

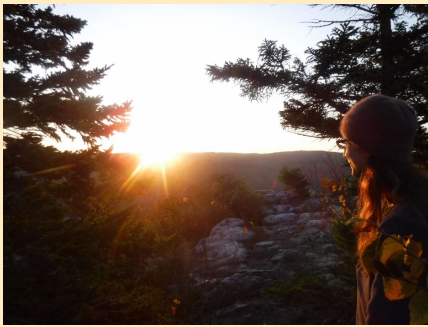


## **The Keystone Hiker - November 2020**

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### **Member's Corner**

#### **Welcome Kristin Joivel New Representative at Large**



Growing up, you could find Kristin outdoors more often than indoors, especially if it meant being in the forest. However, she didn't realize that long distance hiking trails even existed until she was much older! Now an avid backpacker, she recently completed a solo thru hike of the Mid State Trail in 2019 and a thru hike of the PA Wilds Trail with her partner, Kevin Busko, in 2020. She has also thru hiked

the Allegheny Front Trail, Black Forest Trail, Bucktail Path, Elk Trail, John P Saylor Trail, Laurel Highlands Hiking Trail, Lost Turkey Trail, Loyalsock Trail, Old Loggers Path, Pinchot Trail System, Quehanna Trail, Standing Stone Trail, Susquehannock Trail System, Terrace Mountain Trail, Thunder Swamp Trail, and the West Rim Trail and has section hiked the Chuck Keiper Trail, Donut Hole Trail, and half of the Appalachian Trail, with plans to complete it...eventually!

A firm believer in the value of volunteerism, Kristin maintains the Thousand Steps section of the Standing Stone Trail and has attended trail care events on a variety of trails in the state over the past 5 years.

Kristin helps to organize and lead community day hikes and backpacking trips on the Standing Stone Trail and Mid State Trail and is also the End to End Coordinator for both of these trails to provide support to the ongoing goal of showing people the positive effects of spending time outdoors.

As a teacher for 22 years at Juniata Valley Elementary School in South Central Pennsylvania, Kristin incorporates outdoor education into her teaching to encourage young people to explore and discover the outdoors!

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# Member Spotlight - 100 Mile Challenge

Meet our newest participant taking on the [100 Mile Trail Challenge!](#)

**Name:** Careen Shafer

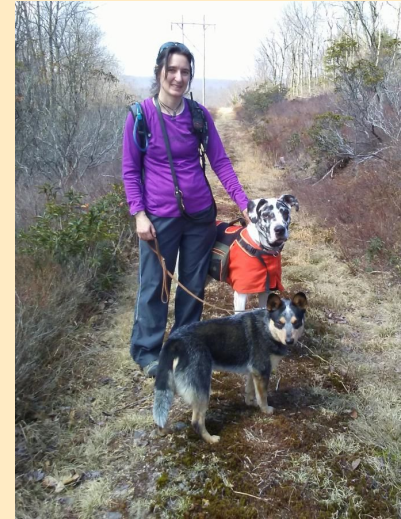
**Hometown:** Huntingdon

**Nick Names:**

Alias: Carrie. My parents named me Careen but called me Carrie. I don't know why. Lately I've been going by Careen because it is such a unique name. Plus its a verb.

**How long have you been hiking?**

All my life. I can remember waking down to the creek at my grandparents' when I was a small child and going into the woods with my dog when I 10 years old.



**What are your favorite things about hiking?**

Exercise, spending time with my dogs, meeting people, good conversations, traveling to new places, and beautiful scenery

**What are some of your favorite hiking trails in PA, and what makes them your favorite?**

Recently I completed the Cooks Forest Trail Challenge with four of my running friends. One of them commented how different the forest there were from the ones back in Beaver Springs where she lives. Last year I participated in the Allegheny Front Trail Challenge. That was a very nice trail. Good for running, pretty scenery. The trails at Slate Run are pretty with the streams flowing beside them. It really depends on what I'm in the mood for that day.

