grandsons have been wandering the various trails in Georgia, North Carolina, and South Carolina for about twenty-five years. Twenty years back, my son and I considered the Appalachian Trail too "accessible"—a glorified Boy Scout camp nature walk. However, last summer, a grandson (age 14) and I (age 71) were cruising some trails (including the A.T.) in Georgia and North Carolina, and I had trouble making more than ten miles a day, and he laughingly remembered four years earlier, when he was 10 and he had

*At left: Newly opened section of accessible Trail near Falls Village, Conn. (Photo: Jody Bickel, ATC)*

trouble keeping up with me on Andean trails. Who will decide just how "accessible" the Appalachian Trail must be? Someone 50 years old? Or 70? Or 90?

Louis E. Fay  
Milledgeville, Ga.

I am a physical therapist working for disabled people in a rehabilitation hospital. I also am a section hiker on the A.T. for the past several years. I fully agree with others about constructing for the physically disabled. However, when it comes to the A.T., I agree with Davy Ray (March-April 2000) when he stated, "We should do an unequivocal nothing."

First of all, the A.T. is the last place on the East Coast where true hikers can go and enjoy the pure beauty of nature without crowds of screaming, frantic, and playful families. Yes, some areas of the A.T. come close to cities and suburbs, but when I go out I can count on a quiet, joyful, and spiritual experience. Second, there are plenty of state parks and national parks that have handicapped-accessible trails. The Blue Ridge Parkway, for example, has hundreds of places the physically disabled can go to enjoy trails, waterfalls, and fall foliage.

Mr. Ray raised a question about prosthetics and orthotics that can better assist the disabled for trail access. There are plenty of these assistive devices out there for the active disabled; just ask the paralytic athletes. There are continuous strides in design and manufacture of these devices for people who truly want them. There are plenty of options for the physically disabled without disrupting the pure serenity of the A.T.

Mark Mallasch  
Johnson City, Tenn.

### From the Chair...

*Continued from page 5*

York Banker, who is very much impressed by the so-called 'trade rule' that bills are not to be paid until at least two months after being rendered ... We are somewhat disturbed over the delay in dealing with some of your items which is unnecessary since the Conference is fully in funds. We wish to convey to our Treasurer that the so-called trade practice is not part of our arrangements. Will you, therefore, write to me ... a rather abrupt letter, calling attention to the increasing delay in making payments....I believe that a rather preemptory note along this order, addressed to me, will be conducive in simplifying accounting work and making it easier for all of us." To MATC officers: We must "construct rough latrines at each lean-to" in Maine. "It would require digging a shallow trench, installing a cross-bar between two trees and blue-blazing the side trail with an appropriate sign.... To eliminate this problem, I am asking that everyone be at pains to see that the matter is not overlooked."

In 2000, a board chair with much more volunteer, staff, and agency support faces a new set of complexities with the hope that at least strategic planning and Trail protection may have been accomplished by the time the next leader takes office.

Celebrations of nature, annual Trail work, responses to publicity, spending priorities, changing uses, publications deadlines, publications technology, Trail assessments—the more things change, the more they stay the same. Isn't it great? ♦

### Correction

Steve Knox writes us that in his May-June 2000 article, "Shuttling 101," an editing change introduced an error. For option 4 (one car, two drivers) the ratios 1:1 and 2:1 should have read 2:1 and 3:1, respectively. The 1:1 ratio listed under the heading "Cost" should be disregarded.

### April 2000 Board of Managers meeting

## Is ATC outgrowing its offices?

**H**as the Appalachian Trail Conference outgrown its Harpers Ferry headquarters? If so, where should it go?

At the April 29 meeting of ATC's Board of Managers in Harpers Ferry, that was just one of several nagging internal issues that the Board found itself considering.

"In the long term, we're going to need twice the building space, and three times the parking," Chair Emeritus Ray Hunt argued.

Several Board members suggested alternatives: adding a new story onto the existing two-story office; building a whole new facility in a new location (possibly several miles from Harpers Ferry); moving into National Park Service facilities; moving the publications fulfillment office out of the building, or moving some ATC offices to the Bears Den hostel near Bluemont, Va. Each suggestion was met with objections—the difficulty of expanding the current building while occupied and problems with satisfying stringent planning rules in Harpers Ferry, the inadvisability of moving Conference headquarters away from the Trail itself, space problems at the Park Service offices, and physical limitations at Bears Den.

Executive Director Dave Startzell explained that the problem came as new personnel were added to tackle new

projects and support the demands Trail management. He said that an initial look at the issue by staff members suggested that no obvious "silver bullet" was available to slay the looming threat of too many people trying to fit into too few rooms and too few parking spaces.

Chair Dave Field said he would recruit a committee to study the space problem at the current conference headquarters, home to ATC since 1976.

"I'm hearing a lot of things," Field said. "But, clearly, you're going to expand as you contemplate a few more staff positions, so something will have to be done."

### Accounting system consultant sought

**A**nother gnawing internal problem that the Board heard about was long-simmering trouble with ATC's computerized accounting system. Hiring a consultant to help sort through the problems and get a new system running may be required, Startzell reported.

The problems began several years ago, when ATC started to outgrow its old system, which was not "Y2K-compliant," and was no longer supported by its manufacturer. A new system purchased in 1998 took much

longer to get working than had been predicted, and was never fully up and running, due in part to rising costs, staff changes, and evolving needs. In mid-1999, the Board's Finance Committee voted to abandon the new system and look for another. A software patch made the old accounting system "compliant" in time for the Y2K turnover, but only after reducing its functionality, making it even more inadequate for handling ATC business.

