



Preserving  
Pennsylvania's  
Footpaths

# KEYSTONE TRAILS ASSOCIATION NEWSLETTER

August 2010

## IT'S SUSQUEHANNA SUPER HIKE TIME *By Paul Shaw*

Excitement is building as KTA prepares to host several hundred hikers and trail runners for its second annual Susquehanna Super Hike and Ultra Trail Run. The daunting 28.4-mile one-day challenge event will be held September 11. After a highly successful first year, the Super Hike has already established itself as one of the premier hiking events in the mid-Atlantic region.

As it did last year, the spectacular route follows portions of two of the commonwealth's outstanding hiking trails, the Mason-Dixon in York County and the Conestoga in Lancaster County. Between the starting point at the Otter Creek Campground and the finish line at Pequea Creek Campground, hikers and trail runners will savor several outstanding panoramic views including Urey and Pinnacle Overlooks, and will delight in deep glens and hollows such as Otter Creek, Oakland Run, Kelly's Run, and Tucquan Run where rhododendron and rushing water cool the air.

Additional points of interest along the trail are historic Lock 12 with remnants from the canal days, the crossing of the Susquehanna River on the Norman Wood Bridge, and Wind Cave, one of the largest tectonic caves in the eastern U.S. 3.4 miles have been added to this year's route to help avoid early congestion and to qualify the event as an Ultra Trail Run. From the new starting point at Otter Creek Campground, the additional mileage winds

*Hikers and trail runners participate in the first annual Susquehanna Super Hike held in September 2009*



### UPCOMING KTA EVENTS

September 11 - **Susquehanna Super Hike & Ultra Trail Run**, York & Lancaster Counties, PA

October 1-3 - **Annual Meeting and Hiking Weekend**, Milroy, Mifflin County, PA. Hiking program by the Mid State Trail Association

January 8, 2011 - **Board Meeting**, Harrisburg, PA

April 15-17, 2011 - **Spring Meeting and Hiking Weekend**, West Chester, Chester County, PA

June 25, 2011 - **Board Meeting**, Harrisburg, PA

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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 Editor encourages submissions reflecting all viewpoints, but reserves the right to edit material. You are encouraged to submit your material via email.

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**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. You can join the group for whatever portion of the weekend 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.**

**August 13-15: Mid State Trail, Woolrich Region**

Leader: Joe Healey, 570-655-4979  
jnlhealey@aol.com  
Camp at Ravensburg State Park

**September 19: Tsquared Trail, Tiadaghton State Forest**

Leader: Ed Lawrence, 570-925-5285  
cathyed@nationi.net  
Camp at Hyner Run State Park

**September 24-26: Loyalsock Trail**

Leader: Jim Yannaccone.  
Contact Ruth Rode, 570-322-5878  
Camp at Worlds End State Park

**October 15-17: Bear Run Nature Reserve**

Leader: Jeff Rosier, 724-329-7803  
jrosier@paconserve.org  
Camp at Kirkpatrick House at Bear Run Nature Reserve (near Ohiopyle State Park)

**November 5-7: North Country Trail**

Leader: Paul Henry, 724-347-3282 or 724-685-1077  
phenry@choiceonemail.com  
Camp at Bear Run Campground cabins (near McConnells Mill State Park)

**ADVERTISING TERMS AND RATES**

The KTA *Newsletter* accepts paid advertisements from profit and non-profit organizations and individuals who want to represent their messages to our readers, and whose interests are focused on hiking, backpacking, outdoor recreation, nature, conservation or environmental issues.

KTA reserves the right to reject any ads that do not reflect KTA's mission and to limit the number of ads per issue.

For more information, please contact KTA Executive Director Curt Ashenfelter by phone at 717-238-7017 or by email at [kta-hike@verizon.net](mailto:kta-hike@verizon.net).

**Editor's Note:** This is the first issue of the *Newsletter* since Barb and Al Wiemann retired after ten-years of volunteer service as editors. KTA is seeking a new editor to provide you with the in-depth content you've come to expect from your statewide hiking organization. In the meantime, we will do our best to fill in from the Harrisburg office. Regular features will return in future issues. Please email your news and contributions to [ktaadmin@verizon.net](mailto:ktaadmin@verizon.net).

—Becky Schreiber, Interim Newsletter Editor

**KTA SEEKS NEWSLETTER EDITOR**

Duties include gathering and editing articles, laying out the issue, submitting it to the printer and checking the proof. The *Newsletter* editor is also an ex-officio member of the KTA Board of Directors. Please contact [ktahike@verizon.net](mailto:ktahike@verizon.net) for more information.

## PRESIDENT'S MESSAGE by Thyra Sperry



### What's Really Important?

It was absolutely the most perfect day in July, when we set off on our

mini-vacation to the land of Minister Creek, Heart's Content and the North Country Trail, to name a few of the spectacular hiking sites in Forest County. As we drove north on 322 the deep green mountain ridges were awesome. We didn't say much as we were absorbing the beauty of the day.

We don't always see tons of hikers on these trails, and it made me think of the people behind the scenes who keep the trails open and alive, who make hiking more enjoyable. These dedicated volunteers and trail maintainers support hiking by "doing" and "being" and looking after our trails. KTA is out there too, behind the scenes across the state, working on the issues that relate directly and indirectly to the continued enjoyment of hiking: great trails, clean water, primitive camping, leave no trace, funding for trails, protection from land abuse as a result of gas drilling, and illegal use of the lands. KTA is the voice of the hiking community.

This past month I have been volunteering as a docent at the Appalachian Trail Museum in Pine Grove Furnace at the Old Mill. Our visitors are thru hikers, section hikers and day hikers and a lot of people who cherish the memory of hiking a part of a trail and their own special experience. As I listened to the visitors, I realized that some of their happiest days were on the trail. Doesn't matter whether you hike one mile or ten. We are so fortunate to be able to offer the greatest variety of hiking

across Pennsylvania.

