

The Walker

The Newsletter of the Old Dominion Appalachian Trail Club

Volume 21, Issue 5

September/October 2013

The President's Message

Greetings!!

Hard to believe summer is winding down. It certainly has been unusual weather-wise with the amount of rain that keeps on coming. We are fortunate that it hasn't been in the form of a hurricane. However, I must say I'm ready for the humidity to drop and stay that way. I am fairly convinced my favorite time of year is the fall. Far more comfortable when working on the trail or out hiking!!

We are still in need of volunteers for the 2014-2015 ODATC Board. Elections will be held at our November general meeting. The positions that are still in need of a nominee include: Membership, Newsletter, Activities, and Programs. Yes, these positions will require a commitment of your time but probably not near as much as you might think. If you would like more information about what a position does or what might be required, please contact me (odatc.president@gmail.com) or Randy Wendell (odatc.programs@gmail.com). Your club needs you!! Really, we do!!

The summer maintenance trips have had great participation. I must say every time I have been out and a hiker has gone by, they are always very appreciative of the hard work we do to provide them with the opportunity to hike along the Appalachian Trail. What was very rewarding to me on the August work trip was the number of families that went by and asked questions. Many of the younger kids were very curious about why we were painting white blazes on the trees. If you have not been to the Rockfish to Reeds blog post you really should check it out as the photos are great along with the other tidbits about the crew. If you have never tried trail maintenance, you really should come on out. Maintenance trips are scheduled on the 3rd Saturday of each month. Major kudos to Lori and her crew leaders for the great job they are doing organizing the work trips!!

While on the subject of great jobs being done, I'd like to recognize Larry Kidd, our webmaster for his diligence in maintaining the site, odatc.net. Larry is the guy behind the scenes keeping news items current and the site running. He also provides links to other sites related to the club. As always, we encourage you to post your photos and relate your adventures on the website blog.

See you September 17th, at the General Membership Meeting. Until then....

Happy Trails!

Theresa Duffey

ODATC Hike Rating Codes

Hiking boots are strongly recommended for all hikes. Hikers must be properly equipped, aware of their limitations & hike within their ability. In the interest of safety, activity coordinators may refuse to allow participation by club members or their guests.

Terrain
 1 = Very Strenuous
 2 = Strenuous
 3 = Moderate
 4 = Easy

Distance
 A = More than 13 miles
 B = 9 to 13 miles
 C = 5 to 9 miles
 D = Under 5 miles

CARPOOLING Please honor the following suggested donation to your driver when carpooling to and from hikes: \$10 per rider for travel to and around the Charlottesville area (60-70 miles approx.) \$15+ per rider for travel beyond Charlottesville (over 75 miles).

September/October Trips, Treks, and Talks

Jenni Pendergrass, Contributor

New activities (especially WEEKEND activities) can be submitted at any time to jennipendergrass@aol.com. If you are going out on a weekend, please consider opening up the trip to club members. Our weekend activities are very limited and we need these activities to help grow our membership. Also the Activities Chair position on the ODATC Board is open and available for 2014. Please call or email Jenni Pendergrass if you can take a turn serving the Club.

Sept. 4th (Wed) Rip-Rap Trail Loop (SNP; Southern Section)

9.5 mile loop hike using Rip Rap, Wildcat Ridge and Appalachian Trail. Hike limited to 12. For details contact Howard Davis at howardsuedavis@juno.com or 434-964-1242.

Sept. 8th (Sunday) The Priest B/3)

Jenni Pendergrass (jennipendergrass@aol.com or 221-3226). Starting at the Ty River we will hike up to the Priest shelter for lunch and then return to the parking area. Meet at 7:30 at Rockville/Manakin Park and Ride. Hike limited to 12.

Sept. 9-11th (Mon - Wed) Dolly Sods Natural Area, WV

Exploratory Trip to Dolly Sods Natural Area. May camp at Red Creek Campground or light backpack to a base camp for Day Hikes. Hike limited to 6. For details contact Howard Davis at howardsuedavis@juno.com or 434-964-1242.