Controller Jean Hebert explained that ATC needs a system that can handle not only payroll work, but also the Conference's sales operations and fund-raising. Since the accounting staff is too small to do all the research and testing in-house, an outside consultant was needed to oversee its

implementation. A consultant should be on board by mid-summer, she said.

### Quarry lawsuit OK'd

**T**he Board voted unanimously to authorize Dave Startzell to make the Conference party to a lawsuit against a controversial gravel quarry near Hump Mountain, in North Carolina, if such a suit is filed.

As reported in *ATN* in May, the quarry is directly visible from the open ridgelines near Hump and Roan Mountains, and the State of North Carolina granted the operator a permit without considering the visual effect on the A.T. The quarry's neighbors and several regional and environmental groups have threatened

*Continued on page 13*

### Corridor countdown

**I**T'S THE HOPE OF CONGRESS, THE FEDERAL ADMINISTRATION, AND the Trail community that the Appalachian Trail can be pronounced "fully protected" by the end of this year. Here is where federal and state agencies stood at the beginning of May 2000 in terms of footpath miles (one percent to go!) and adjoining acreage left to acquire:

States	Map Miles	Acres
Maine	4.5	1,302
New Hampshire	0.2	18
Vermont	0.0	42
Massachusetts	0.1	447
Connecticut	0.3	210
New York	0.1	215
New Jersey	0.0	78
Pennsylvania	3.0	225
Maryland	4.2	766
Virginia	4.8	2,112
West Virginia/Va.	0.0	0
N.C./Tennessee	3.0	2,045
Georgia	0.0	513
<b>Total</b>	<b>20.1</b>	<b>7,974</b>

## Bears killed woman away from A.T. in Smokies, rangers say

*By Bob Proudman  
and John Wright*

**A** woman hiking in the Great Smoky Mountains National Park was killed May 21, apparently by bears.

The woman, identified as Glenda Ann Bradley of Cosby, Tenn., was not on the A.T., but rather several miles down the mountain from the ridgeline, near Elkmont Campground, where she was hiking along the Little River Trail. Ralph Hill, a male companion, had left her to go fishing. The 50-year-old Bradley was mauled between 2–3 p.m. near the intersection of the Little River and Goshen Prong Trails by a 111-pound female black bear and a 40-pound yearling. Hill, 52, returned to find the bears lingering over Bradley's body, about fifty yards off the trail. He yelled, threw stones, and tried to scare the bears away, but the adult acted aggressively. At one point, up to a dozen hikers tried to help. One hurried to Elkmont for ranger assistance.

Three National Park Service rangers returned to find the bears still hovering over the body, so they killed them. District Ranger Keny Slay said that the necropsies on the bears performed by the Veterinary Department at the University of Tennessee established that the bears had indeed eaten parts of the hiker's body.

Preliminary results of an autopsy issued a month later by East Tennessee State Uni-

versity ruled out any chance that something other than the bears killed Bradley. According to the autopsy, the death was consistent with having been caused by bears. The actual cause of death was loss of blood. Bradley's backpack contained food, but it was untouched.

Rangers had tagged the five-year-old adult bear in 1998 and placed an orphaned cub with her. At that time, she was not known as a problem bear.

According to experts, predatory behaviors in black bears, while rare, are not without precedent. Some forty-three deadly black bear attacks have been recorded in North America. This was the first bear-mauling death in the park's sixty-six-year history, only the second in the history of the U.S. national parks, and the first ever reported in the southeastern United States. It was unusual in another re-



*Despite the presence of bears in the Smokies, protective fencing, seen in this ATC file photo, is being removed from shelters by park and Trail managers in favor of metal food storage boxes and metal poles for hanging food out of reach.*

spect, too: in cases of black bear attacks, ninety percent of human fatalities in this hemisphere have been perpetrated by male bears, not females.

Problems with aggressive bears have been increasing along the A.T. and in the national parks along its route. Seventeen people were injured

by black bears in the Smokies in 1999, the most in any year. None was hurt seriously, and all were attacked because the bears wanted hikers' food. Great Smokies black bears have never before killed and eaten people, though they have preyed on white-tailed deer and regularly consume the carrion of other species.

About 1,800 bears live in the 520,000-acre park, an average of two per square mile. They are considered common in the Great Smokies and are sighted regularly in every Appalachian Trail state.

In many A.T. states, such as New Jersey (where the bear population has doubled since 1995 to more than one thousand and may double again in the next four years), bear populations are on the rise. New Jersey is aggressively working

*Continued on page 14*

### When black bears attack

**E**xperts say that the safest way to deal with a black bear is to make noise while slowly backing away. Running could stimulate a charge. Do not block the bear's escape route, and never place yourself between a sow and a cub. If a bear begins to approach, stand your ground, make noise, and wave your hands to make yourself appear as big as possible.

While extremely rare,

there have been enough fatal black bear attacks that Stephen Herrero and other experts have concluded that fighting a black bear with any and all resources at one's disposal offers the best chance of survival. Playing dead, the advice given for those attacked by the western grizzly bear, will not be effective with a black bear that considers you prey. If attacked, experts recommend, fight for your life.

# Body and spirit

*Hiking can be so much more than exercise. For many A.T. hikers, climbing a mountain isn't just a workout on a glorified stair machine. It tests our spirit, our sense of who we are, what we are, and what we can be. Here are four writers whose A.T. hikes led them to start thinking about bigger issues.*

## Geleskoing

Daniel A. Howe

**T**he four of us had last stood here at the base of Katahdin twenty years ago—to the day. I had not seen or spoken to Nick Gelesko or Paul Dillon since we hugged and parted in September 1979. Like many Trail “families,” we scattered after Katahdin, beginning life stories we were now able to tell to each other for the first time. David Brill and I had rejoined the Trail a time or two together, but we’d let ten years get by since the last walk. A phone call from Tennessee last spring promised an opportunity for a paid trip to Maine. A reunion date was set. Plane reservations were coordinated from Raleigh, Knoxville, Seattle, Nassau, Northampton, and Ft. Myers. A remarkable convergence of schedules brought us all together, joined by fellow ’79 A.T. hiker-friends Jim Black and Victor Hoyt. Paul, Dave, Nick and I were celebrating the 20<sup>th</sup> anniversary of the end of our thru-hike together, drawn back to the same center from which we had spun apart years ago.

