



June, 2012

THE KEYSTONE HIKER

Preserving Pennsylvania's Footpaths since 1956

MESSAGE TO OUR MEMBERS

As a courtesy to our members who have indicated that they are unable to receive the digital version of the newsletter, we have formatted the content of the digital edition in a printer-friendly format. Because we will now be sending a newsletter *every* month, instead of only four times per year, each newsletter will be shorter, but with fresher and more timely content. In order to save on paper and postage, we may not include the full text of some of

our longer articles in the print version. Nor will we include some space-consuming pieces like our membership renewal form, merchandise order form, photographs, etc. However, all of this information may be accessed freely on our website, www.kta-hike.org, or, we are happy to mail you a printed copy upon request (just call KTA at 717-238-7017). At any time, if you decide you would prefer to receive our newsletter by e-mail, please let us know.

TED LIGENZA RECIEVES AWARD by John Motz, KTA Conservation & Advocacy Chair and R.A.L.

Thaddeus "Ted" Ligenza, forester at Sproul Forest District, has been a long time friend of trails and the Keystone Trails Association. Ted exemplifies public employees maximizing the benefits achievable through public-private partnerships. Pennsylvania's trails have benefited greatly from Ted's work in the Forest District and with the KTA and other trail oriented organizations.

In addition to his regular job duties, Ted is instrumental in the organizing of the annual KTA Prowl the Sproul Hiking Weekend.

Ted has a strong working relationship with Keystone Trails Association, and has been invaluable to promoting the hiking trails of the PA Wilds region.

He has received its prestigious "Golden Pulaski Award" for his exemplary work on the Sproul State Forest District trails, and has just recently been presented with a 2012 DCNR Excellence Award.

Congratulations, Ted, and thank you for your commitment to Pennsylvania's hiking trails!

SHE TOOK THE CHALLENGE. WILL YOU?

KTA Member Jennifer Ulmer, 39, is from Millville, PA, and a 2012 KTA **100-Mile Trail Challenge** participant.

Jenn took the Challenge in order to get out as often as possible, while simultaneously helping KTA to preserve Pennsylvania's footpaths, with sponsorship dollars. In 2012, Jenn's personal goal is to hike 125 miles of Pennsylvania's trails, including portions of the Old Logger's Path, Black Forest Trail, Mid State Trail, Loyalsock Trail, West Rim Trail, and Golden Eagle Trail.

Jenn has been an avid outdoorswoman (mostly hiking and fishing) since childhood, and, in recent years, she has

begun to take on some of Pennsylvania's more challenging hiking trails. Jennifer enjoys participating in organized hikes, especially for unfamiliar trails. The upcoming KTA Prowl the Sproul Hiking Weekend & Donut Hole Slackpack provides ample opportunities for hikers like Jenn to explore new trails with the aid of an experience guide. Jennifer's words of wisdom: "A bad day hiking is still better than a good day at the office!"

Jenn took the 100-Mile Challenge. Will you? Challenge yourself, one step at a time. Call 717-238-7017 for registration information.

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“TRAIL MAGIC” WITH BOB FROMME, JR.

Join Keystone Trails Association member Bob Fromme, Jr. this summer as he provides some much-needed "Trail Magic" to Appalachian Trail thru-hikers on Wednesdays in June (13, 20, 27) and July (4 & 11) from 8 AM to noon. Bob will be at the rest stop in a parking area along Clark's Valley

Road, between Dauphin and Tower City, where the A.T. crosses Rte. 325, near the DeHart Dam. Each year, Bob provides a FULL and filling menu, but he needs YOU to provide a helping hand to dish it all out to the dozens of tired, hungry and thirsty hikers that pass through his 'oasis in the desert.'

MAINTAINER'S CORNER, by Ed Lawrence, KTA Trail Care Chair

Maurice K. Goddard State Park is named in honor of the visionary architect of Pennsylvania's state park system, and well-known for its marina and the paved bike trail that circles Lake Wilhelm. This was the site of the April 21, 2012 Keystone Trails Association's one-day Code Orange Trail Care, which was aimed at reclaiming and refurbishing the north-west end of the 'hiking only' Goddard-McKeeever Trail.

Despite waking up to a thermometer reading in the low 40's - and a steady drizzle - ten hearty volunteers, along with Park Manager William Wasser and two park staff, were able to make a significant dent in the day's planned "to do" list. While the Friends of Goddard State Park readied a lunch of soup and sandwiches, crews went about

setting several directional and sign posts, benching a short steep slope, clearing the trail corridor, upgrading a creek crossing with walk across pavers and stone steps on either side and, generally, going toe-to-toe (and thorn to hand) with some voracious multiflora rose bushes.

