

# THE REGISTER

Vol 24, No. 8      A Stewardship Newsletter      for the Appalachian Trail      Winter 2001



## Board Adopts Advertising Policy, Cuts 2002 Spending

At its fall meeting in Harpers Ferry this November, the Appalachian Trail Conference Board of Managers adopted a \$4-million budget for 2002, down more than \$500,000 from projected 2001 spending, cutting programs and staff. In other actions, the Board endorsed local management plans from the Green Mountain Club and Allentown Hiking Club and adopted two new Trail policies.

In addition, the Board unanimously passed resolutions opposing the Alpine Rose Resort, a \$12-million development that includes a potentially disastrous 3.2-mile racetrack within several hundred feet of the A.T. at Smith Gap in northeastern Pennsylvania, and opposing the placement of 26 wind turbines in sight of the A.T. in western Maine.

In its budget deliberations, the Board had to confront a full year of significant downturns in virtually all the Conference's revenue sources, as well as the uncertain economic prospects faced these days by all organizations, non-profit and commercial. The adopted budget was passed with the understanding that the Executive Committee and senior management would seek an additional \$150,000 to \$200,000 in cuts, including the elimination of three staff positions, in the following months.

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*Jen Cook (ATC Photo by John Wright)*

## Forty Miles in Pennsylvania

*A Summer Ridgerunner Discovers the Trail World*

**By Jen Cook**

The last words I said to my boyfriend when he dropped me off at the Trailhead my first day as a ridgerunner were, "What am I going to do with myself alone out here?"

He just shrugged his shoulders and answered, "Catch up on some reading, I guess."

I was excited, but sort of nervous about being on the Trail alone all summer. After a week of training, I felt well prepared to do my job but was also well aware of the fact that few women are hired as ridgerunners. Determined to be strong and conquer any obstacle, I began my first of many hikes from Pine Grove Furnace, Pennsylvania, south to PenMar Park.

I was hired by the Potomac Appalachian Trail Club (PATC) to be a ridgerunner along the forty miles of the A.T. in the Michaux State Forest in Pennsylvania. Ridgerunners have had a positive effect on the A.T. since the program began. Our presence on the Trail during summer months in heavily used sections of the A.T. has been an asset to hikers and club members. As the eyes and ears of the Trail, ridgerunners can locate potential danger, deter ATV, horse, and bike use, and relay messages to other hikers. For example, this summer I was asked to find a thru-hiker who had a family emergency. Within 48 hours, I was able to find him, get him to a phone, and find him a ride to the airport.

In my journeys back and forth along the same forty miles of Trail, I spoke with every person I passed. Some only said hello, but many enjoyed talking with me. The most commonly asked question was, "What is a ridgerunner?" After explaining that a ridgerunner backpacks the Trail, acting as an ambassador, promoting Leave No Trace principles, and maintaining the Trail, the next question was usually, "Do you carry a gun?" Whether people were concerned about my safety

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## From the Editor

October is one of the better reasons for living in Maine. I have the benefit of looking out my window and enjoying our color in its full glory. It brings to mind a special memory of a particular work trip for a Trail-relocation project in Maine many years ago. It was a perfect Indian summer day, as it is today. The four of us had just finished our work for the day and were beginning our walk out. There was no wind. As we went along, we walked in a gentle "snowfall" of yellow, red, and golden leaves that were just drifting down. My wife and I have often thought of that late afternoon and the special day it became to us—one of our many, many "Trail Treasures."

Readers of this column know that my wife, Rockett, and I spent several weeks this summer hiking the Colorado Trail (C.T.), and we have a special story to share with you. At the very end of our hike, we were delighted to meet seven Appalachian Trail thru-hikers doing the whole C.T., all of us arriving at the terminus within the same hour.

We had met a wonderful couple, the Wixes, at a park where we left our 5<sup>th</sup> wheel while we hiked. He was one of the seven hikers, and she had accepted the role of being their support person, meeting the crew when they had to resupply. Resupplying on the C.T. is a lot more difficult than on the A.T., because of its limited access to roads, so the service that Mrs. Wix (who has a wonderful head of "mature" hair) provided was truly a blessing. One of the seven hikers had dubbed their crew, "Snow White and the Seven Dwarfs." It was a great gathering at the end of the C.T. just outside of Durango, as we shared stories and memories of both the A.T. and the C.T. with fellow A.T. folks. We were all "soul-mates" and immediately felt that communion one relishes when sharing the emotions and experiences of a challenging hike.

The other part of the story hits on one of my causes, however it hasn't changed my mind. We had hiked in a little over a half a mile from the road as we started a new section of the trail. There, just off the footpath, in the shade of some willows, was a cooler with a trash bag alongside. In the cooler were a variety of chilled, canned drinks—Trail Magic from the A.T. to the C.T. In the trash bag were several empties. It really is a very small world!

I guess I'm pretty hard to convince on some issues, but I hope that I am old enough to accept that things change. Many who hike the A.T. today look forward to and enjoy a new social experience that may not be what I perceive as the "A.T. Experience." However, it is special to those who are hiking, and I accept that as valid.

I continue to be concerned about the severe impact the annual flood of thru-hikers has on the A.T. Privies are overloaded. Sites can be negatively affected and periodically overcrowded. We try to cope with the ever-increasing numbers. We build more tent sites, lean-tos, and privies and hope, each spring, to have our A.T. ready in time for the thru-hikers. But, what should be our main, coordinated focus, and what should the maintaining clubs be doing in their common efforts for the A.T.?

There needs to be a greater understanding of the entire A.T., not just a concern for our own sections.