Today is the day to go beyond expectations: reach inside and do the unexpected to keep our trails alive by supporting KTA with a financial contribution. Make KTA your legacy and 20 years from now, maybe longer, you will be able to know that you made our world of hiking more sustainable.

I look forward to seeing you in Milroy in October and Chester County, April 15-17, 2011.

In the meantime,

Get out and protect your favorite trail!

*Thyra*

## NOMINEES FOR BOARD OF DIRECTORS

The KTA Nominating Committee has submitted a slate of candidates for election to the Board of Directors.

The elections will be held at the Annual Meeting on October 2 in Milroy.

### Board of Directors:

Current Board members Norman Lacasse, Molly O'Brien-Foelsch, Thyra Sperry and Ernest Werstler have been nominated for another term beginning October 2010-2013.

### Officers:

Officer nominees are Thyra Sperry, President; Wanda Shirk, Vice-President; Norman Lacasse, Secretary; and Ernest Werstler, Treasurer. Officers are elected by Council and serve one-year terms.



2011 Hiking and backpacking trips to:  
**Patagonia/Iceland**  
**Lapland/Pyrenees**  
**England & Wales**  
**Newfoundland**

### Guides:

**Paul Shaw**, former KTA Ex. Director  
**Todd Lange**, AT & PCT Thruhiker

[www.treksandtrailsinternational.com](http://www.treksandtrailsinternational.com)

**TRAIL MIX** By Curt Ashenfelter



With 213,000 miles on the odometer, I loaded up my old, black station wagon and headed west on the Pennsyl-

vania Turnpike for the 2010 Trail Crew Week #1: June 1-6 on the **Standing Stone Trail** with Leader Mel Cooper, Cook Wanda Shirk and an eclectic mix of 20 plus newcomers and experienced volunteers for construction of over six miles of new trail at the southern end of the Standing Stone Trail.

Seeing a new trail come to life is eye opening. Many of us have hiked the trails that have the look and feel of being there forever. Well worn paths that show evidence of great use and tender care. That may be one reason why so many hikers and trail runners take trails for granted, they have the look of permanence.

A newly cut trail is like a breath of fresh air. It is exhilarating. You can see the work of good design and time consuming labor. You can see the raw beginning of a new trail and how its design eases your way through the forest.

If you haven't participated in a trail care/crew event you are truly missing a great experience. I would encourage you to open new horizons and join us for one or more of the last four Trail Care weekends of the year. You will gain a new appreciation for the trails and experience some wonderful moments while giving back to the trails some of the care they so richly deserve. See page two for Trail Care locations, dates and contact persons.

**GIS VOLUNTEERS NEEDED**

Many of you have asked me how the

**ExplorePAtrails.com** website created by the Pennsylvania Department of Conservation and Natural Resources (DCNR) to centralize and share trails information, can benefit KTA and/or your local trail club. You have questioned why you should share information with a free website that could put your guide book and map business out of business.

I believe local trail clubs should populate the website with teaser information that will actually increase sales of maps and guide books. Most people today look first to the Internet to fill their information needs. If you can create links from the Internet to your map and guide books you will increase sales.

How can your club create a link? Send me GIS information about your trail, and I will pass it along to DCNR or you can go directly to the website and populate that site with some, but not all, information about your trail and add contact information about the purchase of trail maps and guide books. When you share information with ExplorePAtrails.com send me an email about your activity. I would like to keep a record of our support of the DCNR website.

**KTA TRAIL MAINTAINERS RECEIVE HI-TEC HIKING BOOTS**

Earlier this year I came home from work one day and found 88 pairs of boots with a retail value of almost \$8,000 on my porch. Hi-Tec Sports had donated Hi-Tec boots to KTA Trail Care and Trail Crew volunteers as a way to assist us in our trail maintenance efforts and just in time for delivery at our spring meeting.

The next day was like the movie *Ground Hog Day* starring Bill Murray. I came home from work and there was another batch of boots with a retail value of almost \$5,000 on my porch. What the heck....

Well it turns out that Hi-Tec Sports generosity knows no limits. They were giving the additional boots as a fund raiser for our Silent Auction at the spring meeting.

Since we were unable to auction all of the boots at the spring meeting, send me an email with your boot size and your Silent Auction bid by September 30 and if you have the highest bid and if we have your size you will receive a brand new Hi-Tec boot that retails for \$55. Silent Auction bids start at \$25 and include shipping and handling and a *Guide to Hiking Trails in Pennsylvania* map that retails for \$5.95.

**DONATE VEHICLES OR OTHER ITEMS TO KTA FOR A TAX DEDUCTION AND HELP OUR WORK ON THE TRAIL**

If your vehicle has as many miles on it as mine or even less, consider donating it to KTA for a tax deduction. KTA will use your charitable contribution to continue our work to provide, preserve, protect and promote recreational hiking trails and hiking opportunities in Pennsylvania. For more information about donating vehicles or other items of value to KTA for tax purposes please contact me at [ktahike@verizon.net](mailto:ktahike@verizon.net).

## KTA - YOUR HIKING ADVOCATE IN ACTION by Curt Ashenfelter, Executive Director

### WORK WITH GAME COMMISSION CONTINUES



The Keystone Trails Association continues to work with the Pennsylvania Game Commission on a number of important

issues including primitive camping and trail access.

The Game Commission continues to clarify the process they would like to follow for primitive camping requests.

To date I have not received any requests from local clubs documenting specific areas for primitive camping trails that cross State Game Lands. When I do I will monitor the progress of requests through the State Game Commission. I look forward to receiving those requests in the near future and sharing best practices with the entire trail community.