After lunch, a crew led by Dave Myers installed three water bars to divert water off the trail on a section bogged down by a flow of seeps and springs. Special thanks from the KTA Trail Care Program to Mr. Myers, for coordinating this Code Orange event with the Park Manager and for doing some serious 'on the ground' preparation. Also, thank you to the Friends group for sponsoring the camping sites and lunch! The next **Code Orange Trail Care** will take place on July 28 at Laurel Hill State Park.

TRAIL RUNNER SPOTLIGHT: JESSE JOHNSON

KTA member Jesse Johnson, age 37, is an enthusiastic trail runner that came in first - by a landslide! - in KTA's second annual Susquehanna Super Hike and Ultra Trail Run!

Jesse has his roots around Holtwood (on the Super Hike course!) and spent his childhood fishing, hiking, running, and climbing all around the area. He has been running competitively for nearly four years, and participates in a number of events of varying length every year. Jesse is inspired by Derek Schultz and Jim Rayburn, who taught him how to run properly, and exposed him to the world of competitive running.

In order to train for the Susquehanna Super Hike and Ultra Trail Run, Jesse spends a great deal of time running and lifting weights. Jesse especially loves to run on hiking trails,

because of the added challenge of obstacles like rocks and boulders, and because he feels a deep connection with his natural surroundings. He enjoys the Super Hike because it is a "beautiful and rugged course" that is challenging not just because of terrain, but because of the length (28.4 miles).

Jesse has recently had surgery but is ready to get back on the trail and give it his all. He is truly looking forward to this year's Super Hike on September 8, 2012, and, regardless of his place, he plans to give it everything he's got!

If you would like to support trail runners and hikers like Jesse during the **4th Annual Susquehanna Super Hike and Ultra Trail Run** on September 8, 2012, please call 717-238-7017.

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KEEPING HIKERS SAFE: TREKALERT by Susan Mitchell, Marketing Manager, TrekALERT

TrekALERT is a free service that allows anyone venturing into the outdoors, alone or with others, to send their itinerary to their personal contacts in case assistance is needed. The TrekALERT website, www.trekalert.com, is a simple tool that takes just minutes to complete. After developing an itinerary and inputting emergency contacts, users click TrekOUT, and they're off on their adventure! The itinerary is sent securely via email to only those people listed as contacts and no one else.

The TrekALERT concept first emerged when a solo trekker, Larry, found himself miles out in the wilderness on a fly fishing trip. He realized that if anything went wrong (even something simple like a dead cell phone or car battery) and he didn't return home when he was expected, no one would know where to begin looking for him. In the middle

of that cold mountain stream in the Southeast, the idea for TrekALERT was born. The name followed soon after, but it was not until years later in early 2012 when members of Larry's family banded together to make the concept come to life. On February 29, 2012, the website officially launched. Being a small, self-funded, family-owned start-up has presented challenges, but the website continues to improve with hard work and feedback from fellow trekkers. No matter what, the site will always be free and will always work as designed. Our number one priority is safety, and it is important to us that we seamlessly provide trekkers with this potentially life-saving service.

The TrekALERT mission statement: "To provide a simple yet effective secondary source of security for Trekkers everywhere." TrekON!

WANTED: HIKING BUDDY (SUNBURY AREA)

SUNBURY - 60 yr-old male seeks other serious hiker(s) training to medium/ longer hikes (28-Super?). Family obligations fulfilled - can now return to it. Nutrition, fitness and enviro-aware... not a fanatic. CAMPING: Have Maine place - recall Acadia/ Katadhin. Pennsylvania ground too! Have done car and remote-tent, desert, primitive, bike, beach, winter and Israel.

Contact Pat at outfordinner1@yahoo.com or (717) 389-6576. Baruch Hashem!

Are you looking for a hiking buddy in your area? Call 717-238-7017 for more information about advertisement benefits and rates.

