

# THE REGISTER

Vol. 22, No. 2 A Stewardship Newsletter for the Appalachian Trail Summer 2000



## Hantavirus now in 31 States

According to the Centers for Disease Control (CDC), a case of hantavirus pulmonary syndrome (HPS) confirmed this year in Vermont added the state to a growing list. As of May 8, 250 cases had been reported in 31 states since it was first identified in 1993. Forty percent (101) of victims died. Although the likelihood of developing HPS is small, the high mortality rate of the illness calls for precautionary measures.

After an incubation period of one to five weeks, the illness begins much like a flu, with muscle aches and a fever, followed by shortness of breath and coughing. If you have been around rodents and have these symptoms, particularly severe shortness of breath or difficulty breathing, see a doctor immediately. Be sure to report that you have been in contact with rodents.

HPS typically progresses rapidly, requiring hospitalization within 24 hours after emergence. The earlier a patient is treated at an intensive-care unit, the better the chances of recovery. According to the CDC, there is no specific cure. Treatment consists of oxygen therapy.

The disease is carried by rodents, particularly deer mice, that transmit the virus in their urine, droppings, and saliva. The virus is typically spread when rodent urine, droppings, or nesting materials are stirred up and form tiny droplets in the air that are then breathed by a person—usually while cleaning up a rodent-infested area. It is possible that HPS may be spread by the bite of an infected rodent or when people touch something that has been contaminated with the virus and then touch their mouth or nose. Researchers also suspect the illness could be caused if a person consumes food that has been contaminated.

—Continued on page 3

## Hard Labor?



Konnarock Crew, May 11–15, 2000. (ATC photo)

## “Repeat Offenders” Help Konnarock Crew Break New Ground

By Mike Dawson

Again and again, the big sledge hammer fell, “turning big ones into little ones.” It seemed that there was no end to the pile of big rocks or the gravel that the supervisor demanded.

This was the fourth time that Kerry was breaking rocks with this crew. It seemed that he would never learn. Many of the others were even more incorrigible, having ended up back here five, ten, even fifteen times. Sure, there was the security of three squares and a cot, but what flaw in his character led him back to this hard labor, time and time again?

Perhaps the flaw of caring too much, or of wanting to make a difference along the Trail that he’d come to love.

Kerry Snow, you see, is district manager for the Potomac Appalachian Trail Club. He has been active in the club’s Trail work for about ten years. But, as if that weren’t enough, he’s also doing his fourth stint working on ATC’s Konnarock crew, one of the all-volunteer crews that gather each summer and fall to do intensive Trail projects up and down the A.T. Each year, during the first week of the summer crew season, the Konnarock crew camp at Sugar Grove is bursting at the seams with people such as Kerry. Usually the two Konnarock crews are full with 14 volunteers, but, during the first week, it isn’t uncommon to see as many as the 24 crew members who were at camp from May 11 to 15 this year.

—Continued on page 9

## From the Editor...

Is the A.T. special? You can bet your booty on it! Are there other “special” footpaths? You can bet your booty on that as well. My wife and I are leaving (it really is a sacrifice) the wonderful state of Maine for several weeks this summer to spend time in the far West. We’re planning on spending up to seven weeks hiking the Colorado Trail. This is a relatively new (compared to the A.T.) trail, from Denver to Durango, and it winds its way through some magnificent country. Are we looking forward to it? Yes and no. Yes, in that it presently is almost pristine in character. No, in that we’re a bit anxious about resupply points (it is quite inaccessible compared to our A.T.), water-supply points, and elevation (we live essentially at sea level, and we’ll be hiking at 9,500-plus feet).

Last summer, we spent a few days hiking on one section of the Colorado Trail and only saw one mountain-biker. But, we walked through some sections pretty well chewed-up by horse travel. There are no shelters, no developed places to spend the night, and no privies (you use the bushes wherever you find them). You carry whatever shelter you want with you. Blazes to mark the footpath? Forget it! Best you have good maps and a compass to ensure that you are on the right path. Views? You can’t compare them to anything except what our pioneer forefathers saw as they “developed” and “conquered” this great land we call the U.S.A.

The Colorado Trail Foundation is developing and building this trail in an exceptionally beautiful part of our land—the Rockies. The above-treeline country is absolutely, and literally, breathtaking. There is just no other word for it. I have often wished I had taken more courses in geology to appreciate what I see in the mountains, but I have just enough knowledge to give me a sense of time and the insignificant interval of one human life.

But, is one lifetime really insignificant? In some of my previous editorials, I have taken a somewhat negative view of what we are doing to the A.T., to challenge our readers and maintainers. Yet, our A.T. is just one of several efforts on the part of concerned folks (with only one lifetime) who really care and who are willing to volunteer their time to preserve something special—not only for us, but, more significantly, for future generations. Our work for the A.T. is in fact very significant, especially when one considers the number of folks who might enjoy what we have worked for in our building and maintaining effort.

I know my wife and I will enjoy our time on the Colorado Trail, but we cannot help comparing this experience to that of spending a like amount of time on our Appalachian Trail. The work we have done (and do) to protect the A.T. from all but foot hikers, to build shelters along the way considerably spaced about a day’s hike apart, and to protect the viewshed is work well done. Here on the A.T. we face concerns that have not as yet surfaced along the Colorado Trail, and we are working to address them as they impact our Trail. The two trails are different hiking experiences, and yet they both provide the joy of just hiking.

I am concerned with the goal-oriented approach of many hikers on the A.T., especially the “thru-hikers.” To me, there should be no challenge in hiking a trail other than just to be there—walking along with no goal except enjoying the natural world and relishing one’s physical ability to hike. It seems to me that too many hikers are out for either a social experience, the achievement of doing so many miles a day, or pushing themselves to some new physical limit. Methinks they have missed the boat.

I know I cannot help but compare my upcoming experience on the Colorado Trail with hiking on the Appalachian Trail. Our goal is just to enjoy hiking, with no preset expectations except to greet each new day with the thankful feeling of just being out there and experiencing the wonders of the outdoor world as it is presented to us. That is more than enough, it seems to me. Rest assured that I will share some comparisons of the experience with you in the future.

Note: For those of you who would like to contact me by e-mail, I have a new address: <jmorgan@sacriver.net>. I look forward to hearing from you.

—John Morgan

*The Register* is published quarterly by the Appalachian Trail Conference for the volunteers who maintain the Appalachian Trail and/or manage its corridor, their federal and state agency partners, and others interested in the stewardship of the A.T. It is sent without charge to maintainers and corridor managers; others may subscribe for \$5 a year. Nonprofit third-class postage paid at Harpers Ferry, W.Va. Correspondence and prospective articles and photographs should be sent to the editor or to: *The Register*, Appalachian Trail Conference, P.O. Box 807, Harpers Ferry, W.Va. 25425.

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[NOTE: The outline of the masthead box above is the size of the official A.T. blaze, 2" x 6", for your reference.]

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## HANTAVIRUS ON RISE...

Continued From Page 1

Precautions for shelter caretakers and maintainers:

- Avoid sweeping out rodent-infested shelters, cabins, or tool-storage buildings.
- Air out buildings before cleaning.
- Pack in a commercial disinfectant, or make your own solution of 1½ cups of bleach to a gallon of water.
- Thoroughly wet potentially contaminated areas with disinfectant. Wear rubber gloves, and use a damp cloth to wipe up materials to avoid creating dust, then mop or sponge the area with additional disinfectant.
- Spray any dead rodents with disinfectant and double-bag them, along with the cloths used to mop the shelter or building.
- Clear brush and grass away from foundations, elevate woodpiles and place them 100 feet away from shelters, and rodent-proof enclosed structures.

For hikers and campers:

- Air out and disinfect cabins or shelters before using them.
- Avoid contact with rodents and rodent burrows.
- Do not pitch tents or place sleeping bags in proximity to rodent droppings, burrows, or areas that may shelter rodents or provide food for them.
- Do not sleep on bare ground—use tents with floors or place sleeping bag on ground cloth or mat.
- Practice good sanitation.
- Carry out all garbage and trash.
- Treat water before drinking, cooking, washing dishes, or brushing teeth.

