



October 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

KTA Nominations

Representatives-At-Large:

Joyce Appel, East Brady, PA
Diane Buscarini, Gouldsboro, PA
Jim Catozzi, Newton PA
Ben Cramer, State College, PA
Carl Davis, Shippensburg, PA
Cecil Dobbins, Akron, OH

Linda Enders Roxberry, Shillington, PA
Henry Frank, Philadelphia, PA
Wayne Gross, Canadensis, PA
Vicki Porto, Carlisle PA
Jennifer Ulmer, Millville, PA
Barbara Van Horn, Duncannon, PA

Officer Positions:

President: Ernie Werstler
Vice President: Bob Merrill
Secretary: Katie Barker
Treasurer : Rob Altenburg

Up For Re-Election:

Donna Thompson
Jack Hauler
Bob Merrill

New Board Member: Mark Crammes, Great Neck, NY

Founder and CEO of Northern Group, a distributor, and ultimately manufacturer and licensee of fine fragrances, managing brands like Gucci, Givenchy, and Christian Dior, and the licensee for Pierre Cardin and Faberge.

In 2010, after a lifetime focused on building family businesses and a family, with my 6 kids moving along (the last one started college just days ago), I began a different journey. That journey led me to become a vegetarian, lose 50 pounds, and become a long distance day-hiker (the beauty of sleeping on the ground has just not come to me yet). It also exposed me to the beauty of nature, not just for the eyes, but the soul -- something I had not really experienced much as a dedicated city-dweller. Today, it is hard to imagine how I survived without the wild places to break up the stress.

Today, however, it seems to me our wild places are in greater danger than they have been for some time - not of disappearing, as much as a gradual decline from neglect. It appears predictable that less government funds will be available for trail projects, and we know there is not all that much to begin with. If we are going to protect the places we love for future generations, we are going to have to market the woods and hiking differently and more effectively. I believe I have something to bring to that part of the conversation.

Keep Trails Alive

The Keep Trails Alive monthly donor program helps sustain our work of preserving Pennsylvania's footpaths. We are a small organization with a big mission; as such, we need to find trail people who will commit themselves to giving a regular, once-a-month contribution to put KTA on a stable and sustainable financial foundation.

Donations through the Keep Trails Alive program can be made in two ways:

The first option is to "Subscribe" to the program through PayPal using a PayPal account or via a credit or debit card at www.kta-hike.org

Another option is to set up recurring payments taken directly from the donors bank account through ACH transactions. Please contact the office at ktaadmin@kta-hike.org or call 717-766-9690 for more information about this option.

A New Way to Give and Support KTA!

by Joe Neville, KTA Executive Director

KTA has now opened a brokerage account. This will enable our donors and supporters to increase their flexibility in giving. Donating long-term appreciated securities directly to KTA — rather than selling the assets and donating the cash proceeds — may be one of the best and easiest ways to give more. By taking advantage of the applicable tax incentives, you can significantly increase the amount of funds available for our trail care, advocacy, and hiking promotion efforts.

It's a win-win situation: KTA receives a nice contribution, while you, the donor can possibly write off the gift and avoid paying capital gains taxes on the stock. The strategy has been around for some time, waning during the financial crisis, but has regained popularity in recent years as the stock market has roared back to life. It makes the most sense for a donor because it's an easy, seamless transaction.

For more information please contact your financial advisor or Joe Neville for account information at 717-766-9690 or jneville@kta-hike.org.

Still Collecting Member Input!

KTA prides itself on being a member driven organization. This means that your opinion is very important to us. To help guide us into the future we're asking you to take the following brief survey.

<https://www.surveymonkey.com/r/JRNHZ7S>

The 9th Annual KTA Trail Challenge: September 9, 2017

What a beautiful day for a hike! We had absolutely perfect weather for the 9th Annual KTA Trail Challenge, a blessing after the extreme weather of the past few years. From the start of the day to the last participant crossing the finish line, we enjoyed a perfect day.

A huge thank-you goes out to the volunteers who worked tirelessly to serve the over 460 registered participants, making the event run smoothly. We couldn't have done it without the volunteers! We also thank our maintaining clubs that worked many extra hours to ensure the course was in tip-top shape for the race, especially after the big storm that ripped through York and Lancaster Counties just days before the Trail Challenge.

Despite the bee stings and a few scrapes, the participants survived this year's challenge making incredible time! The first 25k participant came in shortly after 11:00 AM, completing the course in just over 2 hours, with the first 50k participant finishing closely behind in just over 4 hours.

Participants reached the finish line in good spirits after accomplishing an amazing feat. They received a wooden finisher medallion and a cool, purple KTA Trail Challenge tech T-shirt, as well as a delicious picnic provided by Legends Catering.

