



March 2017

THE KEYSTONE HIKER

Preserving Pennsylvania's Footpaths since 1956

Contact us: 46 E Main St, Mechanicsburg, PA 17055 / 717-766-9690 / bfurnace@kta-hike.org

MEMBER CORNER

Registration Closes March 24 for KTA's Spring 2017 Hiking and Meeting Weekend



Credit_John Kendlhardt

Check the events page on the website for more information or follow this link:

<http://www.kta-hike.org/spring-2017-hiking-and-meeting-weekend.html>

SOLD OUT!

The Black Forest Trail Slackpack Thruhike!

May 19-22

Check the Events page on the website for information. Or follow this link:

<http://www.kta-hike.org/2017-black-forest-trail-slackpack.html>

Trail Care 101: Workshop



Saturday, April 22, 2017 , 9 am—3 pm
Whipple Dam State Park, Petersburg, PA

Join Keystone Trails Association for Trail Care 101

- Have you wanted to join a Trail Care, Trail Crew, or Code Orange but felt unprepared?
- Are you interested in finding a way to give back to the trails?
- Are you curious about why trails are built and maintained differently, in different places?
- Learn the skills, the lingo, the why and how of trail care, and the safety precautions you need to know to be a Trail Maintainer!

Tentative Trail Workshop Schedule:

9 am—12 pm: “Trail Care 101—The Open Classroom” taught by Ed Lawrence, KTA Trail Care Chair

- What are the projects, duties, and tools you’ll encounter at Trail Care, and how to handle them
- Do’s and Don’ts: Trail Care Leaders don’t all agree, but they can all be right
- What projects are planned for the 2017 Trail Care and Crew Schedule with KTA
- Judgment-Free Q&A

12:30 pm—3 pm: Hike around the lake for hands-on training and discussion of lessons learned.

- Apply what you learned in the morning as you see trails with new eyes, and get answers to all the new questions that arise.

Sign Up by April 14. Lunch included.

Visit our [Events Page](#) for the registration form, and mail with payment to KTA. Direct questions to info@kta-hike.org.



Farewell KTA

by Sara Haxby, past Program Administrator



Credit_Rebecca Brewer_right

Dear KTA,

Thank you for teaching me about all the trails in Pennsylvania. Thank you for building so many of them. Thank you for sharing with me your stories about hiking and building trails, and for inviting me to hike with you even if I had to stay at the registration table. I feel like I've gotten to know so many of you thanks to the membership drives, the data-processing, and constant emails. I have gotten to know a bunch of you, the ones who go to every hiking weekend, or at least every Prowl the Sproul. It has been a pleasure to work for Keystone Trails Association.

Brynn reached out to KTA before I knew I was leaving, and I saved her information because I was so impressed with her experience, her drive, and that she found KTA and applied for a job that didn't exist. That's gumption, and I think that's a quality most at KTA share. She's going to fit in well. Thanks to Joe's guidance, and my confidence in her, this farewell is possible.

I am not going far. Starting at the end of February, I join the ATC MARO team as the Senior Office Manager (at the Appalachian Trail Conservancy's Mid-Atlantic Regional Office), just down the road in Boiling Springs. It's likely our paths will continue to cross, and I hope to see all of you down the trail.

Thank you again for all you do!

Happy Trails,

Sara

Welcome Brynn!

Brynn Furnace joined KTA as Program Administrator in February, 2017. She grew up in Northern New York where she enjoyed outdoor activities such as camping, hunting, fishing, and trapping with her family. Brynn graduated *cum laude* from Le Moyne College with a B.A. in Biology and a B.S. in Psychology.

Throughout college she was involved in several service organizations that performed activities such as park clean ups, making sandwiches for the homeless, and serving meals at the Samaritan Center. She also participated in a service immersion trip to Nazareth Farm in West Virginia which focused on environmental responsibility and social justice. Following graduation, she joined AmeriCorps National Civilian Community Corps (NCCC), a national, team-based service program through which she traveled around the southwest, serving with non-profits and government agencies in the areas of environmental conservation, construction, youth development, hunger relief, and tax preparation.



She has recently moved to beautiful Pennsylvania and is thrilled to be a part of the Keystone Trails Association. She looks forward to furthering KTA's mission and preserving Pennsylvania's trails and hiking experiences for all of those to come.

At the Keystone Trails Association, Brynn is responsible for event planning and execution, volunteer coordination, website development, editing the newsletter, merchandise sales, social networking, growing the member base, and building partnerships to further KTA's mission.

