

# NEWSLETTER

101 N. Front St.  
Harrisburg, PA 17101  
www.kta-hike.org

*Preserving Pennsylvania's Footpaths*

February 2009



## Lorence, Trails, and KTA Win "Elect to Conserve" Contest

Pennsylvanians voted, and they chose trails as their top conservation cause in iConservePA's Elect to Conserve online campaign.

Carl Lorence, championing trails and volunteerism, emerged as the winner of the Elect to Conserve campaign with 27 percent of the vote. Carl's victory resulted in a \$5,000 donation, from a private foundation, to KTA.

"We're thrilled about Carl's victory," said Curt Ashenfelter, KTA executive director. "We'll spend the winnings to help hiking trails and hiking opportunities in Pennsylvania."

The other causes and organizations in the election were watershed restoration (PA Environmental Council); trees and forests (PA Parks and Forests Foundation); native species and habitat (Wild Resource Conservation Fund) and open space and land conservation (PA Land Trust Association). \$1,000 donations were made to each of the runners-up.



**Carl Lorence, former KTA Board member and president of the Standing Stone Trail Club**

More than 5,400 people voted in the campaign, which ran October 1 through November 4 (Election Day). KTA thanks everyone who helped get out the vote to support Carl, trails and volunteerism, and KTA.

For more information about the iConserve initiative, go to <http://www.iConservePA.org>.

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**PA Hiking Week — May 23-31**

Pennsylvania Hiking Week has proven to be a great opportunity to promote hiking, Pennsylvania's hiking trails, local clubs, and KTA. Our co-sponsor, the Department of Conservation and Natural Resources, has been very helpful in promoting this event with media releases throughout the state. Scheduled hikes will be posted on both the KTA and DCNR websites.

All clubs are urged to schedule hikes in support of Pennsylvania Hiking Week and to forward details to the KTA office at [ktaadmin@verizon.net](mailto:ktaadmin@verizon.net) for website posting.

Any kind of hike is welcome — day hikes, long and short hikes, night hikes, urban hikes, wilderness hikes, handicapped-accessible hikes, hikes for young and old, etc.

Our goal is to exceed last year's total of 113 hikes and introduce even more people to the great pleasure of hiking on Pennsylvania's wonderful trails.

## KTA Awarded C2P2 Grant

KTA was awarded a \$67,400 grant through the Department of Conservation and Natural Resources' Community Conservation Partnerships Program, which funds conservation and recreation projects around the state.

The KTA grant is a consolidated program grant in which KTA will administer mini-grants to organizational members for trail improvement, maintenance, and construction projects. This grant is funded with federal transportation funds and will require federal approval.

The participating clubs and projects are **Allegheny Outdoor Club** (trail reconstruction); **Allentown Hiking Club** (parking lot repair); **Appalachian Trail Conservancy** (Mid-Atlantic Trail Crew); **Cumberland Valley Appalachian Trail Club** (purchase of brushcutter); **Pennsylvania Council North Country Trail Association**, **Allegheny National Forest Chapter** (trail construction); **Pennsylvania Council North Country Trail Association**, **Butler Outdoor Club** (shelter rehab); and **Rachel Carson Trails Conservancy** (3 projects—rebuild a cable bridge, rebuild shelter, and purchase trail crew communication equipment).

In all, 316 grants totaling \$44 million were awarded during the November round of funding. For a complete list of grants, go to [www.dcnr.state.pa.us](http://www.dcnr.state.pa.us) and click on "Grants".

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This newsletter is published four times a year as a service to its members by Keystone Trails Association. Deadlines for submitting material are 1/1, 4/1, 7/1 and 10/1. Opinions expressed are those of the listed authors. The Editors encourage submissions reflecting all viewpoints, but reserve the right to edit material. You are encouraged to submit your material on disc or via e-mail.

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**2009 Trail Care Schedule**

Trail Care weekends begin Friday evening at the designated campsite. A full day of trail work on Saturday is followed by an evening of campfire sociability and possibly a meal out at a local restaurant (Dutch treat). After a morning of additional trail work, the weekend concludes about noon on Sunday. If you can't spare an entire weekend, you can join the group for whatever portion is convenient. No experience or special skills are required. Tools and work gloves will be provided.

**You must contact the trip leader in advance and register for Trail Care weekends.**

**March 27-29 — Raccoon Creek State Park**  
Leader: Mark Christy, 724-910-3682,  
[christymrk@aol.com](mailto:christymrk@aol.com)  
Camp in cabins; campsites available

**August 14-16 — Thunder Swamp Trail**  
Leader: John Motz, 570-236-1462,  
[trailbuilder@enter.net](mailto:trailbuilder@enter.net)  
Camp at Promised Land State Park

**April 3-5 — Mid State Trail Tioga Region**  
Leader: Peter Fleszar, 717-583-2093,  
[tioga@hike-mst.org](mailto:tioga@hike-mst.org)  
Camp in Hills Creek State Park cabins

**September 18-20 — Mid State Trail State College Region**  
Leader: Tom Thwaites, 814-237-7703,  
[ttt2@pennswoods.net](mailto:ttt2@pennswoods.net)  
Camp at Poe Paddy State Park

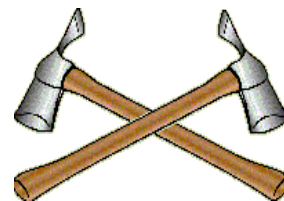
**April 17-19 — Loyalsock Trail**  
Leader: John Eastlake, 570-323-6484,  
[fornur@chilitech.net](mailto:fornur@chilitech.net)  
Camp at Camp Conley, an old CCC camp

**October 2-4 — Shikellamy State Park**  
Leader: Ed Lawrence, 570-925-5285,  
[cathyed@nationi.net](mailto:cathyed@nationi.net)  
Camping to be announced

**May 15-17 — Mid State Trail Wool-rich Region**  
Leader: Joe Healey 570-655-4979,  
[jnlhealey@aol.com](mailto:jnlhealey@aol.com)  
Camp at Ravensburg State Park

**October 30-November 1 — Quehanna Trail**  
Leader: Ralph Seeley, 814-355-2933,  
[rsbb219@pennswoods.net](mailto:rsbb219@pennswoods.net)  
Camp in Parker Dam State Park cabins

**July 10-12 — Chuck Keiper Trail**  
Leader: Rich Scanlon, 717-242-2732,  
[richards@acsworld.com](mailto:richards@acsworld.com)  
Camp at old CCC camp off Coon Run Road



**2009 Trail Crew Schedule**

Crews assemble on Tuesday evening for dinner and orientation and work all day Wednesday thru Saturday, and a half-day on Sunday. KTA provides a place to camp, meals, tools, work gloves, safety equipment, and instruction by crew leaders. Volunteers are accepted for one day, a weekend, all week, or the entire crew season. There are tasks for everyone.

**You must pre-register. For a crew application, contact Joe Healey at 93 Cedarwood Drive, Laflin, PA 18702, 570-655-4979, or [jnlhealey@aol.com](mailto:jnlhealey@aol.com).**

**Week 1**  
**June 9-14 — Pinchot Trail in Lackawanna State Forest**  
Leader: Joe Healey  
Camp at Manny Gordon Picnic Area

Camp at Western Clinton Sportsmen's Club near Renovo

**Week 2**  
**June 16-21 — Donut Hole Trail**  
Leaders: Rich Scanlon and Joe Healey

**Week 3**  
**June 23-28 — Mid State Trail Everett Region**  
Leader: Deb Dunkle  
Camp at Tenley Park in Everett

# President's Message



## Susquehanna Super Hike

It has been nine years since I led a series of hikes on the scenic Mason-Dixon and Conestoga Trails. Because these two footpaths will be the location of KTA's Susquehanna Super Hike, I will be hiking the 25 mile route this month (not in one day).

Hiking the route now makes sense, because I will be volunteering and working on the Super Hike Crew the day of the event. I will start on the Mason Dixon, cross the Susquehanna on the Norman Wood Bridge and head up the east side of the river on the Conestoga Trail to Pequea Campground. Everyone needs a personal challenge now and then.

Race Director Paul Shaw and I are recruiting volunteers to man the Super Hike checkpoints, issue T-shirts, hand out snacks and food, direct parking, and help with registration on the day of the event. We will also need timers, sweeps, spotters at various locations, and help with signage.

Join the KTA Super Hike crew and come for the day or camp at Otter Creek or Pequea Campgrounds. Rain or shine — a new experience for KTA and fun for everyone. Email Becky Schreiber at [ktaadm@verizon.net](mailto:ktaadm@verizon.net) or me at [hikesperry@aol.com](mailto:hikesperry@aol.com) if you would like to volunteer on either September 11 or 12 - or both days.

## Best of 2008 — Our Volunteers!

The best and most memorable events of 2008 involved our dedicated and enthusiastic volunteers who worked (but had fun — including me) on the trail maintenance crews that worked throughout the year in all kinds of weather; the volunteers involved in the Endangered Hiking Trails program; hikers serving as Representatives-at-Large; the Board of Directors with their expertise in operating a state-wide organization; and Barb Wiemann, our experienced and dedicated newsletter editor. We are also grateful for the expertise of Curt, our Executive Director, and Becky, our Program Administrator. Everyone has worked as a team to make KTA a more viable and sustainable organization.

Our 50 local member clubs support the finest network of trails in the country. We thank everyone for their financial support as we continue to preserve Pennsylvania's footpaths. Thanks for making KTA your choice as an organization worth contributing to.

In the meantime,  
Get outdoors and protect your favorite trail,

*Thyna*

**P.S. Give the gift of *Pennsylvania Hiking Trails*, 13th ed., to yourself, a fellow hiker, or someone you want to encourage to hike. Trails are described in nine regions across the state. Available online at [www.kta-hike.org](http://www.kta-hike.org) or call Becky at 717-238-7017. Member price is \$15.90, which includes \$3.50 for shipping and 90 cents for sales tax.**

## KTA Susquehanna Super Hike Set For September 12

By Paul Shaw

KTA is organizing the first ever Susquehanna Super Hike, to be held September 12 along both sides of the Susquehanna River in York and Lancaster counties. This daunting 25-mile hike on the Mason-Dixon and Conestoga Trails alternates breathtaking vistas with steep descents into dark, scenic hollows followed by strenuous climbs to the next vista.

At least eleven significant climbs will prove a challenge to even the most adventurous hikers and trail runners. Just a few of the highlights include Urey Overlook, historic Lock 12, crossing the Susquehanna River on the Norman Wood Bridge, Face Rock Overlook, Kelly's Run, the Pinnacle Overlook, and Wind Cave.