I had an excellent time at my first KTA Trail Challenge and can't wait to see everyone back out on the course again next year!

Race results can be found at www.pretzelcitysports.com. Pictures can be found at www.kta-hike.org/news/the-9th-annual-kta-trail-challenge-was-a-success.

You Don't Want to Miss Fall Hiking and Meeting Weekend 2017 October 13-15

Join us for our annual Fall Hiking and Meeting Weekend, to be hosted at Wesley Forest Camp and Retreat in Weikert, Union County. Located in the beautiful forests of Central PA, this is sure to be a weekend of breathtaking colors, great hikes, and relaxation! Go to the Event Page for the registration form and mail payment to KTA or register online.

Advisor: Roz Berlin

by Liz Kristoffersen

On 7/2/17 longtime MCM member and hike leader, Roz Berlin, passed away at age 93. She led many hikes for MCM, especially in Loch Raven area. She was well-loved by those of us who knew her.

Perks of Membership

Keystone Trails Association Members now enjoy a 10% Discount when they shop at Appalachian Outdoors in State College.

Hyke & Byke is working to help eliminate poverty through interest-free microloans and we love giving back to the community and promoting the outdoors. KTA members use coupon code TAKE20OFF to get \$20 off any purchase of a Hyke & Byke product from their website: www.Hykeandbyke.com

YOUR HIKING ADVOCATE

Compilation of Stakeholder Comments on ATV Connector Trail in Centre, Clinton Counties Now Available

DCNR, through the contractor Larson Design Group, is conducting a study to examine the feasibility of constructing a motorized trail that would connect the existing Bloody Skillet ATV trail system in northeastern Centre County to the Whiskey Springs ATV trail system in western Clinton County, passing through the town of Renovo.

Larson Design Group is responsible for proposing recommendations for a connector trail corridor.

The first component of the feasibility study consisted of meeting with local and statewide stakeholders about their concerns and aspirations for a potential trail connector.

The comments collected during a series of stakeholder meetings and through email during February through April are available in the Whiskey Springs Bloody Skillet Feasibility Study Stakeholder Review.

The contractor currently is doing a field review of conceptual routes.

Two upcoming public meetings have been scheduled for October 26 and November 9 from 6 P.M. to 8 P.M. at the Durrwachter Alumni Conference Center at Lock Haven University. The objectives of these meetings are to review the findings of the stakeholder review, provide information on conceptual routes, and answer questions and concerns.

The connector feasibility study is in addition to a statewide ATV study currently being completed by Moshier Studio and Pashek Associates. That study is researching and identifying opportunities to partner with local governments, nonprofits, and for-profit organizations to create and develop new ATV parks, trails, and facilities to meet the needs of ATV owners.

DCNR currently maintains 273 miles of designated ATV trails on state forest lands. Visit the DCNR website for more information about ATV riding.

VOLUNTEER / MAINTAINER'S CORNER

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.

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

KTA Lehigh Gap Appalachian Trail Work Day

by Jim Foster, KTA Board Member

KTA maintains ten miles of the Appalachian Trail and another six miles of side trails in the vicinity of Lehigh Gap, north of Allentown.

A work day on this section was held on September 16, 2017. Thirteen folks came out on a beautiful late summer day. They cut out invasives, cleared the trail, and refreshed blazes on the A.T. and the Winter Trail.

Thank you to everyone who came out!

DCNR Seeking Trail Accomplishments

DCNR and the PA Trails Advisory Committee are seeking submissions for 2017 trail accomplishments for inclusion in the 2017 PA Trails Annual Report. This information helps the committee celebrate success and track progress toward building a statewide trail network. All trail groups are encouraged to submit a one-page narrative with photographs to RA-explorepatrails@pa.gov.

Deadline for submitting trail accomplishments is December 15.

HIKER'S CORNER

100-Mile Trail Challenge Profile: Allison Conklin

Full name: Allison Christine Conklin

Age: 32

Hometown: Effort, PA

How long you've been hiking: Since as long as I can remember.

Earliest memory of hiking or most memorable hiking experience: Bringing my son, who was about 2 months old, out to the Appalachian Trail (AT) at Mount Minsi with me. I realized then how much hiking meant to me to want to share it with my little guy.

Why you decided to take the 100-Mile Trail Challenge: I am out on the trail at least 2 times a week and would love to give back. There are so many things I love about it.

Some trails you plan to hike to meet this goal: Anywhere from Bake Oven Knob to the NJ/PA state line; Jim Thorpe (switchback); Bushkill Falls; Big Pocono, Jacobsburg, Hickory Run, Promised Land, and Tobyhanna State Parks; Lake Nockamixon; Trexler Nature Preserve; the Little Lehigh Parkway Trail; Austin T. Blakeslee Natural Area; the D&L Trail; and anywhere else I can get to.

