

# PATH WAYS

PIEDMONT APPALACHIAN TRAIL HIKERS

CLUB NEWSLETTER SEPTEMBER 1999

## Radford '99

**PATH**, along with the seven other Appalachian Trail clubs in Virginia, hosted the 32nd biennial meeting of the Appalachian Trail Conference at Radford University in July. Approximately 1000 people from AT-maintaining clubs and from many parts of the United States gathered at the meeting for a week of hiking, workshops, excursions and fellowship, all centered around the Appalachian Trail. Twenty-seven PATH members attended, and they helped in myriad ways, from leading hikes, to organizing the exhibits, setting up for entertaining, and helping out at the Silent Auction.

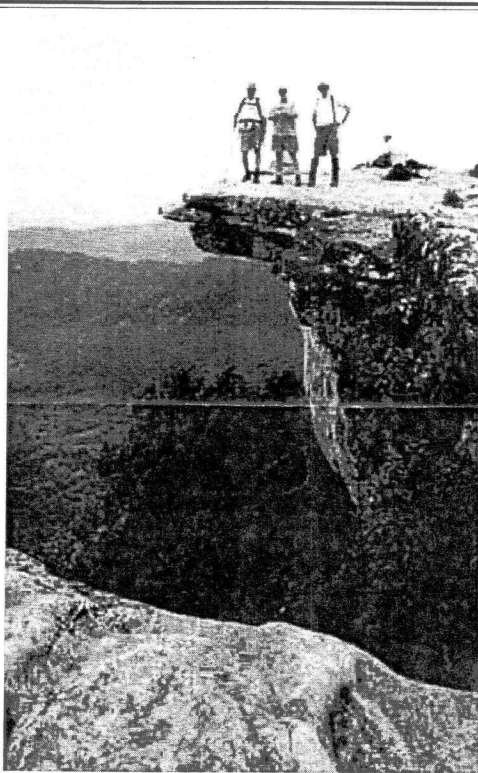
The week started with hot, dry weather, but it turned rainy and the temperature dropped for several days, making hiking pleasant. Seventy-five hikes were offered, many more than once, to most of the AT sections and various other trails that were within driving distance. PATH members Clint Kawanishi, Bill Boudman, John Hartpence, Susan Andreatta, Eva Lively, Karl Kunkel, Dean Kanipe, Vaughn Thomas, Doc Branham, Scott Thomas, John Lynham, Sherman Bamford, David Craft, Tony Roberts and John Mitchell all led or assisted with hikes during the course of the week.

Marcia Cope, Paul Clayton and Bea Wellborn served as the exhibit committee for Radford and brought together exhibits ranging from companies like Montrail Boots, Open Air Ware, and Mt. Rogers Outfitters to booksellers, nonprofit organizations, and clubs.

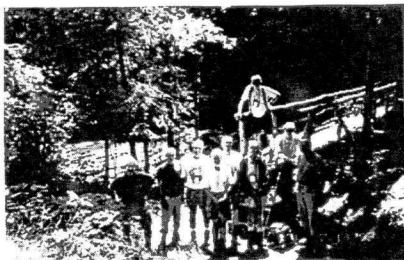
In addition to the high profile PATH had by participating in all of these events, we received an award from Mike Dombeck, Chief of the Forest Service, for our part in building Partnership Shelter. Paul Dore nominated us for the award, and Bill Damon, Supervisor of the Jefferson and George Washington National Forests, presented the award to us at the Business Meeting on Monday morning. At the same meeting, Vaughn Thomas was reelected to a second term on the ATC Board of managers.

John McCutcheon provided entertainment on Saturday evening, while Curly Ennis and his band The String

*Continued on page 2*



*McAfee Knob: Clint Kawanishi, Bill Boudman and John Hartpence on McAfee Knob*



# *Picture Pages –*

*Left: Vaughn Thomas, Barry Hester and John Hartpence leading a hike to Va. 615*

*Right: Accepting PATH award: Parthena Martin holding award; other PATH members are Bill Boudman, Clint Kawanishi, Vaughn Thomas, Susan Andreatta; Below: Signing of MOU. Paul Clayton is third from left.*



Lizards played traditional old time fiddle and banjo music on Sunday evening. Chuck Brodsky, who played original acoustic folk music, Bill and Laurie Foot and Reese Lukei, who gave a presentation on the American Discovery Trail and Mike Dawson, who gave a slide show, provided other entertainment.