**What is you favorite / most memorable hiking experience?**

The Treks and Trails 10 day Oaxaca Mexico Trip in 2013. I met KTA members Wanda Shirk and her sister Wilma Fast, Jim Foster, Curt and Sandy Ashenfelter. (Curt was Executive Director of KTA then), Paul Shaw, and Cindy. We got to experience authentic Mexican food and be immersed in the culture. The native guides took us on a historic route from village to village. Each village had its own niche to offer. Each day I had the chance to hike and converse with a different person. One night, Wanda & Wilma entertained us in our cabins with stories and theatrics. Your companions really make the trip!! Another memorable weekend was exploring State Parks in Ithaca, NY over the July 4th weekend in 2019. On Saturday, I participated in the Finger Lakes 50 K Trail Challenge which took me about 9 hours. My first one. Then I camped at Taughannock Falls State Park and hiked the rim trail on Sunday. Monday I went to Buttermilk Falls State Park and Robert H. Treman State Park and hiked various trails to see the many water falls in this area. I was camping and hiking by myself, but met several interesting people and had good conversations on this adventure. There was one couple from up state NY who hiked with me for several miles.

**Why did you decide to take the 100-Mile Trail Challenge?**

Due to scheduling conflicts, I have not had the chance to help with trail care. Participating in the challenge provides a way for me to give back and support

KTA. Also, by soliciting sponsors, I am publicizing KTA. The hiking is the easy part. I can usually get my miles in by training and participating in my Trail Running Challenges. Getting sponsors can be more challenging. I think this is my 5th year participating in the challenge. I have some people or businesses that have sponsored me several years in a row. This year it has just been friends. I received enough sponsors I did not need to solicit businesses.

### **What are some trails you plan to hike to meet your goal?**

Most of my mile are accumulated at Trail Challenges: Dam Half at R. B. Winter State Park, The Raven at Poe Valley SP, Sweat 4 Vets at Pine Croft near Altoona, the Snowfest 5 miler at Greenwood Furnace SP This was before COVID 19 and social distancing was enforced and our trail runs were canceled. I also hiked the Jackson Trail in March with two friends from Lock Haven and again by myself over the July 4th wknd. In April I hiked trails at Blue Knob State Park with a friend from Western PA. I completed the Cooks Forest Trail Challenge Virtually. This means I ran the actual route any time before August 31st and submit my time. I signed up to do the Rockssylvania Remix which is running/hiking on trails the equivalent of all 20 of the Rockssylvania Trail Races (350 mi) between June 1 and Aug 31. I have been accumulating most of those miles on the Allegrippis Trails and Peace Chapel Trails.

### **Who is sponsoring you so far for the 100 mile challenge?**

This year it is all friends, most of whom I consider family. I have several friends who have sponsored me a couple years in a row. This year I have a couple friends who are sponsoring me for the first time.

### **How did you first get involved with KTA?**

The flier for the Prowl the Sproul which is held in July was included in the Hyner Trail Challenge race participant bag in 2009. I attended the Prowl the Sproul and decided to join the KTA.

### **Do you have any advice to new hikers?**

Invest in good socks. Most water proof shoes/ boots aren't really water proof. Good socks either synthetic or wool will protect your feet when they are wet and support them during long hikes. I like Smart Wool. Invest in good shoes with comfortable insoles. You won't enjoy yourself if you have sore feet. Learn and understand how trails are marked. Always tell someone where you are going and when to expect you back. Make sure they have the local ranger's number to call if you are late. Use the correct size pack for the distance and time you plan to be out. Be prepared for the weather.

### **What is one thing you'll never hit the trail without?**

My watch, so I can keep track of the time. However, I now have a Garmen and track my miles with it as well. Everything else depends on the hike/ run and what is required, needed, or permitted. There are some trails or events that I can't take the dogs along; attire depends on the terrain and the climate or weather; and hydration and calorie needs depend on the length or the hike/run and support offered.

### **Do you have a favorite nature/ hiking quote that you can share with us (either your own or someone else's)?**

"Everything that goes down must come up." – in trail running after every downhill there is usually an up hill LOL. Also, "Safe Journeys"

### Is there anything else you'd like to share?

I'm thankful for my hiking friends who are so accommodating and understanding with me and my dogs. The first year I did Prowl the Sproul, I was able to take my 2 Standard Poodles. As the years passed, I attended the Fall Hiking weekends that permitted me to camp with my dogs. Then in 2018 it was held at a dog friendly hotel and Laurie & Mary agreed to share the room with me and my Great Dane. Fellow hikers have even been willing to transport my fur babies when we did shuttle hikes. This year the cattle dog I rescued will be making his debut at a KTA event at the Fall Hiking weekend.