In June 1993, an A.T. thru-hiker became ill in Pennsylvania with HPS. He recovered after spending a month in the Hershey Medical Center, some of that time on respiratory support and kidney dialysis. A year later, he revisited the hospital and gave a blood sample, which the CDC used to confirm hantavirus. It apparently had been contracted in Virginia, but investigators were unable to pinpoint an exact location.

## A.T. Named Planning Landmark



Executive Director Dave Startzell speaks to A.T. club presidents and others at the June 23 dedication of the Appalachian Trail as a national planning landmark by the American Institute of Certified Planners, the Society for American City and Regional Planning History, and the West Virginia Planning Association. The ceremony included local dignitaries and reporters, representatives of the organizations making the award, and a few thru-hikers who had the good fortune to share in the food. From left to right are Dan Schwartz from AMC's Delaware Valley Chapter, ATC Mid-Atlantic Vice Chair Thyra Sperry, and Barbara Wiemann from the Allentown Hiking Club. (ATC photo)



Mid-Atlantic Vice Chair Thyra Sperry and husband, Dick Martin of the Susquehanna A.T. Club. Harpers Ferry Mayor Kip Stowell is in the background. (ATC photo)

# Remembering Bill Foot

The indefatigable Bill Foot died May 19 at age 53, after a life that many of us would never be energetic enough to lead. Past president of the Natural Bridge A.T. Club and a past member of ATC's Board, Bill was absolutely tireless as a hiker, mountain biker, and Appalachian Trail builder. With his wife Laurie, they became "the Happy Feet" and walked the A.T. end-to-end in 1987. In 1997, the Happy Feet again hit the trail and were the first to hike and bike their way across the new American Discovery Trail (ADT), covering 6,300 miles over the course of two years. They traversed the United States on both the ADT's southern and northern routes. Not content just to traverse it, they worked as officers and board members of the fledgling ADT Society. With typical aplomb, they also kept hundreds of e-mail subscribers up-to-date with weekly "Happy Feet bulletins." And, they did this while staying active on the Appalachian Trail and in the Natural Bridge A.T. Club and with other activities too detailed to recount.

With similarly matchless energy and élan, Bill attacked the biggest A.T. projects. He was instrumental in the relocation of the A.T. back onto the summit of Apple Orchard Mountain and helped lead the construction of one of the first two-story shelters on the A.T., at Bryant Ridge. But, his greatest accomplishment will probably be the 625-foot, hiker-only bridge across the James River at Snowden, Virginia. (See related article on page next page.)

For his many contributions to long-distance hiking, Bill was named an honorary life member of the Appalachian Long-Distance Hikers Association. For his work on the A.T., Bill was nominated by his peers in the Natural Bridge Club as one of ATC's seventy-five "Honor Roll Volunteers," chosen this year from among the 4,500 maintainers of the A.T. He was also honored posthumously with the Vibram Award on National Trails Day, June 3, as an outstanding national advocate for trails.

At Bill's memorial service at the First Presbyterian Church of Lynchburg on May 24, Trail folk in attendance were surprised to learn that Bill was accomplished in a number of other fields, including motorcycle racing, billiards, and caving. He even crash-landed an airplane one day! And walked away from it.



Bill and Laurie Foot atop Katahdin.

The Rev. Arthur Fogartie read aloud from Mick Foot's eulogy commending the life of his father:

*For anyone looking to honor my father's life, I can think of no better way than to enjoy your own. Pursue your passions, honor your dreams, and cherish those around you. Live your life so that, whenever you die, you'll be able to look back with satisfaction and think, 'I have lived my life.'*

*"I would also like to tell one story about a caving trip we went on when I was a teen-ager. When you're in a cave, the route isn't always*

*clearly marked. Being the smallest, it was frequently my responsibility to crawl into tiny little holes to see if it "goes." On a trip to a cave called Hell Hole, Dad and I went to the very end of the cave where the mud floor rises to meet the ceiling. However, there had recently been a huge flood and there was a small hole where the end normally was. "See if it goes, Mick," was my dad's inevitable instruction. Somewhat grudgingly, I slithered in, half-hoping to see it dead end. However, it kept going on like that. Fifty yards in, I was starting to get a little nervous as the passage was so small that, if it did stop, there was no room to turn around, and I was going to have to back out the entire way. "It's getting pretty small, I'm not sure how much further I can go," I yelled back, face inches from the packed mud floor. "See if it goes," Dad said predictably. I kept going 100 yards, then*

*150. Seeing how deeply in I was at this point, Dad decided to follow. After about a quarter mile of crawling/slithering, the passage opened up a little and then a little more, and then we were able to stand up and look around. We were in a small room that human eyes had never seen. Off of this room was a booming passage that stretched into the blackness. We had stumbled onto one of the biggest sections of virgin cave to be found in West Virginia in years. My father was beside himself with excitement. We decided to head back out to meet up with friends in the other part of the cave. As we approached his friends, Dad began yelling until he was hoarse. He and others came back to the cave on subsequent weekends and eventually mapped several miles of new passage in that section.*

*"I've read that when people have near-death experiences, they often describe being in a long tunnel. I think Dad's years of caving prepared him well for this journey. I can picture him reaching the end of that tunnel and shouting back to the rest of us, 'It goes!'"*

—Bob Proudman

# The Big Bridge that Bill Built

By Bob Proudman

I first became acquainted with Bill Foot in about 1992, when he started selling the James River bridge idea to ATC's staff and Board. This energetic guy telephones me one day and proposes to bridge the James River for a dollar. "Yeah, right!" I thought. "Who is this lunatic?"

Simply put, Bill did just what he said he would.

Bill proposed building a bridge of more than 600 feet across the James to eliminate an ugly and dangerous roadwalk. He

planned to do this by buying five abandoned railroad piers from Henry Smiley, a mining magnate in Lynchburg. Smiley stipulated that the piers be used by 2001 or revert back to him. Bill could buy the piers "for a dollar"—just like he said.

After this "acquisition," Bill proposed that ATC and the Natural Bridge A.T. Club have the piers appraised. We could use their appraised value as a 20-percent match for 80-percent federal funding from the Intermodal Surface Transportation Efficiency Act (ISTEA) and

later the TEA-21 program. ATC, NBATC, the Virginia Department of Transportation, the U.S. Forest Service, and the National Park Service would work together. It would be the largest foot-use only bridge in the 379 national park units.

Working with ATC staff, Bill hired Hurt and Profitt, an engineering firm, to inspect the piers both above and below the water. H&P had the piers appraised for \$268,000. Except for

Bill's sterling idea, they were otherwise worthless. For the Natural Bridge A.T. Club, he hosted the required public hearing to meet state and federal requirements and wrote four grant proposals, two of which were approved, to the Virginia Department of Transportation, raising \$1.5 million in cash. The values of various donations, including Smiley's piers, staff and engineering work by the Forest Service, and land donated to ATC, make the total project considerably more valuable. To put

things like this together demonstrates true leadership.

The bridge should be completed and dedicated October 14. The Natural Bridge A.T. Club is planning the dedication for 2 p.m. that Saturday and will celebrate its 70<sup>th</sup> anniversary at the same time. It will be a bittersweet occasion for those who had the privilege to love, play, and work with Bill. He did all the hard parts of the bridge work and made it easy for the rest of us to finish. While he won't be there to sip some well-deserved



Crane and existing bridge piers.

champagne, he *will* be there in spirit. How could he not be—a giant of a man who built one giant of a bridge?

If you're in the neighborhood and would like to see how to install four truss spans, each over 156 feet long, camp out at the river in late August or early September.

## New England Region Trail-Skills Workshops

### *Basic Skills for Returning Trail-Adopters*

September 16, Camp Dodge, Pinkham Notch, N.H.