I believe ATC needs to do a better job in coordinating our goals. I've mentioned this before, but it continues to be a concern. The maintaining clubs do a major job in caring for their sections. But, and this is touchy, how often do we look at what we do in relation to the entire A.T.?

There is no doubt in my mind that, as the future becomes the present, we will wonder how we might have done this part of our collective work in a better, more informed way. My purpose in this column is to have us become more aware of our partnership with ATC, the National Park Service, the Forest Service, other agency

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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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## FROM THE EDITOR

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partners, and each of the other clubs. We cannot continue to work in isolation! The Appalachian Trail is a national park—not a personal project. Working together, educating ourselves about the “whole” Trail, is a challenge for the volunteer managers and leaders in the maintaining clubs, as well as for the professional leadership and managers in ATC and the agencies.

We volunteers, together with our professional leadership, have made something special happen in the past. But, just as the social Trail experience has changed, the demands on our total volunteer effort are changing. What was...ain't what is!

We have done well at meeting our earlier challenges. I have a strong faith that volunteers are fully able to accept and meet this new challenge. We need to be more complete partners with ATC and NPS as we continue to keep the A.T. the premier hiking experience it has been and will be.

Our partnership needs to grow in strength as we face the future. Volunteerism has been, and must continue to be, the real strength of the A.T. We no longer are concerned only with the footpath. As our responsibilities have grown, we volunteers also must grow to meet the new challenges to protect and preserve our Trail.

### Contacting John Morgan

Editor John Morgan began a year-long trip on November 1 but will continue editing *The Register*. He and his wife are traveling in their “5<sup>th</sup> wheel,” mostly in the western part of the country.

Readers who want to contact him may use his mail-forwarding service—John Morgan, 29330 S.E. Hillyard Drive, M-50, Boring, OR 97009-8599—or send mail to his attention at ATC headquarters (address is on the masthead on page 2), and it will be forwarded to him. He also may be reached by e-mail; his new address is <john.morgan9@worldnet.att.net>.

## The Register: Some History and Your Renewal

“President Carter Signs A.T. Legislation” is the banner headline on my collector’s copy of the very first edition of *The Register*, published by the Conference in April 1978. My yellowing copy arrived all nice and white, right after the National Park Service’s land acquisition program began that spring. Both have been going strong for 23 years now, but land acquisition is about to wind up.

Continuously published since then, *The Register* has documented the many successes and setbacks of the A.T. project, indeed a historic accomplishment.

Since its inception, *The Register* has enjoyed the leadership of volunteer editors, including, in succession, Thurston Griggs from Maryland, Maurice Forrester from Pennsylvania, Ed Kohinke and Reese Lukei from Virginia, and, currently, John Morgan from Maine. As with all ATC periodicals, it has operated somewhat independently of ATC’s Board and standing-committee structure, the clubs, and the agencies. Its content has been decided by the editor with advice from ATC’s Trail-management and public-affairs staffs and the executive director’s concurrence.

In December 1989, under Lukei’s leadership, *The Register* was changed from an eight-page monthly to a twelve-page bimonthly. In 1998, the publication was changed to a quarterly during current editor John Morgan’s tenure, in another time-saving measure.

*The Register* remains ATC’s principal means of communication with Trail volunteers, maintaining-club leaders, and agency partners. It has provided opportunities for Trail-maintainers to share their successes with others, for ATC to keep maintainers apprised of emerging issues and policy developments, and in general for everyone involved in maintenance and management of the Trail to feel that they are part of a larger community. Its purpose is reflected in the masthead, which reads, in part: “*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 stewardship of the A.T. It is sent without charge to maintainers and corridor managers; others may subscribe for \$5 a year.” *The Register* includes such regular features as current A.T. news, announcements, and follow-up stories emerging from the land-protection and Trail-management programs. *The Register* has grown to include such columns as “From the Editor,” “Along the Trail,” “Side Trails,” “ATC Calendar,” and, most recently, NPS Chief Ranger Robert Gray’s “The Silver Bulletin.”

A core mission of *The Register* is to present new and developing trail/shelter design, construction, and maintenance techniques, as well as land-management program information in “how to” articles. *The Register* regularly includes major articles about significant accomplishments, weather catastrophes, conservation alerts, new books and Web sites, and personnel changes gleaned from ATC, club newsletters, and workers in the clubs and agency organizations that make up the Appalachian Trail community. It is an important vehicle for announcing new policy directions from ATC, training opportunities, and both volunteer and paid jobs in the clubs, agencies, and ATC.

It now costs ATC about \$30,000 a year to publish *The Register*, with production and mailing costing more than one-third of that amount.

Typically, about 22 persons actually *subscribe* to the newsletter each year. Obviously, that won’t cover the costs of otherwise-free distribution. The significant impacts of the 18-month-old economic downturn on ATC’s

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# Leave No Trace National Conference: We're Not in This Alone

By John Buchheit

Have you ever been out on your section of the A.T. cleaning water bars on a crisp autumn day when the sound of your tool striking duff is drowned out by shouting from a group of thirty kids led by only two adults? Have you ever gone up to the shelter to repair that leak in the roof and made the unpleasant discovery of piles of human waste and toilet paper “flowers” behind the shelter? Or, perhaps you’ve found that switchbacks on a popular section of trail are being short-cut, so that you’ve had to pile a Berlin Wall of brush to keep some hikers from dashing down the slope? Do any of those sound familiar?

The A.T. is not alone in facing heavy visitor impacts. They occur on public wild lands all across the country, from the lowlands of Florida to the remote ranges of Alaska, from the deserts of California to the notches of the White Mountains. The good news is that the Trail is not alone in solutions to those impacts, either. All those who care for wild lands have a tool called Leave No Trace (LNT) education that helps visitors learn how to preserve those places for future generations.

