

The Walker

Newsletter of the Old Dominion Appalachian Trail Club

Volume 20, Issue 4

July/August 2012

Trips, Treks, and Talks - Jenni Pendergrass, Contributor

This list of activities for July and August was current at the time *The Walker* was published; however, you should regularly check the **Events and Activities** page on the website for additional events added after publication of the newsletter or for any status changes. **Events may be closed, canceled, or updated with important information so check frequently.** Read the descriptions of activities carefully to see if you need to sign up ahead of time for an event.

July 7 (Saturday) The Larry Murtaugh Memorial Hike and Swim (B/2)

Randy Wendell (randy.wendell@verizon.net; 794-7833)

We're going to honor Larry by doing the 10-mile Rip Rap Hollow day hike. This is truly a scenic hike, but the highlight of the day will be taking a dip in a classic swim hole - just as Larry would have done. So do bring your water shoes and a towel! After the hike, for anyone interested, we'll dine on Mexican food (and brew) at one of Larry's favorite spots in Charlottesville. Contact Randy for more details.

July 6-9 (Thur – Mon) Konnarock Work Trip (N/A)

Lori Ando (804-397-5306 or odatc.trailmaint@gmail.com) and Fran Leckie (270-6908) Join other club members and some neat folks from other states for some hard work and fun times working on the trail. Free tent camping each night at Sherando Lake (swimming, showers, toilets, pavilion for cooking and socializing). A free group meal on Saturday night, prepared by ODATC Venture Crew 760, is also included. Come for one to five days. Car pools from Richmond are usually available every day if you need a ride.

July 21 – 22 (Saturday – Sunday) Patterson Ridge Backpack Trip (SNP) (C/3)

Jenni Pendergrass (264-1633 or jennipendergrass@aol.com). We'll start the hike with an ice cream stop after several miles at Loft Mountain Wayside and then descend Patterson Ridge Trail to camp at a great creek side site, for a total of about 5 easy miles. We'll have time available for more hiking or enjoying the creek with its numerous swimming holes. Sunday we'll be hiking about 4.5 miles with 1500 ft elevation gain and then a short road walk back to our cars. Great trip for beating the Richmond heat.

July 26- 30 (Thur – Mon) Konnarock Work Trip – Second Chance!! (N/A)

Lori Ando (804-397-5306 or odatc.trailmaint@gmail.com) and Fran Leckie (270-6908) Join other club members and some neat folks from other states for some hard work and fun times working on the trail. Free tent camping each night at Sherando Lake (swimming, showers, toilets, pavilion for cooking and socializing). **Cooks are needed for the free Saturday night group dinner – it's easy – hamburgers/veggie burgers and hot dogs are fine!!** Come for one to five days. Car pools from Richmond are usually available every day if you need a ride. **Contact Lori ASAP if you can help with dinner.**

July 27 (Friday) ODATC Social - Dogwood Dell (Byrd Park)

Jenni Pendergrass (264-1633) Come out and join other club members for an evening of entertainment. The musical this year is "Joseph and the Amazing Technicolor Dreamcoat." The play starts at 8:00 but plan to arrive by 7:30 with your dinner, snacks, chairs, and bug spray! Look for club members in our customary spot down front.

August 1, (Wednesday) Ashland Trolley Lines(D/4)

Jim Hunt (hikerjimhunt@hotmail.com or 804-730-2364) Come and join Jim on this 5-mile hike early in the day and walk along to old trolley line. Meet at Ashland Coffee and Tea at 8:00. We will have coffee after the hike.

August 29 (Wednesday) ODATC Social – On the Deck at Legend Brewery

Jenni Pendergrass (264-1633 or jennipendergrass@aol.com) Come find out how other club members spent their summer vacations and where they're going next. We'll plan to meet on the deck beginning at 5:00 pm. Legend's is at 321 W. 7th St. Call or email if you plan to come.

ODATC Hike Rating Codes

Hiking boots are strongly recommended for all hikes. Hikers must be properly equipped, aware of their limitations & hike within their ability. In the interest of safety, activity leaders may refuse to allow participation by club members or their guests.