Nick Gelesko stood in Katahdin Stream Campground, looking up toward the summit, wearing the same khaki shirt he had worn the last time we’d made this climb. Same hat, too. Twenty years of advancing age takes a toll on muscle stamina and often deposits a few pounds in odd places, but, as a group, we had fared passably well. I’d gained about a pound a year; Dillon was the same lean, long-legged hiking machine he was in ’79; Brill had apparently not gained any weight except in facial hair; and Gelesko stood trim and tanned, slim and athletic, as I’d remembered him. We had almost run up the Hunt Trail to Katahdin’s summit twenty years ago, fueled by five months of anticipation and conditioning.

Confidence in our muscles and bones we learn from experience. We know our physical limits by reaching them. Exceeding those limits is a leap of faith, a blind dive off a high cliff. Competitive runners win races with their spirit, not their legs. Champion skaters visualize the perfect race...each turn, each stroke of blade on ice. They’ve won before the gun sounds.

I wondered if Gelesko was climbing Katahdin in this way now as he looked up at the peak in the glow of early morning.

I remember discovering the extraordinary capacity of my own body as I worked my way into shape in the first six weeks of hiking on the A.T. I wrote in my journal then about discovering the “wonders of the lower leg,” as somehow my body learned to compensate for fatigue in my quadriceps with greater strength in my calf muscles. Fatigue on the longest climbs means different parts of the body take over, one at a time, shouldering the load, until all that is left to pull you up the final climb to the top is your soul. All else is spent.

In early morning we set off from Katahdin Stream. Dave, Paul, and Victor moved swiftly up the face of the mountain, while Jim, Nick and I walked more slowly and steadily onto the great granite slab. In the middle of the first substantial climb, Nick began to slow. His rest stops became more frequent. His jokes became fewer. His strong legs pushed up the mountain just ahead of me, but he struggled over the rock and was clearly fatigued as we emerged from the forest onto the face of the rock, ready for the steepest part of the climb up to the plateau.

In 1979 Nick had met his wife in Shenandoah National Park and hiked with her, his pace slowing to hers, and he’d

## Send us your Reflections

*Reflections* is where we ask you to consider the Trail, and tell stories about subjects close to it, and you. The list below notes upcoming topics, and the deadlines for submissions. We look for sincerity, thoughtfulness, humor, sensitivity to the privacy of others, and factual accuracy. Because of space limitations, we can’t print everything we receive. We may edit your article—perhaps heavily—to fit our format. Submissions must be typed and double-spaced, or submitted via electronic mail ([editor@atconf.org](mailto:editor@atconf.org)) to be considered. If you’d like your submission back, please enclose a stamped, self-addressed envelope. We must wait until the last minute to make our final selections, so we cannot answer questions regarding the status of submissions, or provide criticism. If your work is going to appear, you’ll hear from us.

We invite you to write on the following topics. Submission deadlines are:

Issue	Topic	Deadline
November 2000	Taking it slow	September 1
March 2001	Parent and child	December 15
May 2001	Hard weather	March 1
July 2001	First aid	May 1
September 2001	Katahdin	July 1

fallen far behind us. Dave, Paul, and I had hiked on, putting in long, fast days in the relative flatlands of the middle states, routinely making twenty miles or more. What we did not know was that Nick had said goodbye to his beloved Gwen after her visit and had determined to catch us. He'd followed our progress in the Trail registers, hiking twenty-five miles a day to our twenty. This man, whose name became a verb on the Trail because of his ability to talk food out of whomever he met along the way ("geleskoing" lunch, for example), found us by the Hudson River.

I was not about to leave him again. With a timely push from behind or a hand from above, Nick moved up the steepest part of the climb to the plateau. Open and clear on a beautiful day, the summit appeared close at hand across what appeared a relatively gentle slope to the top. Nick was clearly fatigued by this time, though, and we were actually more than a mile away, about six hundred feet below the summit. Whatever solace Nick took from the gentler slope was offset by the thinner air and his weakening muscles. I could see in his eyes that the final hundred vertical feet might defeat him. His breath was labored. His pace slowed even further. He was muttering to himself. We stopped. He planted his stick. He looked at the top, looked back at me, and set off, soul alone carrying him the rest of the way.

It was late in the day for arrival at the summit of Katahdin—after noon. A large crowd of thru-hikers and others was preparing to descend. One person began to clap, and then all applauded for Nick as he stepped unsteadily atop the final rock. Dave, Paul, Nick and I posed for a photo once again on the summit of the Greatest Mountain. This time, only Nick had an extraordinary achievement to celebrate. As I write this, I close my eyes and see the look of supreme happiness on the face of this man, in his black beret and khaki shirt, who, in 1979, traversed the A.T. with three companions less than half his age. He had emerged from surgery on his carotid artery just a few weeks before our reunion hike. At age 79, Nick Gelesko became my hero, again.