Radford '99 was hosted by the Old Dominion Appalachian Trail Club, the Tidewater Appalachian Trail Club, the Natural Bridge Appalachian Trail Club, the Roanoke Appalachian Trail Club, the Outing Club at Virginia Tech, the Piedmont Appalachian Trail Hikers, the Mount Rogers Appalachian Trail Club, and the Tennessee Eastman Hiking Club.

The next Biennial ATC Meeting will be hosted by the Pennsylvania AT maintaining clubs, and will be held at Shippensburg University, in July 2001. — Parthena Martin

# SCOTTYnever FOLDS at FIVE

By Karl Kunkel

*(Ed. Note: Besides helping maintain perhaps the most famous hiking trail in the world, PATH offers the opportunity for different people that have similar interests to meet and work together. These common interests include hiking, backpacking, the love of the outdoors — and the willingness to wallow around in the mud and get bitten by insects, all for a worthy cause. PATHways will profile new members to these ranks, as the opportunity arises, in an effort to bring its members closer together faster, since so many of us are limited to meeting others on work trips where the usual introduction is “I thought YOU brought the gas can.”)*

If people jumped into PATH as quickly and enthusiastically as Scotty Folds has, PATH would have about 1,000 members and our 50-mile stretch of the AT would resemble the finely manicured lawn at the Biltmore Estate.

Scotty, a Winston-Salem native, joined PATH in April of this year. Her first contact was not a work trip, but with Bill Boudman and Tony Roberts and a few other PATH members during a Wilderness First-Aid course sponsored by the U.S. Forest Service. Her first work trip would come less than a month later. Scotty said she signed up for the class because it would be useful — she does a lot of hiking and outdoor activities — and because it would be a good setting to meet some PATH members. The course was valuable, and she did meet an interesting cross-section of PATH members.

“I’d take the course again if I could,” she said.

She learned of PATH’s existence from a co-worker, Harrison Marks, PATH’s treasurer. They are both employed by Wachovia Bank in Winston-Salem. In the company parking lot, Harrison noticed Scotty’s personalized license plate ‘HYKSALOT,’ and asked her if she liked to hike. Scotty has done extensive hiking and backpacking in the Smokies, Arizona’s Superstition Mts, the Grand Tetons of Wyoming and the Canadian Rockies, north of Banff. She had also hoofed some of the AT in North Carolina, but none in Virginia. Harrison gave her his best sales spiel on PATH, and she signed up. Scotty had done plenty of hiking, but never any trail maintenance — another lure.



Actor William Shatner (L) and musician Ben Folds (R), the son of PATH member Scotty Folds, recently recorded a song together.

(pix: Newswe

“It was kind of nice to see it from another angle,” Scotty said, adding that PATH would give her the opportunity to hike some of the Virginia portion of the AT, finally, while helping maintain it.

Her first PATH work trip — in May — should entitle her to wear a Sherlock Holmes deer stalker cap, because finding the action required much detective work. The group converged in the Konnarock work camp near Sugar Grove, Va., that month and dispersed for trail work Saturday morning. Scotty drove up from Winston-Salem that morning, missing the group by about 30 minutes.

“I had no idea where the trail was,” she said. “But I decided I was not going home, and I knew they were out there somewhere.”

She was determined to find them — and the AT. In the meeting room, Scotty spotted a note left for some other late-arrivers to meet at “the Dairy Queen south of I-81.” Scotty asked a postal worker where the Dairy Queen was and was directed to the one in Wytheville. Realizing she needed the Dairy Queen near Groseclose, where I-81 and the AT cross, she hit the Interstate, found the exit, spotted some AT signs and started looking for PATH members. She heard some voices on the other side of the hill, and teamed up with them, doing some side-hilling.

Later that afternoon, she got her first look at the Beaver Pond, not far away. She had first heard about Beaver Pond from PATH during the First-Aid course. That evening, she enjoyed her first potluck dinner with

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PATH at Konnarock and, no doubt, had the most interesting answer that day to the question "What did you do today?"

The visit to the Beaver Pond was a great experience for Scotty. She has returned there several times, bringing friends along, even spending one night at the local motel.

"Beaver Pond is a magical environment," she said. "It is just minutes from a major highway. With one turn of the steering wheel, you can leave reality."