### KTA URGES PASSAGE OF THREE PENNSYLVANIA HOUSE BILLS TO REGULATE THE GAS INDUSTRY

Over 700 Marcellus Shale gas wells have been drilled in the past two years. Unfortunately, Pennsylvania is ill-prepared for the consequences of gas drilling.

Recently EOG Resources lost control of a gas well in Clearfield County. Natural gas and contaminated frack water shot 75 feet into the air for 16 hours before being brought under control. [Editor's note: The Department of Environmental Protection imposed a \$400,000 fine on EOG. As quoted in the Philadelphia *Inquirer*, July 14, 2010, John G. Vittitow Sr., a petroleum engineer hired by the DEP to investigate the accident, blamed it on human error and procedures that fell short of the industry's best practices, saying, "I don't

know any company that would cut corners like this, on this kind of well."]

KTA encourages our members to call their State Representative, State Senator and Governor and share your thoughts on the following bills:

1. **H.B. 2213:** The Land and Water Protection Act, which will require public notice of applications for drilling permits, mandate inspections by DEP at each critical phase of drilling, update bond requirements to cover the costs of plugging a gas well, extend liability for pollution, and require minimum setback distances from environmentally sensitive areas.
2. **H.B. 2443:** A severance tax, to ensure that natural gas drillers bear the long-term costs associated with increased drilling, with a portion set aside to enhance public resources.
3. **H.B. 2235:** The Save Our Forests legislation, which will place a three-year moratorium on new leases for natural gas drilling in our state forests and requires an impact study of current leasing on our forests.

### INDEPENDENT REGULATORY REVIEW COMMISSION URGED TO PROTECT WATER SUPPLIES

The Keystone Trails Association wrote a letter of support for Chapter 95 revisions and called key Democratic House members to win support of new regulations protecting water supplies.

Chapter 95 revisions are a strong step toward protecting water supplies from the wastewater produced in Marcellus Shale gas drilling. Department of Environmental Protection's proposal of 500 mg/L for Total Dissolved Solids (TDS) and 250 mg/L each for Sulfates and Chlorides will go a long way towards ensuring that our drinking water supplies will not have unsafe levels of TDS and these other contaminants.

### EARTH DAY RALLY

On April 17, Earth Day, the Keystone Trails Association participated in a rally in Harrisburg with a group of legislators and representatives from various organizations to call for a moratorium on the lease of state forest land for gas drilling and a severance tax on natural gas extraction in Pennsylvania.



*Curt Ashenfelter, KTA Executive Director, speaks at the Earth Day Rally in the Capitol Rotunda. Photo Courtesy of the PA Forest Coalition.*

## KTA NEWS

### LORENCE RECEIVES LIFETIME TRAIL ACHIEVEMENT AWARD

The Keystone Trails Association recently presented Carl Lorence of Susquehanna Township, Dauphin County with the **Citation Award**, which is given annually to an individual who has demonstrated a long-term commitment to the promotion, protection or maintenance of Pennsylvania's hiking trails. The Citation Award is considered KTA's "lifetime achievement award" and highest honor.

Lorence received his award on April 24, 2010 during the KTA Annual Spring Meeting & Hiking Weekend held in Wellsboro, Tioga County. Cindy Dunn, Deputy Secretary at the Pennsylvania Department of Conservation & Natural Resources (DCNR) presented the award to Lorence.

Originally from Ford City in Armstrong County, Lorence has a long history of volunteerism with Pennsylvania's hiking trails. In 1990, Lorence pledged to give ten years of volunteer time to the building and maintaining of hiking trails, but, according to Lorence, "Something happened along the way, which I can't explain; I'm still at it – I just can't quit." Lorence will turn eighty-years-old this summer.

He has served as a board member for the Keystone Trails Association and the Great Eastern Trail Association and is the immediate past president of the Standing Stone Trail Club – a 72-mile foot trail connecting the Tuscarora Trail to the Mid State Trail – with which he is still very active. He also works extensively with local greenways programs, including the Capital Area Green Belt in Harrisburg.

Additionally, Lorence serves as an Ambassador for the American Hiking



*Carl Lorence, past president of the Standing Stone Trail Club, is awarded the KTA Citation Award by Cindy Dunn, Deputy Secretary, Conservation & Technical Services. Photo courtesy of the PA Forest Coalition.*

Society to promote interest in hiking and trail care to the general public. He also served as KTA's candidate during the 2008 DCNR sponsored "Elect to Conserve" online campaign, which promoted conservation causes. Lorence campaigned to promote trails and volunteerism and won with a majority of the vote. Lor-

ence has volunteered many hours to trail maintenance. He says, "It is quite gratifying to break a sweat with a Pulaski or brushwhacker clearing trail. I think I might enjoy the fellowship of trailcares more than hiking and this is probably true for a lot of trail people."

### SPRING 2010 MEETING HIGHLIGHTS

More than 160 hikers attended the **2010 Spring Meeting & Hiking Weekend** held in April in Wellsboro, Tioga County. The hike schedule was coordinated by Kelli Crumb, a Wellsboro Area High School junior with support from Jennie Borneman and the Asaph Trail Club. 24 hikes were offered throughout the weekend.

The featured speaker at the Saturday evening General Membership Meeting was Cindy Dunn, Deputy Secretary for Conservation and Technical Services with the Pennsylvania Department of Conservation & Natural Resources.

The next KTA Hiking Weekend is scheduled for October 1-3, 2010 in Milroy, Mifflin County. Please see the Newsletter insert for details.



*Kelli Crumb, a Wellsboro Area High School student, organized the hikes for the meeting. On her right is Jennie Borneman from the Asaph Trail Club, who advised Kelli.*

## KTA NEWS

### THESE HI-TEC BOOTS ARE MADE FOR WORKIN'

**Hi-Tec Sports** recently donated new hiking boots to volunteers who participated in the 2009 KTA Trail Care and Trail Crew season. Eighty-eight KTA volunteers signed up to participate in the boot giveaway program.