At home I try to do a good bit of hiking, a little running, some basketball. Sometimes when I challenge myself, I am painfully aware of approaching middle age. The next time I find my body failing under the strain of a steep climb or an athletic competition, I won't be visualizing the perfect race. I'll be thinking of a skinny guy in a khaki shirt and beret smiling broadly, leaning on his hiking staff with the rocky ground falling away from him on all sides, blue sky behind. I'll be hoping just a little of Gelesko's soul will pull me up and over the top, too.

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*Daniel Howe is a city planner in Raleigh, N.C. David Brill is a writer in Knoxville, Tenn., whose book, As Far As the Eye Can See (Rutledge Hill Press) recounts his 1979 thru-hike. Paul Dillon is a master carpenter in Seattle and has taken on the Trail name "Javabeen." Nick Gelesko is a retired engineer and lives with his wife, Gwen, in Ft. Myers, Florida. Look for Dave's story of this 1999 reunion hike in National Geographic Traveler sometime later this year.*

## The weight

by Jim Chambers

**A**bout 2:00 a.m. on December 23, 1996, I awoke in a cold sweat, with pain radiating from my shoulder down my left arm. It felt as if I had a great weight lying on my chest.

I told myself I couldn't be having a heart attack. I was only fifty, healthy, an avid A.T. hiker. I worked out an hour a day, watched my diet, and had quit smoking sixteen years before. It couldn't be happening. But, I could not forget that my father died of a heart attack at only forty-six.

Finally, the pain began to lessen; my breathing became more normal, and the clammy sweat dried. I told myself it was only indigestion and drifted off to sleep. Two hours later, I managed to shower, shave, and pack the car for the five-hundred-mile drive to Kentucky. The family looked forward to this annual trip to visit relatives, and I couldn't postpone the trip to visit a doctor. If it were really serious, I would surely feel much worse than the nagging pain in my shoulder and left arm. We had a great visit home, with only mild periods of discomfort and pain.

In 1997, I planned to finally complete the A.T. I had begun section-hiking in October 1982, when two DuPont co-workers, Geary and Doug, asked me on an A.T. hike in Pennsylvania. I'd quit smoking in 1980 but had gained weight. I love the outdoors, and backpacking seemed a great way to get in shape. I worked hard at getting ready for that Pennsylvania hike, but, after three days, I was convinced I would not live to see my family again. My friends only had one week a year to hike, so we walked seventeen- to twenty-mile days. I would drag into camp each night, praying for relief and promising myself never to set foot on the A.T. again after I got off this time. On the fourth day, Geary injured his back, and we came off the Trail just north of Duncannon.

After a shower and a little rest, I felt better. I remembered the accomplishment of reaching camp each night and the thrill of standing on Hawk Rock overlooking Duncannon. We were enthusiastically making plans for the next year. I'd been bitten by the hiking bug.

Doug and Geary completed the A.T. in 1991. I still had the entire southern half to complete. In 1994, Bob Sloan joined me, and, over the next three years, we hiked all the A.T. in Georgia, North Carolina, Tennessee, Maryland, and most of Virginia. We hiked through Vermont and New Hampshire. By the time of my "indigestion" in Christmas 1996, I had less than 150 miles to go and expected to finish easily in 1997.

I returned to work on January 2, 1997, and went to the weight room for my daily workout. After five minutes, I had chest pains and shortness of breath. I told myself I had eaten too much rich food over the holidays and went on with my workout. This pattern continued for two weeks. I was con-

cerned. How could I climb a mountain if I couldn't do five minutes of exercise?

On January 14, I called my doctor and explained what had been happening. He wanted to see me immediately. I drove to his office wondering if I was creating a lot of concern over nothing. After about fifteen seconds on the EKG, the doctor stopped the machine. He said I'd had a heart attack and made arrangements for immediate admission to the hospital. I called my wife. Thirty minutes later, I was at the hospital hooked to a heart monitor and scared witless.

An angiogram indicated I had four blocked arteries, two with 100-percent blockage and two with 75-percent blockage. I had quadruple-bypass surgery. As I lay in intensive care, I wondered how things had gone so wrong and if I would ever get to complete the A.T.

Recovery was surprisingly fast. When I was discharged from the hospital, I had trouble climbing a flight of stairs. In two weeks, I was able to take short walks. I returned to work in four weeks. I was backpacking within three months.

No matter how much one works out, diet and genetics may combine to create a deadly combination. I did everything wrong at the time of my heart attack and was lucky to survive. I lived through it because years of backpacking had improved circulation in my heart, even though my arteries were clogged. To avoid the situation I experienced, know your family history, and inform your doctor of it. Have your cholesterol level measured, and take action if it is high. Reduce the amount of fat and red meat in your diet. Increase your vegetable and fish intake. Control your weight, and maintain a year-round exercise routine.

If you experience any symptoms of a heart attack, get medical help immediately. The most common symptoms of a heart attack are:

- Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest.
- Pain that spreads from the chest to the shoulders, jaw, or arms.
- Chest discomfort, with lightheadedness, fainting, sweating, nausea, or shortness of breath.

Getting to the hospital fast is very important. Medical treatment, including clot-dissolving medicine, can save lives and reduce damage to the heart muscle, but it needs to be started soon after a heart attack occurs. The National Heart, Lung, and Blood Institute (NHLBI) has pamphlets about preventing heart attacks through diet and exercise. To order those from the Government Printing Office, write to NHLBI Information Center, P.O. Box 30105, Bethesda, MD 20824-0105; or call The American Heart Association at 1-800-242-8721.

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*Jim Chambers of Charlotte, N.C., is an avid backpacker with a supportive wife. He is a member of the Piedmont Appalachian Trail Hikers and ATC. In 1998, after seventeen years of section-hiking, he completed the A.T.*

## The little engine

*Nancy B. Field*

**I**t's that time of year again. Usually, I'm out walking around my neighborhood with my pack on, preparing for another section of the A.T., looking for the hilliest streets I can find, and smiling back at the drivers that pass with a look of wonderment. But, not this year. My hike is over and it's hard to believe.

