

# PIEDMONT APPALACHIAN TRAIL HIKERS



OCTOBER 1994

## A VIEW TO THE WEST

by John Hartpence

PATH's big project this year was to work with Konnarock crews to repair the shelter at Chestnut Knob. The three-week project was a success. PATH now has a first-class shelter to please all who venture up the highest peak between Mt. Rogers and New Hampshire.

Of course, if you have a first-class shelter, you should also have a top rated "dunnie", or outhouse, as Chris and Toby from London called it. The old dunnie hole was nearly filled in so Ken Rose directed Bill Boudman and John Hartpence in digging a new, "top of the line" dunnie hole. It had to be four feet deep. The first foot was easy, but the last three feet seemed like they were through solid rock. One rock that was removed weighed over 100 pounds! After using the rock bar and a sledge hammer, the hole was finally finished. The old dunnie was moved to the new hole. It was great. Looking out the front of the dunnie you could see a beautiful view of the sun setting over Beartown Wilderness.

We were very satisfied until the shelter project was completed. The "new" old dunnie now looked out of place. It just wasn't classy enough! The view was

still great, but it became apparent that a new dunnie was needed, one more in keeping with the shelter. Ken Rose, Jim Ball, and Bill Boudman cut down locust trees for the base and four side poles. Ken and Jim used their woodsman skills to put the base

together. They used wood chisels and a chain saw (old craftsman style tools) to cut the wood out so the pieces fit together. After working all day, the framework was completed.

The old dunnie was broken up and the PATH team moved the new dunnie, in its framework stage, to its final resting place over the new dunnie hole. It was put down on the first try right over the hole for a "hole in one". Ken, Bill, and John then used pieces of the old

shelter roof to build the sides. Members of the club painted the floor and the underside of the dunnie roof. A toilet paper holder was installed to keep the music rolls dry, along with a poem called "Ode to a Privy Fly". Everyone began to line up for their turn in the dunnie to see the beautiful view to the west. We now have a beautiful shelter as well as what has to be one of the finest dunnies ever built!!



Looking over the shoulder of an understandably anonymous volunteer at the view to the west from the new dunnie.

### REMINDER

Don't forget the Annual Friends of PATH Barbecue Dinner at the October Maintenance Trip.

Interested in winter backpacking? Look on the back page for details on how to get involved.

# CHESTNUT KNOB SHELTER RENOVATION PROJECT

All of the volunteers who put time and effort into the renovation project deserve a big hand. Without these volunteers, the project could never have been completed in three weeks.

Originally, the shelter was a fire warden's cabin, built sometime around 1929. The shelter is a stone-walled building, built from local rock. The inside dimensions are roughly 12' by 28'. Prior to this project, the shelter had a flat shed roof. There were bunks inside so visitors would not have to sleep on the floor. Reservations in the upper bunk came with aspirin for when you hit your head on the low ceiling.

Plans were drawn up to renovate this shelter and make it more serviceable to hikers. Three weeks of Konnarock crew time were provided by the Appalachian Trail Conference this summer to complete this project.

The old roof was removed and the unusable debris was hauled away. A new offset gable roof was then framed up and covered with brown steel roofing. The new roof includes overhangs which the old roof lacked. Seven sections of new concrete were mixed by hand and poured over the old, uneven stone floor. While all of this work was going on a family of at least twelve garter snakes was found living in the old chimney which had been sealed up years ago. They enjoyed lounging in the sun on the top of the wall and poking their heads out of cracks while overseeing the construction going on around them.

The old bunks were rebuilt in the rear of the shelter. New bunks were built at the front end. Framework for new end windows was built into the eaves. The two wall windows had new concrete sills poured and wooden framing installed. Lexan panes were installed in all of the windows. A new door and door frame was built.

A special "dunnie" crew was called to action. They dug a new dunnie hole and constructed a new dunnie. There was even time to install some new steps on the trail down below the shelter.

The Konnarock crews that helped PATH with this project were led by Jim Bartos and his assistant Kevin. Special thanks go to Dean, a Konnarock volunteer, who provided three weeks of his time and invaluable knowledge of construction to make this project go as planned. The Konnarock volunteers came from all across the country: California, Ohio, Vermont, Pennsylvania, North Carolina, Florida, etc.