Your #1 favorite hiking trail in Pennsylvania, and why it's your favorite: Mount Minsi. It helps me remember all the reasons why I love being out in nature—you get a little bit of everything on that part of the AT.

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

How you heard about KTA or first got involved with KTA: Facebook.

Advice to new hikers: Enjoy the journey—they are all so special and different.

The one thing you'll never hit the trail without: A flashlight.

Favorite nature/hiking quote (your own or someone else's): "Memories made in the mountains stay in our hearts forever."

A.T. History

by Tom Johnson

A series of blogs based on Tom's completed history of the Appalachian Trail can be found at <http://www.atmuseum.org/at-history-by-tom-johnson>.

Jeff's Jaunts: Scenic Driving on Ridge Road, Elk State Forest

by Jeff Mitchell

After hiking the Bucktail Path, my tour of the PA Wilds continued on Ridge Road in the Elk State Forest. This road is locally well-known for its nine beautiful vistas, making it a miniature Blue Ridge Parkway, just on a dirt road and without the crowds.

It is surprising just how beautiful the PA Wilds are, whether it be the isolation, endless trails, numerous state parks, vast public lands, dark skies, and breathtaking vistas.

I've always driven north on Ridge Road, I don't think it matters much which direction you take. From US 120, south of Emporium, take Grove Hill Road to the top of the mountain. This road becomes Ridge Road.

The vistas soon begin off of both sides of the ridge. My two favorite vistas are Squaretimber and Logue Run Vistas.

Being a north-south ridge, the vistas offer both sunrise and sunset panoramas.

There is even a picnic area along the road at the Whitehead Pavilion.

Many people head back down Whitehead Road, but there are three more vistas to the north, one being only a half mile north of the juncture of Ridge and Whitehead Roads. To see the remaining two vistas, continue north on Ridge Road for about fourteen miles. The road was under construction when we drove it, and it was a bit rough, but I assume it is otherwise in good shape.

Turn left onto Crooked Run Road for the final view. The two northern views are not as dramatic and expansive as the others, but they are very nice nonetheless. Drive Crooked Run Road down to scenic Sizerville State Park.

To view pictures from the trip, go to <https://endlessmountains.wordpress.com/2017/09/14/scenic-driving-on-ridge-road-elk-state-forest/>

Walk with Gantz: The Tuscarora 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.

Roughly 250 miles, the Tuscarora Trail (TT) was originally designed as a bypass route of the Appalachian Trail as it crosses the Cumberland Valley in Pennsylvania. The TT never gained the popularity of the Appalachian Trail (AT); but I suspect this may change, since the AT is now well-known for being over-used. The TT begins at Mathew's Arm in Shenandoah National Park, Virginia, and ends on Blue Mountain, roughly 10 miles west of the Susquehanna River in Pennsylvania.

I most recently hiked on the Tuscarora Trail in the spring of 2016. I hiked for a couple of weeks from Shenandoah National Park to Cowan's Gap State Park in Pennsylvania. It was hot and dry for my first day on the White Blazes of the AT, but there was snow in the mountains by day two!

The trail in Virginia and West Virginia was well blazed and signed. Most of the shelters were amazing as well. When I didn't sleep in a shelter, I set up my trusty ENO tarp.

Of course, there were low moments along with this trip. There is a whole heck of a lot of road walking along this section of trail. I had left before the spring leaves had opened, so the road walking was very hot from time to time. Of course, the upside to road walking is the opportunity to resupply with gear at stores, restaurants, and post offices!

There were many amazing views of the mountains and valleys along the West Virginia/Virginia border.

The first leg of this my ended at the Pennsylvania/Maryland border. A few weeks later, I headed back to the border to day hike to Cowan's Gap State Park. Spring had now arrived, and the colors were amazing after a long winter.

It took all day for Eriks and I to hike this 40+ mile section of trail. Of course, more than a quarter of the day was spent road walking. We were still able to get in a lot of great ridge walking on rocky single track trails.

Of course, this trail wasn't only rocks. There was a section or two that wasn't road, or rock, but was just an easy trail on a flat wide ridge.

I still have roughly 90 miles left of the TT until I'll be completely finished. I'm looking forward to completing this trail soon, so that I can give a more thorough review of the trail. All hikers should be aware of a few logistical obstacles of the TT: some trail sections in PA are on private property and closed during hunting season, this trail is notorious for being overgrown and underused in the summer, and the ridges can be very dry during late summer and early fall. Happy hiking!