Sept. 11th (Wednesday) RVA's 'Central Park' D/4

Jim Hunt (730-2364 or hikerjimhunt@hotmail.com). This is the first day of the Wednesday hike season and our traditional start is MAYMONT. On www.tripadvisor.com one out of state contributor called Maymont 'Richmond's Central Park'. It is rated #2 of 91 destinations in

Richmond, VMFA was first. Enjoy this 4 mile hike around two lakes in Byrd Park and around Maymont. Meet at the Spotswood Rd. entrance parking lot (opposite Dogwood Dell). Optional lunch at a Carytown eatery. Meet at 9:50 am.

Sept. 17th (Tuesday, 6:30PM) ODATC General Membership Meeting

Hiking the Long Trail will be presented by club member Bob Nelson. Come hear Bob present his backpacking adventure from Canada to Vermont on the Long Trail. The meeting will be at our regular meeting location - Trinity Lutheran Church (2315 N. Parham Rd.).

Sept. 18th (Wednesday) Deep Run Park – Western Henrico D/4

Bill Tennant (282-0590 or willyten10@aol.com). Five mile hike in the fashionable West End suburbs. Go to the first parking area off the Ridgefield Parkway entrance which is west of Gaskins Rd. Meet at 9:50 am.

Sept. 19th (Thurs.) Fortune's Cove Preserve (C/2)

We will be hiking in the Nature Conservancy's 29,000 acre Fortune's Cove Preserve which is located south of Charlottesville near Lovingston, VA. The Preserve's 5.5 mile trail provides a challenging hike with stunning mountain vistas. Hike takes about 6 hours and includes a 1500' climb. Hike limited to 12. For details contact Howard Davis at howardsuedavis@juno.com or 434-964-1242.

Sept. 21st (Saturday) Maintenance Trip

Monthly work trip on the ODATC section of the AT. This is an all-day event. Bring water, lunch and work gloves. Dress for weather. Contact Lori (804-397-5306), Fran (804-270-6908) or send an email to odatc.trailmaint@gmail.com to register and for additional information. Please respond by September 18th if interested.

Sept. 22nd (Sunday) Devil's Marbleyard B/1

Ted Nelson (Theodore.nelson@yahoo.com or 530-0666). This hike will include an enormous rock scramble and some off trail work. This is an unusual formation to find here in the east and it is a drive that is a longer drive than normal for a hike as it is in the James River Face Wilderness near Glasgow. The plan will include stopping to eat on the way back to Richmond. Distance is about 9 miles with a 1400 ft. elevation gain. Given the strenuous nature of the hike, please call Ted for approval in joining the group. Also, we will only do the hike if there has been clear/dry weather for a couple days.

Sept. 25th (Wednesday) 'Center of the Universe' Parks - Ashland D/4

Jim Hunt (730-2364 or hikerjimhunt@hotmail.com). Ashland has many small neighborhood parks. We will walk through many of them as we enjoy this small college town. After this 5 mile hike we may have lunch at one of the local restaurants. Meet in the parking lot behind the Library in downtown Ashland. Coming from I-95, take Rte. 54, and after the old Ashland movie theater, turn left on Virginia Street and follow the parking signs. Meet at 9:50 am.

Sept. 28th (Saturday) Annual AT Family Hike

Enjoy a family friendly, 4 to 5 mile hike along a section of the AT that the club maintains. Details are pending so please check the website for specifics. See www.odatc.net.

Sept. 30 - Oct 3rd or Oct 6th Appalachian Trail in the Roan Mountain Area of NC-TN

29 to 50 mile Backpack Trip. Hike will end at Rte. 19 and include Roan Mountain and Yellow Gap Shelter. Start point will depend on group input. Hike limited to 6. Previous backpacking experience and approval of the Hike Leader required. For details contact Howard Davis at howardsuedavis@juno.com or 434-964-1242.

Oct. 2nd (Wednesday) Henricus and Dutch Gap Conservation Area - Chesterfield D/4

Martha James (H 883-6252, C 516-3218 or Marthajames@yahoo.com). This five mile hike is an expansion of hike # 25 in Nathan Lott's *60 Hikes within 60 miles*. To reach the park, take I-95 to Exit 61 towards Hopewell, follow Rte. 10 East only 0.2 miles, immediate left onto Rte. 732 (Old Stage Road) for two miles. Follow the signs to the Park. If weather is questionable-call Martha. Meet at the Henricus Village parking lot at 9:50 am.