PATH's own Jim Ball was instrumental in making everything possible by ferrying gear, supplies, and water up and down the mountain on the Forest Service's six-wheeler. He must have made the nearly two-mile trip up and down the mountain from Burke's Garden to the top of Chestnut Knob at least fifty times.

Everyone who stops in at this shelter in the future will appreciate the work done by the volunteers this summer. There were 11 different PATH volunteers who attended during the first week, 21 the second week, and 22 the third week. In all, 31 different PATH members showed up to help with this project. Chestnut Knob looked like an oversized anthill bustling with activity.

Special appreciation goes to the following eighteen people who gave five days or more of their time and efforts:

Jim Ball - 17 days  
Bill Boudman - 14 days  
Don Childrey - 5 days  
John Hartpence - 10 days  
Bill Medlin - 7 days  
Randy Sample - 5 days  
C. Simpson - 5 days  
R. Simpson - 5 days  
Trudy Whitney - 6 days

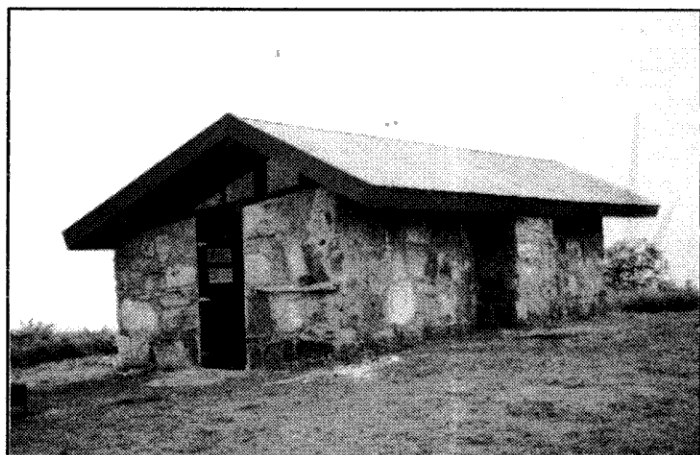
Bobby Bass - 10 days  
Gordon Burgess - 10 days  
Paul Clayton - 7 days  
John Locke - 5 days  
Ken Rose - 10 days  
Brandon Saunders - 9 days  
P. Simpson - 5 days  
Betsey Truscott - 5 days  
Steve Williams - 6 days



BEFORE



AFTER



You can say one thing about PATH volunteers:  
They relax as hard as they work. ➡

## BACKPACKERS' PRIORITIES!!!!

### **YOU MUST BE A BACKPACKER .....**

**IF** you go looking for a new family vehicle and your idea is a 4x4 you can sleep in and your family's idea is a minivan.

**IF** you go to the grocery store with your spouse and you look at new items that can hold up in your pack and are high in carbohydrates and your spouse looks at fresh vegetables and frozen foods.

**IF** your idea of going shopping is going to an outfitter store and everyone else wants to go to the mall.

**IF** your spouse wants a new sofa and all you want is a Crazy Creek chair to in which to watch the sunset in comfort.

**IF** the only legs that turn your head are deer legs.

**IF** when you were a kid, your mom told you to take a hike and you did and still are.

**IF** your idea of vacation is one week on the AT, not a week at Disneyland.

**IF** you don't mind running a weedeater in 90 degree heat on trail maintenance days but you complain that it is too hot to cut the grass at home.

**IF** you will take your young children on a weekend hiking trip but won't take them to Carowinds.

**IF** your idea of a quick, easy meal is freezedried and everyone else's is microwaved.

**IF** your idea of name brand clothing is Patagonia, The North Face, Outdoor Research, and Woolrich, not Haggar, Polo, and Liz Claiborne.

**IF** your sole purpose of living in a condominium or apartment is so that you can be gone every weekend on trips.

**IF** you feed your dog only dried food because it is easier to pack on trips and not because it's good for the dog.

contributed by Gene Greer

## **ATC Southern Region Multi-Club Meeting 1994**

Where can you be jolted out of your sleep at 4:30 AM by the sounds of boxcars being joined together, be chased down the AT by a half dozen radio-collared hunting dogs, pig out on an all-you-can-eat pancake breakfast for \$2.50, canoe the James River, swap stories around a campfire with 134 hiking friends, hike, hike, and hike? Multi-Club, of course!