When a land manager faces such big challenges as those, it is often important to gather with others facing similar issues to share ideas, to teach, and to learn. The A.T. community had a chance to do that in late October, when the National Park Service and the nonprofit, Leave No Trace, Inc., convened the annual National LNT Interagency Conference in Shepherdstown, West Virginia, fifteen miles from the A.T. That event enabled A.T. volunteers and staff to collaborate on LNT issues with federal and state agency professionals, Boy Scout and Girl Scout national leaders, National Outdoor Leadership School managers, Appalachian Mountain Club education staff, Outward Bound leaders, and other education professionals.

Kelly Hartsell, the Park Service LNT national coordinator, organized the event. He also helped to move it in new directions by initiating a number of ground-breaking firsts. It’s the first time the event has been held east of the Mississippi, which helped to highlight that, although LNT began out West, it is growing in significance in the East as well. It’s also the first time the event has been open to all organizations concerned with outdoor education and conserving wild lands. Kelly noted that, “In the past, this event gathered the four federal agencies to discuss LNT. This year, we wanted to expand beyond the federal boundaries and open it to partners.” This year’s conference is also the first time that A.T. volunteers and staff have had a chance to participate by learning and sharing with others working on LNT issues from across the country. Hartsell believes that bringing the A.T. community into national-level discussions is important

because “so many people in the East recreate on or near the A.T. The A.T. community is poised to reach a vast amount of people and make a big difference by enabling visitors to care for those places.”

The conference schedule was filled with events that focused on sharpening LNT education skills, sharing how various groups were using LNT education to protect lands, explaining the science behind LNT, and charting a future course for LNT education efforts. Perhaps most importantly, the conference addressed the need to convey that the LNT message is more than a campaign for clean campsites—it’s a program dedicated to building awareness, appreciation, and, most of all, a deep-seated ethic of respect for the land. This ethic of respect was highlighted by Ed Zanhiser, a wilderness advocate and National Park Service author, in his keynote speech, when he observed that, “if, as you go about your

Leave No Trace work, you earnestly listen to the person or persons you encounter, you will discover the avenues of conversation that can change the hearts and minds without whose change the world will otherwise be bereft of wildness.”

Some conference sessions were led by faces familiar to the A.T. community. Ben Lawhon, former ATC Deep South associate regional representative and current LNT, Inc., education and projects manager, conducted training sessions on the new *LNT Cookbook*. The *Cookbook* is a publication for use by educators that contains entertaining educational activities to teach LNT skills and ethics to various audiences. Dr. Jeff Marion from Virginia Tech presented the science behind LNT management actions and education efforts. John Wright, ATC mid-Atlantic associate regional representative, and Mal Fordham, PATC Trail Patrol volunteer, led a discussion on the role of volunteers in teaching LNT. The final day of the conference offered five field-study visits to local areas where LNT education efforts have been applied or where LNT education efforts are pending, including visits to two sites along the A.T.—Annapolis Rocks in Maryland (see page 8) and Shenandoah National Park in Virginia.

The conclusion of many who attended the conference is that the Leave No Trace program offers an effective, unified message that works as well on the A.T. as it does in California or Alaska. However, the future of LNT lies not only in the support of governmental institutions, but in partnerships with conservation, recreational, and educational organizations, such as those along the A.T. Additionally, all partners not only must promote the use of minimum-impact “skills,” such as how to dig a cathole or select an appropriate camp-

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# Counting Plants in the Berkshires

By Paul Somers

One of the most rewarding biological-survey projects for the Massachusetts Natural Heritage Endangered Species Program in recent years has been the inventory of rare species and significant natural communities along the approximately 90 miles of Appalachian Trail corridor in Berkshire County.

A two-year investigation in 1997–98 was funded largely by the Appalachian Trail Conference (ATC) through private and federal grants. A final report was submitted in 2000. The goal of the project was to identify all significant biological and ecological features along the A.T. corridor, extending for at least 500 feet on each side of the Trail, and to provide management recommendations for them. Partners in the effort were the Appalachian Mountain Club and the Massachusetts Department of Environmental Management (DEM). As program botanist, I coordinated the survey and employed several consulting biologists.

Ted Elliman, former education director with the New England Wildflower Society, had the biggest assignment—the rare-plant and natural-community inventory. He was assisted by Charlie Quinlan, who documented rare-bird species in the northern half of the corridor.

Elliman and Quinlan documented a total of 108 rare-plant occurrences, representing 52 different species that are either officially listed by the state or unofficially “watch listed” by the program. The “watch list” serves to provide tracking information on species that were formerly listed or are under investigation for possible future listing. Of the 108 occurrences, 74 were new records for the heritage program and 34 were updates of existing ones. Twenty-three of the 52 rare plants documented are on the official list; the remaining 29 are on the “watch list.”

While seven plants historically known in the A.T. corridor were not located during this survey, 33 new rare plants were added. Among the most notable finds were the state-endangered Andrew’s gentian and Tuckerman’s sedge. Of the 29 “watch list” species documented, 24 appear to represent first recorded findings for the A.T. corridor.

Many of the rare plants recorded occurred in noteworthy plant community sites identified during the survey. Some of the outstanding natural communities found and described during the survey were the spruce-fir forests atop Mt. Greylock, a number of rich sugar-maple-dominated forests, pitch-pine-dominated ridgetops, a mixed hardwood/hem-

lock forest on dry limestone soils in Sheffield, a mature floodplain forest along the Housatonic River, and a number of calcareous wet meadows, marshes, and wetland shrub communities along tributaries of the Housatonic.