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## Wish a Happy 90th Birthday to former KTA President Maurice Forrester



Maurice Forrester will turn 90 on Nov. 24th! You can send birthday greetings to his email at [mjforrester@mac.com](mailto:mjforrester@mac.com).

Maurice has spent his entire adult life advocating for and documenting the Appalachian Trail, as well as other trails in his native Pennsylvania. From 1975 to 1992, he served Appalachian Trail Conference (now Conservancy) as Treasurer, Newsletter

Editor and member of the Board of Managers. He served as Chair of ATC's 1989 Biennial meeting in East Stroudsburg, PA. From 1976 through 1989, he has served Keystone Trail Association as President and Newsletter Editor. His quarterly column, "The View From Cogan Station", appeared in KTA's newsletter from 1978 through 1992. He has also served on numerous trail advocacy boards and committees in Pennsylvania. He was a founding director of the Appalachian Trail Museum, leading the effort to secure its home in the Old Mill building at Pine Grove Furnace State Park. Here, he is shown hiking in 1975.

Mr. Forrester is perhaps best known for his writings. He served as editor of several editions of the *Appalachian Trail in Pennsylvania*. He is co-author of *A Grip On The Mane Of Life*, the definitive biography of Earl Shaffer, the A.T.'s first thru-hiker. He also wrote the forward to Earl Shaffer's famous autobiography, *Walking With Spring* and to Larry Luxenberg's *Walking The Appalachian Trail*. He was the lead author of the history of KTA's first 50 years.

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## Dress for the Season

Hunting season is here, so be sure to stay visible in the woods with fluorescent orange. Remember that 3 Sundays will be open to hunting this year:

**November 15th, 22nd, and 29th**

[Find complete hunting season information from the PA Game Commission](#)

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# 2021 Trail of the Year



Each year, the [Pennsylvania Trails Advisory Committee](#) designates a Trail of the Year to help build enthusiasm and support for both large and small trails, and raise public awareness about the value of Pennsylvania's trail network.

The Trails Advisory Committee is currently accepting nominations for the 2021 Pennsylvania Trail of the Year. The deadline for nominations is Friday, November 20, 2020.

Learn more and submit your nomination and supporting materials [here](#).

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## Favorite Hiking Trail Survey

KTA is conducting a member survey of our favorite PA hiking trails and we want to hear from you!

Visit [kta-hike.org/trail-survey](https://kta-hike.org/trail-survey) or email us listing a few of your favorite trails.

Please include location, brief description, approximate distance, and why you think it's special, and please include any rail trail or historic trails as well. We will compile a list of these trails for our membership and it will help KTA in promoting and protecting trails in the Keystone State. Thank you!

## Volunteer's Corner

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### Cumberland Valley Appalachian Trail Club

KTA joined CVATC last month for trail maintenance and to record footage for future promotional and educational projects about trail care.





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## 2020 Trail Care Schedule

Visit <https://www.kta-hike.org/trail-care-and-trail-crew> for more info

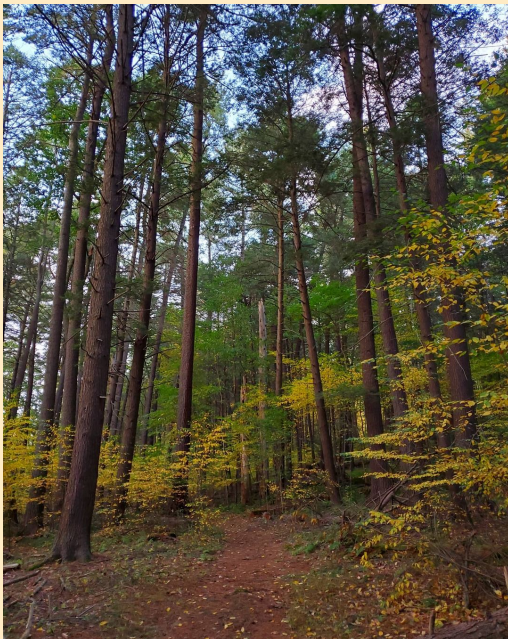
**Oct 28 - Nov 1: REEDS GAP SPUR TRAIL**