For those that don't know, Multi-Club is a yearly event that brings together members of the 13 Southern Region clubs of the Appalachian Trail Conference. Held every Labor Day Weekend, it is hosted by one of the clubs which does its best to help all attendees have a great time. This year's Multi-Club was hosted by the Natural Bridge AT Club at "The Campground at Natural Bridge". Seven PATH members were among the 134 AT enthusiasts that registered for the festivities. While most of North Carolina suffered a long weekend of rain storms, we hiked, biked, ate, talked, paddled, fished, and generally enjoyed the camaraderie of other AT friends under the partly sunny skies and cool air of the Virginia's Blue Ridge.

Fifteen organized hikes were held on Saturday and Sunday, showcasing the outstanding scenery and facilities of the Natural Bridge Club's 88 mile section of trail. Of course, the hot showers and delicious barbecue dinner that awaited the hikers didn't hurt either. Sunday hikers were weighed down by the pancake, bacon, juice, and coffee breakfast hosted by the campground management. Sunday evening the traditional general meeting was held, this time around a campfire under the (finally) stars. During this meeting, the year's activities were summarized by our ATC liaisons as well as by a member of each club. The highlight of the meeting was when PATH was recognized as having the largest number of club participants during the Konnarock weeks of this past summer (27). Our own Jim Ball (in attendance) and Gordon Burgess were recognized for their several weeks of participation during Konnarock.

If you've never been to a Multi-Club, come see what you've been missing. Mark your calendars for Labor Day weekend 1995, to be hosted by the Tennessee-Eastman Hiking Club. In 1996 the Old Dominion Club will be hosting. Both of these events promise to be just a few hours drive for our members. See you there!

by Chuck North

# **APPALACHIAN OUTFITTERS**

2447 Battleground Avenue  
Greensboro, NC 27408  
910-282-8251

**OUTDOOR EQUIPMENT, CLOTHING  
AND FLY FISHING**

# OUTINGS AND EVENTS

## OCTOBER 17-18 OCTOBER MAINTENANCE TRIP and BBQ



PATH will attempt to finish repainting the trail blazes along our section of the AT this weekend. Rain kept us from finishing this task in September.

PATH will also be having a BBQ dinner on Saturday night for our trail neighbors. Steve Dehart will be preparing this meal for us as he has before. There will be pork and beef BBQ, chicken, and vegetable meals available, with all the fixings. Cost will be \$7.50 per person. Please contact one of the following by October 10 and let us know what type of meal you want.

There will be a short Board meeting at the campground after the BBQ.

Jim Wood 919-469-0820

## OCTOBER 29 LAKE JOHNSON DAYHIKE



A five mile double loop hike around Lake Johnson in Raleigh. Easy hiking with nice views of the lake.

Leader: Jim Wood 919-469-0820

## NOVEMBER 12 PATH ANNUAL MEETING and POTLUCK LUNCH

PATH will be holding its annual meeting at Cedarock Park again this year. This park is located off of NC 49, about six miles south of Burlington, NC. Turn onto Friendship-Patterson Mill Road from NC 49 and follow the signs.

**NOTE:** This year's meeting will be held at 12:00 noon on Saturday. If you come early or stay late you can hike or bike some of the trails within Cedarock Park.

A potluck lunch will be held at 12:00, with the General Membership Meeting at 1:00 PM. Please bring a food item for the lunch. PATH will provide drinks, plates, napkins, and utensils.

PATH will be electing new officers at the General Meeting. We will also go over some of the past year's accomplishments. Bring pictures to share with others if you can.

For further details contact:

Jim Wood 919-469-0820

## NOVEMBER 19 RAVEN ROCK STATE PARK DAYHIKE



We'll hike about eight miles in this state park near Lillington. Good views of the Cape Fear River and of Raven Rock. Easy to moderate hiking.

Leader: Jim Wood 919-469-0820

**Trip Reservations** - To comply with the Trail Use Decision approved by the ATC, dayhikes are limited to 25 participants and overnight trips are limited to 10 participants. These limits are designed to protect the trail environment. If you are interested in going on an outing, please contact the leader in advance to reserve your space. If you decide to cancel out, please advise the leader in advance.