To view pictures from the trip, go to <http://www.walkwithgantz.com/tuscarora-trail.html>

Dressing for a Fall Hike

by Gerry Rowan

Every fall season, hikers experience uncertain weather conditions that can not only change daily but deviate from forecasts, surprising you with unfavorable conditions. Unexpected weather is especially troublesome on long treks, when hikers can be at the mercy of the clouds for hours on end. Fall hikers will encounter higher wind speeds, changeable weather, and little cover or protection from trees that are shedding or have lost their leaves. A cold rain can wick the heat from a hiker's core. The cold rain soaks up body heat, and rain evaporating from a hiker's clothing draws even more heat. Compound the cold and wind with any form of precipitation—be it rain, sleet, or snow—and you've got the makings of a harsh hike.

But this doesn't have to keep hikers from enjoying the outdoors. What it does suggest is that anyone going on a trek, no matter the difficulty or location, should hold one mantra in mind—be prepared with the right outdoor clothing and supplies.

Dressing in Layers

The most effective way to prepare for unexpected weather during a hike is to layer up from a base of long underwear to a waterproof outer shell. Bringing along a middle layer, such as a full-zip fleece sweater, will also help you prepare for drastic temperature shifts as you climb in elevation. Layers can be added and subtracted as conditions dictate. A small, lightweight day pack will provide a place to stow extra clothing and carry water and food.

Fall temperatures may swing as much as 30 degrees or more from midday until moonrise. Hiking in the fall naturally means lower temperatures, so the best way to stay warm is to start with any synthetic clothing or other material that can wick moisture away from the body. Keep in mind that cotton doesn't have these properties; cotton absorbs perspiration and doesn't dry quickly, so amid the howling winds and cold temperatures of autumn, it can leave you chilled and at risk of hypothermia. Keep this "cotton kills" adage in mind when preparing for any fall hike. Wool, on the other hand, retains much of its insulation qualities even when wet.

While some jackets are made with waterproof, breathable fabrics such as System Three or Gore-Tex, others may be only water-resistant. Though these jackets will keep you warm, you'll need a final rain shell to keep all layers below as dry as possible. This shell can also serve as protection from the wind, which can pull heat from your body at an alarming rate.

Your fall hiking wardrobe can start with a silk or polypropylene liner layer (even sock and glove liners). A base layer of wool or synthetic fiber goes over that, followed by hiking pants and a top. Add the jacket or coat depending on the weather and temperature, followed by a rain- and windproof layer. In extreme cold temperatures, you'll lose body heat through the bottoms of your feet.

Warm gloves are also a necessity, as are warm hats. There is speculation about how much body heat hikers lose through their heads. A turtleneck, neck gaiter, or scarf will help prevent warm air near the body from escaping.

Perspiration is the enemy of hikers in cold temperatures. If your clothing layers become damp, you'll chill quickly after you stop hiking. A good practice is to shed layers as soon as you become warm and add them back as you cool off. Once your body core temperature drops, it's hard to get it back to a functioning level.

Gifts From The Gamelands - A Lifetime Of Memories On One Three-Mile Loop Trail

by Cindy Ross

If you have a piece of trail near your home, go there, in all seasons, in all types of weather and you too will make memories that can last a lifetime. For you never know when they will disappear, be cut for timber, burned in a fire, or developed into tract homes. It has happened on two other of my favorite trails near my home. I can never walk their path again. No one can take our memories from us, however, once they're made.

To read the full article, go to <https://cindyrosstraveler.com/2017/09/07/gifts-from-the-gamelands-a-lifetime-of-memories-on-one-three-mile-loop-trail/>

CLUB CONNECTION

2018 Trail of the Year Nominations Being Accepted

If you have a favorite trail and think that it is the best in the state, then nominate it for 2018 Trail of the Year. The designation is coordinated by DCNR's PA Trails Advisory Committee to elevate public awareness of the thousands of miles of trails available for public enjoyment in Pennsylvania.

The Trail of the Year will be recognized through a DCNR and Trails Advisory Committee news release, commemorative poster for statewide distribution, trailhead marker and promotion on www.explorePATrails.com. The supporting organization will receive grant funding for educational programs to promote safety and environmental protection on the trail.

To nominate a trail, download the nomination form on the DCNR website and submit it with supporting materials to RA-explorepatrails@pa.gov by November 17.

Submit Events to the 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!

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!

October 7: Gifford Pinchot State Park Code Orange
October 13-15: KTA's Fall Hiking Weekend, Weikert, PA
November 3 - 5: Bucktail Path Trail Care

Shop the KTA Bookstore



Check out KTA's latest additions: Hiking the Susquehannock Trail, The Black Forest Trail Patch, and The Laurel Highlands Trail Patch. Now available online or in the office.

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.