Sponsor: AMC White Mountain Trails Program

Contact: Allison Paules, (603) 466-2721, ext. 192

### *Connecticut Interchapter Workshop and Social*

Sept. 30–October 1, Undermountain Trailhead, Conn. 41,

Salisbury, Conn.

Sponsor: AMC Connecticut Chapter

Contact: Henry Edmonds, (203) 426-6459

### *Appalachian Trail Corridor Monitoring*

September 16, A.T. Homes Road crossing, June Mountain, Mass.

Sponsor: AMC Berkshire Chapter

Contact: Steve Smith, (508) 692-8219, or Cosmo Catalano, (413) 458-5349

### *Beginner Corridor Monitoring*

October 21, Bill Eddy's Camp, Rangeley, Maine

Sponsor: Maine Appalachian Trail Club

Contact: Roger Merchant, (207) 564-2248

# Black Bears in Smokies Kill Woman

Attack Occurred Miles from A.T.

Bears killed a hiker May 21 in the Great Smoky Mountains National Park, about 2.5 miles from Elkmont Campground on the park's Tennessee side. Park officials report that Glenda Ann Bradley was hiking along the Little River Trail with Ralph Hill, her former husband, who left her to go fishing. The 50-year-old Bradley was mauled between 2 and 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 50 yards off the trail. He yelled, threw stones and tried to scare the bears away, but the adult female acted aggressively. At one point, up

predacious behaviors that, while rare, are not without precedent.

According to experts, 43 deadly black bear attacks have been recorded in North America. This was the first bear-mauling death in the park's 66-year history, the first in the history of the U.S. national parks, and the first ever reported in the southeastern United States. It is unusual in another respect, too: ninety percent of human fatalities caused by black bears in this hemisphere have been perpetrated by males, not females.

Seventeen people were injured by black bears in the Smokies in 1989, 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 preyed on people. However, they have hunted 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.

Park 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. "This attack was very bizarre and rare, but, in my estimation, it's as safe now to hike in the park as it ever was," DeLozier said. The park will continue to work with the Smoky Mountains Hiking Club and ATC to remove the bear fences at existing shelters as they are renovated. So far, fences have

been removed at Icewater Springs and Pecks Corner shelters. New food-storage cables have been installed. Also, Birch Springs Gap will be converted to a campsite with no shelter available.

Experts 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 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, fight for your life.

—Bob Proudman



*ATC file photo of a large bear foraging in trash. The bears involved in the Smokies attack were smaller animals.*

to a dozen hikers tried to help. One descended to Elkmont for ranger assistance.

Three National Park Service rangers returned to find the bears still staying close to the body, so they killed them. District Ranger Keny Slay said that necropsies on the black bears performed by the Veterinary Department at the University of Tennessee established that the bears were responsible for the attack.

Preliminary results of an autopsy issued a month later by East Tennessee State University ruled out any chance that something other than the bears killed Bradley. The death was accidental and 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 had placed an orphaned cub with her. At that time, she was not known as a problem bear. However, that changed. The animals reverted to

# The Bruin in New Jersey

By John Wright

At a recent conference on black-bear management challenges sponsored by the New Jersey Division of Fish and Wildlife, officials said that the black-bear population in New Jersey has doubled since 1995 to more than 1,000. It may double again in the next four years. The state is aggressively working 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 reduction of the bear population through a limited hunting season.

With the bear density now approaching one per square mile, coupled with the increasing urbanization of the Kittatinny and Bearfort regions of northwest New Jersey, conflicts with bears crop up more frequently. The total of bear complaints (as opposed to mere sightings) grew from 285 statewide in 1995 to 1,659 in 1999. Approximately half of that total was reported in 1999. The trend of complaints this year is ahead of 1999.

Most of the new complaints are coming from suburban neighborhoods where bears are appearing in increasing numbers. Less than two percent of the complaints in 1999 involved bears along trails or in campgrounds. As cubs come of age, mature males drive them to the east and south, out of the forested areas. State parks and forest personnel have instituted an education program directed at campers and hikers. ATC ridgerunners in New Jersey spend much of their time educating day-hikers and backpackers about bear behavior. At the campsites and shelters along the Kittatinny ridge, hikers will find bear boxes or "bear hangs" to store food.

Bears are a fact of life in New Jersey. Hikers and maintainers should always plan ahead and prepare. The campgrounds and shelters along the Trail are equipped for the safe storage of food and other items, such as deodorant, toothpaste, or sunscreens, that may attract bears. Bear problems along the Trail in New Jersey should always be reported to state forest or park rangers or the National Park Service rangers at Delaware Water Gap. Be aware that bears are intelligent, inquisitive critters; some of them are going to give us problems from time to time. This is a risk we have to accept in bear country.

—John Wright is an associate regional representative for the ATC Mid-Atlantic office.

## ***Bear Encounters***

"The success in fighting off the bear further supports my contention that, under such circumstances, a person should use every inner resource and available weapon (even if it is only your foot or fist) to try to fight off a black bear."

"The Predacious Black Bear," in *Bear Attacks: Their Causes and Avoidance*  
—by Stephen Herrero

A plan and diagrams for a backcountry food-storage cable system have been developed by the Great Smoky Mountains National Park. To obtain a copy, contact Susan Daniels at the address and telephone number on page 2, or by e-mail at <[sdaniels@appalachiantrail.org](mailto:sdaniels@appalachiantrail.org)>.

## **Trail Maintenance Quiz**

Welcome to our Trail-Maintenance Quiz. The answers to the questions are not necessarily definitive but represent generally accepted practices, outlined in ATC's other publications, particularly Appalachian Trail Design, Construction, and Maintenance. If you disagree with any of the answers offered, or have additional advice to add on one of these topics, or even ideas for future questions, please let me know.

—J.T. Horn, Regional Representative, New England

1. The first step on a rock staircase should:
  - a. Be at a location with a slope of less than 10 percent.
  - b. Be at least two-thirds buried.
  - c. Extend to either side of the treadway by several inches.
  - d. All of the above.
2. When building puncheon (bog bridges), you should nail the stringers to the sills:
  - a. Perpendicular to the walking surface.
  - b. At a slight angle.
  - c. At a 45-degree angle.
3. When using a router to make a wooden sign, you should choose:
  - a. The cupped side of the wood.
  - b. The crown side.
4. There are two systems used to measure a slope's steepness—"percent slope" and "degrees." A 45-degree slope is the same as a \_\_\_\_\_ percent slope.
  - a. 15
  - b. 45
  - c. 90
  - d. 100

Answers on page 12

# Volunteer Honor Roll

As part of the observance of the 75<sup>th</sup> anniversary of the Appalachian Trail Conference this year, ATC invited each of the 31 A.T.-maintaining clubs to select members for a "volunteer honor roll." Using a formula based on 1999 Trail-work hours, clubs were asked to select from one to six volunteers to receive this honor. Each club established its own criteria for selecting the volunteers. The Conference itself selected a dozen crew, board, and headquarters volunteers.