Scott said she got her best views of the beavers at work shortly after dusk. She recommended that viewers bring along binoculars, since the beavers have an uncanny way of knowing you are there and may not like prying eyes. As a bonus, she also saw Canada geese and their goslings, muskrats and numerous other creatures. She was entranced by two beavers grooming each other, which drew oil from their skin into the fur, serving as a protectant from the water.

*"Beaver Pond is a magical environment," she said. "It is just minutes from a major highway. With one turn of the steering wheel, you can leave reality."*

If Scotty's last name looks familiar, it could be because of the rapidly growing fame of one of her sons, Ben, leader of the rock group "Ben Folds Five." This off-beat group, consisting of three people, not five, features Ben on piano — and no guitar player, a radical departure from the rock norm. The group has appeared on "Saturday Night Live," "The Tonight Show with Jay Leno" and "The Late Show with David Letterman." Ben recorded one song on his "Fear of Pop: Vol 1" album with William Shatner, known to many of us as Star Trek's Capt. Kirk.

Ben, familiar with Shatner's 1968 album that featured a mesmerizing — and difficult to describe in mere words — version of "Lucy in the Sky with Diamonds," wrote a song dealing with misogyny, "In Love," with Shatner's distinctive voice in mind — and contacted him by mail. Shatner's daughter, familiar with Ben's group, recommended that her father go for it. Ben and Shatner have sung the song together on "Late Night with Conan O'Brien."

Scotty's other son, Chuck, plays bass for "Bus Stop," a group in the Winston-Salem area. Despite their keen interest in music, both sons have developed a taste for the outdoors. Ben does some rock-climbing when he can, and Chuck has done some hiking with his mother, on occasion.

When not fixing up her new house, a "fixer-upper," Scottie studies nature. She recently finished a U.S. Forest Service-sponsored wildlife technology workshop near Linville Falls, and last year took a course in tracking.

PATH is still a new experience for Scotty, but she is impressed and eager to help.

"It is much more than I expected so far," she said. "It is a very diverse group of people with one common interest."

Scotty became a grandmother recently. Her son Ben and his Australian wife became the parents of twins in July. They have taken up residence in Australia, so Scotty can't be the doting grandma she'd like to be, just yet. Chuck's wife is expecting in November.

—Karl 

## July Work Trip and Konnarock a Success

By John Hartpence, secretary


We had 25 members at the July work trip. The weather was very cooperative and we got a lot done.

1. Weed-eated and cleared the trail from VA 670 to VA 601
2. Weed-eated from Va. 601 to the powerline.
3. Cut 5 blowdowns from Va. 86 to Chatfield shelter.
4. Sidehilled 200 feet of trail in the upper meadow behind Cumbo's (near I-81).
5. Broke up the NEW BEAVER DAM under the new bridge behind CUMBO'S.
6. Weed-eated Davis Path.
7. Weed-eated Va. 610-corridor.
8. Weed-eated O'Lystery past Knot Maul Shelter to Lynn Camp bridge.
9. Lopped and cleared the trail to Chestnut Knob.
10. Cut blowdowns and weed-eated Garden Mountain.

Konnarock finished 2 weeks of work on the relo at the Kegley Property.

I wish we could have had more people working with Konnarock, but with Radford 99 and the work weekend, that couldn't be helped. Thanks to all the PATH members that worked with Konnarock.

Happy Trails,

PS—Aslan (John's hound) was glad to see us when we got home. I think that she forgave us for not taking her to Radford. She will be at Dawg Days. 

# Tent-Time Reading

by Karl Kunkel

A SEASON ON THE APPALACHIAN TRAIL by Lynn Setzer, Menasha Press, 1997, 190 pages, \$14.95. WILDFLOWERS OF THE APPALACHIAN TRAIL by Leonard Adkins, photos by Joe and Monica Cook, Menasha Press, 1999, 214 pages, \$15.95.

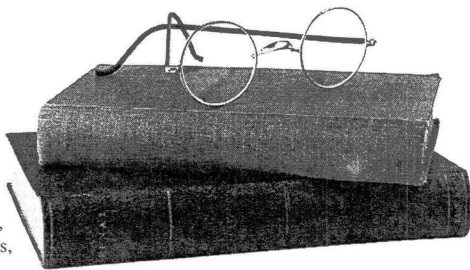
Few of us get to spend more than a weekend a month on the AT. Even fewer get the opportunity to thru-hike the AT. So we grab what we can vicariously, grilling the occasional thru-hikers that passes by as we weed-eat or side-hill.