Many thanks to Hi-Tec for providing this generous donation of hiking boots, and many thanks to our volunteers who provide hours of service to help maintain Pennsylvania's hiking trails. Learn more about Hi-Tec at [www.hi-tec.com/us/](http://www.hi-tec.com/us/).



*KTA Trail Care volunteers (from left to right) Ginny Musser, Carl Griffin and Barb Wiemann display the boots they received from Hi-Tec Sports.*

### Super Hike (from Page 1)

through state game lands before dipping down to Otter Creek. A steep ascent soon leads to Urey Overlook and the connection with last year's route. A new detour guides participants from the Norman Wood Bridge to Holtwood Recreation Area, bypassing a section of trail closed by ongoing construction on the Holtwood Dam.

The roller coaster route includes at least twelve ascents followed by descents with a total elevation change exceeding 8,700 feet. Participants must be physically fit and mentally

strong to complete the event and must reach each of three checkpoints within a pre-determined time to be allowed to continue. Each checkpoint will serve snacks and beverages and provide emergency communications and first aid as needed.

The Super Hike starts at 7:00 AM and all participants must finish by 7:00 PM.

Many volunteers have already come forward. The **Susquehanna Appalachian Trail Club**, **Berks Community Hiking Club** and **Lancaster Hiking Club** are staffing checkpoints, and the **Red Rose Repeaters** will provide

radio communication during the event. Lancaster County based internet retailer **Backcountry Edge**, a Gold Sponsor, is also providing volunteers to help in various areas. Graphic designer **Jerry O'Brien** is again designing the map/guide for participants and **Nathan Frohm Designs** has

created this year's t-shirt.

Volunteers are still needed to direct parking, help with event timing, and assist with registration. Please consider helping and contact Becky Schreiber at the KTA office.

Special thanks go to the volunteers of the **Mason-Dixon Trail System**, **York Hiking Club** and **Lancaster Hiking Club** for building and maintaining the superb trails that the Super Hike will follow! Many of last year's participants commented on the excellent condition of the trails, a tribute to the clubs' efforts.

Event timing is being provided by Pretzel City Sports. **PPL** has again generously granted permission for the hike to cross through its property and is a Silver Sponsor of the Super Hike. Other sponsors to date include **Bell & Evans**, **Clif Bar**, **John F. Martin Meats**, **nuun**, **Road ID**, **Snyder's of Hanover** and **Turkey Hill**. Their generous donations are most appreciated!

To register, volunteer, or for more information, go to KTA's website [www.kta-hike.org](http://www.kta-hike.org) and click the appropriate links. We hope to see you at the Super Hike!



**KTA NEWS**

**CONTRIBUTIONS RECEIVED APRIL-JUNE 2010**

The **Keystone Trails Association** is the statewide voice of Pennsylvania's hikers. We are a small organization with a big mission and need to grow to compete with other statewide organizations that work to the detriment of hiking trails.

We have initiated the **Keep Trails Alive** monthly donor program to find 500 trail people who will commit themselves to giving a regular, once-a-month contribution to sustain our work of preserving Pennsylvania's footpaths.

Giving to KTA is easy with a monthly automatic bank withdrawal. We encourage our donors to enroll in automatic monthly contributions to eliminate the need to write a check or make multiple mailings. Please contact **ktahike@verizon.net** for additional information.

Many thanks to all the individuals and organizations who have contributed to the Keystone Trails Association and support our efforts to preserve Pennsylvania's footpaths.

**New Life Member:**  
John E. Stevens, #301  
State College, PA

If you would like to receive information about including KTA in your estate plans, please contact Curt Ashenfelter at **ktahike@verizon.net** or 717-238-7017.

**KEEP TRAILS ALIVE**

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**\$2,500+**

In Honor of Jack Paulhamus

**Keystoner**

**\$1,200-\$2,499**

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Marshall Hamilton \*  
Phil Keener \*  
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**Additional Keep Trails**

**Alive Donors**

**\$100 - \$239**

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## ALONG OUR TRAILS

### M-DT RECEIVES NATIONAL HONOR

The **Mason-Dixon Trail** from Wrightsville to the Norman Wood Bridge was designated a **National Recreation Trail (NRT)** by the Secretary of the Interior.

On June 5, the Mason-Dixon Trail System and the York Hiking Club celebrated this recognition and thanked the land owners that have supported the trail. They met at the York Hiking Club cabin and hiked to Urey Overlook for the ceremony. A second group hiked to Urey through the beautiful Otter Creek gorge.

Jim Hooper, President of the Mason-Dixon Trail System was pivotal in obtaining the NRT designation. The ceremony speakers were David Lang of the National Parks Service Conservation and Recreation Assistance Division and Lori K. Yeich, Natural Resource Supervisor North Central/South Central Region Department of Conservation & Natural Resources. Also attending was Doug Hoak, York County commissioner, and member of both hiking clubs.



*(Top) Jim Hooper receives a certificate recognizing the Mason-Dixon Trail as a National Recreation Trail. (Bottom) Members of the Mason-Dixon Trail System and York Hiking Club celebrate at the Urey Overlook.*

### HIKING OPPORTUNITIES ABOUND DURING PA HIKING WEEK

Hikers across Pennsylvania celebrated **Pennsylvania Hiking Week** from May 29 to June 6. Pennsylvania Hiking Week, now in its ninth year, is cosponsored by KTA and the Pennsylvania Department of Conservation and Natural Resources (DCNR).

The statewide event promotes Pennsylvania's extensive network of hiking trails in state parks, state forests, and communities throughout the commonwealth.

