# TRAIL BLAZER

NEWSLETTER OF THE ROANOKE APPALACHIAN TRAIL CLUB

#### Autumn 2004

The Roanoke Appalachian Trail Club is a recreational hiking association of volunteers who preserve and improve the Appalachian Trail as the nation's premier, continuous, long-distance footpath.



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#### Welcome New Members

The Roanoke Appalachian Trail Club welcomes the following new members:

Frank DiRamioReinhard O'NeillCharlotte KanodePam AuldridgeWalter KephartKelly NettlesJulie Ann LarchConnie GrantDonna LoganJoyce BennettEzra C.TrumbullElizabeth (Liz)Wicks

We look forward to meeting you soon- hiking on the trail, at work, social event, or a board meeting.

Mervin Brower

# **President's Message**

The ATC is entering a new era. Most of the Trail corridor has been acquired, ending a long phase. At the same time, urban sprawl and many factors are putting new pressures on the Trail and requiring new courses of action, namely viewshed protection. To reflect these changes, the ATC is restructuring. This is a painful process which puts all of the paid staff under great stress with futures uncertain. In fact, one of the people who has just left is Parthena Martin, who will be missed very much. Members of our RATC Board are also stressed because we do not want the roles of volunteers to be diminished. But the job descriptions for the professionals close to us in the field are still being written. Be that as it may, the new organization appears to be making very positive changes. And we have to give great credit to the courage of the Appalachian Trail Conference Board of Managers which is dissolving itself to change the structure of the Conference. In contrast to the existing 31 member Board of Managers, the new Board of Directors will have a maximum of 15 members and focus primarily on strategic direction, broad organizational operations, and financial stability — rather than be principally concerned with Appalachian Trail issues and policies. For information as it develops, go to http://www.appalachiantrail.org and follow Strategic Planning.

The Board of Directors will not be delving into the details of trail and corridor management. The new groups that will be directly linked to stewardship of the Trail are: The Trail Stewardship Council (TSC) will deal with Trail-wide policy and program oversight for those issues that affect A.T. management. Regional Partnership Committees (RPCs) are being formed for each of ATC's four (formerly three) administrative regions to deal with issues that affect regional or local sections of Trail. RATC has designated Charles Parry as

our representative and Roger Holnback our alternate to the RPC for the Blacksburg office. The other six Virginia clubs are doing the same. Similarly, each of the five clubs in Tennessee, North Carolina, and Georgia are selecting a representative and an alternate to the RPC for the Asheville office, the two offices that will replace the Southern Regional office.

While the focus of the RPCs is likely to be on functional trail and corridor management, they also will work with the regional offices on a wide range of issues, including land protection, visitor services and education, community outreach, environmental monitoring, volunteer recruitment and training, and fundraising coordination. The RPCs will provide direct two-way communication between the ATC regional offices and the constituent clubs and agencies. There will be a formal structure for regularly scheduled meetings of the RPCs to facilitate collaborative planning, share experiences, and discuss common concerns among clubs, agencies, and ATC staff. The RPCs will also advise the regional director on issues that have a regional or wider scope and will provide input to the TSC, ATC committees, and the Board of Directors on those issues. Finally, the RPC will be expected to nominate candidates to serve on the TSC.

David Schilling is the new Associate regional representative in Southwest and Central Virginia. Maybe some of you met him out getting his feet wet with the Konnarock crew. He replaces Jodi Bickel, assisting Teresa under the old structure and will likely be called a Steward under the new.

It is a shame that RATC dropped the ball for Multi-Club Meeting on Labor Day. Hopefully we will do better next year. It has been a fine event in past years.

Bob Peckman

# Changes to the ATPO Volunteer Recognition Program

At its monthly meeting in August, the RATC Board modified the requirements for participating in the Appalachian Trail Park Office (ATPO) Volunteer Recognition Program. Rather than counting volunteer hours from October 1, 2002 (as originally stipulated), club members may now submit hours dating from the time they originally joined the club.

If you are new to RATC or otherwise unfamiliar with the program, it is simply ATPO's way of recognizing and rewarding trail volunteers from Maine to Georgia. Here's how it works: volunteers completing the specified number of hours will be awarded the indicated premium:

- 40 hours --- multicolored **PIN** with "Appalachian Trail Volunteer" logo
- 125 hours --- a second PIN
- 250 hours --- multicolored **PATCH** with embroidered logo
- 500 hours --- khaki CAP with embroidered logo

1001 hours---black fleece **VEST** with embroidered logo The logo is actually a replica of the plaque that

marks the southern terminus of the trail at Springer Mountain, Georgia.

There are two important aspects to keep in mind. First, the hours are cumulative. So, for example, after receiving your patch you need only an *additional* 250 hours to get a cap – not 500. Also, this program works in parallel with, but does not replace, the current RATC program which makes awards to trail workers and hike leaders. If you go on a work hike, for instance, you will get credit for both programs: RATC and ATPO.

Hours for any activities in service to the club may be counted. In many cases, these will consist of doing trail work and / or leading or assisting scheduled hikes. But there are lots of other ways to pitch in. For example, you could help Carolyn McPeak with the Cornboil or the Annual Meeting. Or, give Don Nulph a hand when he's working up the new hike schedule. Logging and reporting volunteer hours will be done strictly on the basis of an honor system. The emphasis is on the concept of "service" and here you must use your best judgment. Obviously, such activities as attending a club social event or simply going along on a "pleasure" hike (even if it was 18 miles and it rained all day) should not count.

What's new is that we are now inviting you to give us your best *estimate* of your *total* volunteer hours since you joined the club. If your level of participation has been fairly consistent throughout your membership, for example, you could simply multiply your annual estimate by the number of years.

However you arrive at the final estimate, we encourage you to send it to us. Actually, for bookkeeping purposes, we need it broken down as follows:

- 1) Cumulative hours from start of membership through September 30, 2003
- 2) Hours from October 1, 2003 through September 30, 2004

(In figuring out which premiums you are eligible for, we will retotal your numbers.) All you have to do is send your name along with the two indicated numbers (preferably on a postcard) to:

ATPO Volunteer Program Roanoke Appalachian Trail Club P.O. Box # 12282 Roanoke, Virginia 24024

The deadline for these reports is October 15, 2004. This may rush you a bit, but we need the extra time to order the premiums from ATPO. The awards will be made at the Holiday Pot Luck Dinner in December. Keep in mind the cumulative aspect of the program. If your total exceeds 1000 hours, for example, you will get two pins, a patch, a cap and a vest. See you there.

