



BUSHWACK BULLETIN

The **BUSHWACK BULLETIN** is published quarterly in the months of February, May, August and November by the Susquehanna Appalachian Trail Club, Inc. (SATC) P.O. Box 61001, Harrisburg, PA 17106-1001.

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JUNE - AUGUST 2003

OUR OBJECTIVES: GROUP HIKING + TRAIL MAINTENANCE + OUTDOOR RECREATION

SEE END OF SCHEDULE FOR GENERAL HIKE INFORMATION and CODES FOR HIKES

June 1 Sunday 9:00AM	B+ 6.5 miles 60 hwy miles	<u>Gettysburg Battlefield</u> Walk the Union right flank, including Culp's Hill, Spangler's Spring and East Confederate Avenue. Sneakers OK. Leaders attired in Civil War clothing. Alternate Meeting Place: Gettysburg Visitor Center at 10:00AM. Leaders: Louise & Rich Sis (717) 774-0196
June 3 Tuesday 10:00AM	B+ 3-4 miles 20 hwy miles	<u>Blue Mountain Circle</u> Slow to moderate pace. One climb with good views. Bring water. Lunch at local restaurant. Leader: Janet Eshleman (717) 774-1318
June 5 Thursday 10:00AM	A 3-4 miles 0 hwy miles	<u>Boyd Ramble</u> Walking on woods roads. Slight elevation changes. Optional lunch stop. Meet at Pavilion parking lot at Wildwood Lake. Leader Suzanne Donmoyer (717) 545-5308
June 7 Saturday 9:00AM	30-40 hwy miles	<u>National Trails Day Work Trip –Appalachian Trail & Side Trails</u> Half Day or Full Day Option. Various work geared to participants' desired level of physical ability – general trail clearing & trash pickup to rock work and side hill digging. Bring lunch & water, work gloves. Wear long pants. Alternate meeting place: Rts 225 & 325, north of Dauphin at 9:30AM. Leader: Jeff Buehler (717) 657-8281, ATHIKERJB@AOL.COM
June 8 Sunday 9:00AM	C 7.8 Miles 120 hwy miles	<u>Catoctin Mountain Park & Cunningham Falls State Park</u> See Chimney Rock & Cunningham Falls near Thurmont Maryland. Bring lunch & water. Dinner stop afterwards. Leaders: Pat Harhi & John Zinn (717) 697-0648
June 10-15 Tuesday - Sunday		<u>Keystone Trails Association (KTA) – Mid State Trail Northern Extension</u> Build new trail in northern Tioga County along lakeshores & amid blooming mountain laurel. Come for the whole week, the weekend, or just for one day. Free camping & FREE FOOD and lots of fun! Alternate meeting place: Ives Run Recreation Area, PA 287 between Wellsboro and Tioga. Leaders: Pete Fleszar (717) 583-2093, pfleszar@epix.net , Joe Healey, jhealey@aol.com

NEXT BUSHWACK BULLETIN DEADLINE FOR CONTRIBUTIONS: AUGUST 1, 2003
Post to Editor - Bushwack Bulletin, SATC, P.O. Box 61001, Harrisburg PA 17106-1001
e-mail bushwack@mail.com