Website Update! Thanks to Our Rock Star Volunteers, KTA-HIKE.ORG Got an Upgrade

Desktops and Mobile-Phones Welcome. www.kta-hike.org

Perks of Membership



Keystone Trails Association Members Now Enjoy a 10% Discount when they shop at Appalachian Outdoors in State College

YOUR HIKING ADVOCATE

KTA Lobby Day!

by Joe Neville, KTA Executive Director

Please join KTA staff and board members as we descend upon the Pennsylvania capitol and lobby our legislators to oppose lifting the ban on Sunday hunting.

KTA plans on having a large presence at the capitol on June 6 to convince our elected officials that most Pennsylvanians do not support the recent efforts of the National Rifle Association and Pennsylvania Game Commission to lift the ban on Sunday hunting and take away our 1 day of the week when we can hike in safety and quiet.

Staff will guide you with a planning meeting describing how to meet with legislators. We'll also guide you around the capitol, provide handouts and talking points, and schedule all appointments.

When: Tuesday, June 6, 2017, at 8:30 AM.

Where: Pennsylvania state capitol (meet in the cafeteria).

Sign-Up and Additional Information: E-mail your interest to jneville@kta-hike.org or call 717-766-9690.

Sunday Hunting: Not Really A Good Idea

by Ed Lawrence, KTA Trail Care Chair

Outdoor recreational activities have never been more popular. Pennsylvanians are getting outside in record numbers to enjoy a wide variety of sports and hobbies. Families have discovered geo-caching and are day hiking our state parks, people are trail running, setting up tripods for nature photography, mountain biking, paddling kayaks, backpacking in our state forests, bird and wildlife watching and taking advantage of designated equestrian trails.

There is a notable exception to this trend however, the number of active hunters continues to show a slow, but steady decline, year after year across the state. I don't begrudge hunters their sport or their time in the woods, in fact we rent our acreage out to a local hunting club. However, at the same time, I think that hunters need to recognize and acknowledge that the overwhelming majority of outdoor recreationists are not hunting, and that these folks look forward to Sundays, during hunting seasons, as the one day of the week that they can pursue their chosen passion without having to worry about 'user conflicts' or accidentally getting shot.

Up to this point, splitting the weekend between hunting on Saturdays and everyone else doing their favorite outdoor activities on Sunday has been a compromise that has generally worked. This year though, the NRA has decided to push Sunday hunting in Pennsylvania as a legislative priority. This comes on the heels of the Game Commission, under pressure from the NRA, giving initial approval for hunters to start using semi-automatic rifles, despite the reported lack of support among many hunters for such a change. This decision will be officially approved at the Commission's April meeting, unless there is sufficient pushback from Pennsylvania hunters who still believe that their sport has something to do with a sense of sportsmanship and not just an arms race to see how fast you can fire off 6 rounds at a fleeing buck. Public comments regarding this proposed change can be sent to the Game Commission at: pacomment@pa.gov.

Before our legislators embrace Sunday hunting at an NRA sponsored shotgun wedding, they should consider the impact it will have on the vast majority of their constituents. Consider, for example, Ricketts Glen State Park (my local go-to hiking destination), which comprises 13,050 acres and includes 26 miles of hiking trails, described in the park brochure as a 'prime attraction to the park'. Will visitors be surprised to learn that 10,144 of those park acres are open to hunting, meaning that there may be semi-automatic weapon fire across over half of these hiking trails? Will that make more than 75% of the park a seven days a week "no-go zone" for most families?

The unintended consequences of lifting the current ban on Sunday hunting may actually end up backfiring on hunters as well. If Sunday hunting becomes the new normal then that will open the flood gate for all the other outdoor recreationists to come out on Saturdays. Hunters may be surprised to see just how many other folks enjoy being out in the woods without a rifle, or they may end up hearing them first, once hikers and bikers and families start wearing jangling "hunter bells" for safety.

This is really an issue of fairness and the equitable sharing of the resources of time and terrain. If you think that Sunday hunting is not really such a good idea, let your state legislators in Harrisburg know. They've already heard from the NRA.

VOLUNTEER / MAINTAINER'S CORNER

It's Here! The 2017 Trail Care and Crew Schedule!

Before you go, please read our Trail Care and Crew page on kta-hike.org for helpful information and applications.