Lynn Setzer, a "non-thru-hiker," was interested enough in the mystique of the thru-hiker and trail culture to chronicle the lives and observations of many of the "class of 96" thru-hikers in her book, "A Season on the Appalachian Trail."

She used several methods for connecting with these people and collecting their stories. Some she interviewed along the AT or when she stayed in shelters or hostels frequented by hikers. Areas familiar to PATH members are Grayson Highlands, the Mt. Rogers Visitors Center, Max Patch and The Place in Damascus, Va.

Setzer used the Internet, too, keeping in touch with thru-hikers as they posted their progress on their own web sites. She also passed out postcards to hikers, encouraging them to jot down their thoughts and mail them in along the way. She tried to collect any journal entries, including those from trail registers, as they were fresh and not yet altered by time.

The research technique works well. She weaves all of this information into a very human group experience, in which we, too, get to hike with — and learn from — about 367 seekers of adventure and personal growth. Many b/w photos enhance the book. This book is the next best thing to being there — and well worth the time. Ever take some novice hikers out on the AT, hoping to impress them with your great outdoor knowledge, only to have your ego deflate when one points to a flower and asks you what it is? Help has arrived. Author Leonard Adkins, a member of the Roanoke AT Club, can get you out of this jam with his colorful book, "Wildflowers of the Appalachian Trail." This book, with crisp, sharp, color photos and instructive text that a lay person will appreciate, will educate anyone



willing to do their homework. It's a super textbook, and would be even better if it were sized for a day-pack.

Adkins, who has published six outdoor books, recently received the Lowell Thomas Travel Journalism silver award in the travel guide book category for "THE APPALACHIAN TRAIL: A VISITOR'S COMPANION" (Menasha Ridge Press, 1998). He has hiked the AT three times and used his experiences, and those of others, for that book — another good text for any student of "the long, green tunnel." 🍄

## Free Copies of "Virginia's Mountain Treasures"

PATH president Paul Clayton has about 30 copies of "Virginia's Mountain Treasures: The Unprotected Wildlands of the Jefferson National Forest" available for free to PATH members. The 96-page report, prepared by The Wilderness Society, was written by Shirleen Parsons, treasures of Appalachian Voices and past chair of Virginia's Sierra Club New River Group. The book contains maps and descriptions of numerous western Virginia mountains and wilderness areas, including PATH's Crawfish Valley, in which the AT runs for about eight miles. Contact Paul for a copy, at:

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336/723-5470 or  
2313-C Miller Park Circle  
Winston-Salem, NC 27103

# Shelter log - PATH

One of the most valuable tools for learning about life on the AT is to read passages written by hikers in the log books left at shelters. It provides a snapshot at these people's lives and what might draw them out on the trail. In some cases, reading their trail names is the most entertaining part of the log. Here are a few recent communiqués from Knot Maul Shelter (1.5 miles north of the O'Lystery picnic area):

- Special thanks to Lead Dog and Dakota for the refreshments and beverages in Atkins.
- "Great day. 18.8 miles, lunch at Atkins, lots of green pastures" — Whittler
- Hiker Abner Serd (absurd) wrote a lengthy passage postulating that hiker "Groove," whom he ran into earlier, was really a werewolf. As soon as Groove would disappear, he would hear the baying of a hound in the distance.
- "Once again, my yakking caused the lead man to inadvertently stray off the white blazes."
- The dumb, docile look of the cows reminded me of my old dogs. I am looking forward to catching up with Hedgehog or running into him at "Trail Days" (mid-May, Damascus, Va.) — No Regrets
- I'm so psyched to be back. Let's get it on! I'm really pleased that my extended leave meant a reunion with Fal, Hercules, Little John, Raven, Sky, Goldilocks and Rainbow.
- Could these PATH people pick a worse shelter location or what? Every shelter in their section is either dry or a long way to the nearest water.
- A compliment is due to the trail maintenance people. Excellent trail coming in here. — Splinter
- Bob "Re Run" Sparkes of Harper's Ferry, WV, wrote of a mishap. After leaving Knot Maul, north, he fell on his face 300 yards from the shelter and had to go to the local hospital for X-rays, stitches, a broken nose and blackened eyes. To top it off, he lost his wallet.
- One hiker speculated that Knot Maul was named after the "younger, less successful brother of Darth Maul (of Star Wars fame). He lacks Jedi powers, but found employment at a galactic 7-11. — Mad Hatter
- "Do not use the water from the pond north of the shelter for a while. A troop of Boy Scouts became quite ill from that water." (another hiker questioned whether they filtered the water).
- "Let me start out by envying the lucky owner of this heartfelt register, Lotsa genuine and sincere respect