TICK TESTING SERVICES by Paul Warden, V.P., Analytical Services, Inc. (ASI)

PLEASE BE AWARE - Tick populations and associated diseases (such as Lyme Disease) are increasing due to elevated host populations (deer and mice), mild winters, etc. While testing blood for antibodies is the "gold standard" for determining infection, antibody formation can take up to 8 weeks, so many people choose to test the tick in the interim. This is where ASI comes in! ASI, Analytical Services, Inc., is a certified environmental microbiology laboratory located in Williston, VT that provides testing, consulting, and research services to clients throughout the United States and abroad. For only

\$65 per tick, ASI identifies the tick type and uses PCR to detect *Borrelia burgdorferi* DNA (the Lyme Disease agent). You will receive results in one to five business days. Test results should be interpreted with caution and treatment decisions made with your physician. For more information, please call ASI (800-723-4432 x18).



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RAUSCH GAP SHELTER RESTORATION PROJECT, by Dave Crosby, Shelters Chairman, BMECC

The Blue Mountain Eagle Climbing Club (BMECC) has taken on a huge restoration project at the Rausch Gap Shelter, located on the Appalachian Trail within State Game Lands #211 in Lebanon County. Using funds obtained from an L.L.Bean grant, the project was supposed to have been a series of complex “spot-repairs” that would have removed several decayed sections of wall-logs and repaired other sections, after which a new, larger roof would have been built to shield the shelter from the elements. However, once the repairs were begun, it became obvious that the damage was much more extensive than first thought, and, in consultation with the PA Game Commission, DCNR, and the Appalachian Trail Conservancy, it was decided that the only way to save the structure was to remove the entire upper wooden section and replace it with a similarly-sized new wooden section. The original stone foundation and the floor will be re-used, so the shelter’s “footprint” and carrying capacity will remain the same.

In June 2011, club members harvested two dozen larch trees from a tract of state forest land, and, after the logs were transported to the club’s property in Bernville, the “pre-fab work” began. Logs were peeled and stacked, a temporary “pre-fab” foundation was built, and a sill-plate was constructed. The original 1970’s design is being updated in two ways. Since the new design uses the Scandinavian-scribe method of log building (the same method used in the 1988 construction of the Eagle’s Nest Shelter), the walls will have no chinking. More noticeably, the roof overhang will be enlarged to give the walls more protection from the elements.

The old wooden section of the original shelter will have to be cut apart with reciprocating saws, and the scraps will have to be removed from the site. The old stone foundation will have to be repaired where damaged, and a sill-plate constructed atop the old foundation. But the shelter-shell is not where it needs to be, so at some point, we will have to move it to the existing site within SGL #211.

The original plan called for each log to be numbered. Then the shell was to be dismantled, loaded on a flatbed truck, and driven to the closest possible location to the existing site, where the parts would be unloaded, carefully carried in, and re-assembled atop the old stone foundation. However, BMECC has also requested military assistance through the “Innovative Readiness Training” Program (IRT). If the IRT application is approved, a helicopter and crew could be provided to lift the shell from its location, fly it to the site, and set it down on the foundation. The Department of Defense (DOD) has accepted the club’s application, but hasn’t acted on it yet, so we are developing both transportation plans simultaneously; we will discard one plan after DOD makes its decision.

In the meantime, BMECC continues to plan for the final phases of this project. As the landowner, the PA Game Commission must be included in this phase of the planning, and we also need input from the Appalachian Trail Conservancy. Until these last details are finalized, the nearly-completed shelter-shell will sit quietly at the Rentschler Arboretum in Bernville – waiting for the paperwork to catch up with it!

SAVE THE DATE!

June 17 & July 29, Super Hike Preview Hikes
June 30, KTA Board Meeting, Harrisburg, PA
July 20-22, Prowl the Sproul, Renovo, PA
September 1, 100-Mile Trail Challenge ends
September 8, Super Hike & Ultra Trail Run
September 13-23, KTA Trip to Ireland
October 12-14, Fall Meeting & Hiking Weekend, Clearfield, PA

UPCOMING TRAIL CARE EVENTS

June 5-10, Trail Crew Week #2, Chuck Keiper/ Donut Hole
June 12-17, Trail Crew Week #3, Allegheny Front Trail
June 19-24, Trail Crew Week #4, Mid State Trail (Everett)
June 26-July 1, Trail Crew Week #5, Standing Stone Trail
July 13-15, Trail Care, Mid State Trail, Tioga Region
July 28, Code Orange Trail Care, Laurel Hill State Park
August 10-12, Trail Care, Mid State Trail, Woolrich Region
August 18, Code Orange Trail Care, Colonel Denning S.P.

For information about meeting places, camping availability, or crew leader contact information, please call 717-238-7017.

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