Dick Clark

# Shelter Supervisor's Report

As they are scheduled, Shelter Maintenance Hikes will be posted in advance at www.ratc.org so be sure to check-in occasionally. The Maintenance Hikes are no longer scheduled on the second Saturday of each month.

Due to recent surgery, I will not be able to hike or maintain trails or shelters until well into 2005. Since I

am unable to personally monitor the club's 17 shelters and 17 privies, I ask that anyone finding maintenanceneeds, please contact me at 540-265-4782 or ratc\_shelter@yahoo.com. Thanks for your help! By the way, have you asked a friend to join the RATC lately? Why not visit www.ratc.org and learn more?

Jonathan Reed

# **Trail Supervisor's Report**

During our McAfee Knob relocation project this summer we had 35 people work 111 days with 14 people earning t-shirts by working 5 or more days. The t-shirt winners were: Larry Austin, Suzanne Barnett, Malcolm Black, Peggy Bryant, Mervin Brower, Bill Gordge, Dana Helsley, Jim Hutchings, Siegfried Kolmstetter, Mac McDaniel, Jim Overholser, Charles Parry, Kris Peckman and Maurice Turner. I wish to thank all 35 people who contributed to the project, as well as the three Konnarock Crews, who made a huge contribution. The upper part of the relocation has been open for several weeks now. Currently, the trail takes a short dogleg on the fire-road. Our number one priority for the fall and winter is to finish the lower part of the relocation. Consequently, we have scheduled 3 work hikes for the area this fall. This part of the relocation will be open by spring. Everyone is welcome to give us a hand.

# Charles Parry

# RATC Holiday Banquet Saturday, December 4, 2004

Our annual holiday banquet will be held at Christ Lutheran Church on the corner of Brandon and Grandin Avenues at 6:00 PM. The Club will provide beverages and table service. Club members will provide a dish to pass. We will have a box at the door if you wish to bring a non-perishable food item to be donated to RAM House.

# Carolyn McPeak

### **Hikemaster Report**

There has been some interest expressed in having overnight hikes. I would like to know if you may have some interest in this kind of hiking? Send me an email

# We mourn the loss of Tom Edwards

If your address label has "NeedEmail" on it, then your e-mail address is not in the club data base. E-mail address in RATC.ORG do not have names or club membership associated with them and are useless for club business, such funeral notification, event reminders or emergency situations. Please e-mail to bob@peckmanjazz.com and include your name so I can include your e-mail address in the data. We store your information only in a spread sheet away from viruses, and are very careful. (nulph-d@cox.net) or drop me a note (5787 Twelve O'clock Knob Road, Roanoke, VA, 24018-8053).

# Don Nulph



#### **Hike Reports**

#### Sunday, May 16, 2004 8:00 AM Henry Lanum Trail

Dick Clark (leader), Carl Cornett, Shelley Himel, Kris Peckman, Charlie Scharnberg

This hike traditionally starts along a Forest Service road about 1.5 miles from the Henry Lanum trailhead in order to make an all-day trek out of it. It used to be about nine miles but, due to extensive relocation in recent years, it is probably 10 or 11 miles at present.

We did the trail as a clockwise loop, so that we first climbed Pompey Mountain before reaching the spur trail that leads to Mount Pleasant. This side trail has been reworked quite recently. It now has a much better grade, but is significantly longer.

We visited each of Mount Pleasant's twin summits and the views, as usual, were terrific. After lunch we completed the loop by coasting downhill (mostly) and soon we were back to the car.

#### Sunday, May 23, 2004 1:00 PM Cascades

Mary Lou Gaminde (leader), Carl Cornett, Aaron Eanes, Marianne Demkó, Carolyn Baretta, and Mary Gilbert

We met at the Hanging Rock parking lot in front of the Orange Market. It was a cloudy day and looked like we might have a thunderstorm at any time. Jean Warren chickened out on me because she doesn't like to hike in storms. When we got to the Cascades it was a very pretty day with a little rain at the end of our hike. The scenery was beautiful as always with the creek and waterfall. There were some wild flowers spotted and one of the hikers took a swim and said the water wasn't that cold.

#### Sunday, May 30, 2004 1:00 PM Bearwallow Gap to Little Cove Mountain Trail No calls. Hike cancelled.

#### Sunday, June 6, 2004 1:00 PM Thunder Ridge Overlook to Cornelius Creek Shelter

Bobbie Stitcher (co-leader), Mary Lou Gaminde (coleader), Linda Akers, Carl Cornett, Marianne Demkó and Neil McKinney

The day was cloudy but the forecast did not call for rain. We left a car at Floyd Field and went to the Thunder Ridge parking lot to start the hike. The rocks were very slippery from the recent rain and Mary Lou slipped and hurt her lip at the start of the hike. Linda

took her to the emergency room where she received several stitches. It was decided that the rest of us would do the hike. This was a wonderful hike crossing the parkway several times. We took a snack break on the rocks at Apple Orchard Mountain and a picture of

Carl at the Guillotine, where the trail passes under a suspended rock. We met many thru-hikers on the trail and also those who had stopped at the Cornelius Creek

Shelter for the night. I would like to thank Linda for taking Mary Lou to the hospital and for stopping at a wreck on the parkway to get a cold pack for her from the rescue personnel.

Sunday, June 6, 2004 1:00 PM Catawba Mountain (Rt 311) to McAfee Knob No hike report received.

#### Saturday, June 12, 2004 Sarver Hollow Shelter Maintenance Workhike

Jonathan Reed led the shelter maintenance hike to Sarver Hollow up the 1 mile yellow blaze trail. Volunteers included Bob Stimson, and Hidden Valley High School's Club Green: Allison McWhorter, Matthew Hubbard, Eric Young and Wilson Nash. This was Club Green's first trip to Sarver Hollow, and they have volunteered to be the Sarver Hollow Shelter Monitors. It was a beautiful but hot and humid day, and was as usual cooler at the shelter. They posted an official: boil, treat or filter sign at the spring and cleaned the fire grate and privy. Jonathan pointed out the hundreds and hundreds of Ailanthus trees overtaking the hollow; especially the two acre area between the shelter and the spring. These invasive trees need to be eradicated before all of the indigenous hardwoods are smothered out of existence. After eating a snack they decided to head down the mountain, just before a thunderstorm ensued. Needless to say, they were all drenched by torrential rain during the half-hour down the mountain. Just as they reached the parking area, it was beautiful and sunny again. Many thanks to Allison McWhorter and Club Green for volunteering as Shelter Monitors for Sarver Hollow, and thanks to Bob Stimson for helping with the maintenance on this hike.