My experience on the A.T. began in Massachusetts in September 1991, when I took off for a weekend break on Mt. Greylock. When I hiked to where the A.T. merged with my trail, I didn't even know what it was, but it felt important. Soon after that, my daughter bought me a membership in the Appalachian Mountain Club for my birthday, and I was on my way. Over the past eight years, I day-hiked, weekend-hiked, bike-and-hiked, and backpacked to complete the Trail. I've met lots of people and made new friends in my quest to "get to Springer." There were lots of tales, spectacular views, Trail angels, interesting characters, "comfy" hostels, blisters, aches, and a real sense of learning about myself. Being a section-hiker meant acclimating mentally and physically with every new hike, but it also meant seeing back roads and neat places just getting to the hike. (Just ask my hiking partner, Jim Berry, about our "ride with the natives" in Hampton, Tennessee!)

For me, hiking the A.T. was about bringing myself back from a serious bout of depression and admitting I wasn't going to be able to do it without the help of medication. A colleague had said that the people he knew who hiked the A.T. seemed to take on an attitude of searching for the Holy Grail. I assured him that I would find it, only partly realizing that it was more about what was inside of me, rather than outside. Fortunately, it didn't take until Springer to learn that lesson. People have asked if I wasn't frightened, especially on my solo trips, but it was that solitude and being able to be in my own company with nature that was special.

Another important aspect of my journey has been to be an example for others of an "I can do it" attitude—my idol being the Little Engine That Could. I hope that people will try (at whatever challenges they have) to push on in spite of difficult circumstances. I remember the exasperation of being exhausted and sore with another climb between me and the resting place for the day. The pull to just stop in the middle of the Trail needed to be offset with the belief that I could make it. I hope that the people I meet will be able to take the message and inspiration that they can "do it," too—not to hike the A.T., necessarily, but to walk their own path in life with courage and hope.

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*Nancy Field is a psychotherapist from East Lyme, CT, who swears she is not the person who responsible for Lyme disease.*

## A new beginning

Arlen Marks

**I**t's just setting in that this is my last night on the Trail. How odd I feel. Springer Mountain was a lifetime ago. There is a strange insecurity in leaving my wilderness home. I am safe here. So many simple things have become part of my routine. Nothing is petty or without meaning. How will that vision fit in where I am going? How quickly will I lose all I have found? Can I possibly hang on to moments earned over two thousand miles of growing?

As I sit here watching the sun set over a perfectly clear, fast-flowing river, a part of me does not want to go back. My heart really wants to move on—that's what one does on the Trail. I have a new strength and confidence. I know now, perhaps for the first time, that as a being I am truly valuable. My journey has prepared me to love by teaching me to honestly love myself. My journey has taught me that I am never alone. My journey has brought me to a new beginning.

The night goes on forever—the moment before the moment.

I cram sleepless thoughts with the excitement and anxiety of facing Katahdin in the morning.

My brother has traveled from Pennsylvania to join me for these last steps. We are both excited as we prepare our daypacks for the ascent. After checking in with the ranger, we are off. At first, the Trail seems to offer little physical challenge, but that changes quickly with a steep and rocky climb. Soon we are marveling at views of neighboring summits on the ridge. Sharing this with my brother, I sense him beginning to feel what I have experienced over the miles from Springer. We laugh. We talk. We are silent together. The higher we climb, the greater our awe, the greater the intensity of the spiritual journey.

At last we reach the Tableland, a flat section of Trail before the final climb. My thoughts are with those who climbed before me and those who will follow. We pass the spring, and then the old wooden sign comes into view. The first time I saw that icon, I knew I could hike the Appalachian Trail. Now it has happened. The challenge is met, and lessons learned will never be forgotten. The dream, I pray, will linger a lifetime.

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*Arlen (Pakov) Marks finished her hike in 1993. Today, she is working toward a doctoral degree at Widener University, a decision she reached while on the Trail. ♦*

### Deaths

#### William T. Foot, hiker and past NBATC president

**W**illiam Thomas "Bill" Foot, former president of the Natural Bridge A.T. Club, A.T. thru-hiker, ATC Board member, and one of the first people to complete the coast-to-coast American Discovery Trail (ADT), died May 19 after a recurrence of cancer. He was 53.

An enthusiastic caver, cyclist, pilot, and hiker, Mr. Foot became deeply involved as a Trail maintainer after he and his wife Laurie thru-hiked in 1987 as "The Happy Feet." According to Sam Ripley, NBATC's Trail supervisor, Mr. Foot pursued several major projects with the club, most notably the James River bridge, due to be completed in 2000 after years of development, negotiations, and lobbying; it will be the longest footbridge on the A.T., and in the entire national park system. Other major projects that he led included getting the Trail relocated onto its old route across Apple Orchard Mountain, where it had been displaced for years by a military radar installation, and construction of Bryant Ridge Shelter, near Buchanan, Va.

Mr. Ripley said that Mr. Foot's energy and leadership had helped transform the Natural Bridge club from a "small, sleepy" group of maintainers, bringing in new members and getting the club involved in several major A.T. projects in central Virginia. He was also active working with trails in the Lynchburg area, where he lived and worked for many years as manager of facilities and maintenance for Framatone Technologies.