Terrain

- 1 = Very Strenuous
- 2 = Strenuous
- 3 = Moderate
- 4 = Easy

Distance

- A = More than 13 miles
- B = 9 to 13 miles
- C = 5 to 9 miles
- D = Under 5 miles

**Venture Crew 760**

On June 9 and 10, four Venture Crew members and adult advisors Richard Brett, Beth Kirwin, and Jenni Pendergrass attended an overnight campout at Camp T. Brady Saunders in Goochland County. The crew completed the Introduction to Crew Leadership Skills training class, presented by the three advisors, and then had time to spend in the pool and relaxing at the campsite. Next up for the Crew is preparing dinner for the Konnarock workers at Sherando on July 7. Plans are underway for a weekend trip to James River State Park for some canoeing in August. Talk to any of

the advisors if you'd like to volunteer with Crew 760 or if you have any special skills you'd like to share (kayaking, rock climbing, wilderness first aid, map and compass, orienteering, backpacking basics, etc. - if it's outside, we plan to do it!!).

PRESIDENT'S MESSAGE

Greetings!

There is not a lot to report as we move into the heat of summer. Last year we were busy getting ready for the Virginia Journeys conference. Hard to believe that was already a year ago.

We do have two weeks with the Konnarock crew this July. Check the July activities for exact dates. For those who do not know, a Konnarock crew is comprised of a group of folks who signed up to volunteer for a week working on a section of the AT. Usually a paid crew leader and assistant work with each crew, while the volunteers typically only work one week. Konnarock is primarily a southern region sponsored work crew. If you are interested in assisting on our two weeks, you can earn a one-of-a-kind T-shirt if you work 5 days with the crew. That is the only way to obtain one of these special shirts.

There is still an opening on the ODATC Board for an Outreach Chair. This individual would be responsible for coordinating opportunities for the club to participate in relevant festivals, display information at outdoor retail stores or for example the Banff Film Festival, as well as recruiting volunteers to assist with these various events. There is much more this individual could do to promote the activities and purpose of the club. if you are interested, please contact me for more information.

The week of August 8-9 there will be a celebration in Harpers Ferry for the 75th Anniversary of the completion of the AT. It should be a fun event if you are interested in participating. More information is available on the ATC website, which you can link to thru the club site.

As I mentioned, very quiet summer compared to last year. There are still plenty of opportunities to lead or participate in activities, get out and work with Konnarock, or volunteer on one of the club maintenance weekends. Our trail section looks great but something always needs attention.

Have a great summer. See you outside!

Theresa Duffey
President

ODATC Members Pay It Forward!

On Sunday, May 20th, Aseeyah Abdul-Karim (AK), Tom Rhinesmith, and Donna Edwards set up a bit of Trail Magic at Reeds Gap and treated some passing thru hikers to hot dogs, soft drinks, and oranges as they made their way through the gap. Many of us know what it's

like to come across that ice cold beverage in the cooler by the trail or to meet trail angels offering everything from Twinkies, to all-out meals, or even car rides, and you know how much it can lift your spirit. At the end of the afternoon, the leftovers were donated to the Salvation Army in Waynesboro and used to provide a meal for local children. Thanks to all the club members who generously gave donations to cover the costs. Let's plan to do it again next year!!

2012 ODATC Board of Directors

(Area Code 804)

| | | | |
|----------------|---|--------------|--|
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A New Trip Leader Pedals Up - Meet Jim Sturgill

On June 17, Steve Peterson, Jeff Samuels, Barbara Stewart and Jim Hunt joined Jim Sturgill at High Bridge State Park for his first time leading an ODATC trip. The 23-mile bike ride featured a visit to Farmville and views from the bridge including two eagles flying in close formation. Jim plans more easy to moderate trips, so stay tuned.



From left to right: Steve Peterson, Jeff Samuels, Barbara Stewart, Jim Sturgill, & Jim Hunt

A.T. 75th Anniversary Festival Harpers Ferry, West Virginia August 11-12, 2012
Laurie Potteiger (304) 535-2200 x. 128 or lpotteiger@appalachiantrail.org

Working On the Trail Gang - *Lori Ando, Contributor*

Hi All,

Saturday was a gorgeous day for a work trip, and, in spite of the late start due to incidents on I-64 the crew of 22 ^{1/2}, (WOW!) all made it to the Humpback Visitor Center to begin the day's activities. Ok, the 1/2 is my grandson who joined us for the picture!! LOL!! Five crews hit the trail covering most of our section from Reed's Gap to Rockfish Gap. Of course, Fran continued her blazing quest with Carl as her blazing buddy. They completed the blue blaze up and back from Humpback Rocks, and just could not stop there. They went to Humpback Picnic area and completed that blue blazing up to the AT, making the two of them the last crew back... dragging in after 6:00.