A letter from ATC Executive Director Dave Startzell, sent to each honoree in May, read:

*It is my great honor to recognize your noteworthy service to the Appalachian Trail. Your club has named you as one of its most remarkable volunteers as part of ATC's 75<sup>th</sup>-anniversary Volunteer Honor Roll. I am pleased to acknowledge your time and talent with the enclosed certificate and a wristwatch featuring the A.T. diamond. I hope these small mementos mark, in your mind, the place where you stand in a long line of dedicated and talented volunteers who have made the Appalachian Trail a nationally significant place.*

*My congratulations and thanks to you for a job well done!*

## 75th-Anniversary Honor Roll

### Maine Appalachian Trail Club

Barbara Clark  
Steve Clark  
David Field  
Lester Kenway  
John Morgan  
Chris Wolfe

### Appalachian Mountain Club

Douglas Christie  
Bill Steinmetz

### Dartmouth Outing Club

Bert Gilbert  
Hunter Rieseberg

### Green Mountain Club

Kate Donaghue  
Kimball Simpson

### GMC Long Trail Patrol

Dave Arnell  
Joe "Cool Breeze" Fenelly

### AMC Berkshire Chapter

Steve Abell  
Peter Rentz

### AMC Connecticut Chapter

Norm Sills

### New York–New Jersey Trail Conference

Paul DeCoste  
Ron Rosen

### Wilmington Trail Club

Edward Sohl

### Batona Hiking Club

Robert Raine

### AMC Delaware Valley Chapter

Joe Bell

### Philadelphia Trail Club

Ed Kenna

### Blue Mountain Eagle Climbing Club

Andy McClay  
George Shollenberger  
Jean Weiser

### Allentown Hiking Club

Richard Snyder

### Brandywine Valley Outing Club

Howard C. Simpkins

### Susquehanna Appalachian Trail Club

Ralph Kinter

### York Hiking Club

R. Ronald Gray

### Cumberland Valley Appalachian Trail Club

Dave Barr

### Mountain Club of Maryland

Paul Ives

### Potomac Appalachian Trail Club

Chris Brunton  
Charles Graf  
Warren Sharp  
Paula Strain

### Old Dominion Appalachian Trail Club

Fran Leckie

### Tidewater Appalachian Trail Club

William S. Rogers  
Otey Shelton

### Natural Bridge Appalachian Trail Club

Bill Foot  
Sam A. Ripley

### Roanoke Appalachian Trail Club

Hal Cantrill  
Charles Parry

### Outdoor Club at Virginia Tech

Keith Astoria

### Piedmont Appalachian Trail Hikers

Bill Boudman  
Gordon Burgess

### Mt. Rogers Appalachian Trail Club

David O. Thomas  
Nerine Thomas

### Tennessee Eastman Hiking Club

Darrol Nickels  
Frank Oglesby  
Ed Oliver

### Carolina Mountain Club

Jane Blodgett  
Phillip Smith

### Smoky Mountains Hiking Club

Jim Botts  
Lionel Edney  
Phyllis Henry  
Bill Kerr  
Dick Ketelle

### Nantahala Hiking Club

Jack Coriell  
Kay Coriell

### Georgia Appalachian Trail Club

Margaret Drummond  
Marianne Skeen  
Rosalind Van Lanningham

### Appalachian Trail Conference: Southern Volunteer Crew

Charlotte Crittendon  
Robert Marchand  
Dean Sims

### Appalachian Trail Conference: Mid-Atlantic Volunteer Crew

Sylvia Swain  
Greg Walter

### Appalachian Trail Conference: Rocky Top Volunteer Crew

Jerry Forrider  
Linda Forrider

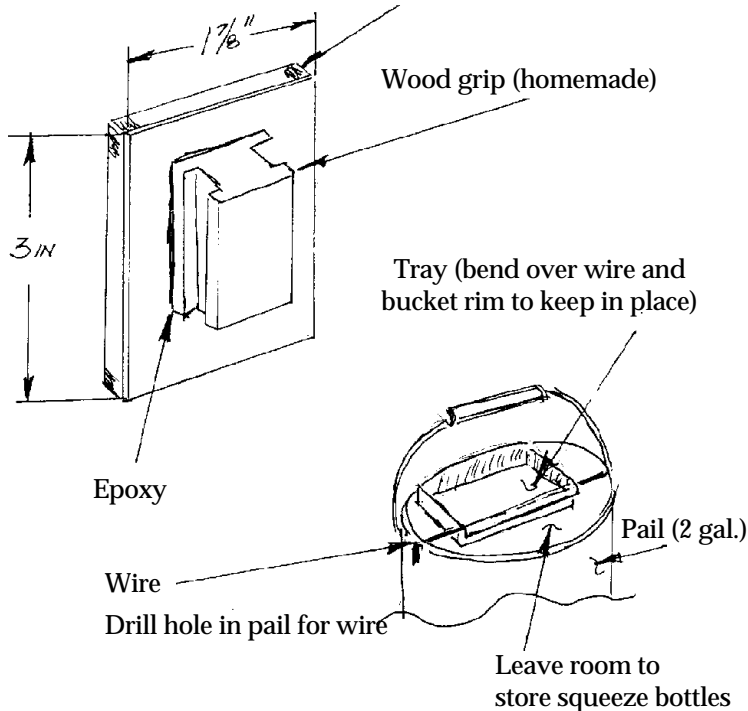
### Appalachian Trail Conference: Headquarters, Bears Den, Board of Managers

Marian "Tockie" Baker  
Sara H. Davis  
Raymond F. Hunt  
John Killam  
Peter Richardson

# Make This Tool for Easy A.T. Blazing

By Helmut Schneider

Shure-Line replacement pad (available from paint store)



- Use a small (two-gallon) plastic pail to carry the paint scraper and squeeze bottles.
- On top of the pail, use a tray, one-half inch deep, made from an aluminum food dish, supported by a wire (from coat-hanger).
- Carry the paint in small squeeze bottles (use hair-product bottles).

## How to use the blazing tool:

Scrape loose bark off the tree trunk. Squeeze paint into the tray and dip in the tool. (To prevent dripping, don't use too much paint.) Put blazing tool on the cleaned trunk surface and move it up or down the length of the tool. You will have a perfect two- by six-inch blaze. Carry a container and water in your car to wash out the tool—it can be used over again.

Happy blazing!

*Helmut Schneider is a trail maintainer with the Union County Hiking Club in New Jersey. The idea for the blazing technique came from Mike Rea, Orange County, N.Y., Trail overseer for the New York–New Jersey Trail Conference.*

## REPEAT OFFENDERS...

*Continued From Page 1*

Each year, a hefty number of the volunteers on the crew are "repeat offenders" (alumni of past years' crews) such as Kerry. They know they're in for hard labor, and they come again anyway. Their presence on the crew is an enormous help in meeting the program's training goals. With experienced alumni present, crew leaders can split off small groups to tackle separate projects, such as a turnpike or a set of steps. That gives the less-experienced crew members good one-on-one field training in various techniques.

So, who are these incorrigibles of the crew program? During the first week of the 2000 Konnarock season, we had Bill Waite, a retired 28-year Forest Service soil scientist on his fourth crew season. Sarah Jane Lee and Ed Clayton, both from the Mt. Rogers A.T. Club, have six and eleven years of experience, respectively. Nineteen ninety-five thru-hiker Katie Flynn is in her fourth crew season. Randy Sample was on crew for the seventh year. He has been an AMC member for 32 years and presently works with Piedmont A.T. Hikers. Joy Berg did her first week on crew while she was the supervisor of the Jefferson National Forest. Now in the U.S. Forest Service's Washington, D.C., office, this is her sixth year on crew. ATC Southern Regional Vice Chair Jim Hutchings can usually be found at Sugar Grove during our crew "old home week," working either as a crew member or putting in his five days on crew with his home club, the Roanoke A.T. Club. This year, Hutchings earned

his eleventh crew T-shirt. Jeroen and Chris Droogh are in their third year, after piloting their boat from the Netherlands.

Even our crew leaders have all come to us as volunteers. This is Susan Guida's second season as assistant crew leader, but her fourth on crew. Assistant crew leader Jennifer Drinkwater is in her first staff season after two years as a crew volunteer. Both crew leaders, Andrew Moores and Josh Adams, started as volunteers and have now been leaders for not only Konnarock, but also the Rocky Top and mid-Atlantic crews, respectively. Camp Coordinator Janet Gibbons (whose cooking is one of the real secrets to securing return volunteers) started as a volunteer in 1992, joined the Konnarock staff in 1996, and has worked as staff member and volunteer on the Rocky Top and mid-Atlantic crews and as a ridgerunner at the Mt. Rogers National Recreation Area, too.

Since its inception in 1983, the Konnarock crew program has had two clear missions: to assist local maintaining clubs with the backlog of needed major projects and to spread information on the best, longest lasting techniques for trail construction. The mix of seasoned veterans, new volunteers, exceptional staff, and an infusion of club volunteers each week are the secrets to success for meeting Konnarock's twin goals.

Sure, it's hard labor. But, it's the kind of willing help that money can't buy. And, year after year, it makes a huge difference to the Trail.