April 28 - 30: Trail Care

Black Forest Trail

Leaders: Jenn Ulmer / Donna Thompson

hawk2373@yahoo.com

570-854-8316

Ruth Will Cabin at Pump Station Fire Tower

570-437-0065

Camp: Western Clinton Sportsmen's Association

May 6: Code Orange

Nolde Forest Environmental Education Center

Leader: Lisa Miller, Center Manager

lisamill@pa.gov

610-796-3699

Meet: 9:00 a.m.

Camp: Fri./Sat. at French Creek S.P.

June 20 -25: Trail Crew Week #4

Mid State Trail, Everett Region

Leader: Deb Dunkle

dhdunkle@gmail.com

814-652-2227

Camp: Tenley Park, Everett

July 22: Code Orange

Little Buffalo State Park

Leader: Jim foster

jimhfoster@yahoo.com

717-649-5505

Meet at the park office at 9:00 AM

May 19 - 21: Trail Care

West Rim Trail

Leader: Ed Lawrence

cathyed@frontier.com

570-925-5285

Camp: Colton Point S.P., Group tenting area #1

June 27 - July 2: Trail Crew Week #5

The Baker Trail

Leader: Dewaine Beard

dewaineb@gmail.com

412-719-9904

Camp: Creek Bend Campgrounds

May 30 - June 4: Trail Crew Week #1

North Country Trail in Butler County

Leader: Dave Adams

davenjean@zoominternet.net

724-453-1685

Camp: stay in Davis Hollow Cabin, or camp outside, cabin located in Moraine S.P.

July 7 - 9: Trail Care

Mid State Trail, Tioga Region

Leader: Pete Fleszar

tioga@hike-mst.org

717-583-2093

Camp: Hills Creek State Park, Organized group tenting area

June 6 - June 11: Trail Crew Week #2

Thunder Swamp Trail System

Leader: Ed Lawrence

cathyed@frontier.com

570-925-5285

Camp: Resica Falls Boy Scout Camp

August 4 - 6: Trail Care

The Pinchot Trail

Leader: Jeff Mitchell

jmitchmitch@hotmail.com

570-441-2952

Camp: Manny Gordon Picnic Area, Pinchot State Forest

June 13 - 18: Trail Crew Week #3

Chuck Keiper / Donut Hole Trails

Leader: Tony Robbins

tony.robbins.kta@excellservices.com

September 15 - 17: Trail Care

Tuscarora Trail
Leader: Ben Auer
auer.ben@gmail.com
608-772-1715
Camp: PATC cabin at Little Cove

September 29 - October 1: Trail Care
Reeds Gap Spur
Leader: Jenn Ulmer / Donna Thompson
hawk2373@yahoo.com
570-854-8316
Camp: Reeds Gap S.P. sites 8 -14

October 7: Code Orange
Gifford Pinchot State Park

W/ Friends of Pinchot S.P.
Leader: Steve Stroman
stevestroman@hotmail.com
717-350-0437
Meet: 8:30 at Quaker Race day use area off Pa. 177
Camping available Fri. & Sat.
Friends Group will host Sat. evening cookout for
volunteers

November 3 - 5: Trail Care
Bucktail Path
Leader: Rick Hiemenz
mustardgarlic@hotmail.com
814-706-8218
Camp: Brooks Run Fire Tower Cabin

HIKER'S CORNER

100-Mile Challenge Profile: Tiffany Parker

Full name: Tiffany Nichole Parker

Nicknames: Tiff, Tata

Age: 35

Hometown: Fishertown, Bedford County

How long you've been hiking: I grew up hiking the trails near my house and the parks. I love hiking new trails and have all my life.

Why you decided to take the 100-Mile Trail Challenge: I love hiking, and I feel this will commit me to staying with the routine of it.

Your #1 favorite hiking trail in Pennsylvania, and why it's your favorite: All the trails in the Allegheny National Forest. I have made wonderful memories camping and hiking there with friends.

Your favorite thing about hiking: The exploring; seeing the treasures of nature along the way. My favorite time of year to hike is in the fall—so much beauty in the leaves, and the wind in my hair.

Who's sponsoring you so far (friends, family, coworkers, hiking club, etc.): My family and hopefully some friends.

How you heard about or first got involved with KTA: I was looking for an exercise regime to prepare me for trekking in Southeast Asia and I came across this challenge.

Advice to new hikers: Never say never. Each challenge you face and endure will bring great happiness.

The one thing you'll never hit the trail without: My elephant water bottle. I carried it with me on many trails in Thailand and Cambodia. Keeps water cold indefinitely.