Oct. 6th (Sunday) Hawksbill Mtn. Exploration B/2

Ted Nelson (Theodore.nelson@yahoo.com or 530-0666) We will do some exploring in the SNP in the vicinity of Hawksbill Mtn. The first objective is to locate one of the Steam Engines that was left in the park when it was formed. This requires some off trail navigation for a mile or two. This will be followed up by a chance to find the home site of one of the families that had lived in the park - again off trail. For those with energy left over, we will ascend to the top of Hawksbill Mtn. which is the highest point in the SNP. Total distance approximately 9 miles with 1300 feet of elevation. Leader approval is required for this hike due to the nature of off trail hiking.

Oct. 9th (Wednesday) Richmond National Battlefield Park – Varina C/4

Ted McGarry (285-1341 or tedmcgarry@juno.com). Two and a half hour hike on a lightly used portion of Battlefield Park Road to the Osborne Landing Park on the James River (restrooms) and return. Meet at the Fort Harrison Visitor Center parking lot at 9:30 am. Optional lunch at Portabellas. Written directions by email are available from Ted.

Oct. 14th (Monday) Old Rag (C/1)

Jim Hunt (hikerjimnhunt@hotmail.com) and Barbara Stewart (bleafstewart@gmail.com) The Old Rag hike is known for its panoramic views and very challenging and steep rock scrambles. Be prepared to climb through crevices. Bring lunch water, climbing gloves, money for your driver. Dinner afterwards an option. Space is limited. Contact Jim or Barbara for details.

Oct. 16th (Wednesday) Goochland Hike (C/3)

Jack Martin 804/678-8083 or rjmartinii@gmail.com Join this 5 miler and lunch afterwards. Hike through the woods and enjoy the leaf colors. Jack will provide hamburgers, hot dogs and soft drinks. Bring a side dish to share with others. Please RSVP if you plan to stay for lunch. Meet at the Oilville Park & Ride (I-64 West) at 9:30 am.

Oct. 19th (Saturday) Maintenance Trip

Monthly work trip on the ODATC section of the AT. This is an all-day event. Bring water, lunch and work gloves. Dress for weather. Contact Lori (804-397-5306), Fran (804-270-6908) or send an email to odatc.trailmaint@gmail.com to register and for additional information. Please respond by October 16th if interested.

Oct. 21st (Mon) Skyland - Thornton Gap (AT in Shenandoah National Park) B/2

11 Mile day hike over Stone Man Mountain and Mary's Rock with 3000 plus feet of elevation change. Not an introductory hike. Hike limited to 12. For details contact Howard Davis at howardsuedavis@juno.com or 434-964-1242.

Oct. 23rd (Wednesday) B&B Hike – RVA D/3

Bill Tennant (282-0590 or Willyten10@aol.com). Hike around Byrd Park then along the Boulevard in the Museum District to the Stonewall Jackson Monument and return for a total of five miles. Meet at Maymont's Spotswood Road entrance parking lot (opposite Dogwood Dell) . Optional lunch in the Fan. Meet at 9:50 am.

Oct. 26/27th (Saturday/Sunday) Annual Halloween Hoot at Paul Wolfe Shelter (D/3)

Jenni Pendergrass (221-3226 or jennipendergrass@aol.com) It's time again for the club's annual Halloween Hoot. Treats or beverages to share are always welcome (costumes optional). Contact Jenni if you plan to go and find out about carpools.

Oct. 30th (Wednesday) Westview on the James – Goochland County C/3

Larry Kidd (784-3617 or lkiddjr@comcast.net). Hike on a 5 mile circuit through the [Westview on the James](#) Methodist camp including frontage along the James River. The site is about 30 miles west of Richmond. Take I-64 Exit 167 Oilville, left on Rte. 617, right on U.S. 250 West, left on Rte. 632, left on US 522 South (at Goochland C.H.), right on Rte. 6 West for 4 miles, to the "Rock Castle-Westview" sign, left turn on Rte. 600 for 6 miles, right on Rte. 643 West View Road. The camp entrance is 1/2 mile on the left. The scenic trip from Richmond is due west on Patterson Av. (Rte. 6) through the Courthouse 4 miles to the "Rock Castle-Westview" sign, follow directions above. We will meet in front of the camp office building outside the main gate. On-site toilets. Optional lunch in nearby Goochland Courthouse. Meet at 9:50 am.