#### Sunday, June 13, 2004 8:00 AM Pine Swamp to New River (Rt 460)

Laura Montague (leader), Larry Austin, Diane Christopulos, Colby the dog, Carl Cornett, Doug DeJarnette, Gary Hale, Paul Jones, Jerry Kyle, Jeanette McConville, Lois Smith & Greg Tinaglia

Kenny Garrett, the other hike leader, had to work today. Larry Austin was very nice and helped me figure out the car pools. We had two visitors from the NBATC – Jeanette and Doug. We met Paul and Greg with their dog Colby, and Jerry Kyle, who came from West Virginia, all in Pearisburg.

The day started off rainy and foggy. Fortunately the rain stopped but the fog never did lift. There were no views from the top of the mountain, but the immediate scenery was beautiful as always.

A special note of interest, Lois Smith finished her last section of the RATC with this hike!!! Congratulations Lois!!!!!

Special thanks to Doug who stayed behind and helped me "sweep" the last hikers in the group! We finished at 6 pm. It was sunny in Pearisburg but as we took one last look at the mountain behind us it was still shrouded in fog.

#### Sunday, June 13, 2004 1:00 PM Andy Layne Trail (Rt 779) to Tinker Cliffs

Sue Scanlin (leader), Ed Wallace, Mary Gilbert, Marianne Demkó, and Nancy Utz

Sharon had to work and missed the hike. At the Daleville Commuter Parking Lot, Ed Wallace volunteered to be the sweep. By 1:30pm we were at the trailhead and took off.

The temperature was fine but the humidity was way high and parts of the trail were veritable mud puddles. Lots of slipping and sliding as well as going around sections of the trail became the order of the day. Because we had to pay such close attention to our footing, we almost didn't notice some Jack-inthe-pulpits and mushrooms along the way. Once at the cliffs, there was hardly anything to be seen through the clouds, haze or whatever it was. It didn't take long until we not only had cooled off but actually got chilly and after a fairly brief rest up there, we descended again.

Ed had gone ahead because he didn't want to return to the Daleville meeting place anyway and the remaining four of us never saw him again. The downward trip didn't take us very long and we saw things we hadn't seen on the way up, such as ripe and ready to be eaten raspberries, – yummy! -Indian pipes, a box turtle, a newt, and even a deer. Several spills couldn't be avoided and made for some muddy clothes, thank goodness, no injuries!

#### Thursday -Monday, June 17-21, 2004 8:00 AM Work Hike on Catawba Mountain

Charles Parry, Laurie Adkins, Bill Gordge, Malcolm Black, Jim Hutchings, Dana Helsley, Larry Austin, Kris Peckman, Peggy Bryant, Maurice Turner, Jim Overholser, Suzanne Barnett, Siegfried Kolmstetter, Wes Barnes, Homer Witcher, Bob Peckman, David Gibson, Stephen West, Constance Taylor, Alex Nichols, Jerry Gillon, & Robin Fought

I want to thank both Bill Gordge and Dana Helsley for filling in for me on the three days that I was unable to be there. A couple of hundred yards of new trail had been built by the time that I arrived on the scene Saturday morning. The Konnarock crew was busy working on an impressive set of steps at the first switchback. Everything went smoothly and by Monday about 1/3 mile of new trail had been dug.

#### Sunday, June 20, 2004 1:00 PM Wind Rock to War Spur (Rt 613)

Mary Lou Gaminde (leader), Lynn Bryant (assistant leader), Paul Blaiklock, Peggy Bryant, Georgia Gallaher, Mervin Brower, Sherry Kessel, and Zetta Campbell,

We met at the Hanging Rock parking lot on the corner of Rt 311 and 419. It was a beautiful day with mild temperature, a perfect day for hiking. I changed

the hike and did the War Spur/Chestnut loop on Salt Pond Mountain which is in the same area because I had heard reports that the road to the other trailhead was in bad condition. We drove Rt 42 to the hike stopping along the way at a real pretty overlook. We started the hike on the Chestnut Trail section going through some large beautiful cinnamon ferns. We then came to an intersection and proceeded to the War Spur Overlook. You could see the tops of the hemlocks that have never been cut above the other trees. A lot of them are dead on top because of a bug called the woolly adelgid eating them. We retraced our steps to the intersection and proceeded on the War Spur Trail through the trees we had just seen from the overlook proceeding back to the parking lot and our cars. Lynn told us how War Spur got its name.

# **Hike Schedule**

Going on a group hike can fulfill a number of worthwhile purposes. These include such things as physical conditioning, social interaction, the enjoyment of nature, and the thrill of reaching a spectacular viewpoint. The Roanoke Appalachian Trail Club consistently tries to provide a wide range of hiking opportunities for people of all ages, interests and abilities. Guests are always welcome to join us.

For the most part, we rate our hikes as follows:

**Easy** – 3 to 5 miles; good trails or old roads; modest elevation changes.

**Moderate** -5 to 8 miles; steeper trails which may be rough in places.

**Strenuous** – 8 miles and up; long hikes with extensive climbs and possible rough trails or bushwhacking.

Hikes, which do not fall neatly into one of these categories may be rated **easy-moderate** or **moderate-strenuous**.

You may drive your own car to the trailhead if you wish. However, carpooling is encouraged to save gasoline and because trailhead parking may be limited. The hike leader is responsible for arranging such carpooling as may be required. While there is no fee to hike with the club, the indicated amount is to defray automobile expenses and should be given to the driver of your carpool.

You will need to call the leader to find out where the hiking group will be meeting. If you are new to hiking, the leader can also give advice about clothing, footwear, and equipment. If you are unfamiliar with the hike, the leader will be glad to answer your questions and help you evaluate whether or not it is suitable for you.