Favorite nature/hiking quote (your own or someone else's):

Afoot and light-hearted I take to the open road,
Healthy, free, the world before me,
The long brown path before me leading wherever I choose.

Henceforth I ask not good-fortune, I myself am good-fortune,
Henceforth I whimper no more, postpone no more, need nothing,
Done with indoor complaints, libraries, querulous criticisms,
Strong and content I travel the open road.
—Walt Whitman

Anything else you'd like to share: I am a writer and elephant advocate. I live in Pittsburgh with my husband, 4 cats, and a turtle. I love traveling, hiking, camping, reading, yoga, and meditation.

(learn more about the 100-Mile Trail Challenge on our home page, kta-hike.org)

First-Day Hike

By Wanda Shirk, KTA Board of Directors



Curt Weinhold took the candid photo from the first-day hike I led at Lyman Run State Park, Potter County. I'm mostly in the center; Park Manager Chip Harrison is on the left; John Norbeck is on the right.

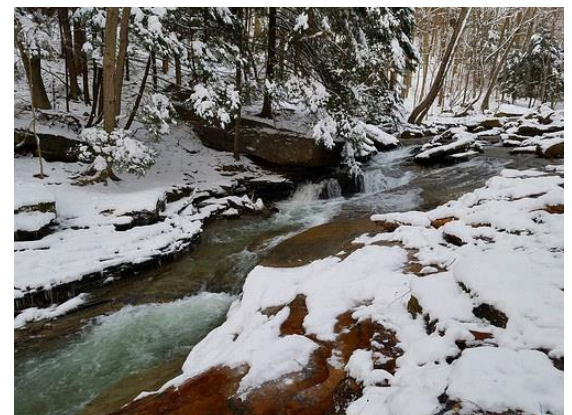
Chip and I were putting in a plug with John to get us funding for a little bridge across Lyman Run at that spot. It's a beautiful location where a pair of otters sometimes play, but it's a wet crossing that, in the winter, marks "trail's end"—unless some crazy person wants to wade it!

Jeff's Jaunts: Roaring Run Watershed and Buttermilk Falls

by Jeff Mitchell

"I was in western PA the other week and on the way home, I stopped by two parks- Roaring Run and Buttermilk Falls. Both were very beautiful. Buttermilk Falls is known for once being owned by Mister Rogers' grandfather, who had a cottage there. Mister Rogers would visit the cottage and falls, and the experience would help inspire his famous children's program."

<https://endlessmountains.wordpress.com/2017/02/20/roaring-run-watershed-and-buttermilk-falls/>



Walk with Gantz: The Susquehannock Trail

by Dave Gantz, KTA Board of Directors

Dave recently dedicated himself to writing a monthly column about backpacking trails he's hiked in Pennsylvania.

Photo credit: Eriks Perkons



The Susquehannock Trail System (STS) in North Central PA is a wonderful trail system consisting of 63 trails adjoined into one 85-mile loop. The STS is a very remote trail that receives far too little use. Of course Hammersly Fork Wild Area is amazing and well known, but the rest of this route is an unknown gem! This trail includes a good amount of elevation change, although many of the climbs and descents follow old logging grades left behind from the early 1900's logging era. The walking is enjoyable and plenty of trailhead parking areas, including a few PA state parks, provide easy access to this trail system. I have been on many trips in Susquehannock State Forest, and I almost always see more wildlife than humans!



As mentioned, the STS consists of 63 separate trails. Selfless volunteers care for these trails, which often includes maintenance of fun trail signs and trail names. The first lesson of the STS is enjoy and appreciate trail signs. Signs such as: 'Spook Hollow Trail', 'Cardiac Climb' and the 'Almost Halfway' sign, 'Old Stove, Deteriorating Landmark' sign, 'Rattlesnake Trail', and more, entertain during every trip. There are also several stream crossings, some of which have really really nice foot bridges (with fun names to go along of course). A wonderful new highlight to this trail system is an 'Adirondack Lean-To', which was built by volunteers in 2016.