**Nov 5 – 8: BUCKTAIL PATH - Cameron County- Cancelled**

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## Hiker's Corner

### Jeff's Jaunts - Peck Natural Area in Lake Winola



If you like old growth forests and tall trees, there's a new hike you should check out in Lake Winola. A loop trail, roughly a mile long, explores an impressive forest of towering pine trees; some may be close to 150 feet tall, if not taller. It is a stunning cathedral of trees. It is called the Peck Natural Area. Once forgotten, this natural area has made a comeback thanks to volunteers and should become a destination. This trail is on PA Fish and Boat Commission land.

Keep in mind when I hiked this trail it appeared new, and not marked, but was easy to follow. The trail has two footbridges. We parked at the Lake

Winola boat launch, crossed Lake Road and reached the site of the historic carousel, now a large concrete pad. The carousel existed when Lake Winola was a vacation destination for those living in the Scranton area over a century ago. At the concrete pad is a sign for the Peck Natural Area, here the loop trail begins. We turned left, or clockwise and followed the trail uphill through the beautiful forest and giant trees. It was like a miniature Cook Forest State Park, a famous old growth forest in western Pennsylvania. We were amazed by the towering trees and the colorful beech trees in the understory, turning gold as Fall approached. Ferns dotted the forest floor as moss grew over dead trees and trunks.

We reached a small seasonal stream with a footbridge and crossed it. The trail



brought us to a gravel parking area behind the ball fields. Here, it can be confusing. Just walk around the perimeter behind the ball fields. As you near Fairview Road, the trail veers right into the woods. We were impressed by the beauty of this ancient forest, hiding in plain sight. Thanks to the PA Fish and Boat Commission, and the Lake Winola community, for preserving it. We crossed another footbridge and entered the grove of giant trees. I spent so much time looking up at the giants, I had to keep an eye on where I was walking. We soon returned to the site of the historic carousel and completed the loop, returning to the car.

This hike is truly beautiful and ideal for kids. It is easy and mostly flat, but there are some hills. Again, thank you to the volunteers that made this trail a reality.

Here is my post about a visit to the Peck Natural Area from several years ago.

There are three places to park. We parked at the boat launch, 41.509417, -75.842264. This gravel area is another parking spot, 41.507046, -75.839346. You can also park at the ballfield, but avoid this spot if there is a game, 41.505895, -75.840035. Keep in mind when I hiked this trail it was not blazed or marked, but was easy to follow.

[by Jeff Mitchell](#)

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## [James Buchanan's Birthplace State Park](#)



A quick visit to the closest PA state park to my home...the location of our 15th president's birthplace at Stony Batter just outside Cove Gap, PA. The park is actually in a beautiful setting along Buck Run. There are no hiking trails except for a very brief loop trail up to a monument and back with interpretive signs along the way. As a photographer...I've taken a number of Senior pictures here due to the secluded setting. I wouldn't make a long drive to get here...but if in the area...it is worth a look.

[by Greg Strine \(SleepyHeadOutdoors\)](#)

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## **Landslide Causes Relocation on the Loyalsock Trail**

October 2020

Due to a landslide, a small segment of the Loyalsock Trail has been temporarily RELOCATED onto a former side trail between Loyalsock Trail Miles 34.85 and 35.45. The side trail was referred to in prior LT guides as either “The High Water” or “The Ladder By-Pass” Trail.

Unfortunately, Rode Falls is no longer on the main LT. The only access to Rode Falls is now via a marked Blue Trail that leaves the Loyalsock Trail at LT Mile 35.45. To visit the Falls, follow the Blue Trail to the Falls and return on the same Trail. The round trip to the Falls on the Blue Trail is 0.56 miles. Rode Falls is a highlight of the Loyalsock Trail and is well worth the time and energy to visit it.