The Delaware Water Gap National Recreation Area has released Japanese ladybird beetles in two locations in an effort to control hemlock woolly adelgid infestations. The adelgid was first reported in the East in the mid-1950s and last year was documented in 11 eastern states, from North Carolina to Massachusetts. Almost half of the hemlocks in New Jersey are suffering moderate to severe infestations. Laboratory and field experiments have shown the Japanese ladybird beetle to be an effective predator of adelgids, reducing populations, surviving throughout the year, and reproducing where it has been released in Connecticut, New Jersey, and Pennsylvania. It is not known whether the beetles will suppress adelgid populations over many years or disperse and reproduce beyond their immediate release sites.

## SIDE TRAILS

The American Hiking Society (AHS) awarded \$42,000 in National Trails Endowment grants to 14 trail clubs this year. Awards ranged from \$1,000 to \$8,700. ATC received \$1,000 to help fund natural-heritage inventories in New York and New Jersey. The endowment, a permanent fund established by AHS in 1997, awards grants to hiking groups, land trusts, and other

nonprofits to establish, protect, and maintain foot trails. Since its inception, the fund has provided more than \$150,000 for trail projects. For criteria and

application information, call AHS at (301) 565-6704 or e-mail <nate@americanhiking.org>.

A rare paralysis that can be mistaken for Guillain-Barré syndrome can be carried by common dog and wood ticks. The disease is caused by a neurotoxin secreted by the tick. It is usually seen in children under 12 years of age—the larger body mass of most older children and adults decreases the chance of getting the disease. A recent issue of the *New England Journal of Medicine* reported a case of a young girl who in the course of one day became unable to walk and required supplemental oxygen. She was tentatively diagnosed with Guillain-Barre syndrome, but a pediatrician aware of tick paralysis used a fine-toothed comb and found an engorged tick on the child's scalp. Within a day of its removal, the paralysis disappeared. Anyone who suffers rapid-onset paralysis should be carefully examined for a tick that might be the source of the illness.

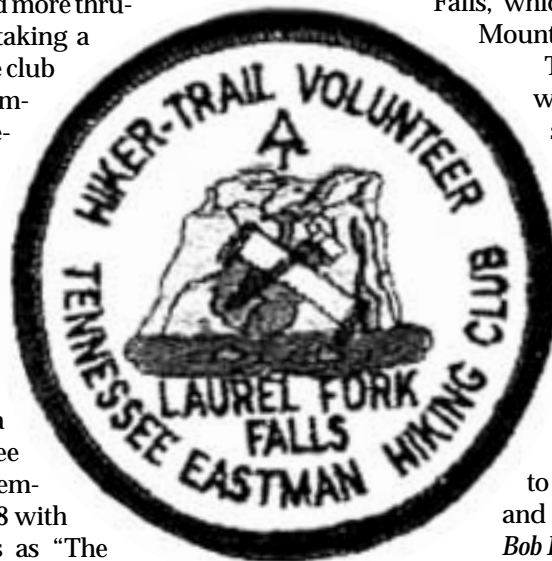
## Hiker-Trail Volunteer Patch Now Available from TEHC

By Bob Peoples

Last summer, members of the Tennessee Eastman Hiking Club (TEHC), which has responsibility for maintaining 127 miles of the Appalachian Trail where it crosses northeastern Tennessee, began to notice that more and more thru-hikers and long-distance hikers were taking a few hours off from their hikes to help the club maintain its section of the A.T. Club members decided that they wanted to do something special to recognize the work hikers do to maintain the A.T.

One suggestion was to award a special patch to thru-hikers and long-distance hikers who show their support of the A.T. by working on Trail maintenance. This idea was discussed in June 1999 while TEHC maintainers were working with the Konnarock crew on a reroute near Doll Flats in the Cherokee National Forest. Two Konnarock crew members, sisters who had thru-hiked in 1998 with their mother and three other siblings as "The Family," volunteered to design something special. Marty

Allen ("The Artist") designed, and Sara Allen ("Rosey") lettered, a "Hiker-Trail Volunteer" patch depicting a crossed crosscut saw and mattock superimposed over Laurel Fork Falls, which is located on the A.T. in the Pond Mountain Wilderness Area.



TEHC was pleased with the design and, when the final 1999 manpower statistics showed that 30 thru-hikers and long-section hikers contributed 160 hours of trail maintenance, placed an order for the six-color fabric patches. Starting with the 2000 hiking season, any thru-hiker or long-section hiker who works on the Trail for eight hours under the supervision of a TEHC maintainer will be entitled to receive one.

The first two patches were awarded to 2000 thru-hikers Ron Batchelor ("Seiko") and Bob Sylvester ("The Slyman").

*Bob Peoples owns the Kincora Hostel west of the A.T. near Hampton, Tennessee.*

The **Appalachian Mountain Club (AMC)** has named Margaret "Peg" Brady its director of conservation programs. Brady will oversee AMC's conservation

initiatives in such areas as land protection, air quality, trail maintenance, and water resources. Brady went to AMC from the Massachusetts Executive Office of Environmental Affairs, where she served most recently as the senior executive manager within the Department of Environmental Protection's Bureau of Strategic Policy and Innovative Technology. In the nonprofit sector, Brady was director of Massachusetts Audubon, North Shore, and previously worked as director of land use for Save the Bay in Providence, Rhode Island. Brady holds a master of science degree in botany and a bachelor's degree in natural resources, both from the University of Rhode Island, and was graduated in 1995 from the senior management program at the John F. Kennedy School of Government at Harvard University. She has served on boards and committees for the National Academy of Sciences, the National Oceanographic and Atmospheric Administration, and the Coastal States Organization, among others.

The **Potomac Appalachian Trail Club** worked in cooperation with Michaux State Forest to clean up a dump site near Big Flat in Pennsylvania this spring. The site was on National Park Service-owned land that is surrounded by the forest. Eight members of the Phi Gamma Delta fraternity of Gettysburg College joined PATC volunteers in the project. The forest staff hauled away trash and appliances that had been dumped at the site. The state Bureau of Forestry paid the tipping fees for taking the trash to the dump. At the same time, PATC installed a signboard (funded by ATC) beside the Trail along Shippensburg Road.

Laura Bliss of the **Natural Bridge Appalachian Trail Club** was one of a group of club members who hiked the three-mile Little Rocky Row Trail from U.S. 501 to the A.T. in March. Bliss, who is more than 80 years old, recalled that this was the same hike

## ALONG THE TRAIL

she first made with the club 55 years earlier. The club has grown from 35 members to more than 500 today. Bliss's love of hiking has taken her to

many exotic places around the globe, including Mt. Etna in Sicily, the Cordillera Blanca in Peru, and Mt. Kilimanjaro in Tanzania.

The **Mt. Rogers Appalachian Trail Club** celebrated its 40<sup>th</sup> anniversary February 26, looking back to its founding on February 29, 1960. Seventy-seven club members and guests attended the potluck dinner, including six of the club's 23 charter members. Louise Hall, the club's oldest living member and considered its founder (along with her late husband, George), attended along with Blair Keller, Jr., Gilda Keller, David George Thomas, Nerine Thomas, and David O. Thomas. During the evening, the club was recognized by Elizabeth Merz, area ranger for the Mt. Rogers National Recreation Area, for contributing more than 3,200 hours of volunteer work on the A.T. in 1999. Awards were presented to individuals who worked many hours in behalf of the U.S. Forest Service by Tim Eling, trails and wilderness forester with the recreation area.

The Pecks Corner Shelter is being remodeled by the **Smoky Mountains Hiking Club (SMHC)**. The project is funded by a grant from the Richard Haiman Foundation that included funds to pay for a helicopter to deliver materials. More than 7,000 pounds of materials were flown to the shelter site in two trips. SMHC volunteers Phillip Royer, Bill Kerr, Mac McNutt, and Jim Goddard estimated material costs, arranged to purchase the materials, and had them delivered to the site. Mike Faith, Ted Flach, and Ollie Schwartz prepared the site for the helicopter drop, clearing briars and blowdowns and marking the site with an orange-fabric "X." The first drop, carrying 25-foot-long ridgepoles, was placed right on the mark. The second drop was made after dark but was still virtually on target. George Minnigh of the Great Smokies National Park cut posts of locust wood to be used for hitching racks at the shelter.