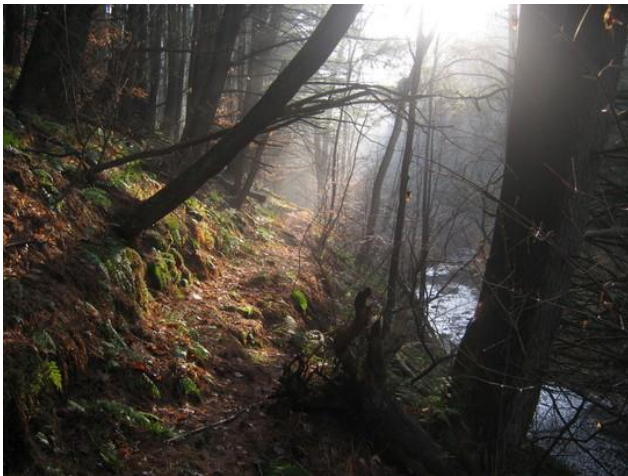
Lesson two: Dark Skies. This loop lies in the middle of Susquehannock State Forest, which is known to have the darkest skies east of the Mississippi River. Enjoy the stars on a clear night; this is the best place to see them. A very remote area, the STS truly makes a person feel alone in the woods. Even though there are a multitude of back country campsites along this route, many of them are underused. This brings us to lesson three: Camping along the STS sometimes means simply finding a flat spot in the woods to rest your legs and back and lie under dark skies with nothing but the mountain breeze (or the howling coyotes) to awaken you throughout the night.



Photo credit: Eriks Perkons

Lesson four: Connector trails. The STS is a system of trails which can be combined in a multitude of ways. Hikers strapped for time can find plenty of access points to day hike a section of this system. Adventurers with plenty of time can access other long distance trails that connect with the STS and make unique loops. These trails include the South Link Trail, North Link Trail, and Donut Hole Trail. A creative backpacker with weeks of free time can literally hike hundreds of miles through this part of the state without having to walk more than a few miles on paved roadways.

Of course, be sure to check your guidebooks and maps at all trail intersections, as some signs and blazes can be confusing.



Carrying a week's worth of food and gear can be a daunting task for a backpacker. Luckily, the STS has options to mitigate this problem. Lesson five: Resupply and shop local on the STS. The STS leads straight through the small town of Cross Fork, which has a post office, general store, and two restaurants/bars. The general store sells snacks and delicious deli sandwiches. Ole Bull State Park is another resupply location to consider. This park boasts swimming, campsites, and bathroom facilities (including showers). A backpacker may be able to cache or mail food to the park office. Denton Hill State Park is for day use

only, but could also be a resupply point. Of course, always call ahead to all possible resupply areas to ensure that the business is open and willing to aid with your trip. For more information, explore the STS website: <http://www.stc-hike.org>

Simple Trail Foods

by Gerry Rowan

There is always an ongoing quest for better food for hikers, backpackers or trekkers. Two of the simplest and most universal of trail foods are soups or stews, simple to make, nutritious and one pot meals. There are a number of good quality prepared freeze dried soups, stews and meals available from commercial manufacturers. Most are of excellent quality but are generally expensive. You're paying for the convenience and they're difficult to 'customize'. Soup and stew mixes you make at home can be designed to meet your needs, be convenient, and less costly than the commercial brands.

Several other issues that affect the choice of trail foods are:

Weight: Fresh milk would be a luxury on the trail. The problem is milk weighs eight pounds a gallon and doesn't keep well without refrigeration.

Refrigeration: which we know doesn't exist on the trail.

Preparation time: When hikers break for meals they're really hungry. This means taking an hour to prepare a meal is out of the question.

Convenience: With the limited gear required for backpacking, convenience is a necessity.

Let's take a look at the components of a typical soup and then translate it into a made-at-home, trail friendly version.

Most soups are made from the same types of components: a base, meat, vegetables, fillers, spices and seasonings. Of course, not all soups or stews use all of these components.

Now let's look at the trail friendly components that are available in each area.

Base: Chicken, beef, or vegetable bouillon cubes. Powdered milk or powdered whole milk, evaporated milk, or even non-dairy coffee creamer are good replacements for liquid milk.

Meat: Freeze dried chicken, turkey or beef, foil packed Spam, tuna, salmon or chicken; even hard salami, double smoked bacon or summer sausage.

Vegetables: Freeze dried or air dried vegetables: corn, peas, broccoli, mushrooms, onion, beans, bell pepper or mixed vegetables. Vegetables are easily dried at home.

Fillers (ingredients that add body to a soup): Freeze dried or instant mashed potatoes, any small sized pasta, quick cooking rice, couscous, polenta, grits or even oatmeal.

Seasonings and spices: Kosher salt, freshly ground black pepper, onion or garlic powder, parsley flakes, oregano flakes, thyme, hot sauce, hot pepper flakes or even soy sauce. Parmesan cheese or cheese powders can also be added as flavoring agents.