## DECEMBER 10-11 BACKPACKING AT MT. ROGERS



We'll do about fifteen to seventeen miles around Mt. Rogers in southwest Virginia. It's a beautiful area with magnificent views; however we could get a good taste of winter.

Leader: Jim Wood 919-469-0820

## JANUARY 8 UMSTEAD STATE PARK DAYHIKE



We'll hike about ten miles in this state park in Raleigh. Nothing spectacular, just a good chance to stretch your legs.

Leader: Jim Wood 919-469-0820

## FEBRUARY 18 UWHARRIE TRAIL DAYHIKE



A twelve mile dayhike from NC 24/27 to NC 109. Moderate hiking in this trail section near Troy.

Leader: Jim Wood 919-469-0820

## PATH BULLETIN BOARD

### **HIKE LEADERS WANTED**

PATH needs additional hike leaders. If you have any interest in leading hikes or could be talked into leading a hike, please call Jim Wood at 919-469-0820.

If you have any announcements or notice that you would like to share with the members of PATH, use the newsletter to do so. The newsletter is here to serve the membership. Examples would be: hiking partner requests, equipment for sale, looking for equipment, looking for trailhead shuttles, etc.

Contact: Don Childrey  
910-439-6204 evenings

Next newsletter will be coming out about the first of March 1995.

**Responsibility for Safety** - There are certain risks which are inherent in any hike or other Club activity. Each PATH, Inc. member, guest, or non-member hiker agrees to accept personal responsibility for his or her safety and the safety of minors accompanying such persons. The Club cannot ensure the safety of any participant on hikes. Each person agrees to hold harmless and free from blame the hike leaders, and the PATH, Inc., its officers and members, for any accident, injury, or illness which might be sustained from participation in hikes or other Club activities.

## THE LABOR DAY CLUB by Mark Clayton

I apologize to anyone that did not receive their invitation to join the Labor Day Club (LDC). I've been told there was some kind of problem with the mail, so to make sure that doesn't happen again, let this serve as a standing invitation for you to join the LDC.

Most Americans eagerly await the arrival of Labor Day, maybe for the family outings, a much needed rest, or maybe even a chance to catch up on some of the chores around the house. But for some of us, it signals the beginning of the fall-winter-spring backpacking season, a time when the suffocating humidity, bugs, and crowds give way to crisp cool air, crystal clear skies, and snow covered mountains.

Last year the LDC, (at the time only two members strong, Paul and I), took a three day trip from the Grindstone Campground near Mt. Rogers, along an old railroad grade to a junction near the AT at Elk Garden, south past White Top, along the Virginia Creeper back to the AT, through Bear Tree State Park (where we were given hotdogs and chili by somebody's grandmother), joined the Iron Mountain Trail at Skull's Gap, back across the AT, and finally back up the road to the truck. What a great trip! When we had a club meeting about this year's trip and membership drive, two things were decided. This trip had to be even better than last year's, and we would try to double our membership by Labor Day.

In preparation for the LDC outing and in hopes of recruiting a few new members for the club I took some August outings: Mt. Mitchell with Paul Clayton; a beginner's trip to Mt. Rogers with Paul, Steve Henderson, Nathan and Spike Pancok, David Brunson, and Don Childrey; a berry picking trek to Rogers with John Locke, Bill Medlin, and Gene Greer. Great people, great trips, but still not the LDC.

As planned, we doubled our membership by adding David and Gene, and on Friday night we headed

for Damascus. Paul, our demented trip planner, put together a challenging 48-50 mile loop; Friday night south on the AT headlamping for about 5 miles; Saturday an easy 15 mile day; Sunday an 18-miler across to and up the old Iron Mountain Trail; and finally on Monday, a 12 mile stroll back into Damascus. Sound easy? I believe, no I'm sure, the way Gene described it was a "death march". Okay, so the water supply was limited, the hills were unlimited, the days were long, and a little bushwhacking uphill had to be done on the "maintained" Iron Mountain Trail, not to mention what I believe a botanical study would verify for The Guinness Book of Records as the biggest crop, both in size and numbers, of stinging nettles (the plant from hell), found on the entire planet. For those of you who are unfamiliar with this plant, let's just say that it makes poison ivy seem like kids' stuff. You see, by the time you usually feel the symptoms of poison ivy you are back home near a medicine cabinet and lots of cortisone cream or calamine lotion. But with the "plant from hell", you get immediate feedback on the extent of your contact with the plant. If tempers grew short on the trip it was nettle related and nothing more.