## Presidents Find Common Goals During June 23-25 Meeting

By Bob Proudman

Representatives of 28 A.T.-maintaining clubs came to Harpers Ferry June 23-25 for the ninth presidents' meeting, an event that takes place during even-numbered years, alternating with the biennial general business meetings of ATC. When the group was asked how many of the officers present had held their positions more than five years, fewer than a half-dozen raised their hands, indicating a healthy turnover in club leadership.

Though they reside in such far-flung towns as Farmington, Maine, Greensboro, N.C., Reading, Pa., and Atlanta, Ga., the club presidents shared common visions for the Trail—a footpath that binds them and their organizations with ATC in a shared mission. Perhaps the key "intangible" of the meeting was this mission's renewal. Links were made, bridges built, and

ideas shared. In this last presidents' meeting of the millennium, opportunities for reenergizing members and each other became clearer as the participants looked along the Appalachian Trail toward the future—a future that will be built by the Trail's volunteer stewards.

The theme of the meeting echoed that of 1998—volunteer recruitment, development, and training. Due to his popularity, ATC again retained Edward Clark as meeting facilitator. Besides working as cofounder and director of the Virginia Wildlife Center, Clark is an expert motivator who galvanizes volunteer leaders with his repertoire of ideas and techniques for improving volunteer opportunities and satisfaction.

—Continued on Page 12

## Answers to Trail Maintenance Quiz

Continued from page 7

1. d. All of the above. A rock staircase needs a strong foundation. This is best accomplished by starting from a point where there is a gentle slope (instead of mid-slope) and working your way up. This "base step" should also be the largest rock you can manage and be at least two-thirds buried, so it is not undermined as soil continues to erode. Any rock staircase should extend several inches off the treadway or have enough "scree" or "side rock" to ensure that hikers don't walk around the staircase.

2. b. At a slight angle. Puncheon needs to feel solid and must not slide, wiggle, or wobble when walked on. By putting a slight angle in the nails used to secure the stringers to the sills, the maintainer gets more bite when there is torque applied to the stringer. In general, a five- or ten-degree cant is all that is needed to accomplish this.

3. b. All milled lumber has a natural cup and a crown. The way to tell is to look at the end of the board and see whether the tree's rings are curving toward the usable side (cupping) or away from the usable side (crowning). You should always use the crown side up when routing a sign. A board that is cupped from warping will cause the router bit to bridge the sign face, decreasing the cutting depth and making an irregularity in the sign.

4. d. 100 percent slope.

## PRESIDENTS FIND COMMON GOALS ...

Continued From Page 11

"Fur-flying incidents"—a euphemism for the disagreements and conflicts that arise in any organization—were first on the agenda. Eddi Minche and Marty Lawthers shared examples from GATC and GMC, respectively. The presidents reviewed a number of conflicts experienced by their organizations, with Clark analyzing how they were handled or could have been handled better. He highlighted a number of organizational dynamics in the process and was able to poke some fun at the presidents at the same time.

Mike McCormack, chair of the Board's Recruitment, Development, and Training Committee, followed Clark to the podium and described the committee's proposed volunteer recognition program, which has been under study for several years. The proposal would recognize volunteer hours at various levels up to more than 5,000 hours (which reflects more than several years of regular work), if individual clubs decide to participate and are willing to track the hourly data. It could include length-of-service awards for 25, 50, and possibly even 75 years of continuous service to the A.T. Special awards to volunteers or agency personnel for outstanding accomplishments may be developed. Those special awards would be made according to three "mission areas" of ATC's strategic plan—protecting and managing the A.T.; providing for the public appreciation, safe use, and enjoyment of the A.T.; and building up the capacity of the Conference or individual clubs as organizations. In a straw vote, the presidents supported the idea unanimously.

On Saturday afternoon, the group broke into regional caucuses and sessions to discuss such topics as new draft regulations for trail access by the disabled, how best to work with ATC's Land Trust, and managing special natural and cultural resources.

On Sunday, the presidents discussed the necessity of improving longer-range budgeting for major capital improvements, such as pedestrian bridges across roadways or new shelters, and representatives from the University of Vermont and Penn State University previewed the results of a 1999 visitor-use study on the Appalachian Trail. The last items of business included a "town meeting," where the group reviewed current events and concerns, such as additional ideas for rewarding meritorious conduct, improving training and leadership development for officers and volunteers, considering a "Grants-for-Education" initiative at ATC, and discussion of current legislative matters affecting outdoor recreation.

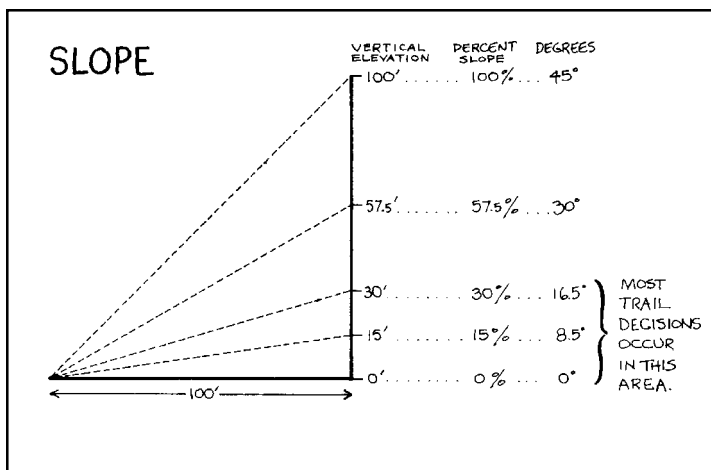
The presidents left the meeting with many new ideas to enhance volunteer responsibility, volunteer recognition, and just plain fun in their clubs. ATC's renewal of the issue of "volunteer care and feeding"—always a principal goal of the Conference—will help meet the future's Trail-management challenges.

## ATC 2001 Grants Deadline Postponed to September 15

The application deadline for Grants to Clubs and Grants for Outreach announced in the spring issue of *The Register* has been pushed back to September 15. Awards will still be approved at the November Board of Managers meeting, and payments made early in 2001.

Because this is the first year of administering grants under a new committee structure, the mailing of application materials to the maintaining clubs was significantly delayed, resulting in the postponement of the deadline. In future years, application packets for both programs will be mailed in the spring, with an application deadline of July 15.

To receive application information and forms, contact Susan Daniels at ATC (or e-mail <[sdaniels@appalachiantrail.org](mailto:sdaniels@appalachiantrail.org)>).



# Shenandoah National Park Implements New Backcountry Camping Regulations

After several years of intensive park and public scrutiny and input, Shenandoah National Park has adopted new “user-friendly” backcountry regulations officials hope will be more effective. They have asked that backcountry campers help preserve the park’s natural conditions by obeying the new regulations and using Leave No Trace practices.

Rather than being prohibited, as in the past, from using existing backcountry campsites, particularly those located out of sight of trails, campers are now encouraged to use them. If an established campsite can’t be located, camping in a “pristine” area is permitted, and Leave No Trace camping techniques are strongly encouraged.

Campers are required to camp at least 20 yards from park trails and fire roads. Most other existing camping regulations will remain. Campsites now must be at least 10 yards from streams or natural water sources; 100 yards from cabins, shelters, huts, and other facilities, unless they are at park-constructed, designated campsites (at the A.T. huts); and at least 50 yards from another camping party or “no camping” post or sign. Lastly, because park managers are concerned about campsite damage to historical cultural sites, campers are required to camp at least 50 yards from standing building ruins, such as old chimneys and house foundations.

In the past, distances were often expressed in terms of feet—camping 100 feet from a trail, for instance. Now the park uses yards. Because a yard roughly equals one long stride, this measurement makes distances more practical for the average hiker to compute.