In this timed event, participants are required, for safety reasons, to reach each checkpoint

within a certain time period and to complete the hike in no more than twelve and a half hours. The \$50 registration fee for persons registering on or before August 22 includes bus transportation to the starting point, snacks and beverages at several checkpoints along the route, a picnic dinner at the endpoint, a one-year membership in KTA, and a t-shirt. After August 22, the fee is \$65, and on-site registration will be \$80.

Interested hikers can find a link to registration and more detailed information about the event and the route (including pictures) on the KTA website at [www.kta-hike.org](http://www.kta-hike.org).

Is a 25-mile one-day hike more than you can handle? Then please consider volunteering to help with the event. More than 100 volunteers are needed for check-in and registration, for the checkpoints, for parking and traffic control, first aid, and to assist participants in potentially confusing or hazardous locations. If you are willing to help, please contact Becky Schreiber at [ktaadmin@verizon.net](mailto:ktaadmin@verizon.net) or 717-238-7017.





## Trail Mix



In 2008 many positive changes occurred at the Keystone Trails Association. The University of Pittsburgh Graduate School of Public and International Affairs Nonprofit Clinic examined the operations of KTA and identified weaknesses in KTA's internal environment. They reported as a weakness, "Poor utilization of technology to advance KTA's work and mission, such as outdated website, lack of e-newsletters, online membership application, email hiking alerts, meeting announcements, advocacy initiatives (call to action email alerts), etc."

### Technology Improvements

I am pleased to report that due to the fine efforts of **Scott Adams**, a KTA member and professional web site consultant, and **Becky Schreiber**, our Program Administrator, the weaknesses as reported by the University of Pittsburgh concerning poor utilization of technology have been corrected.

KTA now provides e-newsletters, an online membership application, email hiking alerts, meeting announcements, and advocacy initiatives online. Five new family and five new individual members have joined online this year. KTA has sold over \$700 of trail maps and guides online, and received \$85 online as contributions to our cause.

### iConserve Campaign

One of our biggest success stories is based on the hard work of Becky Schreiber. Last year, KTA was approached by DCNR with a proposal to participate in an iConserve campaign that could result in \$5,000 for the winner. Becky seized the opportunity and worked tirelessly until we were declared the winner in November. Becky fully maximized the power of the Internet to bring success to our cause. I have been involved in numerous elections and know that wins by two percentage points are often described as huge. KTA won by over eight percent.

### Web Site

If you have visited our web site in the last six months, you have seen the dramatic improvements first hand. If you haven't visited our website recently, I invite you to do so now at [www.kta-hike.org](http://www.kta-hike.org).

### Growing Our Membership

As we seek to advance our advocacy efforts in Harrisburg, a growing membership advances our agenda with the Governor, the Legislature and state agencies. This year we hope to grow our membership by 300 members.

### Membership Contest

Every fourth member of the Keystone Trails Association learned of KTA through a friend. Building membership one member at a time through personal relationships is a successful model for KTA. This year we will institute a member to friend membership drive that will last from February 14 to March 14. What better gift for your Valentine than a KTA membership? The member who purchases the most gifts of memberships between February 14 and March 14 will receive a free registration (\$20 value) for the KTA Spring Meeting and Hiking Weekend in Potter County.

Why should your friend belong to a state-wide hiking organization if he or she already belongs to a local hiking club? The Keystone Trails Association is the only statewide organization that puts your hiking interests first – day in and day out – in Pennsylvania's capital.

### Endangered Trails

In the past five years many trails have come under pressure and been forced to relocate. The Horse-Shoe Trail in southeastern Pennsylvania has faced at least five trail closures requiring relocations or rerouting onto roads.

In central Pennsylvania the Standing Stone Trail was denied access to a property, resulting in a 4.2 mile road walk that continues to this day. Near the Susquehanna River, the Mason-Dixon Trail lost access when a property was resold, forcing two miles of very steep hillside trail construction requiring 1,600 volunteer hours to build. In western Pennsylvania the Rachel Carson Trail faces possible eviction on one of its segments. The list goes on and on.

With more than 3,000 miles of designated hiking trails on public lands and private lands, Pennsylvania's hiking community has established one of the finest networks of trails in the country. Public perception is that these trails will be around forever. But the examples listed above and many other examples from all corners of Pennsylvania prove the precarious state of many of our trails, particularly those crossing private property. In Pennsylvania, only the Appalachian Trail, through an act of Congress, can be considered a permanent fixture.

### EHT Efforts

KTA is using a variety of methods to secure access for our trails in the future. We are building relations with legislators, state agencies, conservation groups and land owners. As an example of our work in the last year, we have worked with the Pennsylvania Department of Conservation and Natural Resources on a number of important issues including a bridge catalog, trail markings, land use issues, public relations campaigns, etc.

Membership with the Keystone Trails Association helps us to support important trail preservation efforts across the state. Membership can also be valuable to friends and family who are seeking a healthier lifestyle.

If you have participated in a KTA trail care or trail crew event, you already know that trail maintenance is an excellent way to improve your fitness while working to improve the state's hiking trails. Encourage your friends who have become new members to join us for a KTA trail care or trail crew event! I look forward to announcing your friend and possibly our 300th new member at the Spring Meeting and Hiking Weekend.

By Curt Ashenfelter

*The member who purchases the most gifts of memberships between February 14 and March 14 will receive a free registration (\$20 value) for the Spring Meeting and Hiking Weekend.*

## KTA Council Votes by Email

Janice Reich of Reading was elected as a Representative-at-Large in a special KTA Council email election in November. She will fill the un-expired term of Wanda Shirk, who was elected to the Board of Directors at the Fall Meeting.

In another email vote, the Council approved a Bylaws change to Article 8.3, requiring that "A quorum to conduct business at a Board meeting shall be a simple majority of voting Board members, including at least two officers."

## KTA — Your Hiking Advocate

By Curt Ashenfelter

Keystone Trails Association is your advocate for providing, preserving, protecting, and promoting hiking trails in Pennsylvania. Below are just a few examples or our recent efforts.

### REI Non-Profit Fair

I traveled to Bedford, PA, to meet with REI employees to tout the benefits of joining KTA and contributing to our cause by payroll deduction. I met over 200 employees and shared with them our mission to provide, preserve, protect and promote recreational hiking trails and hiking opportunities in Pennsylvania. As a result of REI employee generosity and a matching corporate contribution over \$700 will be contributed annually.

### ATV Use OF PennDOT Roads and Bridges

Earlier this year I asked PennDOT Secretary Allen Biehler a number of questions concerning PennDOT policy regarding ATVs. After our phone conversation, he sent me a letter that read, in part,

“regarding the potential issuance of a permit for All Terrain Vehicles (ATVs) to cross the State Route 144 Bridge over the West Branch of the Susquehanna River connecting Renovo to South Renovo, PA for the purpose of gaining access to trails within the state forest areas in Clinton County. Local Renovo area parties working through the office of Representative Michael Hanna are seeking permission from PennDOT to accommodate movement of ATVs across this specific bridge.



“There are two separate issues under consideration in this matter. The one deals with an issuance of a “Special Event or Assemblage Permit” that is under the control of PennDOT to allow ATVs to traverse on a state road.

“The second issue deals with the use of trails within state forest lands by ATVs. Such use is under the control and regulation of the Department of Conservation and Natural Resources (DCNR), not PennDOT. PennDOT has an existing, documented application process for a sponsor or municipality to obtain a “Special Event or Assemblage Permit” to utilize a state road. These special permits have been issued to accommodate activities such as parades, processions, film shoots, assemblages, or other activities that intend to utilize a part of or even close a state road for a certain period of time. The permits are issued with conditions that require advanced notification to PennDOT of the date and time of the event, traffic control devices, services or police escorts, coordination with local governments, and others. These conditions are imposed to assure the safety of both the motoring public and the permitted users of the road during the special event.

“If a permit were to be issued by PennDOT to a sponsor or the local municipality for an ATV event, the permit does not give ATV users a blanket approval to cross the SR 144 bridge any time they desire. The crossing by ATVs would occur during the specific date and time established on the permit and could only happen under a strictly managed traffic control situation.

“PennDOT has not yet received an official application that would identify neither the ATV movement request nor the

accompanying control conditions. If you have further questions on the status of this potential Special Events Permit to travel on Route 144, please contact District Executive Kevin L Kline by phone or email. Mr. Kline is responsible for PennDOT District 2-0, which includes Clinton County.”

I spoke with Kevin Kline by phone and followed up with a letter that read in part,

“If I understood you correctly, PennDOT policies are:

1. from a legal standpoint ATVs are not permitted on Penn DOT highways and bridges
2. the only way an ATV can be on a PennDOT highway or bridge is for an organized event to obtain a parade permit and provide some sort of escort
3. applications for parade permits are open to public review
4. parade permits are granted for a specific day, not a period of time like April 1st to May 1st
5. you will notify me of any parade permit applications that are received”

### Logging on the Black Forest Trail

KTA has received a letter informing us of future timber management activities on the Black Forest Trail. We will seek to meet with DCNR in the near future to learn more about the proposed activities and protect the trail in the most appropriate manner possible.

### Meetings with State Legislators

A new legislative session has begun in Harrisburg. KTA will seek to meet with state legislators in the coming weeks and months on a number of important issues.

### Newspaper Publicity

The Hazleton Standard Speaker, the Carlisle Sentinel, and the Bloomsburg Press Enterprise wrote three very nice stories about KTA hiking award winners. Sunday Patriot News (Harrisburg) has publicized KTA on a number of issues concerning hiking trails and most recently publicized our KTA *Pennsylvania Hiking Trails* guide book. I’m sure that KTA has been mentioned in many more publications that have escaped our notice. If you see KTA mentioned in your home town paper, please send the news clipping to our attention.

### Thank Landowners!

It has come to our attention that a landowner on an ATV was confronted so harshly by a hiker that he revoked permission for a trail to cross his property. Please do not presume that all ATV riding is illegal ATV riding. If you are not in a state park or state forest, or on Game Commission land or the AT, you may be on someone’s private property. That landowner has graciously allowed the trail to cross his property. He or she is our friend, not our foe. Please ask those you come in contact with on the trail if they are the landowner. If yes, thank them for the use of their land.



Are you employed by a corporation or business that matches their employees’ charitable contributions?  
Applying for corporate matching funds can increase your gift to KTA.



## Along Our Trails

### Conestoga Trail

#### Hiker Alerts!

- At A-15.5, Log Cabin Road Covered Bridge is closed. To get around, follow Rose Hill Rd to mile 15.54, and turn right on Oregon Pike (PA-272).
- At B 7.5, Country Club Apartments will be constructed and the trail will be moved off the road and onto grass through the new development. Kemps Dairy buildings will be replaced by a new Lowe's Store. This construction will block hikers on this segment. Eventually the off-road grass portion will add 0.55 miles to the length of the CTS
- At B-8, the reroute at Dart Container, moving the CTS off Pitney Rd. and adding 1 mile to the length of the trail, will become official this spring.
- At B-10, paving of the CTS for the mile just north of Lancaster County Central Park will be done by the Lancaster County Conservancy this spring. Paved, it will handle bikes and become part of the County Park System.
- At D-11, work on the Norman Wood Bridge, which already has a dazzling new coat of neon blue paint, will continue through 2009, possibly delaying hikers there.