So on Monday morning at 11:55 as I stood in line buying half a gallon of cookies and cream ice cream, only 4 1/2 hours after breaking camp, I wondered to myself "What will next year bring?". As the other club members came off the mountain we discussed next year's outing. Gene volunteered that he would be taking his wife to the beach, a place he hates but would opt for over another "death march". That's when we reminded him, or was that the first time we told him, that there is only one way out of the LDC with its mandated lifetime membership.

As we drove out of Damascus, our weekend of labor finally over, we began discussing prospective rubes, oops, I mean members to add to next year's trip.

So, If you don't have any plans...

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## 1995 MEMBERSHIP FORM FOR PATH

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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ (1094)

New ( )      Renewal ( )

### PATH Membership Dues:

Individual	- \$7.50	\$ _____
Family	- \$10.00	\$ _____
Student	- \$5.00	\$ _____
Optional - ATC dues	\$18.00*	\$ _____
- Donations		\$ _____
Total --		\$ _____

PATH is a 501(c)(3) organization, donations are tax-deductible.

Are you interested in :

Dayhikes ? \_\_\_\_\_ Trail crew ? \_\_\_\_\_

Backpacking ? \_\_\_\_\_ Other ? \_\_\_\_\_

How did you first learn about PATH ? \_\_\_\_\_

Member Information - (optional) :

Age \_\_\_\_\_ Sex \_\_\_\_\_

Occupation \_\_\_\_\_

Are you an ATC\* member? \_\_\_\_\_

### \* Appalachian Trail Conference Membership

For PATH members, annual ATC dues are \$18.00.

ATC dues are normally \$25.00. You can send your ATC dues in with your PATH dues.

*Make ATC membership dues out to "ATC".*

Send this form and payments to:

PATH Treasurer, 3304 Arrowwood Dr., Raleigh, NC 27604



## What is PATH?

**Piedmont Appalachian Trail Hikers** is a non-profit trail club that maintains a section of the **Appalachian Trail** in southwest Virginia. PATH also sponsors dayhikes and backpacking trips for members and others who might be interested in learning more about trails, hiking, and enjoying the outdoors.

The **Appalachian Trail** is a 2100 mile long footpath that runs along the crest of the Appalachian Mountains from Mount Katahdin in Maine to Springer Mountain in Georgia. The Appalachian Trail was originally constructed in the 1920's and 30's. In 1965, the **Appalachian Trail Conference** assigned maintenance responsibilities for 50 miles of the Appalachian Trail to **Piedmont Appalachian Trail Hikers, Inc., (PATH)**. This section runs from Va. St. Rt. 670 at the South Fork of the Holston River north to Va. St. Rt. 623 atop the picturesque Garden Mountain.

The volunteers that make up the membership of **Piedmont Appalachian Trail Hikers** include young and old, men and women, dedicated volunteers who never miss a maintenance trip and unseen volunteers that support our mission through monetary contributions. By far the most important aspect of **Piedmont Appalachian Trail Hikers** is that it brings together people who can share common interests and become new friends.

### EMERGENCY PHONE NUMBERS

FOR PATH'S SECTION OF THE APPALACHIAN TRAIL  
**Virginia State Police** Local 288-3131 or 1-800-542-8716  
Please report all incidents promptly to a PATH officer or ATC field representative. It is very important that ATC be notified as soon as possible.

## HOW DO YOU LOOK IN WHITE?

Can you picture yourself on a trail surrounded by the white of a new fallen snow? Can you hear in your mind the muffled squeaks and groans of frozen trees? Do you find this mental picture more appealing than staring at four walls?

If so, you may be ready to try winter backpacking. Once again we are putting together a phone list of people who are interested in getting out when most everyone else is trying to get in. If you would like to be on this list, contact Don Childrey at 910-439-6204 or send a note to the PATH mailing address.

Winter backpacking requires different skills and techniques than warm weather outings. Many of us feel that the rewards of a winter outing are well worth the extra effort. If you are excited

by this challenge, let us know. The best ways to learn winter skills are to spend time with people who know the tricks and to get out and get done up in white.



# PIEDMONT APPALACHIAN TRAIL HIKERS, INC.

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