#### Sunday, October 3, 2004 8:00 AM Bearwallow Gap to Troutville (Rt. 11)

20 miles, Strenuous, \$2.00 carpool fee 2 miles from Roanoke

Located in Botetourt & Bedford County.Last 20 mile hike this year.Laura Montague725-3682Kris Peckman366-7780

#### Sunday, October 3, 2004 1:00PM Bearwallow Gap to Jennings Creek

5 miles, Moderate, \$2.50 carpool fee 23 miles from Roanoke

Located in Botetourt County southeast of Buchanan. Kenny Garrett 890-8946

# Larry Austin 254-2092

#### Saturday, October 9, 2004 8:00AM Massie Gap Circuit Hike #1

9 miles, Strenuous, \$9.50 carpool fee 130 miles from Roanoke

The hike is located in Grayson County in the Mount Rogers National Recreation Area, which starts at Massie Gap and then follows Rhododendron Gap Trail, AT, Scales Trail, AT, Pine Mountain Trail, to Rhododendron Gap, the Wilburn Ridge Trail, AT, and Rhododendron Gap Trail back to Massie Gap. Don't get lost! Ed Wallace 540-774-0175 Maurice Turner 540-334-2128

#### Sunday, October 10, 2004 1:00PM Poverty Creek-Jacob's Ladder-Horse Nettle Trails

6 miles, Moderate, \$3.00 carpool fee 35 miles from Roanoke

The hike is located in Montgomery County, northof Blacksburg; it starts at Pandapas and uses someof the trails in Poverty Creek and Gap Mountain.Greg Foster540-552-5115David Sutton540-774-0648

#### **AUTUMN 2004**

#### Sunday, October 17, 2004 8:00AM Douthat State Park Hike # 2

11 miles, Strenuous, \$3.00 carpool fee 40 miles from Roanoke

The hike is located in Bath County in the George Washington National Forest near Clifton Forge. This hike is one of many possibilities in Douthat State Park. It will include Brushy Hollow Trail, Mountain Top Trail, Mountain Side Trail, Beards Gap Trail, Beards Gap Hollow Trail, Locust Gap Trail to Stony Run Trail and Stony Run Trail some nice views of the lake and mountains.

Larry Austin	254-2092
Lois C. Smith	992-3701

#### Sunday, October 17, 2004 1:00PM Falls Ridge

5 miles, Moderate, \$1.50 carpool fee 20 miles from Roanoke

Montgomery County, southeast of Blacksburg. Part of a steep, rugged ridge that rises from the valley of the North Fork of the Roanoke River, Falls Ridge Preserve boasts a spring-fed travertine waterfall approximately 80 feet in height. Salem Fault runs through the preserve, dividing it into two different rock types-Precambrian limestone and shale/sandstone. The corresponding difference in soil types generates a diversity of vegetation, particularly wildflowers and smaller flora. Maurice Turner Linda Akers 776-1969

#### Sunday, October 24, 2004 8:30AM Catawba Mountain Work Hike

Charles Parry Jim Hutchings 540-951-1402 427-4536

Sunday, October 24, 2004 1:00PM Catawba Mountain (Rt. 311) to McAfee Knob 7 miles, Moderate, \$0.50 carpool fee 5 miles from Roanoke

Located west of Salem in Roanoke County, the hike follows the Appalachian Trail up and back. Extensive cliffs at the top afford unparalleled views of both the Catawba Valley and the city of Roanoke.

Lois C. Smith	992-3701
Linda Akers	776-1969

#### Sunday, October 31, 2004 10:00AM Joint hike with the NBATC Black Horse Gap to Salt Pond Road via 1930 AT

6 miles, Moderate, \$1.50 carpool fee 13 miles from Roanoke

Located along the Blue Ridge Parkway north of Route 460. (This hike follows the directions given in the 1934 Trail Guide on hiking the AT between Black Horse Gap and Curry Gap. There is bushwhacking on this hike.

Dana Helsley	977-4154
David Wickersham	774-0439

#### Sunday, October 31, 2004 1:00PM Fenwick Mines Trails

2 miles, Easy, \$2.00 carpool fee 26 miles from Roanoke

Craig County, approximately 7 miles northeast of New Castle on VA 685 Open pit mines & foundations of old mining Structures, nature trail, & wetlands created by beaver. Georgia Gallaher 345-8700 Joyce Fisher 362-1143

# Sunday, November 7, 20048:30AMCatawba Mountain Work HikeCharles Parry540-951-1402Laurie Adkins966-2811

Sunday, November 7, 2004 1:00PM Ferrier Trail 7.3 miles, Easy-Moderate, \$2.00 carpool fee 22 miles from Roanoke

The hike is located in Craig County. Ferrier Trailprovides good views of Craig Creek Valley andPotts Mountain. Lick Branch offers cool,refreshing walk, except during dry periods.Maurice Turner334-2128Joyce Fisher362-1143

#### Sunday, November 14, 2004 8:00AM Apple Orchard Falls-Glenwood Horse-AT-Cornelius Creek Trails Circuit

11.5 miles, Strenuous, \$2.00 carpool fee 26 miles from Roanoke

The hike is located in Botetourt County, which starts at the Trailhead Parking on North Creek, ascend Apple Orchard Falls to the Blue Ridge Parkway, cross over the parkway to the east side and follow a gated forest service road for 1/2 mile to the site of the former Camp Kewansee then would pick up the Glenwood Horse Trail and follow it out to Floyd Field on the Parkway continue across the parkway and descend the blue blaze to the Cornelius Creek Shelter, pick up the AT below that and follow the AT north to where it intersects with the Cornelius Creek Trail and descend that trail back to the starting point. Larry Austin 254-2092 **Terri McClure** 375-2650

#### Sunday, November 14, 2004 1:00PM Lee Hollow (Rt. 621) to Niday Shelter

2.6 miles, Easy, \$1.50 carpool fee 18 miles from Roanoke

The hike is located in Crai	ig County
Georgia Gallaher	345-8700
Mary J. Gilbert	774-0330

#### Sunday, November 21, 2004 8:00AM Petites Gap to James River (Rt.501)

9.9 miles, Moderate, \$4.00 carpool fee39 miles from Roanoke

The hike is in the James River Face Wilderness located in Bedford and Rockbridge County. It roughly parallels the Blue Ridge Parkway. After a stiff climb to Highcock Knob (3073') it's a pleasant downward trending hike to James River (678') with occasional views to the west and grand finale on the James River Foot Bridge, longest foot-travel-only bridge on the AT. Some steep, rough and rocky trail.

Kenny Garr	ett	890-8946
<b>Kris Peckma</b>	an	366-7780

# Sunday, November 21, 2004 1:00PM Sunset Field to Apple Orchard Falls

2.8 miles, Easy-Moderate, \$2.50 carpool fee 32 miles from Roanoke

Located on the Blue Ridge Parkway North of the Peaks of Otter near milepost 78.Enter the national forest at 0.1 miles, cross the AT at 0.2 miles, a logging road at 0.8 and at 1.4 miles look back on a beautiful 200-foot water falls. The hike down is relative easy, but getting back up is another thing. It is a steep climb back.