Rare-animal work was much more limited, due to the project design and budget, but several good finds were made by Quinlan, particularly in the Mt. Greylock area, and by Dr. Bryan Windmiller and colleagues with Hyla, Inc., and others searching in habitats that seemed appropriate for known rare animals. Windmiller’s work involved snorkeling in small streams looking for rare mus-

sels and crayfish and attempting to spot when and where terrestrial species are most active. This was a challenge, as many species are nocturnal, seasonal, or elusive. Despite those challenges and other constraints, he located some important finds, such as Jefferson salamanders and zebra clubtail dragonflies.

The bird survey by Quinlan proved to be more productive, with a total of 130 species being recorded. Of those, seven are officially state-listed, and another eight are considered to be “rare and local breeders.” The animal work resulted in updates on breeding activity for a number of state-listed bird species, a probable first Massachusetts report of breeding for another bird species, and new records for the state-listed wood turtle, water shrew, eastern elderberry long-horned beetle, and West Virginia white butterfly.

A final report presenting significant biological and ecological finds for 43 special sites along the Appalachian Trail corridor was completed.

As an outgrowth of this project, ATC has established a special group of volunteer monitors to help watch over and maintain the rare species located along the A.T. They also are actively managing to maintain a few of the rare species identified in the survey. Another outcome of the project is that it has allowed better communication and coordination among the land-management partners along the A.T. corridor regarding the many special natural resources in need of attention and management.

*Paul Somers is state botanist with the Natural Heritage and Endangered Species Program in the Massachusetts Division of Fisheries and Wildlife.*



*Mountain holly (Ilex montana), listed as threatened in Massachusetts. (Photo by Ted Elliman)*

# Club Presidents' Retreat

ATC is pleased to announce the tenth biennial ATC club presidents' retreat, to be held June 21–23, 2002, on the campus of the National Conservation Training Center (NCTC) near Shepherdstown, West Virginia.

NCTC is a 538-acre, full-service, state-of-the-art facility operated by the U.S. Fish and Wildlife Service. It has five miles of footpaths and is located along the banks of the Potomac River just upstream from Shepherdstown.

The 2000 retreat featured volunteer-motivation guru Ed Clark, and participants discussed a variety of topics, including volunteer recruitment, development, and training (see article in the summer 2000 issue of *The Register*).

A steering committee will be formed soon to develop an agenda for the 2002 retreat. Look for more information in upcoming issues of *The Register*. The club presidents' retreat, held in even-numbered years, alternating with ATC's biennial conference, has been an excellent way to share new ideas and old stories with club, ATC, and agency partners. It is also a great way to express ATC's appreciation for all the hard work club leaders do in behalf of the Appalachian Trail.

For more information about the National Conservation Training Center, see <[www.nctc.fws.gov](http://www.nctc.fws.gov)>.

## Sharpening Gauge Update

The summer 2001 issue of *The Register* contained an article about a hand-tool sharpening gauge designed for use on pulaskis, axes, combi-tools, shovels, and McLeods. In response to requests, U.S. Forest Service A.T. Coordinator Pete Irvine at the Appalachian Trail Park Office (ATPO) of the National Park Service has committed to providing one to each A.T. maintaining club. Distribution of the gauges will not happen quickly, as it is currently back-ordered by the General Services Administration and the availability date is unknown. Trail maintainers are encouraged to share use of the gauge.

Several individuals have expressed interest in obtaining their own gauges. The company that makes the gauge for GSA has a limited number available for sale to private individuals or organizations and expects to have more available next spring. If interested, please contact Argus Barker at Monarch Tools, Box 338, Stevensville, MT 59870; telephone 406-777-5931. Cost of the gauge is \$15.50 plus shipping and handling.

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### 2002 Volunteer Trail Crew Schedule

May 16–August 19	Konnarock Crew
June 8–August 14	Maine Trail Crew
July 15–September 20	Long Trail Patrol (Vermont)
August 29–October 21	Mid-Atlantic Crew
September 6–October 27	Rocky Top Crew (Great Smoky Mountains National Park)

### Help Wanted

**Seasonal Crews**—Seeking new horizons? Find them as a volunteer with the Appalachian Trail seasonal Trail crew program. Join our 2002 crews, and lend your hands and hearts to mending the famous footpath or building new routes. No experience required. Professional crew leaders instruct participants in state-of-the-art trail-building techniques. 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. To learn more about the crew program and to request an application, send a postcard with your name and address to: ATC Crew Program, TR-02, P.O. Box 10, Newport, VA 24128; call 540-544-7388; or e-mail <[crews@appalachiantrail.org](mailto:crews@appalachiantrail.org)>.

**Crew Leaders**—Professional Trail-crew leaders and camp coordinators needed to coordinate and manage volunteer Trail crews on the Appalachian Trail. Trail-construction and outdoor-supervisory experience required for crew leaders; group cooking, facilities management, and logistics experience required for camp coordinators. Positions are physically demanding and require camping in the field. Room and board provided. Two assistant crew-leader positions are available with the Konnarock Trail crew. For more information, or to request an application: write ATC Trail Crew Staff, TR-02, P.O. Box 10, Newport, VA 24128; call 540-544-7388; or e-mail <[crews@appalachiantrail.org](mailto:crews@appalachiantrail.org)>. Applications will be accepted until January 31.

**Ridgerunners/Caretakers**—Appalachian Trail ridgerunners and caretakers needed. Promote Leave No Trace principles. Positions Trailwide with varying salaries, responsibilities, and seasons. Must be 18 or older, experienced backpacker, personable, self-reliant, and have strong communications skills and familiarity with the A.T. First-aid certification, trail-maintenance experience helpful. Send for application, return by January 31 to: Ridgerunner, TR-02/RR, ATC, P.O. Box 625, Boiling Springs, PA 17007.