## Dear Path Members Who Helped at Radford '99

Just to let y'all know that I was real proud of being one of the 27 PATH members at Radford 99. Not only did PATH get an award from the Forest Service for Partnership Shelter, but we were all over the place helping at displays, registration area, helping with the camping, leading hikes, manning the PATH "executive office" in the Heth Hall hallway, advocating the beauty of our section, etc. And of course Parthena for chairing the organizing committee and making sure it all worked.

I'd like to let PATH know of Tony Roberts' extreme effort in reclinbing 1200 ft back up to Scorched Earth Gap along with Dennis Schmuck from Pennsylvania, after we hiked a grueling 11 miles over McAfee Knob and Tinker Cliffs, in search of our stray hiker who didn't know where the hike ended (although he went with us to the trailhead at VA 779 to leave his car for shuttling back at hikes end). He ended up going a total of 20 miles to Daleville, VA. Also Dean Kanipe who either lead or helped lead almost everyday that hikes went out. Thanks also to Bill Boudman who provided historical knowledge on my hike up to Mt. Rogers and to John Hartpence for listening to the purile comments of what must have been the ultimate male chauvinist of Radford 99 (Sic em, Betsy!). Thanks, everybody! We should be proud of PATH!!!!

Clint Kawanishi  
PATH

gots to all that have been hiking around me and made it 540 miles. The kinship is almost overwhelming at times. It's amazing how comfortable you can become around people you met that day, week, month. — Spinning Jenny


- Some of the trail names in the book: Minnesota Mike, Titanic, Professor Gizmo, Dr. Ragmuffin, Roseycreeks, Pots of Vermont

— Karl Kunkel 

# The Peripatetic Monster Rock Shelter

A few days after our last newsletter was mailed, Paul Clayton, PATH president, received a letter from Mike Dawson of the ATC with a funny and fascinating story about the old Monster Rock Shelter. Here is an excerpt:

"...The Monster Rock Shelter was dismantled by the Konnarock crew the same year that Walker Mountain became Knot Maul and is now the Jenkins Shelter in Hunting Camp Creek valley. A few months after it was moved, I got a sheepish call from a hiker who had walked the newly opened relocation. He was really confused. It seems that he was sure that he had never been to Jenkins shelter, but as he drifted off to sleep, he spotted his initials carved into one of the beams. He was absolutely sure that they were his. After enduring a lengthy diatribe about volunteer-built and maintained shelters and what right did he have to deface them, I explained the circumstances. He thanked me and pledged only to leave his mark in the registers from then on..."

According to Mike's letter, there was one more shelter on Walker Mountain, to the north of our section at Turkey Gap. It, too, was moved, becoming the Helvey's Mill Shelter (for a while it was known to OCVT (Outdoor Club of Virginia Tech) members as the Dead Sheep Shelter - ask Mike about it sometime). All this moving of shelters was a stratagem of Lou Brossey's, designed to cope with a directive from on high that money could be spent on recreational facility rehabilitation but not new construction. — Paul Clayton 


## Proposed Bill Would End Logging in National Forests

by Paul Clayton

I received a letter recently from PATH member Sherman Bamford concerning some new legislation before Congress. Many of you know and respect Sherman, a resident of southwest Virginia and a devoted conservationist. You may have met him during the renovations of Chestnut Knob Shelter, where he spent several days with PATH and the Konnarock crew.

Sherman wishes to call to our attention House Bill 1396, National Forest Protection and Restoration Act (NFPPRA). The bill's sponsors claim that it would end commercial logging in the National Forests, begin scientific reforestation efforts, subsidize local communities for worker retraining and save the Treasury \$300 million annually.

The arguments behind this bill are: that timber extracted from the National Forests comprises less than 4% of total logging in the US and costs far more than it is worth; recreational uses of the National Forests return many times the economic value of logging; some polls are beginning to show that a majority of Americans do not want logging in the National Forests.

Sherman suggests that anyone interested in this subject go to [www.johnmuirproject.org](http://www.johnmuirproject.org). 