Georgia Gallaher	345-8700
Mary J. Gilbert	774-0330

#### Sunday, November 28, 2004 1:00PM Mill Mountain Loop

5.8 miles, Moderate, \$0.50 carpool fee 3 miles from Roanoke

This lollipop hike, located in Roanoke City, starts at the Star Trail parking lot in Roanoke where the trail is followed to the top of Mill Mountain. The hike continues down the old Mill Mountain road and then follows a network of trails that circle the mountain. Finally, hikers retrace the lower part of the Star Trail back to the parking lot.

Dick Clark	-	989-7053
Carl Cornett		342-3950

#### Sunday, December 5, 2004 8:00AM Punchbowl (BRP) to James River (Rt.501)

10.9 miles, Strenuous, \$4.00 carpool fee 39 miles from Roanoke

The hike is located in Amherst County and startson the Blue Ridge Parkway about 15 miles fromBuena Vista and follows the Appalachian Trail allthe way to the James River. Although fourdistinct peaks are crossed, the trend is downhillwith a net loss of about 2,000 feet. There areseveral good overlooks – the best from FullersRocks on Little Rocky Row Mountain.Laura H. Montague725-3682Joyce Fisher

#### Sunday, December 5, 2004 1:00PM Hoop Hole Lower Loop

4 miles, Easy, \$2.50 carpool fee 28 miles from Roanoke

The hike is located Botetourt County, it makes a loop by following two delightfully wild streams: Hipes Branch and Stony Run. Both of these pass through high canyons and have plenty of cascades and deep pools. While there is little change in elevation, there are many stream crossings – some of which may be tricky if the water is high. Mary J. Gilbert 774-0330 Linda Akers 776-1969

#### Sunday, December 12, 2004 8:30AM Dragon's Tooth Work Hike

**Charles Parry Bob & Kris Peckman**  540-951-1402 366-7780

Sunday, December 12, 2004 1:00PM Andy Layne Trail (Rt. 779) to Tinker Cliffs 7.2 miles, Moderate, \$1.00 carpool fee 9 miles from Roanoke

Located in Botetourt County, the trailhead for this hike is on Route 779 roughly halfway between Catawba and Daleville. In 2001, this trail was dedicated to Andy Layne – a prominent member of RATC who passed away in 1991. The hike crosses meadows and Catawba Creek and then starts the ascent to Scorched Earth Gap where it continues on the AT to Tinker Cliffs. Many spots along the cliffs offer excellent views of McAfee Knob and the Catawba Valley.

Kenny Garrett	890-8946
Carl Cornett	342-3950

#### Sunday, December 19, 2004 8:00AM Tar Jacket Ridge, Cole Mtn - Old Hotel Trail loop

11 miles, Strenuous, \$4.50 carpool fee 57 miles from Roanoke

Located in Amherst County some 20 miles northeast of Buena Vista, this loop hike offers some of the most outstanding views anywhere in the area. The trailhead is on the Appalachian Trail at Salt Log Gap roughly 8 miles from route 60 on a dirt and gravel road. Following the A.T. south, the route climbs Tar Jacket Ridge and then Cole (a.k.a. Cold) Mountain. Both of these summits are open and offer extraordinary views in all directions - Cole Mountain especially. Less than a mile south of Cole, the route turns left onto the Old Hotel Trail at Cow Camp Gap (during the stagecoach days there was an inn in this area, but nothing remains of it today). After passing a shelter, the trail climbs a hill and then passes some old rock fences on its way to a beautiful, open park-like area (a great camp site). The last part of the hike is along a Forest Service road back to Salt Log Gap.

Dick Clark	989-7053		
Charlie Scharnberg	342-3104		

Sunday, December 19, 2004 1:00PM Troutville (Rt. 11) to Fullhardt Knob Shelter 7 miles, Moderate, \$0.00 carpool fee

The hike is located in Botetourt County. This upand-back Appalachian Trail hike begins at a small parking lot on Route 11 at the Troutville town limits. After crossing railroad tracks, hikers ascend a grassy hill with excellent views. The trail then crosses a road and begins the climb to Fullhardt Knob. Shortly before the summit and shelter are reached, a side trails leads to a viewpoint.

David Sutton	774-0648
Jeannie L. Huffman	268-5051

#### **Hike Reports (Continued)**

#### Sunday, June 27, 2004 8:00 AM Catawba Mountain (Rt 311) to Trout Creek (Rt 620)

Kris Peckman (leader from the rear), Maurice Turner (able assistant up front), Shelley Himel, Charlie Scharnberg, Linda King, Carl Bagby, Karl Kunkel, Bob Peckman, Laura Montague, & Doug DeJarnette

We had perfect weather all day! The sky was clear and the temperatures only in the 70s. We also got a great starter burst of energy from the delicious chocolate brownies offered by Doug of NBATC.

We selected the fastest hikers to run the car shuttle from the top of Catawba Mountain to Route 620, while the rest of us moseyed and chatted along Sawtooth Ridge. When the drivers caught up with us (still on Sawtooth Ridge), they reported that the private bridge on 620 has been closed. They managed to ford the creek (the ford is still the official way Route 620 crosses the creek) without any mishaps.

We continued along Sawtooth Ridge, then down through the beautiful pasture with thistle in bloom and the view of Dragon's Tooth straight ahead. After crossing Sandstone Ridge and Route 624, we began climbing, with a stop for lunch on the rocks of Rawie's Rest. At lunch we learned that Maurice Turner (aka The Mayor and Mountain Goat) completed hiking the entire AT last August after years of section hikes. Congratulations, Maurice!

After lunch we climbed up to Dragon's Tooth, where a few hardy souls climbed up the Tooth while the rest took a rest at the intersection. From there we followed the AT as it follows the ridge of Cove Mountain, curving around Miller's Cove, and then descends to the bridge across Trout Creek at Route 620. In a few spots where fire damage left holes in the tree cover, we got wonderful views of Brush Mountain, which seemed so close you could reach out and touch it.

The most stunning flowers were the bright magenta thistle we saw in several places. One of them had small black butterflies with blue and yellow spots lighting on it.

We had a great group of hikers. The proof: laughter was still being heard on the last mile. We had Carl and K-Karl, who drove all the way from High Point, N.C. to hike with us.