Tuesday, September 17 - ODATC General Membership Meeting -

Hiking the Long Trail, presented by ODATC Member Bob Nelson. Bob will share his backpacking adventure from Canada to Vermont on the Long Trail. The meeting begins at 7 PM, but members are encouraged to arrive at 6:30 for socializing and calisthenics. Snacks to share are always welcome and we'd like you to bring a canned good to donate to the church's food bank.

The meeting will be held at the Trinity Lutheran Church, 2315 N. Parham Road.

November 19, 2013, author and photographer Will Daniel will present latest book *My Virginia Rivers*. Rivers and photography have been in Will's blood all his life and this promises to be a wonderful evening. **DON'T FORGET BOARD MEMBER ELECTIONS!**

2013 ODATC Board of Directors

(Area Code 804)

President	Theresa Duffey	500-0955	odatc.president@gmail.com
Vice President	David Prestia	527-2001	odatc.vicepresident@gmail.com
Secretary	Leonard Atkins	275-1208	odatc.secretary@gmail.com
Treasurer	Dennis Schafer	314-2434	odatc.treasurer@gmail.com
Programs	Randy Wendell	794-7833	odatc.programs@gmail.com
Land Mgmt.	Karl Huber	355-4619	odatc.landmgmt@gmail.com
Membership	Alice Preston	741-0049	
	Tayloe Moore	798-4535	tayloeg@gmail.com
Trail Maint.	Lori Ando	397-5306	odatc.trailmaint@gmail.com
Activities	Jenni Pendergrass	264-1633	odatc.activities@gmail.com
Newsletter	Katie Veilleux	562-7747	odatc.newsletter@gmail.com
Outreach	David Grimes	833-8974	odatc.outreach@gmail.com
Webmaster	Larry Kidd	784-3617	odatc.webmaster@gmail.com



Remember that bears and other animals you see in the outdoors are wild animals.

Bears

Bear encounters are on the increase, especially in the fall when bears are bulking up for winter. Here are a few black bear facts.

Bears have a keen sense of smell (7 times more powerful than a dog) and can detect odors over a mile away. Bears are very curious, resourceful, and intelligent. They have excellent memories and remember food sources for many years.

They are opportunistic; will take advantage of readily available food.

Bears are nervous, shy and easily frightened. They can cause serious injury if startled, cornered or provoked. They are very powerful and strong, thus should be treated with caution and respect. Black Bears in Virginia do not hibernate in the winter, although they do become more lethargic and their heart rates slow down. Lastly, bears stand up on their hind legs not to attack but out of curiosity and to get a better look or smell.

On the hike, travel in groups and do not allow children to stray or run ahead. Remain on the trail and *never* hike at night. Stay alert and be aware of your surroundings. Consider advertising your presence by wearing bells, singing, clapping, etc. Leave no trace by discarding garbage in bear-proof trash cans or pack out in sealed plastic bags.

Never leave any food or backpack unattended.

When you camp choose an open site away from dense vegetation, natural food areas, forest cover, or natural pathways. Avoid messy sites and areas with bear sign – torn apart logs, tracks, trampled brush, scat, and claw marks on trees. Restrict all cooking, eating, cleaning activities and food storage to 100 feet downwind from tents. Wash dishes and utensils immediately – dispose of water 100 feet downwind. Never leave food scraps or garbage out. Secure all scented items by hanging at least 10 feet off the ground and 5 feet from the tree, again 100 feet downwind. Always use a flashlight and extra caution when moving around at night.

These bear facts are courtesy of the American Bear Organization at www.americanbear.org. Visit their website to learn more.

Club Meetings

Club meetings are held on the third Tuesday of January, March, May, September, and November. The next meeting is September 17th at Trinity Lutheran Church 2315 N. Parham Road, Richmond. The Board meets monthly on the first Wednesday. If you have anything you would like to present or discuss, please contact Theresa Duffey, odatc.president@gmail.com.

Friends are welcome!!

This is your time... ODATC Members Volunteer for the Board

Please volunteer for the Board positions that will become vacant on January 1, 2014.

President, Secretary, Treasurer, Land Management, Activities, Programs, Newsletter, and Membership Chairs. Talk to the Board member currently filling the job to find out what they do and how much time is involved. Just look at the directory on page 6. The members will be pleased to speak with you. **This is your time to have a positive impact on the future of ODATC.**

Lest we forget...