The weed whacking crew jumped along the trail catching some of the weediest reported spots. That crew was made up of Bob, Paul, Dorothy, Regina (Ridge Runner), and me. We tackled the weeds along the meadow at Reed's Gap, the entrances on both sides of the parkway at Three Ridges Overlook, then went to Dripping Rock and covered an area south of the parkway. We did not stop there, next was the blue blaze trail starting at Humpback Parking down to the Howardsville, and some light swing-blading up to the Glass Hollow Overlook. The areas looked wonderful

after the crew had been through and made it much easier to find the trailheads at the Blue Ridge Parkway entrances.

The Wintergreen crew covered the 2.6-mile section just south of the blue blaze behind Humpback Rocks all the way to Humpback Picnic. The crew included Dave, Karen, Karl, Steve, Margaret, David, and Ed F. This crew took care of weedy areas in the trail, in addition to trail definition on an area that hikers had split into two separate paths. They did a fantastic job - just check out the blog for before and after pics!

Humpback sawyer crew was looking for trees reported down on the Jack Albright and the trail behind Humpback Rocks. On this crew were Ed P., Richard, and John. In their search for these trees, they found a few more unexpected ones. There was a very happy circuit hiker when he found out the tree on the blue blaze from Humpback Parking to the Howardsville had been removed. Thanks guys!

Shelter crew's original plans were to get the tree down by the privy, clean out fire rings, and spread the ashes, in addition to rehab just north of that area. The members of this crew were Jim, Christina, Tracey, Mike, and Mark. All that changed when a tree near Rockfish Gap was reported. That meant an extra 5 miles to that new

tree. They had an additional unpleasant surprise when they found 4-5 large garbage bags of rotted trash behind the shelter. After bagging it all up into a trash taco using Mike's tarp, Mike and Mark carried those 50 pounds of rotted trash out to the Visitor Center. This cleaning up after rude and ignorant hikers is not new to the maintenance crews and is very irritating since it takes away from the planned maintenance activities that need to be done and are the real reason we're all out on the trail. I know I am speaking to the wrong audience here, but if you're at the shelter or any area along our trail and see these types of abuses, please report them to the Park Rangers. (Kurt - any other words of advice?) This crew deserves special thanks for those cleanup activities.

Additionally, special thanks to our first time maintainers this month - Paul, Dorothy, Carl, Tracey, Steve, Karl, and Mark. Hope to see you all on work trips in the future!

At the end of the day, everyone seemed to have a good time. I cannot thank this wonderful June crew enough for all the work that was done this month!!!



The June 2012 Trail Maintenance Crew

Mileage Update – Randy Wendell, Contributor

Here is the summary for ODATC hiker mileage from January through June 19. One hundred twenty members have participated in at least one ODATC hike for a total of 3,193 miles.



Here are the members of the Hundred-plus Club to date. Congratulations!!!

| Names | ODATC Miles | ODATC Hikes | Average Miles per Hike |
|--------------|-------------|-------------|------------------------|
| Brad Swingle | 173 | 26 | 7 |
| Bill Tennant | 144 | 22 | 7 |
| Jack Martin | 136 | 17 | 8 |
| Jim Hunt | 127 | 18 | 7 |
| Sue Kropp | 123 | 17 | 7 |
| Jeff Samuels | 119 | 16 | 7 |
| Larry Kidd | 112 | 14 | 7 |

Easy Tick Removal

A nurse discovered a safe, easy way to remove ticks. They automatically withdraw themselves when you follow her simple instructions. Works well to get them off you, your children, or your pets. Try it! "I had a pediatrician tell me what she believes is the best way to remove a tick.

Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and swab it for a few seconds (15-20). The tick will come out on its own and stick to the cotton ball when you lift it away. This technique has worked every time I've used it (and that was frequently). It's much less traumatic for the patient and easier for me. Unless someone is allergic to liquid soap, I can't see that this would be damaging in any way, unless you are the tick...."

The Park Rangers have been alerting people about an increase in rattlesnake sightings this season. The snakes have not been congregated to any distinct areas, as they typically do; this year they are EVERYWHERE. Please be careful when out on the trail!

KONNAROCK - July 5-9, 2012 - Appalachian Trail Rehabilitation, Free Camping at Sherando - Venture Crew is cooking Saturday dinner under supervision of Richard Brett...yum!!!

ODATC Work Trip - July 21, 2012

Second KONNAROCK - July 26-30, 2012 - Humpback Rehab - still looking for cooks!!

ODATC Work Trip - August 18, 2012

Call Lori Ando for more information! 397-5306 OR EMAIL odatc.trailmaint@gmail.com