Back at the Orange Market, we capped off a perfect day with more of Doug's chocolate brownies.

#### Sunday, June 27, 2004 1:00 PM Buffalo Mountain

Dick Clark (leader), Zetta Campbell, Neil McKinney

We had a somewhat overcast and relatively cool day for our climb up Buffalo Mountain. Soon after we had started, a friendly cat zipped out of the woods and started to follow us. Neil and I were a little bit ahead of Zetta but, when she appeared on the summit, the cat was still tagging along.

Due to the clouds, it was impossible to see Pilot Mountain in North Carolina but, even so, the view was quite impressive. The Virginia Department of Conservation and Recreation and The Nature Conservancy, who now jointly own the mountain, have done a really nice job in cleaning things up. All of the overhead wires are gone and there is virtually nothing left of the observation tower.

Heading back down, we still had the cat with us and Zetta was considering adopting it. However, as we passed a group ascending the mountain, the cat decided to abandon us and follow them instead.

<u>Postscript</u>: Several days later, I got a call from Zetta. It turns out that, on the day following our hike, she took some friends with her and returned to the mountain to look for the cat. She didn't find it but she did find another one which she took back home with her.

#### Sunday, July 4, 2004 8:00 AM Andy Layne Tail (Rt. 779) to Daleville (Rt 220) 113 Mile Hike # 3

Gary Adams (leader), Charlie Scharnberg (assistant leader), Carl Cornett, Sara Emmerich, Gary Hale, Shelly Himel, John Miller, Jack & Laura Miller

We started this hike on the Andy Layne trail and quickly came across quite a few cows, in the trail. Fortunately they were nice enough to move aside before we got close to them. It was a somewhat hot and humid day, relative to the cooler temperatures we had been having. This made an already hard hike even more difficult. It was a long and hard climb up the Andy Layne Trail. We were all happy to make it to the AT after the climb. We stopped briefly at the Lamberts Meadow shelter and had lunch at Hay Rock. This turned out to be a good spot for lunch because of the shadow cast by the rock. It was definitely one of the cooler spots along the ridge. After Hay Rock the trail becomes especially beautiful as it winds around rock outcroppings and goes past many views. We met a man that said he saw a green snake and copperhead just up

the trail, but we never saw them. We made it back to our cars tired, but feeling good. We were fortunate to have gotten off the trail, just before a major storm came through.

#### Thursday - Monday, July 8-12, 2004 Work hike on Catawba Mountain with Konnarock

Charles Parry, Laurie Adkins, Bill Gordge, Malcolm Black, Jim Hutchings, Dana Helsley, Larry Austin, Kris Peckman, Peggy Bryant, Maurice Turner, Jim Overholser, Suzanne Barnett, Siegfried Kolmstetter, Wes Barnes, Hettie Barnes, Mac McDaniel, Bill Floyd, Jerry Kyle, Josh Hutchings, Kyle Hutchings, Jim Hutchings, Lynn Bryant, David Gibson, Paul Hoag, Jill Elder, Shep Collins, Amanda Collins, Ted Wilson, Mike Manary

This was the only session that I made it out on day 1. We began in an area that was quite flat so did not have much digging to do. By Saturday morning, except for a step crew, everyone was past the power line. I brought in the club weed eater and cut the grass and weeds under the line. On Sunday, the crew began work on another set of steps at the next switch back. By Monday another 1/3 of a mile or so of new trail had been dug and we were close to crossing the old trail.

#### Sunday, July 11, 2004 1:00 PM Daleville (Rt. 220) to Troutville (Rt. 11)

Dave Sutton (leader), Stephanie Graham, Carl Cornett, Emory Richardson, Georgia Gallaher, & Don Nulph.

We met at the Park N' Ride lot in Daleville and it was here where Don (and his dog), provided us with a map of the day's hike. We all started down the feeder trail to the AT and headed north. Poison ivy was growing everywhere on both sides of the trail. We continued through the lush greenery and crossed Hwy 220. Some of the White Pine lining the trail looked as though it had been hand planted. The blackberries we picked along the trail were mighty tasty. We continued under I-81 and on towards Lee Hwy (Hwy11). This stretch followed a stream and seemed about 10 degrees cooler. We continued over railroad tracks and up to road 652, almost as time allowed. We picked up a bag full of trash on the trail near Hwy 220. It was a great hike considering it was near 90 degrees.

#### Sunday, July 18, 2004 7:00 AM Reeds Gap (BRP) to Tye River (Rt. 56)

Kenny Garrett (co-leader), Laura Montague (coleader), H.R. Blankenship, Shelley Himel, Charlie Scharnberg, John Miller, Sara Jo Emmerich, Mac McLean, & Doug DeJarnette (NBATC) A special thanks to Duncan Fairlie and William Lynn of the Tidewater Appalachian Trail Club. They answered my email regarding the best shortcut from the Tye River to the BRP. The answer is Rt. 814.

The day started off very foggy. It was even difficult to find the trail head!! It remained foggy for the majority of the hike so views were limited.

The biggest excitement was when Kenny spotted a rattlesnake on the trail! With encouragement the snake moved off into the bushes. Kenny stood guard until everyone had passed. I got a good look at my first rattlesnake in the wild – while standing behind one of the guys!

We finished a great day of hiking with dinner at the Pink Cadillac.

#### Sunday, July 18, 2004 1:00 PM Chestnut Ridge Trail

Georgia Gallaher (leader), Maurice Turner (co-leader), Ellen Flora, Katie Flora, Paul Blaiklock, Bobbie Stitcher, Mary Lou Gaminde.

After entering the trail at the Chestnut Ridge Overlook we turned left and took on the muddy part of the trail first. Brush had grown in on the trail but it was still easy to follow. Right after a chipmunk almost tripped me up we spotted a medium sized black snake curled up on a bush next to the trail sunning itself. Even though it was 1PM we still were the first people on the trail that day. I was in the lead and had to constantly tangle with spider webs.

The day was mostly hot with some cool patches. About 2 miles into the hike we stopped for a break and found out there was a shortage of water among the hikers. Luckily I had brought extra and Bobbie was inventive by making a drinking bowl out of a sandwich bag for our canine companion. After another mile water was getting low again and the heat more oppressive. We had reached the Roanoke Mountain Campground by then. Maurice, Bobbie and Mary Lou decided to go the complete 5.4 miles. They were still in good shape with their water supplies. The rest of us took the side trail into the campground and helped ourselves to the water pump and a little rest at a park bench. After resting we took the shorter version back to the overlook. Everyone, please remember to bring plenty of water on our hikes, even if it is rated easy.