Happy Hiking,  
The Alpine Club of Williamsport

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## Help Support our Trails through Uncertain Times

During the past year, hiking and trails have become even more important than ever to Pennsylvanians. We have now seen just how meaningful it is to have access to nature via our state’s beautiful trails.

The COVID-19 pandemic, resulting hardships, lockdowns and changes, have reminded us all of the intrinsic value of our trails and the natural areas they traverse. They have brought us peace and comfort in these difficult and uncertain times. Hikers and many other have looked to find solace and to get outside during these past months. While we have all endured this crisis, we need your help as KTA works to mitigate damage to trails from a year of overuse and return to offering hiking programs for a whole new group of users.

**It might be easy to forget that our trails, in their simplicity and natural beauty, depend on people like you for care and protection.**

KTA is an organization that fully understands the mental and physical benefits of hiking, being outside, volunteering, and disconnecting for a little while, so we are eager to resume the group hiking programs and trail care activities that have been disrupted over the past year.

If you have the capacity during this season of giving, please consider donating to help ensure we are capable of completing our ongoing mission-critical work. Your generous gift will provide instant support and will help our staff and volunteers perform much-needed work on our trails, and hopefully someday soon a return to normalcy.

It may take some time before we can return to normal, but all the while, we at KTA will continue doing what we can to carry out our mission.

**Please consider a gift of \$50, \$75, \$100 or even more to help our cause in this time of need.**



Thank you for considering our request. Take care of yourself. Stay safe and healthy, and we'll keep working (at a distance) to provide, protect, preserve, and promote recreational hiking trails and hiking opportunities in Pennsylvania.

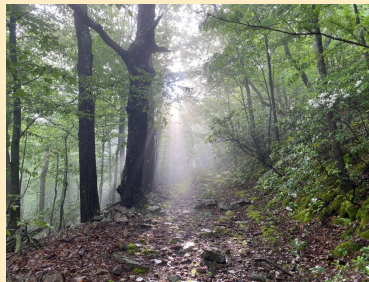
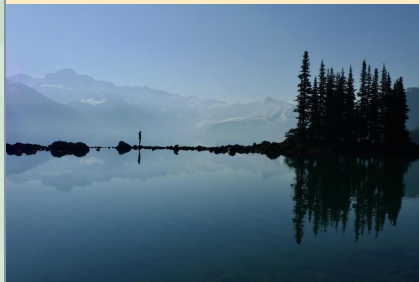
Joseph Neville  
Executive Director

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## 2020 Summer/Fall Photo Contest

Submit your photos at <https://www.kta-hike.org/photo-contest.html>

The winner will be announced in January and will receive a free 1 year membership and KTA hat.



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## Community Calendar

### KTA Events

#### **Trail Shelter Dedication - Nov 7, 1PM In Honor of Richard Hiemenz**

Meet at the Red Bridge trailhead at 1 PM and drive up to within a few hundred feet of the shelter site on a forest road. The Red Bridge Trailhead is located on Rt 321 about 8.75 miles north of Kane, PA on the north side of the bridge. Coordinates are N 41° 46.542' W 078° 53.066'.

#### **KTA Board Zoom Meeting**

Nov 12 and Dec 10 from noon to 1pm

Contact the KTA office for call in information

#### **Quarterly Meeting**

Jan 9 - time and location TBD

We will be back with Hiking Weekends, Slackpacks, and more in 2021!

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## Community Events

#### **Blue Mountain Eagle Climbing Club Banquet - Nov 14**

Heidelberg Country Club, Bernville, PA

[Click here for more info and a form to RSVP](#)

# WANT YOUR EVENT FEATURED ON THE COMMUNITY CALENDAR?

KTA will promote your club/organization's major events through The Keystone Hiker, Facebook, and our website. It's a perk of membership! Just submit a list with date, time, location, and link to web page for only those events that the public should see, to [ктаadmin@кта-hike.org](mailto:ктаadmin@кта-hike.org).

## Club Spotlight

### HiiKER



Discover long distance hiking trails with the HiiKER app. Download offline maps, know the right route to follow, and, find places to stay along the trail, all with the confidence that you can see everything when you are offline.



## NEWSLETTER SUBMISSIONS

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

Please reference our [Editorial-Style Guide](#) while you compose your piece.