Let's make this easy and start with a packaged soup mix. Brands like Knorr, Mrs. Grass, Lipton, Heinz, and Bob's Red Mill all make packaged soup bases that are a good starting point.

Soups and stews have similar ingredients with two differences: thickness and size of the ingredients. In soups, the meat chunks, vegetables and pasta are generally larger. Stews are generally thicker than soups.

DIRECTIONS: add the additional ingredients to a sandwich-sized zip lock bag. Tuck in the soup mix packet, press out any air then seal. Cook on the trail.

CREAMY MUSHROOM SOUP MIX

1 C.	Dry whole milk powder
¼ C.	Non-dairy coffee creamer
6 tablespoons	Cornstarch or potato starch
¼ C.	Dried shiitake mushrooms, finely chopped
2 tablespoons	Vegetable or chicken bouillon granules
1 tablespoon	Parsley flakes
1 teaspoon	Dried onion powder
½ teaspoon	Dried thyme
1 teaspoon	Dried basil
1 teaspoon	Kosher salt
½ teaspoon	Freshly ground black pepper

Combine and mix well. Store in an air tight container (a zip lock bag works well). To make: add 5 tablespoons of the mix to each cup of water. Bring to a boil and simmer for 5 minutes. The soup is done when the mushroom chunks are tender. Use 1 qt. water for the whole recipe.

SUBSTITUTIONS: AP flour for the cornstarch. Chicken bouillon for the vegetable bouillon.

ADDITIONS: 1-2 tablespoons butter. ¼ C. Orzo pasta or broken thin spaghetti. 1-4 oz. foil pack tuna, salmon, Spam or chicken.

TRY: sautéing 1 onion in 2 tablespoons of butter and then add the water and make the mushroom soup. Reduce the amount of water used and create a mushroom sauce. Sautee chicken or turkey then add ½ C. mushroom soup mix and 1 ½ C. water. Simmer until the meat is tender and a sauce is formed.

LEEK AND POTATO SOUP

1-1.4 oz. package	Leek soup
2 tablespoons	Freeze dried chives
1-4-1/3 C.	Instant mashed potatoes
2/3 C.	Powdered whole milk
1 qt.	Water

Add the water to a small pot and bring to a simmer. Add the leek soup mix and chives then simmer for 5 minutes. Add the instant mashed potatoes and powdered milk then bring back to a simmer. Cook for an additional few minutes.

ADDITIONS: 1-4 oz. foil pack tune, salmon, Spam or chicken.

ONION AND BEAN SOUP

1-1.4 oz. package	Onion soup mix
¼-1/3 C.	Dehydrated refried beans

¼-1/3 C.	Orzo or other small pasta
4 C.	Water

Add the water to a small pot and bring to a simmer. Add the refried beans and onion soup mix then simmer for 5 minutes. Add the pasta and bring back to a simmer. Cook until the pasta is tender and serve.

ADDITIONS: 1-4 oz. foil pack tuna, salmon, Spam or chicken.

TRAIL STEW

1-1.4 oz. package	Onion soup mix
¼-1/3 C. (2 or 3 oz.)	Dehydrated beef, chicken or turkey
¼-1/3 C.	Freeze dried mixed vegetables
¼-1/3 C.	Orzo or other small pasta
4 C.	Water

Add the water to a small pot and bring to a simmer. Add the meat, vegetables and onion soup mix then simmer for 10 minutes. Add the pasta and bring back to a simmer. Cook until the pasta is tender and serve. The thickness of the stew can be adjusted by the amount of water added.

CREAMY OATMEAL SOUP

1 1/4 C.	Rolled oats
¼ C.	Freeze dried celery
1 C.	Powdered whole milk
1 teaspoon	Garlic salt
4 C.	Water

In a medium saucepan bring the water to a boil. Add celery and garlic salt; boil for 1 minute. Stir in oats and powdered milk, simmer for at least 5 minutes, or until thick. Serve hot.

ADDITIONS: 1/4 C. non-dairy coffee creamer. 4-6 slices bacon, fried crispy and crumbled. 4 oz. Spam or cooked ham. 3-4 tablespoons dehydrated mushrooms, chopped. ½ teaspoon garlic granules. 1 teaspoon onion granules.

AT HOME: Add the powdered milk to a sandwich-sized Ziploc bag, press any air out, then seal. Add the remaining ingredients to a second bag, tuck in the powdered milk bag, press out any air, and seal.

IN CAMP: Add the oatmeal to the boiling water and cook for 10 minutes. Stir in the powdered milk. Simmer for an additional 4-5 minutes.