#### Lancaster County Green Plan

Lancaster County's Draft Green Infrastructure Plan takes note of the Conestoga Trail. Among the proposals contained in it are extending the trail along the Susquehanna River from the Norman Wood Bridge to the Maryland border.

The draft notes that "The Conestoga Trail and Horse-Shoe Trail (as well as the Mason-Dixon Trail in York County, to which the Conestoga Trail connects) are existing trails that lack permanent protection along much of their lengths. The County should work with the **Lancaster Hiking Club, Horse-Shoe Trail Club**, and local municipalities to ensure that these trails remain viable green infrastructure resources."

To see the entire draft and other plans for hiking trails in the county, go to the Lancaster County Planning Commission web site [www.co.lancaster.pa.us/planning](http://www.co.lancaster.pa.us/planning) and click on "Draft Green Infrastructure Plan".

### Harmony Hill Nature Area (Chester County)

#### Volunteers Trim Trail Costs

Volunteers from the **West Chester Trail Club** and the **West Chester Cycling Club** have provided hundreds of trail construction hours at the 238 acre Harmony Hill Nature Area in East Bradford Township to build nearly five miles of hiking and biking trails. The volunteers participated from design to construction and also obtained grants to purchase needed construction tools.

Cost for the project was \$11,600. This compared to a township trail study that placed the trail system cost at \$84,000 if built by professionals, and \$28,000 with some volunteer labor.

For a map of the trail network and directions, go to [www.eastbradford.org](http://www.eastbradford.org) and click on "Harmony Hill Nature Area".

### Horse-Shoe Trail

**BATONA** reports that a number of local residents in Berks County are now sharing maintenance of the club's assigned section of trail with the club. These local partners help to quickly identify needed work.

#### New Turn Blazing

As sections of the H-ST are re-blazed, the Club is adopting a "new" method of alerting hikers to turns and areas of caution. Turns will be marked with double blazes, one over the other with the top blaze offset in the direction that the trail will turn. A double blaze with no offset will mean "caution" or "heads up". This blazing option could be used when the trail approaches a highway or trail junction.

The previous standard for trail turn blazing, which hikers may still encounter during the transition, was two parallel slanted blazes. Hikers may also see an occasional arrow where needed to clarify a particularly obscure route. And within Hopewell Village, follow the yellow-painted horseshoes (the closed end points the way).

The change in turn blazing will bring the H-ST in compliance with the newly issued DCNR trail blazing standards.

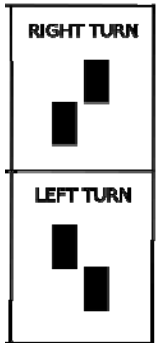
#### Trail Relocations

Using easements, the H-STC has completed two relocations in Brecknock Township, Berks County, moving the trail off paved roads into woods and fields. This puts the trail back into a beautiful narrow valley where the trail was located in the 1960s.

In the western end of the township, 28 volunteers toiled this past summer to construct switchbacks up a steep rocky hill west of Witmer Rd.

#### Milton Hershey School Students Assist H-STC

Twenty two students from Milton Hershey School worked on the Horse-Shoe Trail on Milton Hershey School trust lands to improve the Horse-Shoe Trail and restore mountain bike trails. The program started the evening of November 21, 2008, with a presentation on the Horse-Shoe Trail by a member of the Horse-Shoe



Trail Club. The presentation included maps of the HST, the history of the trail, and a web site where the students could explore the HST through the campus.

Eight miles of the HST across the Milton Hershey School were developed as an Eagle Scout project by MHS student **Michael Baker**.

The students and their house parents cleaned up the area, removing three pick up truck loads of tires and other materials from a historic dump site, in addition to performing several miles of trail construction. The efforts of these students and faculty will provide an opportunity for their classmates and visitors to enjoy the natural beauty and recreational value of the MHS campus.

## Along Our Trails

### Mason-Dixon Trail

The Mason-Dixon Trail System reports that a trail runner completed the 193 mile trail in three and a half days!

### Mid State Trail

#### Breakdown of Trail Route

**Pete Fleszar** provides the following updated breakdown for the MST: 420.6 km of footpath, 2.9 km on multi-use dirt trail, 26.4 km on a multi-use rail trail, 14.0 km on drivable dirt roads, 38.8 km along paved roads, and 23.9 km of unblazed temporary road walk (85% unpaved) in two sections in Tioga County.

#### Tioga Region

MST overseers and **Asaph Trail Club** members led by **Daryl Warren** have flagged several kilometers of off-road trail to replace part of the temporary road walk. With a good turnout for the Tioga Region KTA Trail Care event in April, Fleszar expects to drastically reduce the "unblazed temporary road walk" number, eliminating one gap and decimating the other. Volunteers will stay in the warm modern cabins at Hills Creek State Park, and there will be a great opportunity for trail workers to enjoy the Penn Wells smorgasbord.

At the New York State line, the **Finger Lakes Trail Conference** has now blazed 14.5 miles for the Great Eastern Trail to the historic village of Addison, NY.

#### Everett Region Relocation

**John Stein** invites hikers to join the April 19 inaugural hike on the MST relocation in Bedford County between the Pennsylvania border and Buchanan State Forest. Meeting time for this twelve mile trek is 11 AM at the state line on PA 326 (Black Valley Rd.). For more information, contact Stein at 717-571-4939.

### North Country Trail

#### Super Volunteer!

**Joyce Appel** of the Butler Chapter was recognized for contributing over 1400 volunteer hours in 2008. This was the second highest volunteer hours total for the year.

#### ANF Receives Friend of the Trail Award

During its annual conference this past summer, the North Country Trail Association awarded the Allegheny National Forest its Friend of the Trail award for leadership, partnership and staunch support of the North Country National Scenic Trail. **Keith Klos**, ANF Chapter president, presented ANF Forest Supervisor **Leanne Marten**, Bradford District Ranger **Tony Scardina** and Marienville District Ranger **Rob Fallon** each with a clear diamond shaped award for their offices. 96 miles of the NCT is located in the ANF.

### Quehanna Trail

#### Hiker Alert!

The QT has been relocated from Wildcat Rocks to a point above the Corporation Dam bridge. The trail was relocated for two reasons: most importantly, the existing trail location was difficult to maintain because most of it was in heavy laurel, and also because it was boring to walk because most of it went in a straight line through stunted trees and laurel, on what possibly was the location of an old fire road.

The new location is under mature tree cover and has almost no laurel. The trail now runs, at a fairly constant elevation, along the

outer edge of a sloping bench, part-way down the east side of the hill above Mosquito Creek. On the southern end, the relocation ends at the old trail on a flat place between the two separate climbs that the old trail made above the Corporation Dam bridge.

### Standing Stone Trail

#### Hiker Alert!

Logging is underway in State Game Land 112 in Brady Township, Huntingdon County, north of the northernmost crossing of PA 655, and south of the "Double Power Line" (Map 2). The logger has been instructed to keep the trail clear of debris. However, be aware of men working and the dangers associated with logging. The sale is planned to end on September 30, but could be extended if needed.

#### Rocky Ridge Reroute

The one-mile reroute on Rocky Ridge, eight months in the making, is open. The relocation takes the trail from the eastern to the western side of the ridge, where hikers can now walk amongst giant sandstone pillars. Because this is the first section of trail built to the set of new and stricter standards that the SSTC has adopted, the project was a learning experience. The club master plan calls for overhauling or relocating about 60 of the trail's 72 miles.

#### Orange Blaze Exemption

Thanks to an exemption to the new DCNR trail marking and signage by the Bureau of Forestry, the Standing Stone Trail will continue to be blazed orange, a color normally reserved for State Forest Hiking Trails.

### Thunder Swamp Trail

**Pocono Outdoor Club** and **Delaware State Forest** personnel replaced the bridge over Saw Creek, restoring access during periods of high water.

### Warrior Trail

#### Hiker Alert!

There is a huge natural gas drilling operation in full swing on the Trail. Mile marker 11 is missing and all of the trail blazes in that section are gone. There is now a 50 foot wide road running right past the Zavorra Shelter.

#### Shelters Threatened

It seems like Warrior Trail Shelters are becoming an endangered species. The Warrior Trail Association has learned that the property where the Mid Point Shelter is located is up for sale. The club supplied the Realtor with a copy of the easement.

The landowners at Moninger Shelter have been informed by Antera Drilling that the company has purchased the gas drilling rights to that tract of land. They want to put a well right in Moninger Park where the shelter is located and "flatten" the top of the hill. The Association has been in touch with Antera to make them aware of the historical significance of that site and provide them with information about the 1968 easement that the Moninger family provided to the Warrior Trail Association for a foot path and shelter. The shelter site is a beautiful little grove ringed by some stately oak trees. The WTA has contacted Greene County Planner Chris Hardie and County Solicitor Farley Toothman, who are working with the Association, and attended a county planning meeting to seek assistance to protect this area.



## Maintainers' Corner

### Wanted!! Your Volunteer Maintenance Hours

By Lorraine Healey

It's that time again. The requests for volunteer maintenance hours for 2008 and other pertinent information have been forwarded to the clubs. Now it's up to the individual maintainers to make things a success.

For those people who report their hours to clubs, if you haven't already done so, please tally up those maintenance hours and send them off. Then those in charge of gathering those hours within each club can forward the totals for 2008 to me in a timely manner.

For those who do trail maintenance because you like to, but don't have a specific organization to submit those volunteer hours to, please send them directly to me at [jnlhealey@aol.com](mailto:jnlhealey@aol.com) or 93 Cedarwood Drive, Laflin, PA 18702. Every volunteer maintenance hour is important.

Thank you for all that you've done throughout the year. Because of your hard work, Pennsylvania hiking trails are the greatest. Just ask any hiker.

### Sources of Trail Tools

Maintainers who exhibit winter withdrawal can assuage the longing to hoist a Pulaski by perusing a tool catalog:

Trail Services (15 Westwood Rd., Bangor, ME 04401, 207-947-2723, [www.trailservices.com](http://www.trailservices.com)) promotes "good information and good tools for good trails". Their catalog features 500 products to make trail work easier.

Those with a particularly bad case of winter blahs will appreciate the 700 page Forestry Suppliers catalog (205 West Rankin St., PO Box 8397, Jackson, MS 39284, 800-752-8460, [www.forestry-suppliers.com](http://www.forestry-suppliers.com)). This tome covers the basics and many interesting accessories you might not have realized that you needed. The catalog is available online.