<u>June 15</u> Sunday 9:00AM	B+ 6.5 miles 40 hwy miles	<u>Appalachian Trail, Route 225 to Clark's Ferry.</u> Moderate pace; rugged, rocky trail with a steep descent at end. Bring lunch & water. Leader: Frank Bohn (717) 234-5169
<u>June 17</u> Tuesday 9:00AM	B+ 6.2 miles 6 hwy miles	<u>Darlington Trail from Tower Road West to Miller's Gap</u> Moderate pace with one gradual descent. Bring snacks & water. Meet at north side of Rt. 81 and Rt. 114 commuter parking lot. Leader Thyra Sperry, 258-5261, or hikesperry@aol.com
<u>June 19</u> Thursday 6:00PM	A 3 miles 0 hwy miles	<u>New Cumberland Ice Cream Walk</u> Slow pace on sidewalks. Sneakers & kids OK. Ice cream at end. Meet at 1481 Simpson Ferry Road in New Cumberland. Leaders: Louise & Rich Sis (717) 774-0196
<u>June 21</u> Saturday 9:00AM	30-40 hwy miles	<u>Appalachian Trail Work Trip</u> General trail clearing, trash pickup, fire ring removal. Bring lunch, lots of water & work gloves. Wear long pants! Full or half-day option. Alternate meeting place: Rts 225 & 325, north of Dauphin at 9:30AM. Leader: Jeff Buehler, (717) 657-8281, ATHIKERJB@AOL.COM
<u>June 22</u> Sunday 10:00AM	B+ 5 miles 50 hwy miles	<u>Kings Gap Circle</u> Slow to moderate pace. Some rocky terrain with several moderate climbs. Bring lunch & water. Alternate meeting place: Kings Gap pond area at 10:30AM. Leader: Janet Eshleman, (717) 774-1318
<u>July 1</u> Tuesday 6:30PM		<u>Quarterly Board Meeting</u> Members are welcome to attend. Location: East Shore Area Library, Room B, 4501 Ethel Street, Harrisburg (behind Colonial Park Mall), (717) 652-9380
<u>July 7</u> Monday 6:00PM	A 3 miles 0 hwy miles	<u>Two Bridges across the Susquehanna</u> Slow pace on sidewalks. Sneakers & kids OK. Ice cream at end. Meet at the Lemoyne Post Office – 333 Market Street. Leaders: Louise and Rick Sis (717) 774-0196
<u>July 8</u> Tuesday 7:00PM		<u>Summer Meeting for All Members and Guests</u> The evening will begin with a special reception for new, prospective and current members. Hike scheduling for the Sept/Oct/Nov quarter. Location: West Shore Senior Citizens Center, 122 Geary Ave, New Cumberland
<u>July 13</u> Sunday 9:00AM	C+ 7 miles 80 hwy miles	<u>Pole Steeple Loop Hike</u> Moderate pace. Some hiking on the AT then a strenuous climb to a great view. Hands-on descent over a steep and rocky path. Bring snacks and water. Alternate meeting place: Pine Grove Furnace stack parking lot at 9:45AM. Leader: Sam Barker (717) 249-6727
<u>July 20</u> Saturday		<u>SATC Picnic</u> Meet at Gifford Pinchot State Park for hike at 8:45AM and shared picnic lunch at 12:30PM. See article on page 6 for more details.
<u>July 30</u> Wednesday 6:00PM	A 3 miles	<u>Ice Cream Hike</u> Walk around the lake at Wildwood Lake Sanctuary on improved surfaces; sneakers OK. There are a couple of moderate hills. Bring water Meet at the Egret Parking Lot on Industrial Road near Route 39. Optional ice cream at the River Room after the hike. Leaders: Will and Jane Webster (717) 526-2127 or willweb@juno.com