Mr. and Mrs. Foot set out in 1997 to hike and bike the



*Bill and Laurie Foot*

coast-to-coast ADT. Covering 6,300 miles over the course of two years, they successfully completed both its southern and northern routes, the first people to do so. Mr. Foot was Treasurer for the ADT Society, and both he and Mrs. Foot served on its board. He was an honorary life member of Appalachian Long-Distance Hikers Association, a member of ATC's "Honor Roll of Volunteers," and was honored posthumously with the Vibram Award on National Trails Day, June 16, as an outstanding national advocate for trails.

In addition to his wife, he is survived by a son and daughter, a sister, and one grandson. ♦

## Board of Managers

*Continued from page 7*

to sue the state and the quarry if construction is not halted.

ATC Southern Regional Representative Morgan Sommerville reported that, in April, after public outcry, the state issued a notice of its intent to revoke the permit for the controversial quarry. "That sounds great, but we don't know exactly what it means," Sommerville told the Board.

As of July, expansion continued on the quarry and the state's revocation review had not stopped it. Startzell sent a letter to North Carolina officials urging the state to suspend the quarry's operations. "By the time the department completes its review," he wrote, "much of the potential damage to the mountain, and associated impacts [to the A.T.] already will have occurred."

## Board gets advance look at user survey

**“W**hen I was building trails, I would have considered selling a kidney to get information like this," Board of Managers member Carl Demrow exclaimed after getting a preliminary look at data from the first comprehensive survey of A.T. users.

"We think it's a gold mine, and we hope it's a gold mine for you," replied Professor Robert Manning, who conducted the study in 1999 for ATC, and the National Park Service.

Manning said the survey results came from more than 1,800 detailed questionnaires sent to the homes of hikers

contacted on the Trail in mid-1999. It offers the first empirical look at how people are actually using the Trail, how many of them are out there, and why they are out hiking on it. It includes responses from everyone from casual users to thru-hikers and offers insights into such issues as the importance of conservation practices to users and whether hikers feel safe on the Trail.

Though final survey results were not available at press time, *ATN* will report in detail on them in a future issue.

## Board opposes guided hikes on AT

**I**n an unusual split vote, the Board voted to oppose a local U.S. Forest Service recommendation to allow commercially guided hikes on sections of the A.T. in the Pisgah National Forest. A bed-and-breakfast owner near the A.T. had applied for a permit to lead commercial hikes along the Trail. Forest Service policies currently prohibit such use in the South, although guided hikes have traditionally been permitted in some circumstances along parts of the Trail in New England's White Mountain National Forest.

Several Board members and one ATC regional representative argued that allowing the commercial guides would actually permit better control of how the Trail is used. But, a majority of Board members said it would mean "letting the genie out of the bottle," and would set a bad precedent. The Board voted 18-3 to oppose the permit, with one abstention and five members absent. ♦

## Notable club, supporting organization, corporate, and foundation gifts

(Since February 29, 2000)

### \$10,000 and above

L.L. Bean—Grants-to-Clubs  
Lexis-Nexis—general support  
Maine Community Foundation—land-acquisition fund (Western Maine High-Mountain Protection Program)

### \$5,000 to \$9,999

Mars Foundation—land-acquisition fund (Buzzard Rocks protection program)  
Merrell Performance Footwear—Ridgerunner/caretaker program

### \$1,000 to \$4,999

American Express Company (via Rails-to-Trails)—Millennium Trails award  
Bay Foundation—New York natural diversity program  
Boston Foundation—Buzzard Rocks protection program  
Canyon Ranch—general support  
Cascade Designs—Trail-crew program  
Thomas R. Clark Fund of the Upper Valley Community Fund—Upper Valley Trails Alliance  
Coleman Company—Ridgerunner/caretaker and Trail-crew programs  
Garden Homes Fund—general support  
Green Woodlands LLC—Upper Valley Trails Alliance  
Lyme Computer Systems—general support  
New England Grassroots Environmental Fund—Upper Valley Trails Alliance  
Potomac Appalachian Trail Club—Trail-crew program and skill training programs  
PUR Recovery Engineering—Ridgerunner/caretaker and Trail-crew programs  
Philip Morris—general support  
Stone House Farm Fund of the Upper Valley Community Fund—Upper Valley Trails Alliance  
Walrus—Ridgerunner/caretaker and Trail-crew programs

### \$500 to \$999

Cascade Designs—general support  
Dreamsacks—general support  
Hi-Tech—general support  
Irwin, Campbell, & Tannenwald, PC—Tower Watch program  
The Land Trust of the Eastern Panhandle—land acquisition fund (Buzzard Rocks protection program)  
Montrail—general support  
Patagonia—Trail-crew program  
Tidewater Appalachian Trail Club—land acquisition fund, general support, Trail-crew program  
Tractel—Trail-crew program

# Fatal bear attack in Smokies...

*Continued from page 8*

on bear-management plans that include, among other things, a thorough public-education campaign for both residents and forest visitors, ordinances prohibiting bear feeding, "aversive conditioning" of problem bears, and plans for reduction of the bear population through a limited hunting season. Bear incidents in New Jersey crop up more frequently with a bear density now approaching one per square mile, coupled with the increasing urbanization of the Kittatinny and Bearfort regions. Bear complaints in New Jersey have risen from 285

statewide in 1995 to 1,659 in 1999. Half of the complaints between 1995 and 1999 were lodged in 1999 alone. The trend of complaints this year is ahead of 1999.

It appears to ATC field staff in the New Jersey area that bear complaints are coming more frequently from suburban areas. As cubs come of age, mature males drive them east and south, out of forested areas. State Parks and Forests personnel in New Jersey have instituted an aggressive education program directed at campers and hikers. ATC ridgerunners there

spend much of their time teaching day-hikers and backpackers about bear behavior, and at the campsites and shelters along the Kittatinny ridge, hikers will find bear boxes or "bear hangs" to store camp food.