The ODATC Mission

- The construction and maintenance of foot trails for hikers, including the trail between Reeds Gap and Rockfish Gap.
- The provision of excursions on such trails or other areas
- Offering educational activities related to the need for preserving the great outdoors.

The Appalachian Trail Conservancy - Who Are They???

The Appalachian Trail Conservancy upholds the highest standards for the protection and management of the Appalachian Trail (A.T.) to ensure that it can be shared and enjoyed well into the future.

Due to the Trail's historic legacy of volunteerism, many of the ATC's programs are focused on supporting and encouraging volunteers. We work cooperatively with volunteer A.T. clubs and agencies to develop meaningful Trail policies, share expertise on trail design and construction, and protect the landscapes and natural and cultural resources that represent the unique, inspiring, and oftentimes life changing, experience of the A.T.

- About 2 to 3 million visitors walk a portion of the A.T. each year.
- The A.T. has hundreds of access points and is within a few hours' drive of millions of Americans, making it a popular destination for day-hikers.
- "Thru-hikers" walk the entire Trail in a continuous journey. "Section-hikers" piece the entire Trail together over years. "Flip-floppers" thru-hike the entire Trail in discontinuous sections to avoid crowds, extremes in weather, or start on easier terrain.
- 1 in 4 who attempt a thru-hike successfully completes the journey
- Most thru-hikers walk north, starting in Georgia in spring and finishing in Maine in fall, taking an average of 6 months.
- Foods high in calories and low in water weight, such as Snickers bars and Ramen Noodles, are popular with backpackers, who can burn up to 6,000 calories a day.
- Hikers usually adopt "trail names" while hiking the Trail. They are often descriptive or humorous. Examples are "Eternal Optimist," "Thunder Chicken," and "Crumb-snatcher".

The Appalachian Trail Conservancy (ATC) relies on the generosity of donors like you to help fulfill our mission and vision. Every day the Conservancy must raise \$3.28 for every mile of the trail above and beyond public funds received. If you believe in the value of the Appalachian Trail, please join.

<https://www.appalachiantrail.org/donate/join-renew>

Best of all, experience the pride and satisfaction of knowing you are protecting an irreplaceable American treasure - the Appalachian Trail.

Looking ahead...

January 21, 2014, ODATC member Pete Tansill will present *Walking Across America, Part II*. Your guess is as good mine as to what Pete will present, but if Part II is anything like Part I then this should be an entertaining evening.

March 18, 2014, ODATC member Marilyn Nicol will present *Hiking in Nepal*. The hikes that Marilyn did are fascinating and her photos are breathtaking.

May 20, 2014, ODATC potluck and member slide show.

ODATC and ATC

ODATC is a maintenance club and a member of the Appalachian Trail Conservancy (ATC). Annual dues are \$15 for individuals and \$20 for families. Lifetime memberships are available for \$250. Renewals are due annually based upon the month you joined. Renewals and applications for membership can be processed online. If you prefer the USPS, forms for renewal and application may be printed from the website.

THE WALKER

The Walker is published
bi-monthly with the submission
deadlines by the
15th of the pre-publication month.
Club member stories and photos
are welcome!

Please send your material to
odatc.newsletter@gmail.com.

Dear Membership,

This is the 11th issue of the newsletter that I have produced. There is one more copy to edit before my term as Editor is done. So far, no one has indicated an interest in putting the newsletter together.

In a world of electronic messaging and social media, newsletters are becoming passé. However, there are approximately 50 members of the club who do not subscribe to the internet and rely on hard copies to access the activities. When the newsletter is no longer "published", that is 50 members who will be left out of the "loop". Additionally, some members print it from the website to peruse at their leisure.

The newsletter is not as time consuming as many volunteer activities are. It takes, at most, 16 hours every other month. I put it together using Microsoft word. The list of "trips and treks" are provided by the Activities Board Member. A simple cut, paste, and edit are all that needs to be done. Other Board Members provide program topics and special announcements. I look for articles of interest (usually to me, LOL) to add. I take it to an office supply store to make copies, put mailing labels and stamps on, and drop it in the mail box. The club pays for postage and copying. No big deal!

There will come a time when the Board will decide whether or not to continue producing the newsletter. As ODATC members, it's really up to you. If you want a club newsletter, consider stepping forward for the job. It's your time to contribute! If you have questions about producing the newsletter, please feel empowered to call. I'm Katie Veilleux and my phone number is 562-7747.