### PATC Volunteer Receives State Parks Award



Photo courtesy of Deborah Bowers, Caledonia State Park

PATC member Jim Stauch received the Department of Conservation and Natural Resources' Bureau of State Parks Individual Volunteer Award for 2007 for his work on the AT and other trails within Caledonia State Park. Pictured making the presentation are,

left to right, Park Manager Bruce McFate; Stauch; Bureau of State Parks Director John Norbeck; and Regional Park Manager Gary Smith.

### Clean Hands Painting Kit

PATC Tuscarora South District Manager Rick Rhodes has designed what he considers the perfect set-up for carrying his blazing equipment. For the carrying container, Rick uses a plastic two-pound Maxwell House coffee container. Its beauty is a built-in handle, which makes it easy to hold and keeps the carrying hand paint-free. (A gallon milk jug partially cutaway will also work).



Compact blaze painting kit: scraper, brush, and parmesan jar in a coffee container.

Photo by Rick Rhodes

Inside this carrier goes a parmesan cheese jar. Its lid has two snap open tabs – one with holes, one with a larger opening – which neatly accepts a one inch paintbrush. With a snap of the top, he can open and close the paint.

The paint brush can be stuck down the coffee handle hole when not in use, but Rick prefers to put it in a separate small box (or toilet paper roll) taped inside the larger container. This keeps the brush out of the way as it is carried.

The only other item needed is a rag tucked in the belt, which can be used for the occasional drip of paint that gets on the painting hand.

[Adapted from an article by Catherine Kelleher in the Potomac Appalachian, Dec. 2008]

### November KTA Trail Care Report For Quehanna Trail

By Ralph Seeley

On the weekend of November 8-9, some significant work was done on the trail system in the Quehanna area.

Fifteen people from KTA plus thirteen from the **Northeast Ohio Backpacking Club** gathered along Lost Run Road on Saturday. Ten KTA volunteers went to work on the relocation of the Quehanna Trail from Wildcat Rocks to a point above the Corporation Dam bridge. All of the Northeast Ohio group worked on the difficult side-hill situation of the Eastern Cross-Connector south of the Mosquito Creek bridge. Another five KTA people painted blazes and ran a DR trimmer on the ECC from the Meeker Run trail crossing to the sign for the Bridge trail, near Beaver Run.

On Sunday the reduced complement of 19 people worked on the QT relocation, which was completed that morning. See page 5 for a description of the relocation.

The KTA group stayed in cabin accommodations provided through the courtesy of Parker Dam State Park, and the Northeast Ohio group camped out near Meeker Run.



## Hiker News

### Hiker Health

#### If Your Feet Are Cold ...

Half of your body's heat loss can occur through an unprotected head. As your body begins to lose heat faster than it can generate it, it tries to maintain its core temperature by cutting blood flow to peripheral areas: the feet and hands. Putting on a hat, or putting on a warmer hat, will cut heat loss, keep the body core warmer, and restore full blood flow to the hands and feet. Keeping your head warm will keep your feet warm.--*Appalachian Footnotes, Winter 2008-09.*

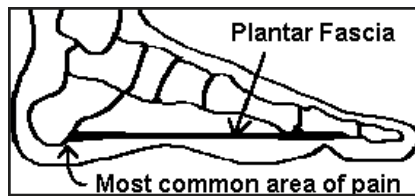
#### New Treatment for Plantar Fasciitis

Combining an ultrasound-guided technique with steroid injection is 95 percent effective at relieving the common and painful foot problem called plantar fasciitis, according to a study presented at the annual meeting of the Radiological Society of North America (RSNA).

Plantar fasciitis, the most common cause of heel pain, is an inflammation of the connective tissue called the plantar fascia that runs along the bottom of the foot, from the heel to the ball of the foot. Conservative treatments, which may take up to a year to be effective, include rest, exercises to stretch the fascia, night splints and arch supports.

After injection of a small amount of anesthesia, the anesthetic needle is used to repeatedly puncture the site where the patient feels the pain. This technique, known as dry-needling, creates a small amount of local bleeding that helps to heal the fasciitis. Then a steroid is injected around the fascia to eliminate the inflammation and pain. The technique is performed with ultrasound guidance to improve accuracy and to avoid injecting the steroids directly into the plantar fascia, which could result in rupture.

After the 15-minute procedure, symptoms disappeared for 42 of the study's 44 patients (95 percent) within three weeks.



### Training and Educational Events

#### Hike Leader Training

The **Susquehanna Appalachian Trail Club** will conduct a Hike Leader Training Event in March. The training will address concerns of leaders, including handling difficult situations, and provide participants with the confidence and knowledge to be a successful hike leader. For more information, email Jennifer Hollinger at [jhol57@aol.com](mailto:jhol57@aol.com).

The **Delaware Valley Chapter of AMC** will conduct an Outdoor Leadership Training course on April 17-19 at Nockamixon State Park, near Quakertown PA. For information and to register, contact Dwayne Henne, AMCDV Leadership Chair, 215-679-0513 or [leadership@amcdv.org](mailto:leadership@amcdv.org)

#### Wilderness First Aid

**Mohican Outdoor Center** will host a 16-hour SOLO Wilderness First Aid course March 20-22. Cost is \$215 for AMC members, \$239 for nonmembers, and includes 2 nights lodging, meals, instruction, and certification. CPR certification is also available for \$35. To register, call 908-362-5670.

### Hikers Can Help Trail Maintainers

By Irene Szabo

Please share reports of problems with those responsible for the trail you use! For example, I have been astonished to learn that even people I know have seen a terrible crash on my trail, but never mentioned it to me, because they "assumed I'd be there soon anyway." **BAD REASONING.** If I had just gone through that piece of trail, I might not come back for one or two months, which would force many hikers to struggle through a mess needlessly. Please remember that a trail caretaker prioritizes where she'll do trail work on any given day, so a timely report of trouble sure does get it cleaned up sooner rather than later.

Ed Sidote tells me that hikers he asks to send in trouble reports have sometimes objected, thinking they are "squealing" on the steward. **BAD REASONING.** In fact, you are helping other hikers AND the steward by sharing information.

Report unexpected logging, crashed trees, bad blazes, or damage from raging water, for instance. Location of problem is critical. Help us help you!

[Reprinted from the Finger Lakes Trail News, Winter 2008]

[Ed. Note: KTA's web site includes a "Report A Problem" form for the convenience of hikers. KTA will forward your report to the appropriate maintaining group for action.]

### Upcoming Events

#### Mohican Outdoor Center

**Homebrew and Hiking Weekend – March 6-8** – Explore back-country sections of Delaware Water Gap NRA and enjoy sampling some home brews.

**Rails to Trails Hiking Weekend – March 27-29** – Hike the Lackawana Cutoff, crossing two cement viaducts, and the Lehigh & New England while learning rail history.

Cost for two nights lodging, two breakfasts, and Saturday dinner is \$115 for AMC members, \$122 nonmembers. Register at [mohican@mindspring.com](mailto:mohican@mindspring.com) or 908-362-5670, 9AM-5PM.

#### Indian Walking Purchase Hike – April 4-5 – BATONA

sponsors this two day, 75 mile hike from Wrightstown to Jim Thorpe. The trek roughly retraces the route of the infamous 1737 Walking Purchase. For details send a self addressed stamped envelope to Susan French, PO Box 1, Ottsville, PA 18942.

#### Hyner View Challenge -- April 18

– This rugged 16-mile endurance event, with 4,000 feet of elevation gain (and 4,000 feet of descent), is designed by the **PA Trail Dogs** to challenge body, mind, and spirit. The start and finish is at the Western Clinton Sportsmen's Association. The event web site is [www.hikerun.com](http://www.hikerun.com), or contact 814-321-8281.



#### Hike Across Maryland – May 1 -- The Mountain Club of Maryland

sponsors HAM on the first Saturday in May in odd numbered years. The 40-mile Appalachian Trail hike starts in PennMar and ends at Harpers Ferry. Check the club web site at [www.mcomd.org](http://www.mcomd.org) for information.

## News from Our Partners

### DCNR February Cabin Rental Special

The Bureau of State Parks is offering visitors a chance to enjoy winter rest and relaxation by booking rustic and modern cabins at 23 state parks in February at discounted rates.

The discount allows state park customers to purchase one night's lodging at a cabin -- when arriving between Sunday and Wednesday -- and receive the second consecutive weekday night free. If arriving on a Thursday and staying through Sunday, customers receive Sunday night free.



Two types of state park cabins are available. Rustic cabins feature a refrigerator, fireplace, kitchen stove and either a woodstove or gas heat, but do not have indoor plumbing. Modern cabins offer carpeting, elec-

tric heat, bedrooms, a bathroom and kitchen.

For "Cabin Fever" reservations and more details, visit [www.pa.reserveworld.com](http://www.pa.reserveworld.com) or call 888-727-2757 Monday through Saturday from 7 AM to 5 PM.

### Big Pocono Friends Group Formed

Big Pocono State Park now has a Friends group. FOBP, chaired by KTA member **John Motz**, will work to improve and enhance the Big Pocono State Park experience for both park visitors, and those who view the mountain from afar. Proposed projects include enhancing vistas, improving and expanding the Park's trail system, and interpreting historical aspects of the Park. For information about FOBP, contact the Park office at 570-894-8336.

FOBP is the 20<sup>th</sup> Friends group formed by the Pennsylvania Parks and Forests Foundation. One of PPF's primary missions is to create a constituency for state parks and forests through the establishment of friends groups. PPF also provides services to an additional 14 independent groups throughout Pennsylvania. For more information, visit [www.paparksandforests.org](http://www.paparksandforests.org).

### DCNR Aims to Get More People Outdoors

To reach new audiences and encourage increased participation in outdoor recreation programming, DCNR is now offering eco-tours. These overnight tours package park amenities with inter-park activities.

Jennings Environmental Education Center in Slippery Rock has offered three successful tours, including a Fall Foliage Foray that offered overnight camping, guided hiking and canoeing, meals and transportation for \$100 per person. Other parks across Pennsylvania are planning similar tours in the future.

DCNR's educational division has been renamed and a new section for Outdoors Recreational Programming has been formed. Regional managers were hired, and for the first time in the history of Pennsylvania's state park system, sporting goods equipment was purchased by the state for use by program participants.

DCNR Secretary Michael DiBerardinis said the organizational overhaul was mostly a redistribution of existing resources. Little new money was added to the park system's annual budget. Parks are expected to generate \$15 million to \$20 million of DCNR's \$100 million budget.

### Seedlings for Schools

The Game Commission is again offering seedlings to school students to help them learn about the vital role of trees in the environment.