**Summer Caretakers**—The Randolph Mountain Club (RMC) has summer positions available for cabin caretakers and trail-crew members. RMC is not an A.T.-maintaining organization but has a significant side-trail network in New Hampshire's northern Presidential range. Its facilities are frequently used by A.T. hikers. For more information, including how to apply for summer positions, visit the RMC Web site at <[www.randolphmountainclub.org](http://www.randolphmountainclub.org)> or e-mail <[trailsdirector@randolphmountainclub.org](mailto:trailsdirector@randolphmountainclub.org)>. Deadline for applications is January 25.

# Crews Hammer Out 22,907 Hours in 2001

By Jody Bickel

In 2001, ATC again recruited five volunteer Trail crews, all of which enjoyed safe and productive seasons. More than three hundred crew volunteers contributed a total of 22,907 hours working for the betterment of the Appalachian Trail footpath, its shelters, and ancillary facilities. The crews constructed a total of 581 rock steps, 216 log steps, 2,481 square feet of rock cribbing, 1,143 square feet of log cribbing, 23,105 feet of sidehill, 6,820 feet of nonsidehill construction, 2,742 square feet of crush-and-fill, 101 step-stones, 368 feet of bog bridging, 407 linear feet of turnpiking, 1,525 feet of gravel tread, and 1,663 feet of elevated boardwalk.

**Maine Trail Crew**—The Maine Appalachian Trail Club program, included in ATC recruiting materials but wholly operated by the club, enjoyed one of its most productive seasons ever, after undergoing some strategic reorganization that included the addition of two Student Conservation Association interns as crew leaders. Well-known for expertise in quality rock-construction projects, the Maine Trail crew worked on nine different projects along 210 miles of the Appalachian Trail between Bemis Mountain near Rangeley and Rainbow Ledges, just south of Katahdin.

The Green Mountain Club's **Long Trail Patrol** worked in Vermont for ten weeks with a total of 49 volunteers, who worked 3,384 hours installing turnpiking along the Appalachian Trail near Kent Pond. At the Big Branch River, the crew continued its work in the moist soils and repaired the Old Job Trail where it had crumbled along the banks. The crew also added to its rockwork on Bear Mountain near Route 140, where staircases ascend on bedrock along a cliff.

The **Mid-Atlantic Crew** completed work on four projects during the eight-week 2001 season. Working with the York Hiking Club, the crew completed a Peters Mountain relocation in Pennsylvania. Four weeks were spent at the Pochuck Creek walkway project in New Jersey, where the crew completed a total of 1,663 linear feet of elevated walkway, including transporting materials, driving helical piers, constructing joists, and laying decking. Near Harpers Ferry, two crew weeks were spent rehabilitating sidehill treadway between U.S. 340 and popular Jefferson Rock, and a rehabilitation

project was also completed on the Potomac Appalachian Trail Club section at Tumbling Run, Pennsylvania.

The **Konnarock** program ran two crews for 12 weeks in the southern region, doing work that included two relocations—at Miller's Cove with the Roanoke Appalachian Trail Club (RATC) and at Blackwell Creek with the Georgia Appalachian Trail Club. The crew accomplished enough work on the Miller's Cove project in three weeks to enable RATC to complete that relocation in one year. Work continued on a



*Konnarock Crew 2001*

Grassy Ridge relocation, which includes the use of geotextile fabric and gravel to cross a scenic open area in the Roan Highlands of Tennessee. Progress also was made on a Firescald Ridge relocation with the Carolina Mountain Club. Crews endured three weeks of rainy conditions and were, at one point, cut off from civilization by flooding. Natural Bridge Appalachian Trail Club members worked with the crew for four weeks on a Pedlar River relocation. Progress also was made on continuing rehabilitation projects in the Mt. Rogers National Recreation Area with the Mt. Rogers Appalachian Trail Club and on Gullion Mountain with the Piedmont Appalachian Trail Hikers. An impressive total of 262 club members from the southern region joined forces with the volunteer crews to contribute to this year's accomplishments. Members of the Tennessee Eastman Hiking Club worked more than 1,400 hours with the crew to complete a Round Bald relocation.

The **Rocky Top Crew** assisted the Smoky Mountains Hiking Club on two important backcountry-sanitation projects this season. Moldering (cool-composting) toilets were constructed at the Mt. Collins and Double Springs Gap shelter sites. During the balance of its season, the crew completed construction and blazing of a new relocation between Russell Field and Mollie's Ridge shelters and then moved on to set up camp eight miles south on the A.T. at Birch Spring Campsite. The Birch Spring Shelter, a stone shelter that had seen better days, was removed, but materials were salvaged for trail and campsite construction.

*Jody Bickel is ATC's associate regional representative for central and southwest Virginia.*

# LNT Field Trip to Annapolis Rocks

By John Wright

Dr. Jeff Marion, a U.S. Geological Survey scientist specializing in backcountry recreational-impact studies and chairman of the Leave No Trace, Inc., Educational Review Committee, led a field trip of 24 Leave No Trace educators from around the country on a tour of Annapolis Rocks in Maryland to demonstrate some techniques A.T. maintainers are using to deal with crowds.

Annapolis Rocks is considered one of the most impacted camping sites along the Appalachian Trail. Over the past year, members of the Maryland Appalachian Trail Management Committee (MATMC), along with Marion, have been studying impacts and use at the site.

The MATMC has developed a management plan for this area that is intended to restore some of the impacted areas to a natural state while creating a more pleasant experience for users. The management plan includes a camping-site layout, public-education plan, construction of privies, and new state regu-



Dr. Jeff Marion (left) leads the discussion. (ATC Photo by John Wright)

lations forbidding fires and alcohol. The MATMC includes representatives of the Potomac Appalachian Trail Club, the Mountain Club of Maryland, Maryland Department of Natural Resources, ATC, and the Appalachian Trail Park Office.