## 1999 Path Officers

(and how to contact them)

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Marcia Cope Winston-Salem	336-760-0887
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# Dragon's Tooth Gets Dental Work by Karl Kunkel

The Konnarock work crew and a team of members of the Roanoke Appalachian Trail Club worked several days in early Aug. on the approach trail to the Dragon's Tooth rock formation along the AT near Roanoke. I worked on the project one Saturday afternoon.

Most of the work involved the building of rock steps to make the trek less hazardous for hikers while they climb the mountain. In two places, they used a rock drill to install a set of two thick steel rungs to help visitors get over some high, vertical rock formations. The project was launched to give hikers — thru-and day-hikers — a clearer direction on exactly which trail to take to the top. That portion of the AT

has been overhiked by weekend visitors who have created their own impromptu network of trails by taking shortcuts across switchbacks, creating erosion and destruction of plantlife.



The rock-step changes will probably help keep these hikers on the straight and narrow, but they will also likely draw more day-visitors to this scenic trail since they can now get to the top easier — with loaded picnic baskets. RATC trail maintainers may find this project to be a mixed blessing, as they start lugging more trash off the mountain. 🐉

## WE WALK AMONGST THE ALIENS by Karl Kunkel

We are slowly, but surely, being invaded, our habitat being altered and poisoned by “outsiders.” We are not talking science fiction or a runaway immigration policy, but an invasion of plants and animals from beyond our borders that is altering the landscape as we know it.

This invasion of plants that are not indigenous to our shores has attracted enough attention within the state of North Carolina to prompt the N.C. Chapter of the Nature Conservancy to fund a study of the state to find out how extensive the invasion has been — and how bad it could get. Heading this research project is Bob Merriam, a retired cellular and molecular biologist and professor from the New York State University at Stonybrook, now living in the Durham area. Assisting him are 60 volunteers, including Greensboro resident John Lynham, who is a member of PATH and the Roanoke Appalachian Trail Club.

Merriam and his volunteers have been spending the summer methodically measuring the frequency in which certain plants identified by the Conservancy as dangerous to native habitat are appearing. The study is statewide and is being conducted along railroad tracks, hiking paths, power lines, roads and streams. When the data has been collected, it will be analyzed to get a better idea how these plants are spreading and if the invasion can be curtailed.

The six plants on the botanical “Post Office wall” are as follows:

- The tree of heaven -
- Oriental bittersweet vine (introduced as an ornamental Christmas plant)
- Kudzu
- Chinese privet — used as a decorative hedge in gardens
- Japanese honeysuckle - those white and yellow ornamental flowers
- Multi-flora rose - introduced in the 1800s from Asia as a garden plant

Most of these plants proliferate to the point of crowding out native species, generating too much shade, which hinders growth of other plants, or actually strangling the trees and shrubs native to North Carolina. Merriam does not know of any other state chapters of the Nature Conservancy conducting similar studies. Merriam, in a phone interview with PATH, said that hikers may unknowingly be contributing to the problem. In the study, he has found that these invasive plants are found more frequently along the hiking paths of the Blue Ridge Parkway in North Carolina than 30 miles off the trail. He speculated that hikers could be transferring the seeds from place to place via the soles of their boots or their clothing, such as cuffs of pants. Brushing off clothing or cleaning boots periodically might help stem the problem, according to Merriam.

The findings of the study will not be made public for over a year. Merriam said he is trying to conduct the study as scientifically as possible, covering the whole state and getting reliable data. The study must go through several layers of scrutiny before it can be accepted by the scientific community, Merriam said.

In the mean time, keep those boot soles clean and don't camp too close to that creeping kudzu. It might getcha! 🐉





# Dog Pack Sniffs Out Work — and Great Food

By John Hartpence


The second annual Dawg Days was held at Lick Creek Aug. 5-8. This was a wonderful time for fellowship, working and eating. The following people were in attendance—Gordon Burgess, Marcia Cope, Barry Hester, Bill Medlin, The Browns (Jeff, Emily, Matt and Andy), Tony Roberts Bobby Bass, Bud Mitchell, Alice Johnson, Amy Harmon (a new member from Bland, Va.), Betsy Truscott, Trevor Cope, Paul Clayton, Marie Minor, Vaughan Thomas, "Doc" Branham, Trudy Whitney, Paul Haag, John Locke, Bill Boudman, John Hartpence, Aslan and Lady.