118 hikes were scheduled in 42 counties with varying distances and difficulty levels to suit a variety of hikers. Hikes ranged from a one-mile kid-friendly hike in the Five Senses Garden in Dauphin County to an eighteen-mile gut buster on the Rachel Carson Trail in Allegheny County.

Many thanks to the local hiking clubs and to DCNR for organizing hikes and for providing hike leaders throughout the state.

### AT MUSEUM OPENS

On June 5, the Appalachian Trail Museum held its grand opening ceremony at Pine Grove Furnace State Park, near the halfway point of the Appalachian Trail.

Several hundred people attended the dedication ceremony, which featured speeches by museum president Larry Luxenberg; DCNR Secretary John Quigley; several relatives of the first pioneers to hike the whole trail; and other officials.

The "ribbon" for the official ribbon cutting was a piece of duct tape, a material used to repair everything

from tents to hiking boots along the trail.

About 100 visitors from 11 different states participated in the "Hike to History," a six-mile hike to the ceremony from the Kings Gap Environ-



mental Education Center.

Many of the speakers praised the volunteers who maintain the trail and created the museum. A consultant had estimated the cost of building the museum at \$525,000. Volunteers brought the cost down to \$50,000.

The Appalachian Trail Museum will be open from 12:00 PM to 4:00 PM daily through Labor Day, then open weekends through October. Admission is free. To learn more, visit [www.atmuseum.org](http://www.atmuseum.org).

*A crowd gathers at the AT Museum dedication ceremony.*

## MAINTAINERS' CORNER

### 2010 TRAIL CREWS WALK THE WALK by Ed Lawrence

Building on a record of proven effectiveness KTA's week-long Trail Crew program expanded its funding to support four work crews this June. As always, the concerted efforts of motivated volunteers contributing their time, talents and a willingness to get down and dirty was key to this year's Trail Crew's extensive catalog of accomplishments.

Kudos and thanks from the entire hiking community, as well as to the Trail Crew leaders Mel Cooper, Paul Henry, Rich Scanlon and Deb Dunkle for their organizational prowess and patience in putting together all the elements necessary to run successful crews on the Standing Stone, North Country, Chuck Keiper/Donut Hole and Mid State trails respectively.

During the course of the four crews, 122 volunteers logged an impressive 2,005 hours of work time on these trails. Given that a volunteer hour is currently worth approximately \$15.00 in Pennsylvania, the Trail Crew program donated over \$30,000 of work to our state's hiking trail system and hikers. That is a healthy return indeed on KTA's investment in the Trail Crew program and speaks volumes about the dedi-

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*"...the Trail Crew program donated over \$30,000 of work to our state's hiking trail system and hikers..."*

---

cation of our members to the spirit of the hike.

#### STANDING STONE TRAIL (June 1-6)

Over 20 volunteers volunteered for the Standing Stone Trail Crew week. Trail Crew volunteers relocated more than 4 miles of trail to the top of Cove Mountain between Cowan's Gap State Park and the Narrows north of Knobsville. Additionally, they planted 7 posts for side trail and provided fresh blazes from the breast of Cowan's Dam to Sheepskin Hollow Road and Route 522. They also completed some side hill work in the Narrows northeast of Cowan's Gap.

#### NORTH COUNTRY NATIONAL SCENIC TRAIL (June 8-13)

Trail Crew volunteers on the North Country National Scenic Trail (NCST) repaired railings, stone steps and water damage. Additionally, trees were cut, rocks moved, steps and railing repaired, water bars installed, rerouted a water crossing and re-

shaped a five-ton gravel pile into a trail. The Trail Crew also assembled a 16-foot bridge, transferred gravel to a tent pad site and improved conditions at the end of the access road.

#### CHUCK KEIPER TRAIL/DONUT HOLE TRAILS (June 15-20)

The KTA Summer Trail Crew tackled two of Pennsylvania's most remote hiking trails, the **Chuck Keiper** and the **Donut Hole**. Work on both trails included lopping, painting and brush cutting, along with two relocations of the side hill in the popular Yost Run Loop.

One highlight of the week was the presentation of the **Golden Pulaski Award**, which is given in recognition of exemplary service and dedication to Pennsylvania hiking trails by a trail maintainer who is not a member of the official Trail Crew.

The award was presented to **Thaddeus "Ted" Ligenza** of the Sproul District Forestry Office. The Golden Pulaski has been awarded only one other time in the past ten years. The first Golden Pulaski Award was given to Butch Davey, a current KTA Board Member and retired Sproul District Forester.

**Trail Crews** continued on Page 11



*(Left) Trail Crew volunteers are pictured with a new sign installed at the intersection of the Standing Stone and Sharpe trails atop Cove Mountain. (Right) Rich Scanlon presents the Golden Pulaski Award to Ted Ligenza of the Sproul District Forestry Office.*



## MAINTAINERS' CORNER

### TRAIL CARE NEWS by Ed Lawrence

#### CODE ORANGE IS THE COLOR

KTA's Trail Care launched a new program of one-day trail work events flying under the "Code Orange" banner.

One-day trail cares are geared to benefitting State Park hiking trails and other projects where a single day of work will make an appreciable difference in upgrading the quality of the hiking experience by focusing on a limited and achievable goal.

*"..Code Orange events may be scheduled and take place between newsletters, so look to the KTA website or Facebook page for information about this exciting new program..."*

They also offer an opportunity for KTA members and community volunteers who have never participated in Trail Care to lend a hand in a more structured and defined setting.

Code Orange events may be scheduled and take place between newsletters, so look to the KTA website or Facebook page for information about this exciting new program.

#### THE WEST RIM TRAIL GETS THE CODE ORANGE TREATMENT

A Code Orange Trail Care in early May cleared blowdowns, deadfalls and errant limbs and branches from the entire 30-mile length of the Pine Creek Gorge's **West Rim Trail**. A robust turnout of 17 volunteers divided into chainsaw/lopping teams walking through designated sections of the trail brought tackling the complete trail within easy reach. In this single day Trail Care volunteers invested 100 hours of much needed

work into one of Pennsylvania's signature hiking experiences.