The field trip began at the U.S. 40 Trailhead near Greenbrier State Park, two miles from Annapolis Rocks. At the site, on rocks overlooking the Great

Valley, Marion discussed the history of impacts at the site and his involvement in studies there over the last two years. The basic outline of the management plan was introduced to the participants, and a discussion ensued about the relationship of LNT principles to the impacts to the site. After a quick lunch on the rocks, the whole group toured the area to get a sense of how the site has been used and the effects of that use, such as large areas of barren dirt, significant damage to trees, and a large number of fire pits.

After the walk-through, participants were split into three groups to discuss the role of public education in the success of the management changes. Then, everyone gathered back together, and the groups presented their ideas. One idea that stood out was the importance of public education prior to any changes taking place. It was agreed that details of the coming changes, and the reasons for them, should be displayed at the Trailhead far in advance, for all users to see. It also was suggested that Greenbrier State Park could publicize upcoming changes in park publications. Members of the MATMC promoted the importance of news releases and inviting area newspapers to see the volunteers constructing the new sites, now planned for construction next fall.

## The Register: Your Renewal Needed

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revenues have forced us, like many other nonprofits, to reexamine all of our expenditures.

The current list for *The Register* contains approximately 5,570 names, including automatically subscribed life members of the Conference. Over the next two months, we plan to cull that list to (a) Trail maintainers, (b) members who *affirm* they want to receive the printed version, and (c) key agency partners at all levels. (Every issue will be available to anyone with Internet access, at <<http://www.appalachiantrail.org/about/pubs/register/index.html>>.)

Therefore, we request that, if you are a real-live Trail maintainer, corridor manager, agency partner, club officer, or agency staff member *and* wish to continue to receive a printed *Register*, please complete and return the postcard inserted in this issue today.

If you fail to respond, you could be dropped from the list. So, don't delay; do your paperwork today!

Happy Trails,  
Bob Proudman  
Director of Trail Management Programs

# Ridgerunners and Caretakers in 2001

By John Wright

The Appalachian Trail Conference sponsored or provided financial support for 29 ridgerunner/caretaker positions in 2001, from Georgia north to New Jersey and in Vermont and Maine.

The 2001 season began with 41 applications for 13 positions. Sixteen positions were filled from local applications to the clubs. Three ridgerunners returned from the 2000 season. The paid ridgerunners and caretakers were joined on the Trail by volunteer caretakers at Fontana Dam and volunteer ridgerunners from the Potomac Appalachian Trail Club Trail Patrol in Virginia, Maryland, and Pennsylvania, and from the Blue Mountain Eagle Climbing Club in Pennsylvania.

Except for a plane crash with three fatalities in Maryland in August, ridgerunners did not have to respond to any major incidents in 2001. The Maryland ridgerunner helped with the later stages of the clean-up from that crash.

For the third year in a row, L.L. Bean supplied uniforms for the ridgerunners and caretakers. Other equipment was



Top: Ridgerunner David Burnett (left) and ATC Board member and volunteer Bill Steinmetz chat with a hiker. Right: "Leave No Trace" cook-off. Bottom: 2001 mid-Atlantic ridgerunner training.



ATC Photos by John Wright

donated by Merrell Footwear, the Coleman Company, PUR Water, Cascade Designs, Patagonia, Adventure Medical Kits, and Leki USA. ATC ridgerunners and caretakers wore patches modeled on the "pregnant triangle" Appalachian National Scenic Trail sign, provided by NPS Appala-

chian Trail Park Office Ranger Bob Gray. The patches also were provided to AMC ridgerunners and caretakers in Connecticut and Massachusetts.

John Wright is an associate regional representative in ATC's mid-Atlantic regional office.

## Trail Maintenance Quiz

The answers to the questions presented here are not necessarily definitive but represent the generally accepted practices as 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, New England Regional Representative

1. What size is an A.T. blaze?

- a. 2" x 8"
- b. 2" x 6"
- c. 3" x 8"
- d. 1.5" x 5"

2. When preparing a tree for blazing, the maintainer should:

- a. Scrape the bark off.
  - b. Use a hatchet or machete to preblaze the tree.
  - c. Scrape thick, rough, and loose debris off the tree.
  - d. No preparation is necessary.
3. ATC recommends using what kind of nails to hang a metal A.T. diamond?
- a. Standard common nails
  - b. Finishing nails
  - c. Hot-dipped galvanized nails
  - d. Aluminum nails
4. When using a chainsaw, you should always use:
- a. A helmet with a face shield
  - b. Safety glasses
  - c. Either a or b
  - d. Both a and b

Answers are on page 12

## BUDGET REQUIRES CUTS

*Continued from page 1*

The policies—"Impacts of Development in the Vicinity of the Appalachian Trail" and "Advertising in the Trail Corridor"—have been under study by the Conference's regional management and Trail and Land Management committees since 1999. The impacts policy passed unanimously and was underscored later by those Board resolutions. There was considerably more debate about the advertising policy, which reiterates long-standing federal prohibitions on advertising on Trail-corridor lands. Many thru-hikers and one club had expressed concern that ATC not ignore the legitimate needs of long-distance hikers for information on signs or in ads listing local services. However, the policy restricts this information to books and, possibly, Trailhead bulletin boards with local control. The policy passed by a vote of 17 to eight. (Current copies of those policies can be found at <[www.appalachiantrail.org/trailnews](http://www.appalachiantrail.org/trailnews)>, or contact Susan Daniels at

ATC headquarters to request copies—address and telephone number are listed on the masthead on page 2, or e-mail <[sdaniels@appalachiantrail.org](mailto:sdaniels@appalachiantrail.org)>.)