"Seedlings for Your Class" is primarily for third grade students. Each student receives either a silky dogwood or white spruce seedling to take home to plant.

"Seedlings to Develop Habitats" is primarily for middle and high school students. School groups receive a variety of seedlings to plant on school or community grounds or along a stream, to develop a tree nursery, or to create an environmental area.

Orders for both programs are accepted through April 1 and seedlings are shipped during the weeks of April 14 and 22, dependent on order receipt and weather, to be available for Arbor Day plantings. For more information, visit the Seedlings for Schools icon on the Game Commission's website at [www.pgc.state.pa.us](http://www.pgc.state.pa.us).

### New ANF Headquarters

Allegheny National Forest headquarters is now located just off PA 62 north of Warren. The address is 4 Farm Colony Drive, Warren, PA 16365. Hours are 8 AM to 4:30 PM Monday through Friday. Phone 814-723-5150, email [r9@allegheny.nf@fs.fed.us](mailto:r9@allegheny.nf@fs.fed.us).

### USFS National Recreation Survey

The latest National Survey on Recreation and the Environment (NSRE), conducted by the US Forest Service, reports a 4.4 percent increase since 2000 in the total number of adults engaged in one or more outdoor activities. Participation in some activities, notably hunting and fishing, clearly declined, but most other activities remained constant or increased slightly. The areas of largest increase involved nature observation or study, especially bird watching and wildlife viewing. Annual visits to national wildlife refuges increased from 33 million in 1998 to more than 40 million in 2005.

One conclusion is that the mix of what people are doing is changing, with the move toward observation and a growing interest in activities that study, examine, or photograph nature, and the greatest growth in participation is for activities that are not very physically challenging.

More than 15,000 adults over age 16 were interviewed and queried about their participation in more than 50 nature-based activities. The 2008 survey was produced by the Southern Research Station in Athens, GA, [www.srs.fs.usda.gov/trends](http://www.srs.fs.usda.gov/trends). A summary article published in *Forest History Today*, Spring 2008, by H. Ken Cordell is available at [www.foresthistory.org](http://www.foresthistory.org), and choose "Publications" and then "Forest History Today Magazine".



### Hiker Humor

Two hikers go hiking in Yellowstone with the sole purpose of seeing a bear. After hiking a few miles, they come to a fork in the trail and a sign that says "Bear Left".

So they go home.

*POC Quarterly Winter 2009*



## KTA News

### The Heart of a Hiker...

#### A Tribute to a KTA Member

By Bob Fromme, Jr.

His name is Henry Knauber. That's Knauber with a "K". Hiker Henry, a.k.a. Hike-Along-Henry, the Wiconisco Wanderer. Even his license plate says "AHIKER".

I first met Henry about four years ago and learned we shared a common interest in local history and the outdoors. Within a short time I was on the trail with Henry and started to realize how important hiking was to his life. A modest and unassuming man, he carries his lightweight frame with a drumbeat of steady footsteps. Speed is not his approach for enjoying a good hike.

Henry's passion for hiking and discovery would be hard to exceed. He delights in investigating a used bird box (sometimes with a few surprises). I always stand back! With the curiosity of a cat he loves to explore the old ruins of nineteenth century ghost towns, charcoal mounds, pine tar kilns, and share his wisdom of the woods as we ramble along old logging and railroad paths that are now incorporated into our recreational trails.

His hiking hobby started in midlife because "I can't sit still," he said, not prepared to grow old in a rocking chair.

In 1974, with his dog, Snowball, he undertook a solo 27-mile fundraising hike to benefit the SPCA animal shelter of Schuylkill County.

One time Henry was called upon to lead a group of twenty British soldiers for a relaxing jaunt through the mountains surrounding Fort Indiantown Gap and Stony Valley. Henry suggested a thirty-mile trek, but the commander said that was

"a bit much for our lads". A fifteen-mile hike was substituted, and Henry said "I had a jolly good time," while the troops were a little tired.

He assisted J. Peter Wilshusen with his 1983 book titled *Geology of the Appalachian Trail in Pennsylvania*, hiking with him and supplying information on coal mining and the history of the Stony Mountain area.

In his lifetime Henry has traveled to 48 states, hiked in twelve of them, in and out of the Grand Canyon, hiked twenty named and thirty unnamed trails and section hiked all of the Appalachian Trail.

He has a 1.6 mile red blazed trail named after him near the Clarks Valley Dam, close to the Appalachian Trail in Dauphin County, PA. Henry is a past vice-president of the Lebanon Valley Hiking Club.

In September of 2003, at age 83, Henry suffered a serious setback with a blood clot near his spinal cord. An operation ensued, with a doctor's doubt about him resuming his walking ways. With physical therapy and support from his girlfriend, Marion, he was standing in six weeks and back on the trail after five months.

His hikes these days are a little shorter and the tempo a bit slower, but who among us cannot admire the endurance and heart of a dedicated hiker at 88 years young.

His legacy to me at age 62 was to inspire me to get off my early retirement chair, enable me to reconnect with memories of those endless days of exploration of my youth, and appreciate the simple beauty of moss covered ground, the smell of fresh fallen leaves, and the quietness around you.

Thanks Henry.

[Ed. Note: Henry has been a KTA member since 1971.]



**Knauber in a sea of ferns along Rocks Ridge Trail, Haldeman Tract, Weiser State Forest, Dauphin County, June, 2008.**

#### Member Death

**Alexander McDowell, Alexandria, PA**

#### New Life Members

**#293 Paul Shaw, Sunbury, PA**

**#294 Richard Martin, Boiling Springs, PA**

#### Contributions

**Ronald & Carol Bungay, Halthorpe, MD**

**Rosina Feldman, Philadelphia, PA**

**John Jakoby, Mountain Top, PA**

**Peter Kaufman, State College, PA**

**Barry Kessler, Hellertown, PA**

**Leonard Pott, Hummelstown, PA**

**Robert Steeneck, Dearborn, MI**

**Bonnie Thomas, Bethel Park, PA**

**Mary Young, Enola, PA**

#### In Memory of

##### Alexander McDowell

**Alice Ashenfelter, Doylestown, PA**

**Curt, Sandy, Eric & Morgan**

**Ashenfelter, Boiling Springs, PA**

**Daniel Grabenstein, Harrisburg, PA**

**Helmut & Maryjane Krepper, Bradford, VT**

#### In Support Of Endangered Hiking Trails

**Derry Bernath, Bethlehem, PA**

**Cecil Dobbins, Akron, OH**

**George Gardner, Carlisle, PA**

#### In Honor of the Woods, Fields, Streams

**Karen Roseberry, Clearfield, PA**

#### In Support Of Trail Care

**David Singer, Lititz, PA**

#### To the Annual Appeal

**Curt Ashenfelter, Boiling Springs, PA**

**Joseph C. Barnett, Jr., West Chester, PA**

**Ronald Berwager, Seven Valleys, PA**

**Paul Brechbiel, Dillsburg, PA**

**Jeffrey Buehler, Harrisburg, PA**

**Paul Burns, Rochester, NY**

**William Close, New York, NY**

**Carol Easter, Kintnersville, PA**

**Joanne Fassbender, Export, PA**

**William Gray, Hatfield, PA**

**Wayne & Shirley Gross, Canadensis, PA**

**James Hanlon, Mountain Top, PA**

**Richard Hiemenz, Clarendon, PA**

**Jon Kapecki, Rochester, NY**

**Thomas Kelliher, Baltimore, MD**

**Edward Kenna, Warrington, PA**

**Richard Martin, Boiling Springs, PA**

**Mary Pitzer, Pittsburgh, PA**

**Joseph Romanosky, Baltimore, MD**

**Michael Sausser, Schuylkill Haven, PA**

**Brian Schatz, Kersey, PA**

**Catherine Shade, Reading, PA**

**Edward Smelko, Boulder, CO**

**J.P. Smith, Pottstown, PA**

**Thyra Sperry, Boiling Springs, PA**

**Thomas Stott, Glassboro, NJ**

**Thomas Thwaites, State College, PA**

**Hank Velkoff, Warriors Mark, PA**



## Ecology

### Land Development Trends in PA

The Pennsylvania Land Trust Association reports that 17 percent of Pennsylvania is developed and 18 percent of land in the state is conserved. This leaves 65 percent to be either conserved or developed.

Based on the current "business as usual" development rate, in fifty years 55 percent of the state's acreage would be developed and 25 percent conserved. Considering that land consumption tripled between 1982 and 1997, this projection may considerably understate future land consumption.

If growth could be managed so that land development slowed to the 1992-1997 rate of 299 acres per day, in fifty years 36 percent of the state would be developed. The Commonwealth would then be almost as developed as New Jersey is today (New Jersey is the nation's most densely populated state with 37 percent of its land developed).

But if growth could be limited to the 1982-1987 rate of 100 acres per day, in fifty years only 23 percent of the state would be developed. Drastically higher energy prices and/or a total reworking of the state's infrastructure investment policies and land use laws could result in most efficient development.



### New Editions of Model PA Easements

New editions of the model Pennsylvania Conservation Easement and Pennsylvania Trail Easement agreements were issued in September. Changes in the conservation easement focus on energy issues. The 64 page commentary has been greatly expanded to suggest other options and considerations.

The new edition of the trail easement, which updates the first edition published in September 2007, provides expanded options for providing public access and meeting landowner concerns in trail projects.

The model documents were developed by the PA Land Trust Association to provide state-of-the-art tools for conservation organizations. The documents are online at [www.conserveland.org/model\\_documents](http://www.conserveland.org/model_documents). Questions can be directed to Andy Loza at [aloza@conserveland.org](mailto:aloza@conserveland.org).

### Waterman Fund Essay Contest

The Waterman Fund invites the submission of essays about the mountains of northeastern United States for its second annual Waterman Fund Alpine Essay Contest.

Guy and Laura Waterman spent a lifetime reflecting and writing on the Northeast's mountains. The Waterman Fund seeks to further their legacy through essays and stories that celebrate the spirit of the Northeast mountains, explore the relationship between the human spirit and that environment, relate personal experiences about the stewardship of wild places, or describe an encounter with wilderness.

Essays must be original works (2500 to 4000 words) by persons who have not published a book or been published in a national magazine on the subject of the contest. Submission deadline is May 1. The winning piece will be published in *Appalachia* Journal, and the winning essayist will be awarded \$2,000. In addition,

the Waterman Fund may recognize one or more essays with honorable mention, awarding those winners signed copies of the Waterman's volumes, *Backwoods Ethics* and *Wilderness Ethics*.

For complete rules and previous winning essays, go to [www.watermanfund.org](http://www.watermanfund.org)

### Online Forestry Seminar Series

Penn State's Pennsylvania Forests Web Seminar Center is offering one-hour online, live presentations by experts in a variety of fields related to the stewardship of Pennsylvania's forest resources.