In the Smokies, government wildlife biologist Kim DeLozier said the park will stick to its long-term bear-management policy, which stresses proper food storage by park users. If food is inaccessible, bears rely on natural food sources and avoid humans. To this effect, the park will continue to work with the Smoky Mountains Hiking Club and ATC to remove the bear fences at existing shelters. Instead, rangers and

ridgerunners will stress proper backcountry food storage techniques with hikers. So far, fences have been removed at Ice Water Springs and Pecks Corner Shelters. New food storage hang poles have been installed. Also, Birch Springs Gap will be converted to a campsite with no shelter provided.

"This attack was very bizarre and rare," DeLozier said, "but in my estimation it's as safe now to hike in the park as it ever was." DeLozier said.

*Bob Proudman is ATC's director of Trail management programs. John Wright is an assistant ATC regional representative for the mid-Atlantic. ♦*

## Memorial Gifts

*Since our last edition, donations to the Appalachian Trail Conference were made in memory of:*

- RAY "OVERDRIVE" BROWN—By Mountain High Hikers Club of Hiawassee, Georgia, and the Over the Hills Gang in Hiawassee
- LOUIS BURTON—By Martha Burton Farmer and Roy Farmer
- CLARA MCGREW CASSIDY—By Dan Bryner, George and Jean Cashin, Mr. and Mrs. James D. McGrew, Clara and Jerry Shimoda
- WILLIAM BRADFORD COURTNEY—By Janice Haywood
- EVERETT DEVAUGHN—By Mountain High Hikers Club of Hiawassee, Georgia
- EDWARD B. GARVEY—By Anonymous, Outing Club of Virginia Tech
- KENNY HOPPEL—By the Mary Lou Lutz family
- SKIP JOYNER—By Joan and Robert Dixon
- MRS. G. B. KNIGHT—By Gerald B. Knight
- LUCINDA PURYEAR LACY—By O. W. and Lucy Lacy
- BENTON MACKAYE—By Burt Zien
- JAMES A. MINOQUE—By Karen and Bob Griggs
- SCOTT M. RIDDICK—By David and Susan Riddick
- SATC DECEASED MEMBERS—By Susquehanna Appalachian Trail Club
- SEARCY B. SLACK, JR.—By Warren C. McLain, Jr.
- MATTHEW PHILIP WOOD—By Eddie L. Meaders
- BRUCE YOUNG—By Mountain High Hikers Club of Hiawassee, Georgia

## TRAIL GIVING

*By Amy Owen*

This 75<sup>th</sup>-anniversary issue of *Appalachian Trailway News* surveys the history of ATC, and the many bridges built along the way—both on the Trail itself and between the Conference, clubs, and management partners that keep it open. You, too, can build a bridge—a bridge that will extend across the Trail's next seventy-five years. Here are three ways:

### Three ways to build a bridge

1. Create an endowment. You can do this now with cash or stock, or later with an estate gift. Your fund will make a lasting difference by producing income every year for the stated purpose.
2. Leave a bequest. Designate an amount or percentage of your estate for a specific purpose or for unrestricted use. Such gifts provide encouragement and always make a difference.
3. Give "obsolete" insurance. You may no longer need the protection of a life insurance policy and can transfer ownership to the Appalachian Trail Conference, thereby making a significant difference down the road and providing you with a charitable deduction for your income taxes now.

For free materials on these and other ways to make a difference in the next seventy-five years of the Appalachian Trail Conference, contact Amy Owen, Director of Development, P.O. Box 807, Harpers Ferry, WV 25425, e-mail <aowen@atconf.org>, or call (304) 535-6331. There is no obligation. ♦

# PUBLIC NOTICES

## Lost and Found

**Lost.** Olympus camera in black case (film on exposure #25) at Tumbling Run Shelter, May 26, 2000. Jan Matheny, 902 Linden Court, Western Springs, IL 60558; (708) 246-2472.

**Found.** 35mm camera, June 24 between RPH Shelter and Rt. 52 in New York. Contact Elsie McKenzie, (973) 694-3056.

## Partners Wanted

**Thru-hiker.** Experienced long-distance hiker seeks partner to thru-hike Memorial Day to Labor Day, 2001. Hiker has vehicle support, will slackpack some sections. Prefer female. Nikita Stange (Jabberwocky), 13125 South Winchester, Blue Island, IL 60406; <gastange@govst.edu>.

**Section-hiker.** Hiker (50) seeks partner(s) for continuation of north-bound thru-hike, starting March 2001 from Hot Springs, N.C. to Katahdin. Carol Taylor, 3926 Club Valley Drive, Houston, TX 77082; (281) 870-1091; <caroltaylor@sprynet.com>.

**Section-hiker.** Hiker (44) seeking partner(s) or group for 3-week hike in late April/early May 2001, from Springer northward. Ken Fritsch, 54425 North Avenue, Macomb, MI 48042; (810) 749-9782.

## For Sale

**Backpack.** Osprey Flyte Vector One, internal frame, new, \$198. **Tent.** Sierra Designs Orion CD, new, \$198.

Jan Kerns (Tagalong), P.O. Box 352, Townsend, TN 37882; (865) 448-9153 or (865) 983-0399.

**Books.** Complete set of A.T. maps and book, *Best of the A.T. Day Hikes*, \$50. **Tent.** Adventure 16-ounce tent, spring-loaded, new condition, \$50. Dave Bigard, 13617 East 1025 Avenue, Newton, IL 62448.