The Board also spent time reviewing a number of major land-use proposals in western Maine. The Endless Energy Company has proposed installing 26 wind turbines to generate electricity; they will be erected along the spine of the Redington Pond Range, which is directly in the Trail's viewshed between Saddleback Mountain and Crocker Mountain and less than a mile from the A.T. Each turbine/tower will be 390 feet tall from the base of the tower to the tips of the blades and would be lighted with hazard beacons, radically chang-

ing the wild and scenic character of the area. After reviewing simulations prepared by the developer, the Board authorized "the staff and volunteers of the Conference to oppose, by any appropriate means, the Endless Energy proposal to develop wind turbines on the Redington Pond Range and on Black Nubble." The developer has said he will submit his proposal to the Maine Land Use Regulation Commission this winter.

The meeting concluded with reports on future biennial Conference meetings—in 2003, to be hosted by AMC at Waterville Valley, N.H., and in 2005, to be hosted by the southern clubs, either in Johnson City, Tenn., or Cullowhee, N.C.

## Forty Miles in Pennsylvania— A Ridgerunner's Summer

*Continued from page 1*

or just thought I was crazy, I do not know. But, after being on the Trail all summer, I believe that women can be just as safe as men. Trusting your intuition and being able to judge character are important on the Trail. I grew to recognize those feelings very well.

Although being a female alone on the Trail may seem dangerous, I had no problems this summer. In fact, I found it rather advantageous at times. Other hikers felt more trusting of me and were perhaps more open about problems and concerns. As a 5-foot-3-inch-tall female, I am not very threatening. When I asked people not to do things and suggested alternatives, typically they were not intimidated by me. Meeting a female ridgerunner may have given a feeling of safety to female hikers who were apprehensive about hiking alone.

As the summer progressed, I spent only a few nights alone. One of the things I looked forward to every day was talking with hikers at shelters in the evenings. After a strenuous day of hiking, that was when people loved to sit and talk. The A.T. brings together people young and old, from many different paths of life. One evening, "Jazzman," from Boston, explained to me how to cook "cold salad," an Italian vegetarian dish. I played Yahtzee one night. Another night I spent listening to a thru-hiker play his harmonica. Those are times and people I will never forget.

Most of my summer was filled with the good things, like meeting enjoyable folks or catching a glimpse of a deer. My role on the Trail was also a more serious one—to protect the environment by educating people about minimizing their impact on it. The most common misconceptions include thinking the fire pit is a trash can, that "Mountain Suds" are safe to use in streams, and that cigarette butts are not litter. Trying to tell people that what they are doing is wrong is sometimes harder than it might seem. I learned that the right choice of words and a friendly attitude were crucial. I felt I successfully spread the word about environmental ethics and at least gave people new ideas to consider.

I took advantage of my time in the woods and learned all about the trees and wildflowers that I encountered within my forty-mile section. I grew physically strong as I trekked up and down mountains, and my self-confidence multiplied as I learned more about myself. I am so lucky to have had the opportunity to spend my summer hiking and getting paid to do so.

### LEAVE NO TRACE

*Continued from page 4*

site, they also must engage the public in discussions of the "ethics" that are the foundation for keeping our wild places unimpaired for future visitors.

If you are interested in discussing LNT opportunities for the A.T., please contact John Buchheit at ATC headquarters (address and telephone number listed on the masthead on page 2).

*John Buchheit is education planner for ATC. He recently completed a report for ATC's board on options for future ATC education initiatives. He is a former A.T. ridgerunner in both Shenandoah National Park and Pennsylvania.*

*ATC joined LNT, Inc., in 1998 and subscribes to its Seven Principles. New England Regional Representative J.T. Horn was nominated recently to LNT's Board, and a number of staff and ATC Board members are LNT (training) Masters.*

In November, for the first time in memory, Pamela Underhill, National Park Service manager for the Appalachian Trail, announced a Trail-wide fire and smoking closure due to unprecedented dry conditions along the entire eastern seaboard. ATPO Chief Ranger Robert Gray clarified that the use of backpacking stoves was still permitted along most of the Trail, if not prohibited locally—for example, they are *not* permitted in Shenandoah National Park. Check with local authorities for up-to-date information.

The **Green Mountain National Forest** reported that the 36-year-old Lost Pond Shelter was destroyed early in November by a fire that may have been intentionally set. Forest law-enforcement staff members have announced a \$1,000 reward for information leading to a conviction. The **Green Mountain Club**, comaintainer of the facility with the Forest Service, is looking into reconstructing the facility.

## ALONG THE TRAIL

Cabin, a family homestead built in the 1850s that served as a residence for about 70 years. A.T. hikers over the years often slept in the dilapidated cabin and a nearby shed, prompting safety concerns over the use of those structures, as well as a desire to preserve the archeological ruins. A U.S. Forest Service helicopter was used to fly materials in last spring; construction began in early May and was completed a few weeks later. More than 20 club volunteers and two section hikers worked on the shelter.

During the 2001 season, 1,416 hikers were safely ferried across Maine's Kennebec River by Steve Longley of Rivers & Trails—the highest number since the canoe ferry began. August was the busiest month, with a total of 489 people using the service, underwritten by ATC and MATC.