The online seminars, scheduled for the second Tuesday of every month at noon and 7 PM, will cover such topics as wildlife habitat; invasive insects; succession planning; invasive plants; forest management and regeneration; and water resources on forestland.

For the convenience of those unable to participate in a "live" session, presentations and any handouts will be available on the Center web site.

To view the schedule of upcoming seminars and to register to take part in the live seminars, visit <http://rnrext.cas.psu.edu/PAForestWeb/>

### TreeVitalize to Foster Urban Tree Plantings

Building on the success of its TreeVitalize program in southeastern Pennsylvania, the Department of Conservation and Natural Resources is launching a statewide tree planting program in metropolitan areas, with a goal of planting one million trees over the next five years.

TreeVitalize Metros is a partnership of DCNR, Pennsylvania Community Forests, Penn State Extension Urban Foresters, Pennsylvania Horticultural Society, and local governments. In addition to planting the one million trees, the program aims to train 10,000 community volunteers to help plant and provide early care of trees; and build community capacity for the long-term management of urban forests.



DCNR intends to commit \$5 million to the statewide effort. For more information, visit [www.treevitalize.net](http://www.treevitalize.net).

### Forestry for the Bay

Two-thirds of the state's area drains into the Chesapeake Bay. Since well-managed woodlands can lead to cleaner streams and rivers, DCNR is encouraging private landowners to join the "Forestry for the Bay" program.

58 percent of the Chesapeake watershed is forested, and 80 percent of those woods are held by 900,000 land owners who have parcels of ten acres or less.

Forestry in the Bay offers professional resources to help landowners actively manage and restore woodlands. Member benefits include guidance in developing a woodland conservation guide outline, access to web based mapping and analysis tools, participation in a mentoring program, and eligibility for awards and recognition of stewardship.

For more details visit [www.forestryforthebay.org](http://www.forestryforthebay.org) or call 800-968-7229, ext. 723 or 777.

## Plants and Animals

### Birch Leafminer Controlled in Northeast

The United States has been under assault for decades by a wide variety of alien plants and animals, and it is not often that one of these aliens faces a counterpunch. But through a collaborative project, the birch leafminer, an insect pest that regularly disfigures birch trees, has been virtually eradicated in the Northeast.

The control effort consisted of introducing a European natural enemy, the parasitoid *Lathrolestes nigricollis*, to effectively control the birch leafminer. A recent survey documented the complete control of this pest in Rhode Island, Massachusetts, Connecticut, New York, Pennsylvania and northern New Jersey.

The birch leafminer arrived in the U.S. in 1923 and spread throughout the Northeast and into the Midwest. In the 1970s, the Delaware Beneficial Insects Rearing Lab began testing several European parasitoids to fight this insect.

Scientists are seeing similar success with a coordinated long-term classical biological control program for purple loosestrife, cypress spurge, mile-a-minute weed, and perhaps, lily leaf beetle. But it takes time for this approach to work -- 34 years, in the case of the birch leafminer.



Adult Birch Leafminer

individuals can pose a question to the agency's deer management team, as well as review previously answered questions. As it grows, the agency will use responses as Frequently Asked Questions (FAQs) to help visitors find fast answers to the most commonly-asked questions.

The new 30-minute deer management DVD helps explain the complexities of managing deer and addresses why too many deer are not good for the deer herd, the habitat that supports them, or Pennsylvanians. The YouTube account name is "PAGameCommission". The video is also posted on the PGC web site.

### Don't Feed Deer

Feeding deer is harmful to both the deer and their habitat. Artificial feeding concentrates too many deer in one location, causing over browsing of existing natural food sources. Another problem is that feeders can become a potential breeding ground for chronic wasting disease, which is likely spread by animal-to-animal contact and infection of food and water by saliva or animal waste.

Whitetail deer are designed to survive winter temperatures. In a state of quasi-hibernation, metabolism slows and food intake and movement decreases. Animals naturally spread out and seek tree-covered areas for protection.

### Corridors (Trails) Aid Plants

It's been known for quite some time that natural corridors, trails being an example, can help wildlife move safely from one area to another. But do corridors affect plant movements? According to researchers at Washington University in St. Louis, the answer is yes.

Three common means of seed dispersal include ingestion and defecation by birds, wind dispersal, and unassisted dispersal. Unassisted dispersal seeds fall near the parent plant and are not encased in appetizing fruit or do not possess fine hairs or wings that allow the wind to move them.

This study accurately predicted the movement of seeds by birds along the corridors. Corridors also enhanced the effects of the wind much more than what researchers had expected, acting as a funnel that could carry seeds down the corridor. This is the same effect seen in cities when wind funnels between tall buildings.

But the big surprise was that plants with unassisted seeds also moved along the corridors. Researchers theorize that mammals are inadvertently eating some of the seeds while foraging. To check this out, students are now planting various kinds of mammal scat to see if they sprout.

The original news release can be found at [www.eurekalert.org/pub\\_releases/2008-12/wuis-sow112608.php](http://www.eurekalert.org/pub_releases/2008-12/wuis-sow112608.php).

### Deer Information On YouTube

To increase public awareness and understanding of its deer management practices, the Game Commission has expanded its website's deer management section, created a new deer periodical *Deer Chronicle*, and posted a deer management video on YouTube.

To access the new web site offerings, go to [www.pgc.state.pa.us](http://www.pgc.state.pa.us) and click on the "White-Tailed Deer" icon. The website features an "Ask The Deer Biologist" section, where

<b>Keystone Trails Association</b>		
Statement of Assets, Liabilities, and Net Assets		
Income Tax Basis		
September 30, 2008 and 2007		
ASSETS	<u>2008</u>	<u>2007</u>
Current Assets		
Cash	171,018	224,835
Investments	59,105	55,944
Accounts Receivable	1,053	4,571
Inventory	20,263	20,006
Total Current Assets	251,439	305,356
Property and Equipment	7,402	10,434
<b>TOTAL ASSETS</b>	<b>258,841</b>	<b>315,790</b>
<b>LIABILITIES AND NET ASSETS</b>		
Current Liabilities		
Payroll Tax Liabilities	2,357	1,635
Accrued Payroll	4,684	2,383
Sales Tax Payable	19	-----
Total Current Liabilities	7,060	4,018
Net Assets	444	2,586
Temporarily Restricted	251,337	309,186
Unrestricted	251,781	311,772
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>258,841</b>	<b>315,790</b>

## Around The Clubs

### AMC Delaware Valley Chapter

DVAMC presented its first ever Conservation Awards to **Rep. Robert Freeman**, lawyer **Charles Elliot**, and former Temple law student **James Miles** for their outstanding efforts to protect the Appalachian Trail in Pennsylvania. Their work ultimately resulted in PA Act 24, which provides for additional protections for the AT in the state.

**Joe Bell**, who helped construct the Leroy Smith Shelter on the AT east of Wind Gap in 1972 and has served as the shelter's primary maintainer ever since, was honored with a DV Golden Appie Award.

### Blue Mountain Eagle Climbing Club

BMECC notes the death of **Jean Weiser**, 84, an avid hiker and longtime member who was honored as one of the club's most remarkable volunteers in 2000 and was listed in the Appalachian Trail Conservancy's 75<sup>th</sup> anniversary honor roll. Jean was also a regular attendee at KTA meetings. She and her husband Mort chaired the Excursion Committee for the ATC Biennial Meeting at East Stroudsburg University which KTA hosted in 1989.

### Butler Outdoor Club

Over 150 members and friends attended the club's 14<sup>th</sup> annual dinner. A 50-50 drawing netted \$250 and \$1311 was received from the silent auction.

#### New Year's Day Picnic

Hearty BOC members celebrated the New Year and kept their resolution to "Get Outside More in 2009" by attending the club's annual New Year's Day picnic in Moraine State Park. Everyone was asked to bring a warm dish to share and dress for the weather.

#### Hike With George

BOC members hiked with "George Washington" on December 27 to commemorate the 255<sup>th</sup> anniversary of Washington passing through Butler Country. After a slide show and presentation about Washington's travels through Butler Country in 1753, the hikers joined re-enactors portraying Washington, his guide Christopher Gist, and several Indians. They trekked through woods and fields, closely following the original Venango Path, an Indian trail historians believe Washington and Gist used. Journals by both Washington and Gist discuss events of that fateful day, December 27, 1753, including Washington's close brush with death from an Indian bullet. That shooting was re-enacted at the end of the hike.

### Chester County Trail Club

Two CCTC members, **Dave Schramm** and **Bruce Simons**, have joined the ranks of the club's 10,000 milers. The Trailmaster Award for most miles hiked with the club in the past year went to **Don Barber** (1,222.9 miles, an average of 23.5 miles per week).

A hardy CCTC hiker is participating in the Bataan Death March Memorial Hike in March at the White Sands Missile Range in New Mexico.

### Horse-Shoe Trail Club

**Don Cook** recently stepped down as H-STC President, a position that he held for 13 years. Under his leadership, the Club has endeavored to move the H-ST off roads and protect it with easements.

### Lancaster Hiking Club

LHC has decided to institute a sliding scale mileage payment for carpool participants. Riders will pay one cent for each 50 cents per gallon (or fraction) in the cost of gas. Thus if gas cost 49 cents per gallon, a rider would pay one cent per mile; if the cost were \$2.99 per gallon, riders would pay six cents per mile.

#### Record Breaking Hike



Photo courtesy of Bill Erwin

A front page article in the local newspaper resulted in 121 people showing up for a November hike over Cannon Hill to the site of the Hessian Ditch, a seven foot deep and seven foot wide waterway dug by Revolutionary prisoners of war to bring water to the Elizabeth Furnace. This was the largest turnout for an event in the club's recorded history. Even a snow covered trail did not deter the crowd.

### Mountain Club of Maryland

MCM used a grant funded by LL Bean through the Appalachian Trail Conservancy Grants to Clubs program to redesign the club's membership brochure and web site to help attract new members. A new web site feature is a message board to foster member communications.

### Potomac Appalachian Trail Club

PATC is offering several new membership categories in 2009. Senior members (over age 59) will receive a 25 percent discount on weekday (Monday-Thursday) cabin reservations. Other classifications are for students (under age 21), families (two adults and their children under age 21), non-profit/youth group organizations, and business/corporate supporters.

PATC notes the death of **Marguerite Schneeberger**, an Honorary Life Member who managed and scheduled the club's information and sales desks for more than 20 years. At age 98 she climbed three flights of stairs to her condo apartment.

#### Wilderness Awareness

To celebrate Wilderness Weekend, a dozen PATC members joined with Shenandoah National Park staff to interact with over 1,000 park visitors, discussing the importance of wilderness areas, the Wilderness Act, and Leave No Trace principles.