The weekend started on Thursday with the picking up of equipment at Forest Service and a planning meeting at Marcia's mountain retreat. On Friday the road was flagged and signs put up so people unfamiliar with Poor Valley could find their way. Camp was set up near Lick Creek. Medlin's large orange tarp was set up as our headquarters. Marcia set up the kitchen area and dared any unauthorized person to enter. Around 3 p.m., members began to arrive. Around 7 p.m. we had supper. Members brought many of their favorites — potato salad, tomato salad, brownies and carrot cake. The hot dogs were great. That night most of the members arrived and we enjoyed ourselves in conversation and Bill's magic brew.

Saturday we were up at 7. Bill Boudman and John Hartpence made pancakes and sausage. Marcia got the coffee going. The first work crew headed out to Lynn Camp about 8:30am. They were working from the bridge at Lynn Camp-north. That group was headed up by Bill Medlin. The second group headed by Barry Hester headed out at 9am for the North side of Lynn Camp. Bill Boudman led a group north of Lick Creek. It was a beautiful day to commune with nature and fellowship with our friends. Medlin's group completed side hilling the South side of Lynn Camp Mountain. Barry's group got most of the North side completed. Bill Boudman and Bobby Bass got the big blow-downs north of Lick Creek. They also rebuilt a bridge. John Hartpence and Gordon Burgess weed-eated to Poor Valley. All and all we got a lot of work done.

Saturday Jeff Brown cooked chicken over the grill. We had all kinds of fine food — corn on the cob, string beans, salads and great desserts. The children enjoyed hamburgers and hot dogs. After supper and cleanup we had another great evening of conversation and sharing around the campfire.

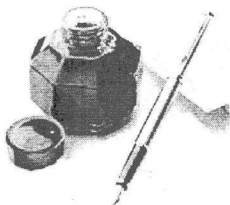
Sunday morning we got up to the smells of Betsy Truscott making bacon and eggs. The smell of perked coffee permeated the air. What a way to cap of the second annual Dawg Days.

Those who attended will be able to proudly wear the exclusive Dawg Days T-shirt. Those of you who didn't attend we hope that you will put this on your calendar for next year. 

## The canceled hike

by Wayne Riley

Here I sit broken hearted  
Planned to hike but never got started  
The backpack is empty, the platypus dry  
The weather is fine, it makes me want to cry  
The maps and the trail guide sit unused by the bed  
I can't get the thought of the woods out of my head  
I am not mad, that is not what I'm trying to say  
I just miss hiking with my friends, and that is OK  
I'll just have to think of the hikes in the past  
Like Tinkers Cliffs in VA, now that was a blast  
No need to worry, I won't spend this weekend in a huff  
I'll just have to go to REI and buy some more stuff.



## Extensive Hiking Resource New From


**MountainZone.com**

MountainZone.com, a mountain sports Web site, announced the launch of its new, comprehensive hiking Web site, TrailMaps.com ([www.trailmaps.com](http://www.trailmaps.com)). The site offers searchable trail database on the Internet. Additionally, TrailMaps.com is a rich source of hiking stories, forums, photos and events, and includes tools for planning hiking trips, such as trail maps, a new national parks directory, a hike-of-the-week feature and the most complete boot-fitting guide available. All necessary gear for a hiking trip can be purchased directly from the site's Marketplace.

The TrailMaps database includes reviews on more than 4,000 hikes covering Washington, Oregon, California, Colorado and Montana. The site is expected to have trails for the rest of the United States by the end of the year.

This resource provides details about all of America's national parks, including location, operating hours, up-to-date weather, permit and fee information, lodging

availability, special events, contact information, current park news and much more.

MountainZone.com's new proprietary boot-fitting guide addresses blisters and other problems by providing a step-by-step process for properly fitting boots. "This guide helps hikers find their correct shoe size," said Brian Hewitt, MountainZone.com boot-fitting expert. "Then we offer tips for proper fitting, including how to tie special knots to improve fit, the critical role of socks and some helpful hints for a number of common fit-related problems." 

### Konnarock Y2K

The tentative date for the Crawfish Valley Rehab in the year 2000 is July 13- 17.

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#### **PIEDMONT APPALACHIAN TRAIL HIKERS, INC.**

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*Don't forget to visit the PATH website at <http://www.path-at.org/>*