Peregrine falcons are being released from five locations in Maryland and Virginia in an effort to restore them to their historical nesting range. Five peregrines were released on June 18 in **Harpers Ferry National Historical Park**. The falcons are fitted with solar-powered satellite transmitters, and their movements will be monitored to collect information on migration routes, nesting and winter sites, how long they stay in a given area, mortality rates, and other information. The birds were collected from selected nesting sites in Virginia and Maryland and kept in "hacking boxes" on Maryland Heights to protect them from predators as they matured and became accustomed to their environment. It is hoped that the falcons will imprint on the site and return as breeding adults in two to three years. The peregrine falcon was recently removed from the federal endangered species list, where it had been listed since the 1970s. However, it remains on state endangered species lists in Virginia and Maryland and is considered a rare species in West Virginia. **Shenandoah National Park** also is participating in the peregrine-falcon release program. For more information and pictures of the falcons in Harpers Ferry, log on to <[www.nps.gov/hafe/falcons](http://www.nps.gov/hafe/falcons)>.

Between August 15 and December 15 each year, an average of 18,000 hawks, eagles, and falcons representing 16 species fly past the North Lookout of Pennsylvania's **Hawk Mountain Sanctuary**. The sanctuary encompasses 2,400 acres and has eight miles of hiking trails, one of which links to the A.T. It was founded in 1934 as the world's first refuge for birds of prey. More information can be found on the sanctuary's Web site at <[www.hawkmountain.org](http://www.hawkmountain.org)>.

A project is underway to map tree mortality along the Appalachian mountains. The Northern Hardwood Damage Sur-

The **Roanoke Appalachian Trail Club** completed the Sarver Hollow Shelter in Virginia last summer. It was built near the remains of Sarver

## SIDE TRAILS

vey has been documenting dead-tree zones in North Carolina, Tennessee, Virginia, and West Virginia since 1997. Overflights began in the fall over Pennsylvania's Allegheny National Forest. A map of the area from New York south to the Smokies and an accompanying paper will be published by Appalachian Voices, a nonprofit conservation organization. An October 2000 analysis of air pollution-monitoring data at national parks by that organization found that Shenandoah and the Great Smoky Mountains parks are among the five most polluted national parks. Sulfur dioxide and nitrogen oxides mix with water vapor in the air to form acid rain or acidic mists and fogs that damage trees and soil.

**Wilderness First Aid classes** for 2002 have been scheduled by the Wilderness Safety Council, a not-for-profit organization dedicated to training volunteers in outdoor leadership, safety, and wilderness medicine. Each 18-hour class includes classroom study and hands-on practice and results in a two-year certification. The cost is \$140. To register or obtain information, contact the Wilderness Safety Council at 703-836-8905, or online at <[www.wfa.net](http://www.wfa.net)>, or e-mail <[chris@wfa.net](mailto:chris@wfa.net)>.

January 26–27	Raleigh, N.C.
February 2–3	Alexandria, Va.
February 9–10	Charlottesville, Va.
February 16–17	Mount Holly, N.J.
February 23–24	Richmond, Va.
March 2–3	Alexandria, Va.
March 2–3	Harrisburg, Pa.
March 16–17	Roanoke, Va.
March 23–24	Greensboro, N.C.

# ATC CALENDAR

- February 18 ATC Offices Closed—Presidents' Day Holiday  
 March 22–24 Southern Regional Management Committee, Roaring Gap, N.C.  
 March 31 Deadline, Trailwide Monitoring Reports  
 April 1 Copy Deadline, Summer Issue of *The Register*  
 May 11–12 Board of Managers Meeting—National Conservation Training Center, Shepherdstown, W.Va.  
 May 15-19 Mid-Atlantic Ridgerunner Training, Carlisle, Pa.  
 May 18 ATC Information Center reopens for weekends and holidays  
 May 27 ATC Offices Closed—Memorial Day Holiday  
 June 1 National Trails Day  
 June 21–23 Club Presidents' Retreat—National Conservation Training Center, Shepherdstown, W.Va.  
 July 1 Copy Deadline, Fall Issue of *The Register*  
 July 4 ATC Offices Closed—Independence Day Holiday  
 September 2 ATC Offices Closed—Labor Day Holiday  
 October 1 Copy Deadline, Winter Issue of *The Register*  
 Oct. 11–13 ALDHA Gathering, Pipestem, W.Va.  
 October 14 ATC Offices Closed—Columbus Day Holiday  
 October 27 Last day ATC Information Center open for weekends & holidays  
 Nov. 22–24 ATC Board of Managers Meeting, Location TBD  
 Nov. 28–29 ATC Offices Closed—Thanksgiving Holiday  
 December 25 ATC Offices Closed—Christmas Holiday

## Answers to Trail Maintenance Quiz

(Questions are on page 9)

1. b. Paint blazes should be two inches by six inches, with clean lines and crisp corners. (See masthead box on page 2 for a template.)
2. c. Depending on the tree species, a maintainer should scrape the loose bark and any debris, such as dirt, moss, or lichen, off the tree before blazing. However, one should be careful not to break through the bark, because this will cause a scar on the tree and will also cause the sap to run, often marring the freshly applied blaze paint. Smooth-barked tree species, such as white pine or beech, often do not need any surface preparation.
3. d. Two 8-penny aluminum nails are preferred, because they are not subject to galvanic corrosion nor will they damage a chainsaw and endanger the sawyer if the tree has to be cut some day. Be sure you drive the nails only part way, leaving 1/4 to 3/8 inch protruding to allow for tree growth.
4. d. In addition to other personal protective equipment, such as ear protection, chaps, 8" leather or saw-resistant boots and gloves, the sawyer should take care to protect both the eyes and the face. I was reminded of this recently when I was using a saw with just a face shield. A wood chip slipped under the shield and hit me square in the eye. Not only did it hurt, but it caused me to let go of the running saw with one hand to clear the chip from my eye. Not a safe situation! It is a mistake I won't make again.

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