The regulations were developed with assistance from the School of Natural Resources at Virginia Tech. They are based on proven scientific backcountry-campsite impact-management strategies and are designed to minimize damage to natural conditions while simultaneously enhancing visitor freedom and satisfaction in campsite selection and use. Regulations will be less strict along those park trails that are underutilized and more strict on popular backpacking trails, such as the A.T. Shenandoah National Park is a national leader in the Leave No Trace program of outdoor ethics and skills and has integrated LNT into its public-education offerings to help promote the most sensitive and practical backcountry use.

Backcountry camping permits still will be required for all backpackers. They are available by mail and at various park permit-issuing stations—but only during regular business hours, to discourage hikers from arriving late in the day. It can be difficult and dangerous to locate a legal campsite after dark. A.T. hikers may continue to self-register for permits on the A.T. near Chester Gap at the north and Rockfish Gap at the southern end of the park.

As part of the park’s backcountry and wilderness management plan, the backcountry camping permit system is being upgraded and computerized to improve information collection and analysis. The National Park Service will use it, as well as routine monitoring and management, to mitigate new impacts as they arise. Those data can prove critical by highlighting problem areas where management can enhance the park’s ability to limit the number of already impacted, usable sites and avoid proliferation of inappropriate sites in sensitive locations. New park-constructed, designated campsites are being installed at the heavily visited Appalachian Trail shelters, known as “huts” in the park, to accommodate the peak loads that travel along the A.T.

The park’s new backcountry camping regulations are available on the Potomac Appalachian Trail Club Web site at <[www.patc.net/snp\\_page.html](http://www.patc.net/snp_page.html)> and will soon be available on ATC’s Web site <[www.appalachiantrail.org](http://www.appalachiantrail.org)> as well. Questions may be directed to the park’s backcountry office at (540) 999-3189.

## Study Says Biodiversity Limits Lyme Disease

(Reprinted from The Roanoke Times)

Scientists have known for years that any ecosystem, such as a forest, a wetland, or a river, is healthiest when it has an abundance of plants, animals, and other native creatures. A new study suggests that greater biodiversity may have human benefits, too.

The study by three New York researchers found that Lyme disease was less likely in areas where the forests had a greater diversity of small mammals.

The study was published in the June issue of the journal *Conservation Biology*. A computer model was used to illustrate how the loss of diversity among small mammals in the forests of the eastern and central United States could produce an increase in Lyme disease in humans.

Ticks are born without the Lyme-disease bacteria. They become infected when they hop on small mammals, especially white-footed mice, which are abundant in the forests of central and eastern United States. The mice are commonly infected with the bacteria and can readily pass it on to the ticks.

Using a computer model, the researchers illustrated how increasing the number of small-mammal hosts for the deer ticks would significantly reduce the infection rate of ticks. Having more animals to feed on dilutes the chance that Lyme disease will be spread by the white-footed mouse.

Those results, the researchers added, were supported by other findings that had shown Lyme disease was less prevalent in East Coast areas with a greater diversity of small mammals.

When forests are fragmented by clearings for farm fields or urban development, the white-footed mouse thrives, most likely because of a decrease in the number of predators, such as barred owls and bobcats.

The researchers added that increased biodiversity also might reduce the risk of other diseases, including plague and West Nile encephalitis, that are transmitted by insects and other means.

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# A Crosscut-Saw Workshop

By Bill Rogers

(Reprinted from *Appalachian Hiker*, newsletter of the Tidewater Appalachian Trail Club)

*Editor's Note: The U.S. Forest Service manages more than 400 federally designated wilderness areas, totaling 40 million acres nationwide and including 25 areas crossed by the A.T. Motorized equipment, such as chainsaws, is prohibited, but, despite the added difficulty of maintaining those designated wilderness areas, ATC has long supported Forest Service management of them. ATC has also supported potential wilderness areas and recommended wilderness areas, study areas and—most recently in the news—roadless areas. Effective volunteer maintenance of the Appalachian Trail requires that ATC and its cadre of volunteers become proficient in the use of 19<sup>th</sup>-century tools, such as axes and crosscut saws. The Conference strongly encourages all maintainers to develop those skills. (See related notice on page 16 in this issue of The Register regarding tentative scheduling of Forester Mike Davis' crosscut-saw sharpening and reconditioning workshop. If interested, please contact Ben Lawhon at ATC's Asheville, N.C., regional office.)*

Over the weekend of March 17–19, eight interested and hard-working A.T. club members took part in a really marvelous crosscut-saw workshop sponsored by the central and southwest Virginia regional office of the Appalachian Trail Conference. The workshop combined classroom work with hands-on saw and ax work and was extremely educational.

Friday morning, Regional Representative Mike Dawson and I hiked to Maupin Field Shelter, then down the Mau-Har Trail to a big blowdown just past a loading platform. Dawson was able to find plenty of varied work for the workshop. After returning to the shelter, we hiked up onto Bee Mountain to discuss that eroded Trail section.

Over the weekend workshop, we learned about the various types of saws, their uses, their advantages and disadvantages, and which ones to avoid like the plague. Friday evening was spent examining and evaluating various saws. Saturday, we did classroom work and then learned about the care and use of crosscut saws and how to recognize a good saw at a flea market. Then, we went outside for hands-on experience, as we sawed some logs into usable firewood. We talked about “tree lean,” cutting the notch, and Safety! Safety! Safety! We picked and felled a couple of dead trees and avoided felling a likely “widow-maker.” The day was an absolutely beautiful, sunny winter day, finally reaching about 28 degrees in the afternoon. A few bloodroot flowers were in bloom. There was ice below two springs.

Saturday evening, we hiked some equipment out to our vehicles to make Sunday-morning preparations a bit faster. Our short, round-trip hike was lit by a beautiful full moon.

Sunday, after packing personal gear and cleaning our cabin, we headed out to the Blue Ridge Parkway and in to Maupin Field Shelter. Our training exercise was to remove blowdowns on the Mau-Har Trail, from the shelter down to just below the loading platform. On last autumn's club maintenance trip, we had left a few blowdowns just for this purpose. But, it seems that

these still had a bit of “life” left in them—they had multiplied over the winter.

We divided into two teams, leapfrogging down the trail as we removed blowdowns. Many of them were supported above the ground, requiring lots of wedging. Some were flat, some were angled, some were relatively small (some were not), and two were robust 30-inchers. Slowly but surely, ever safety-conscious and taking our time, we cleared blowdown after blowdown on a dull, cloudy, and threatening day. Mountaintops above us were frost- and ice-covered from being cloudbound during the cold night.

One blowdown had a small knothole just a few feet from where we were cutting to remove a log section over the trail. Every once in a while, a small mouse would poke its head out to see what was going on and to see just who these monsters were that were shaking its house. Nuts left at its entrance were quickly removed to safer storage within the log. We hope that our mouse family had a pleasant spring. On the way back up-trail, a single yellow violet presaged the arrival of spring. A few star flowers were in bloom.

We owe many thanks to Associate Regional Representative Teresa Martinez for coordinating the workshop, to Janet Gibbons for cooking and for pulling her share on the crosscut saws, and to Mike Dawson for passing so much useful and needed knowledge on to us club folk. Thanks also to folks from the Old Dominion A.T. Club, Natural Bridge A.T. Club, and to our own Tidewater A.T. Clubbers for giving of their time to participate in the workshop!

P.S. If you have the chance to attend an ATC workshop or to work with an ATC Trail crew, do it. The experience cannot be surpassed, and the knowledge you gain is great for you and your club.

## Volunteer Positions

**Volunteers are still needed for fall Appalachian Trail crews.** There are openings with the FORCE crew in Maine, the Long Trail Patrol in Vermont, the Pennsylvania-based mid-Atlantic crew, and the Rocky Top Crew in the Great Smoky Mountains National Park. No experience is required—professional crew leaders instruct participants in Trail-building techniques. To learn more about the crew program and to request an application, send a postcard with your name and address to: Crews, ATC, TR-00C/D, P.O. Box 10, Newport, VA 24128; call (540) 544-7388; or e-mail <crews@appalachiantrail.org>, and ask for a crew brochure.