#### Sunday, July 25, 2004 7:30 AM Massie Gap to Elk Garden (Rt. 600)

Jimmy Whitney (leader), Charlie Scharnberg (assistant leader), Shellie Himel, & Sara Emmerich

Three of us drove to Radford and picked up Sara on the way to Grayson Highlands State Park. The day initially didn't look promising-but it never rained the

#### **AUTUMN 2004**

entire day. We started hiking around 10 and hoped to catch the ponies at Massie Gap after ascending the access trail from the state park. There were none to be seen, but the day wasn't over yet. We had decent views most of the day-with fog rolling over the peaks near Mt. Rogers for part of the day. We opted not to take the side trail to the wooded summit of Mt. Rogers, but had lunch in a nice field just off one of the horse trails. After lunch, we finally saw about 6 wild ponies but didn't get close enough to check them out. The group finished about 2:30 just in time to witness a father and two young children begin what we thought we heard them say was a 45-mile hike. Saw several chipmunks during the day and little birds, but other than the ponies that was the extent of wildlife. We think we saw red asters on the hike, but since we were wildflower-challenged we guessed.

#### Sunday, July 25, 2004 1:00 PM Petites Gap to Sunset Field

Mervin & Blanche Brower (leaders), Joyce Fisher (assistant leader), Paul Blaiklock, Liz Wicks, Vada Sarsfield and Zetta Campbell

We organized the car switch at the parking lot to leave one car at Sunset Field and then drive on to Petites Gap. Zetta left her car at Thunder Ridge. We picked her up after dropping the car at Sunset Field. The weather was overcast and on the cool side. The climb up from Petites Gap is fairly long and steep but gives one a good work out so the cool weather felt good. We stopped a couple of times for every one to catch up. At Thunder Ridge lookout, we stopped for a break and waited for all to get there. It was about 4:30 when the last person joined us. This was as far as Zetta was going. The rest of the people decided to join Zetta and stop hiking at Thunder Ridge. Blanche and I then hiked back down to Petites Gap to our car. It started to rain just after we stared hiking back, but it was warm and not very heavy. It was very foggy on the drive back until we got past the Peaks of Otter.

#### Thursday, July 29 - Monday, August 2, 2004 Work hike on Catawba Mountain with Konnarock

Charles Parry, Jim Hutchings, Mervin Brower, Blanche Brower, Julio Stephens, Dana Helsley, Larry Austin, Kris Peckman, Peggy Bryant, , Jim Overholser, Siegfried Kolmstetter, Hettie Barnes, Jerry Kyle, Debbie Kyle, Sharon Spillman, Mike Leahy, Bob Stimson, Mac McClean, Matthew Hermann, Roger Holnback, David Gibson, Stephen West, Tara Bligh, Jason Hammer, Tim San Jule, & Sue Perry

I want to thank Jim Hutchings for filling in for me on Thursday. A set of steps at the road crossing was started on Thursday and completed before lunch on Friday. On Friday morning we walked the power line access road to the point above the line where the new trail joins this road. We began working downhill toward the old trail. The Konnarock crew finished the set of steps that was begun on the previous visit. Then they began working on the short loop that the new trail makes on the west side of the old trail. They put in many steps in this area. Kris wheeled the new trail on Sunday and it came to 1.2 miles, including a temporary dogleg of 0.1 miles on the fire road. It is 0.2 miles longer than the old trail and has somewhere around 100 steps. By Sunday night, the new trail digging was essentially complete and we packed out the club tools. Monday was supposed to be blazing day, but the morning weather was not too promising, after an all night rain. However, it was not raining, so we decided to give it a try. It turned out fine as it did not rain again until Monday evening. The Highlight of the day was lunch. Peggy had brought in two bottles of champagne and we had a toast to the new trail. We helped the crew pack out their tools and then reset a sign at the trail junction with the fire road before leaving. We met Frank Haranzo on the way out. He said there was a cooler for the crew at the gate. It turned out that Hettie had left it there.

#### Sunday, August 8, 2004 9:00 AM Spec mines – Hammond Hollow Circuit

Larry Austin (co-leader), Ed Wallace (co-leader), Maurice Turner, Carl Cornett, Gene Downs, Diana Christopulos, Sara Emmerich, Charlie Scharnberg, Shelley Himel and Lois Smith

What a glorious day for hiking! The weather was absolutely beautiful with temperatures starting out in the 50's and ending up in the 70's under mostly sunny skies. The 10 of us met at Market Square East and drove to Harvey's Knob Overlook on the Parkway to begin our hike. We hiked south along the AT for a short distance to reach the Spec Mines trailhead and descended down that trail until we reached the Glenwood Horse Trail (Forest Road 634) and headed north on that road until we reached the Hammond Hollow Trail which ascended back up to the AT. We then followed the AT for about 2 miles back to our starting point. The hikers all did great, and we were able to complete this hike in four (4) hours with a break for lunch on the Hammond Hollow Trail at a rock outcropping. Ed was able to identify a beautiful red flower as the Cardinal Flower blooming along a creek. We also were able to figure out that a bear had been along the Hammond Hollow Trail and bent over several Sassafras trees onto the trail to get at the red berries at the top. When we reached Harvey's Knob Overlook at the end of the hike, the parking area was full of cars and people watching for hawks. We were

blessed with great weather and all seemed to enjoy the hike.

#### Sunday, August 22, 2004 1:00 PM Roanoke Mountain Loop

Georgia Gallaher (leader), Paul Blaiklock, Suzanne Osborne, Stephanie Noel, David Godlove, Sherry Kessel, Mary Russell, Anne Marshall Gillespie, Chuck Watz, Mary Lou Gaminde, David Bowers, Janelle Crione, Roger Pizzati.

The weather turned out to be just about perfect. It was not as hot as it had been the previous week. Our hike involved a long steep climb up the road at the beginning. Once we were past that part there were two overlooks with really spectacular views. At the top of the mountain a short trail looped into the woods and out again at the upper most overlook. Most of our group took this extra little trip into the woods. Once we were back out we took a short break and ate our snacks while sitting near the top overlook. In our group we had some people new to the area and a visitor from another state. We swapped stories back and forth about our local area and the areas these hikers had come from. Afterward we took the long downward road back to parkway and followed the parkway back to where we had parked our cars.