#### Student Trail Stewards

PATC has begun its second year of sponsoring the Student Trail Steward program at Northwood High School in Maryland. Goals are to have each student develop a relationship to nature, learn to identify and solve trail problems, learn Leave No Trace practices, educate others on how to reduce their impact on the trail, and conduct species inventories to understand the relationship between humans and nature.

(Continued on page 15)



## Around the Clubs

### Standing Stone Trail Club

SSTC reports that 18% of their members are life members.

The Club is evaluating four "no battery" flashlights provided by Applied Innovative Technologies of Fort Lupton, CO. Shaking the flashlight charges a small cell, providing power to the LED. The device is guaranteed for five years.

### Susquehanna Appalachian Trail Club

SATC is now a public charity under section 501(c)(3) of the Internal Revenue code. As a 501(c)(3) organization, SATC may receive tax deductible gifts and bequests; club dues may also be subject to a tax deduction. Previously, SATC was a 501(c)(7) organization that was tax exempt, but donations received were not tax deductible to the donor.

SATC used a \$500 grant funded by LL Bean through the Appalachian Trail Conservancy's Grants to Clubs program to purchase trail tools.

### Susquehannock Trail Club

STC recently acquired a chainsaw that was purchased with proceeds from the sale of logs salvaged from blowdowns on the trail, and will soon acquire a heavy-duty brush cutter. This is the first time that the club has owned equipment.

In 2008, STC membership increased by 33 people.

## The Curse of the Blazed Tree

By Rick Canter

As you may know, the curse of the blazed tree involves the unlucky coincidence that an atypical amount of blazed trees come down in storm damage.

I have taken advantage of this unfortunate coincidence by cutting out the blazes of some of these trees and providing them to our overseers who have resigned [or] moved out of the area. I even cut out one blaze for myself.

This past summer I had the opportunity to meet with some old overseers and we bonded over blazes together. My tour included Missoula, MT, so the Canters stopped by and met with Elizabeth Johnston. Our visit was all-too-brief, but I was able to donate my blaze to her as a memento, as there are plenty of blazed trees that will still come down in Maryland.

Elizabeth wanted me to relate to you that she loves you all and misses the comradeship she shared in Penn's Woods.--Reprinted from *News & Views, North Chapter of PATC, Fall 2008.*

[Ed. Note: Elizabeth, a KTA life member and PATC North Chapter member, attended many KTA meeting. She championed the Tuscarora Trail and wrote the 1984 guidebook to the south half of the trail.]



**Elizabeth Johnston holding the blaze she received from Rick Canter.**

### New Partner Member

The **Office of Experiential Education at Gettysburg College** provides "an interactive learning environment through an adventure-based curriculum that is dedicated to the personal and professional development, technical instruction, and physical safety" of students. Program opportunities include hiking, backpacking, climbing, kayaking, and caving; multi-week treks, paddles, and climbs from Alaska to Europe; a challenge course program; and wilderness medicine training. Contact Kris Nessler, 300 N. Washington Street, Gettysburg, PA 17325, [www.gettysburg.edu/grab](http://www.gettysburg.edu/grab), [grab@gettysburg.edu](mailto:grab@gettysburg.edu), 717-337-6309.

### New Organizational Member

Based in Lock Haven, the **PA Trail Dogs** work to promote and maintain the hiking and running trails in the Sproul State Forest. The group organizes several race events in the area, including the Hyner View Trail Challenge which showcase these trails. They have also hosted a 10K Fun Run at the annual KTA Prowl the Sproul hiking weekend. Contact Craig Flemming, 115 E. Main Street, Lock Haven, PA 17745, [www.hikerun.com](http://www.hikerun.com), [patraildogs@yahoo.com](mailto:patraildogs@yahoo.com), 814-321-8281.

## Publications

### Come Walk With Me DVD

Created by **Lorrie Preston** of the Susquehanna Appalachian Trail Club, this professionally produced DVD features 335 images of the Appalachian Trail in Pennsylvania, set to the music of nationally known long-distance hiker Walkin' Jim Stoltz and instrumental soundscape artist Mark Preston.

To obtain a copy, send a check for \$15.00 to Lorrie Preston, 3904 Chippenham Rd., Mechanicsburg, Pa 17050. All proceeds beyond the cost of producing the DVDs will go toward educational materials, work tools, and gloves to be used for invasive plant removal efforts along the AT.

### AT Guide to MD and Northern VA

The new updated 17<sup>th</sup> edition of this Appalachian Trail guide features the unidirectional format with mileages south to north and north to south on one page. Facing pages give expanded historical and shelter information and commentary on points of interest. Cost is \$8.00 for PATC members, \$10.00 for nonmembers. Order from [www.patc.us/store](http://www.patc.us/store).

## Upcoming KTA Meetings and Events

**April 24-26 — Spring Meeting and Hiking Weekend**, Coudersport, Potter County, PA. Hiking program by Susquehannock Trail Club

**May 23-31 — PA Hiking Week**

**June 27 — Board of Directors Meeting**, Harrisburg, PA

**July 17-19 — Prowl the Sproul**, Renovo, PA

**September 12 — Susquehanna Super Hike**, York & Lancaster Counties

**September 25-27 — Annual Meeting and Hiking Weekend**, Marienville, Forest County, PA. Hiking program by Allegheny Outdoor Club

## Woods Walking is Mentally Refreshing

Surprise, surprise!! Scientists confirm what hikers have always known – a walk in the woods is mentally refreshing.

University of Michigan psychologists designed two experiments to test how interactions with nature and urban environments



Mental refreshment

would affect attention and memory processes. Volunteers completed a task designed to challenge memory and attention, and then took a walk in either a park or downtown Ann Arbor. After the walk, volunteers were retested on the task. In the second experiment, after volunteers completed the task, they viewed either nature photographs or photographs of urban environments and then repeated the task.

Performance on the memory and attention task greatly improved following the walk in the park, but did not improve for volunteers who walked downtown. And it is not just being outside that is beneficial for mental functions—the group who viewed the nature photographs performed much better on the retest than the group who looked at city scenes.

The research was published in *Psychological Science*, a Journal of the Association for Psychological Science (v. 19, issue 12, Dec. 2008, p. 1207-1212).

KEYSTONE TRAILS ASSOCIATION  
101 North Front St.  
Harrisburg, PA 17101  
ADDRESS SERVICE REQUESTED

Non-Profit Org.  
U.S. Postage  
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Harrisburg, PA  
Permit #891

### Have you renewed your membership? Encouraged a friend to join KTA?

Your partnership with KTA is vital to the continued success of KTA's trail advocacy, protection, and trail care efforts.

KTA membership runs from October 1 thru September 30. If you have not renewed your membership, please visit [www.kta-hike.org](http://www.kta-hike.org) to renew online or use the membership form below.

In these uncertain economic days, the respite provided by hiking trails is more important than ever. Where else can you find such peace and solitude, reflect, and recharge your energies, with no admission charge.

(see page 4 for the Membership Contest details)

## KTA Membership Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Club Affiliations (if any): \_\_\_\_\_

\_\_\_\_\_ Receive newsletter in full color via e-mail by 1st of issue month instead of by postal mail and save KTA paper and mailing costs

Member organizations are welcome and should forward the name and contact information for the group's designated KTA representative along with appropriate membership contribution: \$50 per year for clubs; \$100 for commercial enterprises; \$10 per year or \$25 for three years for youth groups. All member contributions and correspondence should be mailed to: 101 North Front St., Harrisburg, PA 17101.

\*KTA is an Internal Revenue Service 501(c)(3) organization and contributions are deductible to the extent permitted by law.

<b>Basic Membership (New Member Only)</b> Individual - \$15      Family - \$20	\$
<b>Basic Membership (Renewal)</b> Individual - \$25      Family - \$30	\$
<b>Brush Cutter Membership</b> Individual - \$35      Family - \$45	\$
<b>Blaze Painter Membership</b> Individual - \$50      Family - \$75	\$
<b>Trail Builder Membership</b> Individual - \$100      Family - \$125	\$
<b>Life Membership</b> Individual - \$500      Family - \$750	\$
<b>Youth Membership</b> Individual - \$5	\$
<b>Additional Contribution</b> In Memory Of/In Honor Of _____	\$
<b>Total Enclosed</b>	\$



# KEYSTONE TRAILS ASSOCIATION

101 N. Front Street  
Harrisburg, PA 17101  
717.238.7017

[www.kta-hike.org](http://www.kta-hike.org)

[info@kta-hike.org](mailto:info@kta-hike.org)

## 2009 Annual Spring Meeting and Hiking Weekend

### KTA Hosts Annual Meeting in Potter County

The Keystone Trails Association is proud to announce the location and event details for the 2009 Annual Spring Meeting and Hiking Weekend.

This spring's meeting and hiking weekend will be held from Friday, April 24th to Sunday, April 26th in Coudersport, Potter County located along US Route 6, Pennsylvania's most scenic byway.

Situated high in northern Pennsylvania, Potter County is also known as "God's Country" since it's a little closer to heaven there. The area boasts a vast hiking trail network and is the perfect place to enjoy the outdoors. Come and experience for yourself nature at its finest.

There are many opportunities for hikers all over Potter County, including direct access to the Susquehannock Trail System. The trail and its associated loops offer easy to strenuous hikes, and the abundant wildlife provide a rare treat for the nature lover. Look for deer, turkeys, grouse, and even bears and coyotes.

Many thanks to the Susquehannock Trail Club (STC) for organizing the weekend hiking schedule and providing hike leaders. Guided hikes will be available on Friday, Saturday and Sunday that will take hikers to some of the most scenic portions of this 85-mile hiking loop that winds through the Susquehannock State Forest.

Lodging and meals will be

available at the Potato City Country Inn and the Susquehannock Lodge. See page 3 for more information.

Mark your calendars for April 24-26, 2009, and join us in Potter County. The event registration deadline is April 6th. No refunds will be issued after April 10th.

Any questions, please contact Becky Schreiber, Program Administrator by email at [ktaadmin@verizon.net](mailto:ktaadmin@verizon.net) or phone at 717.238.7017.



*Water Tank Vista  
Photo by Curt Weinhold*

### Hiking in Potter County, God's Country by Wanda Shirk

Legend has it that God created the world in six days, and on the seventh day He rested ... in POTTER COUNTY -- thus its designation as "God's Country." Hikers who can get to the KTA Spring Hiking Weekend, April 24-26, 2009, will have the chance to see, hear, smell, taste and feel the Potter County delights that substantiate the county's long-standing claim to be a piece of heaven on earth.

Scenic Route 6 divides Potter County into two dissimilar sectors which resulted from melting at a glacier's southern edge eons ago. Northern Potter County was smoothed into rolling farmland suitable for dairying and for production of many vegetables and grains, but southern Potter County's steep, rocky hills created by glacial meltwaters are unsuited for agriculture or for much of anything else except peaceful

forests and the pleasures of foot-travel in the woodlands.