Have fun and experiment with your own recipes. Always test drive a recipe before you take it on the trail.

KTA Seeks Intern

Spring and Summer Internship Positions:

Gain valuable experience with a statewide hiking, trails, advocacy, conservation and outdoor recreation organization.

Description: Assist with and attend hiking programs, facilitate communications, social media, marketing, planning, organizing events, and member relations. Flexible hours and a very casual, relaxed work environment.

Send inquiries to:

Joe Neville, KTA Executive Director

jneville@kta-hike.org

(717)766-9690

CLUB CONNECTION

Building the 2017 Club Calendar

Would you like KTA to promote your club/organization's major events with The Keystone Hiker, on Facebook, and on our website? It's a perk of membership. Please submit a list (ideally with date, time, location, link to web page) of only those events that the public should see, to info@kta-hike.org.

Thank you and happy trails!

Blue Mountain Eagle Climbing Club: Out and About on America's Trails

Date: Saturday, March 4, 2017

Time: 12:30 PM -> 3:00 PM

Place: Cabela's, Hamburg Upstairs Conference Room

Stay for part or all of the program! 12:30 PM - Gear for day hiking on the Appalachian Trail - Outfitter Jeff Hartman 1:05 PM - 100 Miles: Building the Appalachian Trail in Pennsylvania 1:40 PM - On the Trail: A History of American Hiking by Silas Chamberlin. 2:30 PM – Meet Silas Chamberlin & book signing.

About Silas Chamberlin:

Silas Chamberlin is a historian of hiking and trails. He holds a PhD in environmental history from Lehigh University. Throughout his career, Silas has been involved with some of Pennsylvania's most prominent trail projects, including the 130-mile Schuylkill River Trail and the 165-mile D & L Trail. In 2015, the International Trails Symposium named Silas the top trails advocate in the state of Pennsylvania. He is currently CEO of Downtown Inc in York, PA, where he is working to complete one of the last remaining segments in the 41-mile York Heritage Rail Trail and use the trail as a tool for economic development. Silas previously served as executive director of the Schuylkill River National Heritage Area.

PA Hiking Week: May 25- June 2

KTA and DCNR are working diligently to expand the opportunities for the public to participate in Pennsylvania Hiking Week. Can you help us?

If every member club of the Keystone Trails Association, every eligible State Park, and every State Forest, offer just one hike, we will easily have over 100 hikes! If the pictures from First Day Hikes are any indication, Pennsylvanians are hiking in growing numbers. Let's introduce them to the trails we love that get little use. The trails that are over-loved deserve a break.

Please plan with your clubs to offer hikes during PA Hiking Week. You don't have to ask permission or inform anyone. Just follow these simple instructions to enter your hikes into the DCNR Calendar:

How to submit an Explore PA Trails event in the DCNR Calendar of Events

Go to <http://events.dcnr.pa.gov/>

If you're already a DCNR Calendar of Events user, log in.

If you're not yet a DCNR Calendar of Events user, sign up.

How to submit an Explore PA Trails event in the DCNR Calendar of Events

Click the "Me" link at the top of the page and click Submit an Event.

Enter your Event. Include Meeting Place, Difficulty, Length of Hike, and your contact information in the Description.

IMPORTANT! Make sure you select ExplorePATrails as the Category. If you don't, your event will not be displayed at <http://www.explorepatrails.com/calendar.aspx>

If you are entering a Hiking Week and/or National Trails Day event, those categories can be selected under the "Seasonal Event" heading.

Click Add Event.

If your event is not visible on <http://www.explorepatrails.com/calendar.aspx> within five business days, log in again at <http://events.dcnr.pa.gov/> and click the "Me" link at the top of the page.

Open your event and make sure that: 1. Your event has been approved 2. "ExplorePATrails" is listed under Categories

Help us make this slogan possible: "The Best Hikes in PA are the Ones You've Never Heard Of!"

NCTA Allegheny 100

The Allegheny National Forest Chapter of the North Country Trail Association announces the 8th Annual Allegheny 100 Hiking Challenge!

On June 9th - 11th, 2017, come join us for this adventure through the beautiful scenery of the Allegheny National Forest.

The A-100 is an endurance challenge met through unsupported hiking. It is not a race, but an individual challenge of stamina, determination and resilience. Being an unsupported hike, there are no first aid or water

stations. Hikers are responsible for supplying their own food, drinks and equipment. Participants must recognize that cell phone reception is very spotty along the length of the trail.