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## Training the Trainers

### Leave No Trace: A Student's Perspective

By Bill Rogers, Tidewater Appalachian Trail Club

An e-mail alerted me to a Leave No Trace (LNT) "Train-the-Trainer" course to be conducted in June 2000 in the northern portion of the Shenandoah National Park by Susann and Stephen Paige, the Subaru-Leave No Trace "Traveling Trainers Team East." Those folks are superlatively suited to this task with their hiking experience, knowledge, enthusiasm, and background as Peace Corps workers in Guatemala.

Our group was small, as the course was held during the work week. It included me, from the Tidewater A.T. Club, and seven male and female Boy Scout leaders. Boy Scouts of America has fully adopted LNT, and it was great to see such interest from the leaders. By stressing those techniques with their scouts, they will do much to benefit all hiking areas, including our beloved A.T.

We participated in the classroom, outdoor, and hands-on hiking and discussion. Part of the requirement was for each of us to give a five- to ten-minute presentation. You'd be surprised at what we learned from the other participants, as well as from the Paiges. For an extra touch of realism, three black bears wandered through the campground during the entire course, but they were just foraging and did not bother us or any of the campsites.

The Traveling Trainers will provide courses like the one I took. They also offer walk-by programs at trade shows and the like, one-hour slide/video shows and short training exercises at outdoor retail venues, training sessions, greetings at popular trailheads, and school and youth-group sessions. The Traveling Trainer course I took cost \$10 to cover communal snacks, a supper, and breakfast. Additionally, it cost me two days' pay and more than 400 miles of travel. Was it worth it? You betcha!

There are two Subaru-Leave No Trace Traveling Trainer Teams. Team East covers east of the Rockies, and Team West covers the states west of those hills. For their biographies, their journal, and other information, visit <[www.travelingtrainers.org](http://www.travelingtrainers.org)>. The program is made possible by Subaru of America, which provides vehicles and generous funding to help operate the program, and L.L. Bean, which provides equipment and apparel to keep the teams warm and dry while on the road. Many thanks to both for a really good program. For information on Traveling Trainer courses or appearances, contact Amy Mentuck at <[Amy@LNT.org](mailto:Amy@LNT.org)> or (303) 442-8222.

Leave No Trace, Inc., offers posters, videos, fourteen different skills and ethics booklets, LNT plastic reference cards, patches, lapel pins, T-shirts, baseball caps, etc. For general LNT information, see <[www.lnt.org](http://www.lnt.org)>. For other information, and to price and order materials, contact Kristen Sauer, Leave No Trace, P.O. Box 977, Boulder, CO 80306; voice (303) 442-8222; toll-free (800) 332-4100; Fax (303) 442-8217.

### Leave No Trace: A Teacher's Perspective

By Teresa Martinez

In the fall of 1998, ATC adopted the principles of Leave No Trace (LNT) as an educational tool for reducing the impact of visitors on the Trail environment and became a national partner of Leave No Trace, Inc. In support of that action, the Conference provided training opportunities to its staff to become "Masters of LNT," who would then help ATC incorporate LNT into its programs. Currently, ATC has five masters on its staff: Ben Lawhon, associate regional representative for the Deep South; J.T. Horn, New England regional representative; John Wright, associate regional representative for the mid-Atlantic region; Laurie Potteiger, information services coordinator; and me.

As LNT masters, Lawhon and I wanted to spread the LNT message to clubs of the southern region and included two "Train the Trainer" courses in this year's regional training program schedule. The first course was held in March at the Mt. Rogers National Recreation Area in Virginia. Eight participants, including an Outdoor Club at Virginia Tech volunteer and five managers from Mast General Store (a local outfitter), braved the cold March weather to successfully complete the course and become LNT trainers.

In May, we held a second "Train the Trainer" course for the 2000 southern-region seasonal staff. This included crew leaders and camp coordinators for the Konnarock, Rocky Top, and mid-Atlantic crews, as well as the ATC ridgerunners for Georgia, the Great Smoky Mountains National Park, and the Mt. Rogers National Recreation Area. Again, the course went well. The seasonal staff has since been living the principles and spreading the LNT message to hikers met along the Trail and in the crew program.

Most recently, we conducted a course June 15-19 in the Nantahala National Forest in western North Carolina. That course drew 11 participants from all over the Southeast, including members of the Georgia Appalachian Trail Club, ATC ridgerunners, outdoor retail-store managers, a Girl Scout adult trainer, and even a member of the Board of Managers. The course was based at the Rocky Waters Campground and used sites along the A.T. on Wayah Bald and a mile south of the Nantahala Outdoor Center. Course participants taught sessions, and we had many memorable "teachable moments" throughout the weekend.

Due to the overwhelming demand for the trainer courses, we have planned another in September in northern Georgia.

If your Trail club is interested in hosting a course, please contact the regional office nearest you to get on the 2001 training schedule. And, remember to Leave No Trace!

Teresa Martinez is ATC's associate regional representative for central and southwest Virginia.

#### **The Seven LNT Principles**

1. Plan ahead and prepare.
  2. Travel and camp on durable surfaces.
  3. Dispose of waste properly.
  4. Leave what you find.
  5. Minimize campfire impacts.
  6. Respect wildlife.
  7. Be considerate of other visitors.
- Be thoughtful: **Leave No Trace!**

## Crosscut Saw Sharpening and Reconditioning Workshop

The Forest Service is tentatively planning to conduct a three-day workshop during weekdays in early November in central Virginia. The workshop, conducted by Mike Davis, USFS wilderness technician from the Cohutta Ranger District in Georgia, will focus on maintenance, sharpening, and care of crosscut saws. It will not cover operation of the saw in the woods. Participants should have some experience in the use and care of crosscut saws and should come to the class with a saw-vice, crosscut saw, and any sharpening tools they have. The workshop is primarily hands-on sharpening and reconditioning work. Class size is limited to six. Additional sessions of this workshop may be scheduled for the future, depending on interest.

If interested, contact Associate Regional Representative Ben Lawhon at (828) 254-3708 or by e-mail at <[blawhon@appalachiantrail.org](mailto:blawhon@appalachiantrail.org)>. Specific information will be distributed when it is available. Please indicate whether you are available for a weekday session (Monday to Wednesday, or Tuesday to Thursday) or a long-weekend session (Friday to Sunday). The initial session will be held weekdays, but future sessions may be scheduled differently, depending on interest.

# ATC CALENDAR

## 2000

- September 2-3 Southern Region Multiclub Meet, Appletree Campground, N.C.  
September 29-  
October 1 End of the Trail Festival, Millinocket, Maine  
October 1 Copy Deadline, Winter Issue of *The Register*  
October 8-10 ALDHA Gathering, Pipestem, W.Va.  
October 14 Natural Bridge Appalachian Trail Club 70<sup>th</sup> Anniversary and Dedication of James River Bridge  
October 19-22 National Land Trust Rally, Portland, Ore.  
October 21 Mid-Atlantic Regional Management Committee Meeting  
October 28-29 New England Regional Management Committee Meeting  
November 17-19 ATC Board of Managers Meeting, Harpers Ferry, W.Va.

## 2001

- January 1 Copy Deadline, Spring Issue of *The Register*  
March 23-25 Southern Regional Management Committee Meeting, Camp Cheerio, Elkin, N.C.  
April 1 Copy Deadline, Summer Issue of *The Register*  
July 13-20 ATC Biennial Meeting, Shippensburg University, Shippensburg, Pa.

## 2000 Volunteer Trail Crew Schedules

- Through September 6 FORCE (Maine)  
Through September 22 Long Trail Patrol (Vermont)  
August 31-October 23 Mid-Atlantic Crew  
September 1-October 22 Rocky Top Crew (Great Smoky Mountains National Park)

**APPALACHIAN TRAIL CONFERENCE**  
**Washington & Jackson Streets**  
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