(Continued on Page 2)



*Cherry Springs Dark Sky Park  
Photo by Curt Weinhold*

#### All the Details:

Hiking in Potter County	2
Weekend Schedule	2
Map & Directions	2
Lodging & Meals	3
Other Lodging Options	3
Registration Form (Detach and Return)	4

#### Information Resources:

- Cherry Springs State Park [www.dcnr.state.pa.us/stateparks/parks/cherrysprings.aspx](http://www.dcnr.state.pa.us/stateparks/parks/cherrysprings.aspx)
- Pennsylvania Lumber Museum [www.lumbermuseum.org](http://www.lumbermuseum.org)
- Pennsylvania Wilds [PAwilds.com](http://PAwilds.com)
- Potter County Visitors Association [www.pottercountypa.org](http://www.pottercountypa.org)
- Susquehannock Trail Club [www.stc-hike.org](http://www.stc-hike.org)

**Registration  
deadline is  
April 6th**



## Hiking in Potter County, God's Country (continued from Page 1)

In the late 1960s, a group of hiking enthusiasts developed a plan to connect old railroad beds, logging roads, and other woodland trails into the 85 mile STS -- the Susquehannock Trail System, named for a tribe of Native Americans who inhabited this section of Pennsylvania before being wiped out by enemies a century before white men first visited here in the late eighteenth century.

Some of the KTA hikes will give members and visitors a chance to experience sections of the STS. The trail passes through two state parks, Ole Bull and Patterson, and ventures near Cherry Springs and Lyman Run state parks,



*Pennsylvania Lumber Museum  
Photo by Curt Weinhold*

where other hikes may be located. The trail is well-known for such dales as Jacob's Hollow, Hogback Hollow, Hungry Hollow, Spook Hollow, and the notoriously steep Morgan Hollow, as well as for hills such as the Twin Sisters Trail and Cardiac Climb. Hike leaders may tell local legends that led to the naming of Young Woman's Creek or the Wild Boy area. Then there is the Hammersley Wild, a roadless section, with the beautiful Hammersley Pool inaccessible except to those who travel on foot along the eleven-mile section of the STS between Cross Fork and McConnell Road south of Conrad.

Potter County has lots of other history to share. One hike will culminate at the Pennsylvania Lumber Museum, with an opportunity for hikers to explore the culture of the logging era preserved there. Another hike, ending at the E. O. Austin Museum, will explore the ruins of the Austin Dam disaster which left 31 dead when the dam broke in April of 1911. A hike culminating at the Potter County Historical Society in Couders-

port will provide another opportunity for appreciation of the history of the area, with artifacts going back to Indian arrowhead collections as well as tools, clothing, and pictures from early white settlers. Other hikers may travel along Pine Creek in Galeton or up to the old Clark Farm site and the site of a Native American tent where hikers can see the sandy-spring water source and the ditch that collected water around the perimeter of the tepee early in the last century.

These are only some of the adventures awaiting in Potter County. The Susquehannock Trail Club looks forward to hosting the hikes and welcoming KTA to a wonderful weekend of hiking in "God's Country."



*Austin Dam  
Photo by Curt Weinhold*

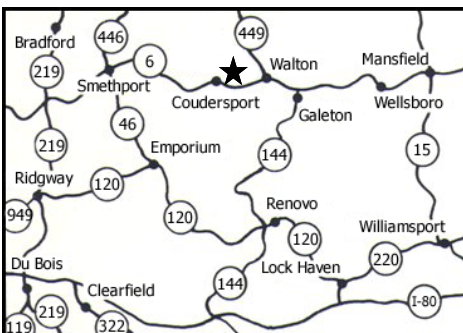
## Map & Directions

Coudersport is located on scenic Route 6 in Potter County, approximately 45 miles west of Wellsboro, another popular KTA meeting location.

From **Harrisburg**, take US 15 North to Route 6 West at Mansfield.

From **Pittsburgh**, take I-79 North to I-80 East to Route 66 North to Route 6 East.

From **Philadelphia**, take I-476 North to I-80 West to US 15 North to Route 6 West at Mansfield.



## Weekend Schedule

### Friday, April 24

- 1:00 PM-4:00 PM: Hike with STC
- 2:00 PM: Check-in time begins at Potato City Country Inn and Susquehannock Lodge
- 5:00 PM-9:00 PM: Registration and hike sign-ups at the Potato City Country Inn lobby

### Saturday, April 25

- 7:30 AM: Breakfast (please remember to pick up your bag lunch)
- 9:00 AM-4:00 PM: Hike with STC (please check hike schedule for meeting location)
- 1:00 PM-3:00 PM: KTA Board Meeting
- 4:00 PM-6:00 PM: Council Meeting
- 6:30 PM-8:00 PM: Dinner and Annual Meeting

### Sunday, April 26

- 7:30 AM: Breakfast (please remember to pick up your bag lunch)
- 9:00 AM-1:00 PM: Morning Hikes (please check hike schedule for meeting location)
- 1:00 PM: Check-out time at Potato City Country Inn and Susquehannock Lodge

**See you in  
Marienville!  
September 25-27,  
2009**

# Lodging & Meals

## LODGING

We will be staying at two locations during the 2009 Spring Meeting & Hiking Weekend: the Potato City Country Inn and the Susquehannock Lodge. Both lodging options are conveniently located along US Route 6 and are situated near the trailheads for the weekend's hikes.

### Potato City Country Inn

3084 East Second Street  
Coudersport, PA 16915  
Phone: 814.274.7133  
[www.potatocity.com](http://www.potatocity.com)

The Potato City Country Inn offers clean, modern, air conditioned rooms with color televisions. Our hosts Ron and Judy have recently updated the rooms at the inn; each room features a unique decorating theme.

Guests staying at the Potato City Country Inn will enjoy ample parking and an on-site restaurant, which will serve as the meeting place for the Saturday dinner and membership meeting.

Double occupancy rooms are available with queen size or two single beds, as well as lodging opportunities for groups of three or more.



*Hikers will receive a warm welcome at the Potato City Country Inn*

## Other Lodging Options

### Denton Hill Ski Area

5661 US Route 6  
Coudersport, PA 16915  
Telephone: 814.435.2115  
[www.skidenton.com](http://www.skidenton.com)

### Mill Stream Inn

918 East Second Street  
Coudersport, PA 16915  
Telephone: 814.274.9900  
[www.millstreaminn.com](http://www.millstreaminn.com)

### Susquehannock Lodge

5039 US 6 West  
Ulysses, PA 16948  
Phone: 814.435.2163  
[www.susquehannock-lodge.com](http://www.susquehannock-lodge.com)

The Susquehannock Lodge is a warm and friendly country inn, where hosts Ed and Carol will welcome guests with clean and comfortable accommodations and an informal and friendly family atmosphere. A variety of private and semi-private rooms (shared bath) are available.



*Enjoy a comfortable stay at the Susquehannock Lodge*

## MEALS

Guests staying at both the Potato City Country Inn and Susquehannock Lodge will enjoy a hearty breakfast and a filling bag lunch on both Saturday and Sunday. The Saturday dinner and annual meeting will be held in the banquet hall at the Potato City Country Inn. The buffet style dinner will have vegetarian options available.

Event attendees that choose alternate lodging may join us for the Saturday dinner and annual meeting for \$23.

*Reservations for the Potato City Country Inn and the Susquehannock Lodge must be made through KTA. Additional lodging opportunities are available for groups of three or more who are looking for budget friendly options. We are also able to accommodate groups of three or more who are interested in shared rooms. Please contact Becky at 717.238.7017 or [ktaadmin@verizon.net](mailto:ktaadmin@verizon.net) for additional information and pricing.*

Lodging & Meals	Private ( <u>Per Person</u> for Two Nights and Five Meals)	Shared Bathroom ( <u>Per Person</u> for Two Nights and Five Meals)
Single	\$204	-----
Double	\$131	\$118
Groups of 3+	<i>Please call to confirm availability and pricing</i>	

### Potter County Family Campground

375 East Second Street  
Coudersport, PA 16915  
Telephone: 814.274.5010  
[www.pottercountycamping.com](http://www.pottercountycamping.com)

### Sweden Valley Motel

1307 East Second Street  
Coudersport, PA 16915  
Telephone: 814.274.8770

### Lindy Motel

US Route 6 West  
Coudersport, PA 16915  
Telephone: 814.274.0327

### Laurelwood Inn

1115 East Second Street  
Coudersport, PA 16915  
Telephone: 814.274.9220  
[laurelwoodinn.com](http://laurelwoodinn.com)



KEYSTONE TRAILS ASSOCIATION
2009 Annual Spring Meeting & Hiking Weekend
April 24-26, 2009

Name: Telephone:

Club Affiliation (if any):

Address:

City: State: Zip Code: E-mail:

\*\*Please note below the names of all individuals covered by this reservation, or with whom you will be sharing your lodgings, even if his or her reservation is not enclosed with yours.

LODGING & MEALS PRICING INFORMATION:

Price listed is per person. The price includes two nights accommodation (Friday and Saturday night), as well as five meals (Saturday breakfast, Saturday lunch, Saturday dinner, Sunday breakfast, and Sunday lunch). Individuals who choose to stay at an alternate location will still need to pay the registration fee to participate in the guided hikes.

Lodging Preference: Potato City Country Inn Susquehannock Lodge No Preference
Please return my registration if my lodging preference is not available.

Single: Private @ \$204 per adult

Double (1 Queen 2 Singles): Private @ \$131 per adult Shared Bathroom @ \$118 per adult

Weekend Package Pricing Total: \$

We are also able to accommodate groups of 3 or more who are interested in shared lodging. Please contact Becky at 717.238.7017 or ktaadmin@verizon.net for additional information and pricing.

Attending Saturday Dinner and Annual Meeting at the Potato City Country Inn only

adults @ \$23: \$

ANNUAL MEMBERSHIP OR MEMBERSHIP RENEWAL:

I'd like to join KTA or renew for another year.

New Membership: adults @ \$15 Renewal Membership: adults @ \$25

Membership Total: \$

REGISTRATION FEE (If you are only attending the dinner and evening program, you may omit the registration fee.)
Adults @ \$20 (KTA Members): \$
Adults @ \$40 (Non-Members): \$
Total Enclosed: \$

Mail completed form with your check or money order to:

Keystone Trails Association, 101 N. Front Street, Harrisburg, PA 17101

RESERVATIONS MUST BE RECEIVED BY APRIL 6, 2009.

NO REFUNDS WILL BE ISSUED AFTER APRIL 10, 2009.

Reservation requests filled on a first come, first served basis.

Detach Form and Return to KTA