#### Friday, August 27, 2004 12:45 PM Sarver Hollow Shelter Maintenance Hike

Allison McWhorter, Matt Hubbard, Eric Young and Wilson Nash of Hidden Valley High School's Club Green got on the trail where the AT crosses route 621 about 6.5 miles in from 311. They hiked to the Sarver Shelter and arrived there at 6:00 pm, staying the night and taking the yellow blaze out Saturday at 10:30 am. They were able to re-trample some of the heavily overgrown parts along the top of Sinking Creek Mountain. There was poison ivy everywhere, so be careful if you hike there. Also, there are a couple areas along this section that need to be re-blazed. There were some long stretches without a white blaze. The "you should be able to see the next blaze while standing at one" rule did not apply. The huge slabs of rocks where the AT crosses could use a couple extra marks or be re-marked.

James Rogers and Naveen Nandanan hiked in Friday as well, but on the Sarver Hollow yellow blaze; arriving at the shelter at 7:00 pm. They also stayed the night and hiked out with the rest of the group the next day.

Saturday they cleaned the fire pit, swept, picked up litter, and added toilet paper to the privy along with sweeping it.

#### Sunday, August 29, 2004 8:30 AM John's Creek Work hike

Charles Parry, Kris Peckman, Bob Foutz, Jerry Kyle, John Miller, Bill Floyd, Dana Helsley

Children enjoy playing in a creek on a warm summer day, even if all of them are over 40. Floodwaters have been slowly eroding the far bank of the creek under the new John's Creek Bridge that was built as a Konnarock project in 1990. The one thing that I do not understand is how the bridge contributed to the bank erosion. Anyway, it is only of academic importance. The important thing is to try to prevent further erosion. Our solution to the problem was to construct a rock wall against the bank to protect it from future flooding. I thought it was important to get some large rocks for the bottom layer. We didn't have to go very far to find plenty of building material. With the aid of a come-along and a rock bar, we were able to move them in place. By lunchtime we had a pretty good start on a substantial wall. During the afternoon we extended the wall another 8 or 10 feet downstream and dug a new channel near the middle of the stream. Dana spent a long time trying to dig out one large rock. With assistance of others, we finally got it out and moved it over to fortify the wall. Our final wall was over 20 feet long and over 5 feet high for much of its length. The next big flood will tell us how successful our erosion control project is.

#### Sunday, August 29, 2004 1:00 PM Catawba Mountain (Rt. 311) to Sandstone Ridge (Rt. 624)

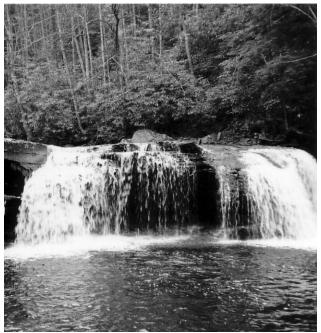
Maurice Turner (leader), Laura Montague (assistant leader), Carl Cornett, Lynne & Bill Jacoby, Charles Musgrove, Stephanie Noel, Blake Mitnick, Ellen & Gabriel Szego, and Emory Richardson

We decided to extend our hike to the Dragon's Tooth parking lot. Some hikers started ahead while we were doing the car switch, leaving some 20 minutes ahead. Since rain was in the forecast, the hike turned out to be a brisk one with few pauses. We got to the Dragon's Tooth parking lot around 4:45 and it started to sprinkle rain. Welcome to the recent new hikers that joined us today; we looked forward to their joining our hiking club.

Sunday, September 5, 2004 9:30 AM Cove Mountain and Little Cove Mountain Circuit Larry Austin (co-leader), Charlie Scharnberg (coleader), Shelley Himel, H. R. Blankenship, Sara Emmerich, Carl Cornett, N. Bhullar, S. S. Bhullar, Neil McKinney, Maurice Turner, Blake Mitnick, Ellen Szego, Gabriel Szego, Kim Ferguson

The weather was beautiful for this hike near Arcadia. We had 14 hikers, including N. Bhullar and S. S. Bhullar from Princeton, WV, who gathered for this outing. We meet at 9:30 and drove to the trailhead off Jennings Creek. We started the hike around 10:15 and ascended the Little Cove Mountain Trail for 2.8 miles where it intersects with the AT. This is a pretty hard climb but all made it just great. We encountered some bear hunters where the trail crosses over Yellowstone Road (a forest service road). They were testing their dogs' ability to rustle up some bears during a sanctioned "chase season." They told us they had spotted three bears so far, and we had just missed seeing one in our area. Some of us did hear something running in the woods but at the time didn't think about it being a bear. After reaching the AT, we continued north just past the Little Cove Mountain Shelter where we had lunch at a rock outcropping. There were three other hikers at the shelter. Following lunch, we continued to a point where the AT and Glenwood Horse Trail cross and headed south on the Glenwood Horse Trail (this was the old AT before it was relocated in this area)

until we reached a hunter's trail to the left. We followed this undesignated trail for about 1/2 mile, linking back into the old AT. Near a cliff on this trail is normally a waterfall, however, without water due to the dry weather, the water was not falling. Just our luck. This is quite a lovely falls when there is running water. We completed the hike around 1:40 p.m. and enjoyed fellowshipping with one another while having some refreshments.



**Dolly Sods, West Virginia** 

Roanoke Appalachian Trail Club Application New & Renewal	If accepted for membership, I agree to: 1. Support the objectives of the Roanoke Appalachian Trail Club 2. Abide by the rules of the National and State Parks and Forests 3. Respect the interests of the owner when on private property 4. Keep trails and woodlands free of litter and 5. Abide by instructions of the leader on group hikes and trips			
Names(s)				
Address	City	State	Zip	<u>=</u>
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# **CALENDAR OF CLUB ACTIVITIES**

Holiday Banquet Saturday, December 4 – 6 PM

# **WORK HIKES**

Sunday, October 24 - 8:30 AM Catawba Mountain

Sunday, November 7 - 8:30 AM Catawba Mountain

Sunday, December 12 - 8:30 AM Dragon's Tooth

# **Hike Scheduling**

Contact Don Nulph 774-8618 – Nulph-d@cox.net

#### **BOARD MEETINGS**

(All members are always welcome. Please let the host know you plan to attend.)

Monday, November 1, 7:30 p.m. Hosted by *Roger Holnback* 

Monday, December 6, 7:30 p.m. Hosted by *Homer & Therese Witcher* 

The Roanoke Appalachian Trail Club is an affiliate of The Appalachian Trail Conference and a member of The Nature Conservancy