#### CODE ORANGE BLAZES INTO SINNE-MAHONING STATE PARK

A small but dedicated group of trail care stalwarts answered the call when **Sinnemahoning State Park** contacted KTA requesting help in re-blazing their 1.5-mile **Red Spruce Trail**.

Walking a State Park trail may be the first "hiking" experience a child or, in some cases, even an adult may have, so a clearly and accurately blazed treadway is very important in helping to instill an initial level of comfort and confidence in novice hikers.

Thanks to Rick Hiemenz and his father for coordinating this project. The senior Hiemenz at 86-years-old tops the charts for attention to detail and keeping everyone on task. Sincere thanks to the park staff who provided camping sites, a lunch hot off the grill and seating on their wildlife viewing boat to the volunteers.

The next Code Orange Trail Care is scheduled for Sunday, September 19 on the **Tsquared Trail** in Tiadaghton State Forest. Visit [www.kta-hike.org](http://www.kta-hike.org) for details.

### Trail Crews (from Page 10)

#### MID STATE TRAIL, EVERETT REGION (June 22-27)

The Trail Crew worked on general trail upkeep, including brush cutting, blaze painting, stone work and a trail relocation. In addition to KTA volunteers, over 30 REI employees spent a day working on the Mid State Trail.

### KTA TRAIL CARE IN TIOGA COUNTY

by Pete Fleszar

13 volunteers from across Pennsylvania and New York states turned out for a scattering of trail care work on the **Mid State Trail** in Tioga County.

Joe Clark led a digging crew on needed treadway improvements along and near the Sand Run Falls hiking trail. Louise Sis, Pat Monahan and Don Muth came early on Friday to work on the Beer Can Spur and in the Anna S. area. Joe Healey led the high-powered DR team in the Antrim area and in State Game Land 37.

A number of other scattered blowdowns and treadway improvements too big for the overseers were also tackled.

Currently the Tioga Region has more distance mowed than ever before so it is a great time to discover the Mid State Trail's newest sections.

Visit the Mid State Trail Association's website [www.hike-mst.org](http://www.hike-mst.org) to download free maps and guide changes.



REI employees volunteer at the Mid State Trail in June 2010.

## AROUND THE CLUBS

### AOC MAPS LOCAL TRAILS

The **Allegheny Outdoor Club** (AOC) has begun posting maps of their local hiking trails on their website.

The maps are based on the USGS 7.5 Minute Series topographic maps from which the topography, roads and most other features were taken.

Three maps are currently available including Tanbark Trail-Hearts Content, Tanbark Trail-Sandstone Springs and Hickory Creek Trail.

For more information, visit [www.alleghenyoutdoorclub.org](http://www.alleghenyoutdoorclub.org) and click on "Outdoor Subjects".

### HIGHLANDS ON THE RADIO

The **Appalachian Mountain Club** is bringing news of exciting projects throughout the **Pennsylvania Highlands region** to the public with eight 90-second radio spots broadcasting over the next year on radio stations throughout the state of Pennsylvania.

The radio spots include interviews with key individuals and organizations discussing projects ranging from invasive species removal to land conservation to new trailheads and recreational resources.

The Pennsylvania Highlands encompasses roughly 1.9 million acres from south-central PA at the Mary-

land border to New Jersey, including 13 counties (Bucks, Montgomery, Northampton, Lehigh, Chester, Berks, Lancaster, Lebanon, Dauphin, Cumberland, Franklin, Adams, and York) and several major hiking trails (Appalachian Trail, Horse-Shoe Trail, Mason-Dixon Trail).



### HIKING ON THE WEB

Fall will soon be here and with it the cool autumn weather ideal for hiking. How do you decide which new trails to visit?

A good first stop is the "Guide to Major Hiking Trails" found on the KTA website ([www.kta-hike.org](http://www.kta-hike.org)) or check the hike schedule of your local hiking club. View a complete list of KTA member organizations at our website.

Other web resources include:

**www.backpacker.com:** Users create detailed trip reports to share with the hiking community

**www.ExplorePAtrails.com:** Website from DCNR designed to help people share information on the thousands of miles of trails in PA

**www.pahikes.com:** Detailed maps, pictures and trail commentaries for PA hiking trails

### DOORS OPEN AT LEHIGH GAP NATURE CENTER

A nearly 10-year-old vision to turn a Superfund site into a nature center was celebrated on July 16 when officials of the nonprofit **Lehigh Gap Nature Center** (LGNC) opened the doors to its new green visitor and education building.

In 2002, a small nonprofit developed a plan to establish an education presence in the Lehigh Gap, and tie into the D&L Heritage Corridor that runs along the Lehigh River.

Their goal was to acquire land, re-vegetate it, and build a visitor and education center. They started with the purchase of a home that sat on the boundaries of the Palmerton Zinc Superfund site. That home, which they named the "Osprey House" because of the circling raptor on their first visit, soon became the new home of the Lehigh Gap Nature Center.

Today, LGNC consists of 12 acres in Lehigh County, which is important

for access to the D&L Trail, Lehigh River Water Trail, and links to the Appalachian Trail, and 700+ acres in Carbon County. The center is at the foot of the Kittatinny Ridge, which bridges DCNR's Lehigh Valley Greenways and the Pocono conservation landscape work, helping both regions realize their conservation and recreation needs, including protecting important open space and natural areas.



*The Lehigh Gap Nature Center is now open to the public.*

## AROUND THE CLUBS

### SATC, CPC HOST IRONMASTER'S CHALLENGE

On Saturday, September 18 the **Susquehanna Appalachian Trail Club** (SATC) and the **Central Pennsylvania Conservancy** (CPC) will host the Ironmaster's Challenge, a taxing 24-mile hike and trail run that will take place in the Tuscarora State Forest of South-Central Pennsylvania.