**Equipment.** PUR top-of-the-line purifier, \$30. Petzel Headlamp, \$15. Svea Optimus white gas stove, used 500 miles, \$35. Boots (2 pair): Technica Voyager, woman's 8<sup>1/2</sup>-9<sup>1/2</sup>, and Solomon top-of-the-line mountain boots w/ 50 miles on them, \$100/pair. Carol Barnes ("Rumbunny"), c/o the Hardesty's, 6820 N. Oakland Avenue, Indianapolis, IN 46220; (317) 251-0576.

**Books.** *Hiking the Appalachian Trail*, Vols 1&2, dust jackets, very good condition, Rodale Press, 1975, \$200. Also have second copy, Vol 1, dust jacket, very good condition, \$75.

**Pants.** Man's Woolrich hiking knickers, dark gray, all wool, double seat, size 32 waist, excellent condition, \$35. Sale proceeds donated to ATC Land Trust. Hugh Thomason, 1334 State Street, Apt. 2, Bowling Green, KY 42101; (270) 842-7124.

**Magazines.** Free. 47 back cop-

ies of *Backpacker*, starting with the Mar. 1994 copy, published nine times per year. A few missing. Pay for cost of mailing, and they are yours. Am keeping current 2000 gear guide. Lyle Howard, (248) 634-1577; <howardlj@4netaccess.com>.

**Sleeping bags.** Used one night: EMS woman's Boreal 20-degree tall. Outbound 40-degree. \$75 each. Call Joyce or Mike, (603) 466-5862.

## Help Wanted

**Volunteers.** Have fun building the Appalachian Trail for the next millennium as a volunteer for 2000 seasonal Trail crews. No experience required. Five different crews operate along the A.T. during the summer and fall months and are jointly sponsored by A.T. maintaining clubs, agency partners, and ATC. Special women-only and over-50 crews continue to be offered this year. Write to: Crews, ATC, ATN-00A/C, P.O. Box 807, Harpers Ferry, WV 25425; call 304-353-6331; or e-mail <crews@atconf.org>, and ask for a crew brochure.

## House-sitter/housekeeper.

Searching for a mature, nurturing individual or couple to stay in a small, quaint apartment above our garage for six months. Full-time home-maker and her two sons will attempt thru-hike February-July 2001, while her husband and daughter (active athlete and high school junior) stay home. Looking for someone to help around the house and keep my house a "home" one to three hours per day, five to six days/week, in exchange for room in Southern Pines, North Carolina. Send or fax a letter of interest and any questions, with three references, to: Laura Gingerich, 205 N. Ridge Street, Southern Pines, NC 28387; fax at (910) 692-4807.

**Volunteers for Scouts.** ATC has an opportunity to offer an interpretive exhibit on the Conservation Trail at the July 2001 Scout Jamboree near Richmond, Va. We need the help of committed volunteers to make it a reality. Volunteers with experience in Scouting, Leave No Trace, or education/interpretation are needed to help with planning. Interested? Let ATC know ASAP. Contact Laurie Potteiger, information services coordinator, at <lpotteiger@appalachiantrail.org> or (304) 535-6331.

## Wanted

**Advice.** Would like to know if anyone has hiked the A.T. or significant part with one or more artificial knees. I've done 700 miles and am facing knee replacement. Would appreciate hearing from anyone who has done so. Joe Nelson, 115 Seymour Ave., Cincinnati, OH 45216; (513) 761-1588; <joenels@juno.com>.

## Public notices

are published free for members of the Appalachian Trail Conference. We cannot vouch for any of the advertised items. Ads must pertain to the A.T. or related hiking/conservation matters. For complete guidelines, send SASE to ATC. Send ads to PUBLIC NOTICES, Appalachian Trail Conference, P.O. Box 807, Harpers Ferry, WV 25425. Deadline for the November-December 2000 issue is October 1; deadline for the March-April 2001 issue is December 15.

## Appalachian Trail Maintaining Clubs

Maine Appalachian Trail Club  
Appalachian Mountain Club  
Dartmouth Outing Club  
Green Mountain Club  
AMC-Berkshire Chapter  
AMC-Connecticut Chapter  
New York-New Jersey Trail  
Conference  
Wilmington Trail Club  
Batona Hiking Club  
AMC-Delaware Valley Chapter

Philadelphia Trail Club  
Blue Mountain Eagle Climbing Club  
Allentown Hiking Club  
Brandywine Valley Outing Club  
Susquehanna Appalachian Trail Club  
York Hiking Club  
Cumberland Valley Appalachian Trail  
Management Association  
Mountain Club of Maryland  
Potomac Appalachian Trail Club  
Old Dominion Appalachian Trail Club

Tidewater Appalachian Trail Club  
Natural Bridge Appalachian Trail Club  
Roanoke Appalachian Trail Club  
Outing Club at Virginia Tech  
Piedmont Appalachian Trail Hikers  
Mount Rogers Appalachian Trail Club  
Tennessee Eastman Hiking Club  
Carolina Mountain Club  
Smoky Mountains Hiking Club  
Nantahala Hiking Club  
Georgia Appalachian Trail Club

# Ceremony celebrates ATC at 75

Volunteers Marian "Tockie" Baker (left) and John Killam (center) accept congratulations from Executive Director Dave Startzell, as representatives of ATC's "Honor Roll of Volunteers" at June 23 ceremonies in Harpers Ferry. The Honor Roll, sponsored by Backpacker magazine and American Express as part of ATC's anniversary, recognizes seventy-five volunteers for their extraordinary contributions to the Conference and the Trail. The ceremonies also were used to unveil two awards to ATC: designation of the A.T. by the White House Millennium Council as one of sixteen National Millennium Trails and by several planning groups as a "national planning landmark" and founder Benton MacKaye as a national planning pioneer. At right, Startzell and Glenn Coyne of the American Institute of Certified Planners appear in front of the planners' plaque and the White House sign.



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