The adventure covers a 100-mile stretch of the North Country National Scenic Trail in the Allegheny National Forest. Hikers will climb over rolling hills and pass through many beautiful stream valleys. The A-100 challenges hikers to traverse 100 miles, 75 miles, 50 miles or 25 miles in a fifty hour time period. This challenge is for anyone, regardless of skill level, who wants to test him or herself against the trail. Everyone needs to “hike their own hike”, moving at their own pace and resting when necessary.

For the 2017 challenge, hikers will travel north to south, from the Rt 346 trailhead, near Willow Bay to the Rt 66 trailhead, between Marienville and Vowinckel. A shuttle is offered to transport hikers from their finish point (where they’ve parked) to the joint starting point at the Rt 346 trailhead.

Those who pre-register will receive a membership in the North Country Trail Association, shuttle service to the start of the hike and a T-shirt. **Pre-registration begins on Monday, March 6 and continues to May 12, or when 150 hikers have signed up. Cost is \$55 for non-members and \$32 for members.**

In 2016, a record number of 100 milers, 25, completed their challenge. Perfect weather was a big factor. Four hikers completed 75 miles. Fifty-two hikers reached 50 miles, and another 19 completed at least 25 miles. Many met their personal challenge and many more vowed to be back next year to attempt to achieve their goals after learning so much out on the trail. Everyone enjoyed the beauty of the Allegheny National Forest, the friendships formed on the trail and the hospitality of the area.

For more information or to register, visit the NCTA website at <https://northcountrytrail.org/get-involved/special-events/allegheny-100-hiking-challenge/>, the ANF Chapter Facebook page www.facebook.com/ANFChapterNCT/ or email anf@northcountrytrail.org.

2017 UPCOMING EVENTS

To learn more about each event, visit our home page to explore event listings, or the Trail Care and Crew page for the full schedule and more information. Thank you!

March 4: BMECC presents "Out and About on America's Trails"

April 7-9: KTA Spring Hiking and Meeting Weekend - Ligonier

April 22: KTA's Trail Care 101 Workshop, Whipple Dam State Park

April 28 - 30: Black Forest Trail Care

April 30: SATC & CPC Present The Ironmaster's Challenge

May 6: Nolde Forest Environmental Education Center, Code Orange

May 19-22: KTA's Black Forest Trail Thruhike Slackpack (SOLD OUT)

May 19 - 21: West Rim Trail Care

May 25 - June 2: PA Hiking Week - cosponsored with DCNR

May 30 - June 4: North Country Trail in Butler County, Trail Crew Week #1

June 6 - June 11: Thunder Swamp Trail System, Trail Crew Week #2

June 9-11: ANF Chapter of NCTA's Allegheny 100 Hiking Challenge (A-100)

June 11: NCTA Butler Chapter's Muddy 5k Race - during the Bantam Jeep Festival

June 13 - 18: Chuck Keiper / Donut Hole Trails, Trail Crew Week #3

June 20 -25: Mid State Trail, Everett Region, Trail Crew Week # 4

July 22: Little Buffalo State Park Code Orange
June 27 - July 2: The Baker Trail, Trail Crew Week #5
July 7 - 9: Mid State Trail, Tioga Region Trail Care
July 28-30: KTA's 14th Annual Prowl the Sproul Hiking Weekend
August 4 - 6: The Pinchot Trail Care
September 9: KTA Trail Challenge 25k and 50k
September 15 - 17: Tuscarora Trail Care
September 29 - October 1: Reeds Gap Spur Trail Care
September 29 - October 1: Quehanna Elk Quest
October 7: Gifford Pinchot State Park Code Orange
November 3 - 5: Bucktail Path Trail Care

Shop the KTA Bookstore

KTA publishes and sells maps, guidebooks, and patches related to hiking trails in Pennsylvania. Members receive at least a 10% discount! Click the link to check out our online bookstore.

<http://www.kta-hike.org/ktas-bookstore.html>

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Newsletter Submissions

This newsletter is published monthly by Keystone Trails Association. Submissions are accepted on a rolling basis. Opinions expressed are those of the listed authors. The Editor encourages submissions reflecting all viewpoints, but reserves the right to edit material. You are encouraged to submit material (even just a trail closing or care alert!) to the Program Administrator, Brynn Furnace, at bfurnace@kta-hike.org. The deadline for newsletter submissions is the 15th of the prior month. Submissions received after that time will be considered for the next month.