The event is in support of the restoration of the Ironmaster's Mansion, an historical structure located in Pine Grove Furnace State Park. The Ironmaster's Mansion has served as a hostel and prominent half-way resting area for Appalachian Trail hikers. It was once an Underground Railroad site, as well as the home of several famous Pennsylvania families.

The stories that lie within the walls of this structure can be traced back to 1764. It is CPC's intention to preserve them by re-opening this historical landmark as a hostel, conservation education center and community resource facility.

The event takes place in Colonel Denning State Park in northern Cumberland County. The terrain varies from the well-groomed Tuscarora Trail, to some rough and rocky multi-use trails with a few respites offered by old logging roads. The hike is designed to test serious hikers and trail runners as well as seasoned recreational hikers.

For more leisurely hikers, the March for the Mansion is a less demanding course. This 8.7 mile loop starts and ends at the picnic pavilion in Colonel Denning State Park.

Early registration fees are \$40 for the Challenge and \$25 for the March, due August 23. Regular registration is \$50 for the Challenge and \$30 for the March, due September

10. The fee includes a light breakfast, snacks and drinks at each checkpoint, lunch at the finish and a t-shirt. There is a limit of 150 hikers and 100 walkers.

For more information visit: <http://mysite.verizon.net/vzezchws>.

### PATC SEEKS FUNDS FOR SHELTER



The **Potomac Appalachian Trail Club-North Chapter** seeks to build a shelter and overlook on the Tuscarora Trail in Perry County.

The shelter will be built in honor of Charlie Irvin, a founding member of the North Chapter who served for many years as District Manager of Trails for Pennsylvania. He was also awarded the American Hiking Society Volunteer of the Year award for Pennsylvania in 1994.

The shelter will be built near the recent Tuscarora Trail relocation through Waggoner's Gap on the south side of the mountain adjacent to the Reineman Preserve.

PATC-North Chapter is working with the Central Pennsylvania Conservancy and the Audubon Society on this project and is seeking donations to support the new shelter and overlook.

Contact [northchapter@patc.net](mailto:northchapter@patc.net) for more information.

### SIERRA CLUB TO HOST FILM FEST



The **Pennsylvania Chapter of the Sierra Club** will present

Ever Green: Sustainability Film Fest and Short Film Contest on October 23-24 in Harrisburg. The film contest deadline is September 17.

Short films must be 5-10 minutes in length and focus on sustainable communities; locally and organically grown; clean, sustainable energy; or climate change in Pennsylvania.

Learn more at:

[evergreenfilmfest.org](http://evergreenfilmfest.org)

### NCNST TO PUBLISH TRAIL GUIDEBOOK

The North Country Trail Association recently issued a Request for Proposals to create the first comprehensive North Country National Scenic Trail Guide Book. Prospective authors are asked to check out the RFP requirements, and - if interested in submitting a bid - send the NCTA a Letter of Intent.

Visit [www.northcountrytrail.org](http://www.northcountrytrail.org) for details.



## FOR HIKERS

### GREEN YOUR WORKOUT

A recent fitness craze in the United Kingdom will seem pretty familiar to many KTA members, where “**Green Gyms**” are becoming an increasingly popular way to exercise both the body and the mind.

Originally developed in the late 1990s by Dr. William Bird and the British Trust for Conservation Volunteers, the Green Gym program provides people with a way to improve their fitness and health while taking action to help the environment.

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. In the U.K., Green Gym groups meet at least once a week for conservation or gardening work. Types of work include clearing brush, trail building, tree-planting and digging. Sessions generally last half a day, include a refreshment break and a chance to socialize, and end with “cool down” exercises and a general tidy up.

Green Gyms are an excellent workout opportunity for people who would not normally attend a conventional gym. Volunteers show both physical and psychological benefits, including improved cardiovascular fitness, improved strength, benefits to mental health and well-being, and increased self-esteem. Participants gain confidence through learning new skills and completing tasks. Volunteers improve their fitness, help the environment, and make new friends while working for a common cause.

For more information on Green Gyms, visit the British Trust for Conservation Volunteers website at

[www2.btcv.org.uk](http://www2.btcv.org.uk) or join us for an upcoming KTA Trail Care event (see Page 2 for schedule).

### 10 SUMMER HIKING ESSENTIALS

1. **Water:** plain and some with electrolyte replacement.
2. **Food:** especially salty foods. Eat twice as much as normal.
3. **First Aid Kit:** bandaids, ace wrap, antiseptic, moleskin, etc.
4. **Map:** while many trails are well-marked, maps are helpful tools.
5. **Pack:** to carry the essentials.
6. **Flashlight/Spare Batteries:** allows you to hike out during the cool of the evening.
7. **Spray Bottle:** fill with water for your own personal air conditioning system.
8. **Hat/Sunscreen:** to keep the sun off you and protect your skin.
9. **Whistle and/or Signal Mirror:** for emergency use.
10. **Waterproof Clothing:** poncho or jacket.



Hikers get up close to a Marcellus shale drill site during the KTA Spring Hiking Weekend in Wellsboro, Tioga County. Photo courtesy of the PA Forest Coalition.

### NATURE BOOSTS VITALITY

A recent article in the *Journal of Environmental Psychology* (June 2010) reports that spending time in nature makes people feel "more alive."

Being outside in nature for just 20 minutes a day was enough to significantly boost vitality levels, the research finds.

In recent years, numerous experimental psychology studies have linked exposure to nature with increased energy and heightened sense of well-being. These studies demonstrate the importance of having access to parks and natural surroundings and participating in outdoor activities.

### EPA STARTS TIP LINE FOR DRILLING

Hikers who observe suspicious activity related to natural gas and oil development while out in our state forests can now call or e-mail a new "Eyes on Drilling" tip line established by the U.S. Environmental Protection Agency.

An example of suspicious activity would be illegal dumping. The toll-free phone number is 1-877-919-4EPA, and the e-mail address is [eyesondrilling@epa.gov](mailto:eyesondrilling@epa.gov).

Hikers get up close to a Marcellus shale drill site during the KTA Spring Hiking Weekend in Wellsboro, Tioga County. Photo courtesy of the PA Forest Coalition.

## FOR HIKERS

### INVASIVE HITCHHIKERS

Invasive species are taking over parks and natural areas throughout Pennsylvania, making hiking and backpacking difficult and damaging valuable habitat. Luckily, hikers can play a critical role in slowing the spread of invasive species:

- Know how to identify some of the more common invasive species in your area, so you can avoid hiking through them.
- Clean clothing, shoes, pets, backpacks and other equipment before going to a new area to remove hitch-hiking seeds and plant parts (bag the dirt and seeds and place in the trash).
- Don't move firewood! Buy it locally. This will prevent dangerous pest insects like emerald ash borer from arriving in Pennsylvania.
- Volunteer to help prevent and control invasive species. Contact your local state park/forest office, conservation district, watershed group, or hiking club to get involved.



Source: Pennsylvania Department of Conservation and Natural Resources



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[www.backcountryedge.com](http://www.backcountryedge.com)

### KTA HIKERS' MARKET

KTA Member?	<input type="checkbox"/> YES	<input type="checkbox"/> NO	<input type="checkbox"/> JOINING NOW		
Please order by circling price:			Member	Non-Member	Total
<b>Appalachian Trail Guidebook &amp; Maps</b>					
Pennsylvania AT Guide (2009)			\$8.00	\$10.00	
PA AT Map Sec. 1-6: Delaware Water Gap to Swatara Gap (2010)			\$10.80	\$12.00	
PA AT Map Sec. 7-8: Swatara Gap to Susquehanna River (2004)			\$5.40	\$6.00	
PA AT Map Sec. 9-11: Susquehanna River to PA Route 94 (2009)			\$5.79	\$6.45	
PA AT Map Sec. 12-13: PA Route 94 to US Route 30 (2009)			\$5.79	\$6.45	
PA AT Map Sec. 14: US Route 30 to the Maryland line (2009)			\$5.79	\$6.45	
Complete AT set of maps and guidebook			\$38.00	\$44.00	
<b>Other Publications</b>					
Pennsylvania Hiking Map (2009)			\$4.95	\$5.95	
Pennsylvania Hiking Trails (2008)			\$8.99	\$9.99	
Pennsylvania Hiking Trails Book & Map Set			\$12.25	\$14.25	
Mason-Dixon Trail Maps (2009)			\$13.50	\$15.00	
Standing Stone Trail Guide (2006)			\$7.00	\$10.00	
Guide to the Horse-Shoe Trail (2006)			\$13.00	\$14.30	
Hiker's Guide to the Bucktail Path (1998)			\$4.95	\$5.50	
Loyalsock Trail Guide (2008)			\$10.45	\$11.30	
Tuscarora Trail, A Guide to the North Half in MD & PA (1997)			\$8.00	\$10.00	
Tuscarora Trail, A Guide to the South Half in WV & VA (1997)			\$8.00	\$10.00	
Tuscarora Trail Map J (AT Junction in PA to PA Route 641)			\$4.50	\$9.00	
Tuscarora Trail Map K (PA Route 641 to Hancock, MD) (1997)			\$4.50	\$9.00	
Walks, Hikes & Overnights in Raccoon Creek State Park (2003)			\$11.50	\$13.50	
<b>Patches</b>					
KTA Logo Patch			\$1.58	\$1.75	
Old Logger's Path Patch			\$2.70	\$3.00	
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Make check or money order payable to Keystone Trails Association and mail to: 101 N. Front Street, Harrisburg, PA 17101. For a full descriptive catalog, please write or call 717.238.7017. (Prices are subject to change). <b>Order online at <a href="http://www.kta-hike.org/shop">www.kta-hike.org/shop</a></b>					

## PA WILDS EFFORT RESULTED IN INVESTMENTS, INCREASES IN TOURISM



In 2003, Governor Edward G. Rendell established the **Pennsylvania Wilds** initiative to conserve natural resources and energize local economies in the state's 12-county, north-central region by drawing visitors to the vast and

largely rural area that is home to some of the best outdoor recreation opportunities and wilderness adventure experiences in the eastern United States.

Two new reports have found that the initiative is helping to rejuvenate the area by bringing in new visitors and new investments, and have developed a case study of how state governments can build similar successful initiatives while working with local officials and citizens. To see a copy of the summary with links to the full report, visit [www.pawildsresources.org](http://www.pawildsresources.org) and click on the image of the "Making an Impact" report.

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### RENEW YOUR MEMBERSHIP TODAY

Membership in KTA is a great value. Help KTA keep costs down by renewing today *before* you receive a renewal letter in the mail (the KTA membership year ends on September 30).

Even better, consider renewing at a higher level this year. KTA is YOUR organization. Your support is essential for enabling KTA to continue to work for YOU - to do the work of trail advocacy, organizing maintenance and statewide hiking club coordination. The more you can help KTA, the more KTA can help hikers.

Complete the membership form below or renew online at [www.kta-hike.org](http://www.kta-hike.org).

## KTA MEMBERSHIP FORM

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

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

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

Email: \_\_\_\_\_

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

Receive the *NEWSLETTER* in full color via email 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 contribution: \$50 per year for clubs; \$100 per year for commercial enterprises; \$10 per year or \$25 for three years for youth groups. All member contributions and correspondence should be mailed to: 101 N. 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>	\$