<u>July 26- August 1</u>		<u>ATC National Conference in New Hampshire</u> Visit http://www.atc2003.org or call Katie Barker at 249-6727 for details.
<u>August 3</u> Sunday 9:00AM	C+ 9.5 miles 30 hwy miles	<u>Route 850 to Duncannon</u> One significant climb. Some good views possible, followed by a rocky descent. Bring lunch & water. Leader: John Lenahan (717) 737-7675
<u>August 6</u> Wednesday 6:00PM	A 3 miles 0 hwy miles	<u>Peters Mount AT Hike</u> Walk the ridge top and enjoy the cool evening breezes. Sturdy shoes advised. Ice cream at the 3 B's afterwards. Meet at Rts 225 & 325 north of Dauphin. DO NOT meet at Fisher Plaza. Leaders: Louise and Rich Sis (717) 774-0196
<u>August 7</u> Thursday 10:00AM	A 3 miles 0 hwy miles	<u>Wildwood Walk</u> Easy walk around the lotus-filled lake. Meet at the Nature Center parking lot. Leader Suzanne Donmoyer (717) 545-5308
<u>August 10</u> Sunday 10:00AM	B+ 5-6 miles 40 hwy miles	<u>Mount Holly Preserve – Lamberton, Marsh and Ridge Trails</u> Moderately paced but vigorous & steady hike. 800-foot elevation gain with a long, steady climb to the top of the trail system. Bring snacks, water and good shoes. Leader: Sam Barker (717) 249-6727
<u>August 17</u> Sunday 9:00AM	A 4 miles 40 hwy miles	<u>LeTort Spring Carlisle Loop</u> Leisurely paced hike past the famous fly-fishing stream and through historic Carlisle. Bring water. Sneakers OK. Optional lunch in local restaurant. Leader: Sam Barker (717) 249-6727
<u>August 22</u> Friday 7:00PM	BUSHWACK BULLETIN MAILING	<u>Many Volunteers Needed to Assemble Bushwack Bulletin for Mailing</u> If you can help or have questions, please contact Susanne Donmoyer at 545-5308. Advance notice would be appreciated. Assembly will be done at the Cleve J. Fredericksen Library, 100 N. 19 th Street, Camp Hill.
<u>August 28</u> Thursday 6:00PM	B 3 miles 0 hwy miles	<u>Negley Park Walk</u> Walk up for the view – walk down for the ice cream. All walking on sidewalks. Meet at Lemoyne Post Office – 333 Market Street. Leaders: Louise and Rich Sis (717) 774—0196

Did you recently enjoy a hike in the SATC schedule, have something amusing happen to you or a fellow hiker during a SATC hike, see something out of the ordinary or take some photos? If so the Bushwack would like to hear from you. Please send contributions, hike reports (either as a hike leader or participant) and photos to bushwack@mail.com or post to Editor - Bushwack Bulletin, SATC, P.O. Box 61001, Harrisburg PA 17106-1001. Digital/scanned photos are preferred but any prints posted in will be attempted to be returned to the contributor, please enclose contact details.

GENERAL HIKE INFORMATION

1. MEETING LOCATION

Unless otherwise noted in the hike schedule, all hikes on weekends and holidays leave from **Fisher Plaza** (entrance to the State Library) behind the State Capitol Building. Should Fisher Plaza be closed, the alternate meeting site is the parking island in front of the East Gate Office Center on 7th Street, opposite the Herr Street underpass. Five additional minutes will be allowed at the alternate site.

2. TRANSPORTATION

If you ride with someone, you should give the driver **5 cents** times the highway mileage shown in the hike schedule to help defray the costs of transportation.

3. REGISTRATION

All hikers are asked to register with the hike leader at Fisher Plaza or at the trailhead before starting any scheduled hike. For safety reasons with **D and E grade** hikes, please register with the hike leader before arriving at the meeting location unless the leader has hiked with you previously and knows your abilities.

4. NO PETS ALLOWED

5. PACK IN, PACK OUT (LEAVE NOTHING BEHIND)

6. SMOKING GUIDELINES

SATC prefers that hikers refrain from the use of tobacco products during Club activities. Smokers are individually responsible for damage to the forests.

CODES FOR THE HIKEs

Code	Short Description	Miles	Climbs
A	Easy (excellent for beginners)	Up to 6	Very little
B	Fairly easy (good for beginners)	Up to 6	Some easy
B+	Moderate	Up to 6	More difficult
C	Fairly moderate	7 to 9	Very little
C+	Strenuous	7 to 9	Several significant
D	More strenuous	10 to 12	Very little
D+	Very strenuous	10 to 12	Several significant
E	Difficult	Over 12	Very little
E+	Very difficult	Over 12	Very rugged

In addition to assigning a code, hike leaders should describe the pace and footing where this is essential. For example: "Easy with moderate to fast pace" or "Easy with nature stops" or "Good footpath" or "Rocky and rough".

FROM THE PRESIDENT

Dear SATC members,

It's Picnic Time!

See article on the following page regarding our annual picnic at Pinchot Park.

National Trails Day

Please plan to attend this special work trip to honor foot trails. Organizations around the country are planning events to mark Saturday 7th June as a special day for trails. See the hike schedule for details.

Anyone for Bridge?

A July 29th start date for the construction of the AT footbridge over Route 225 has been set. We hope for no more delays!

2003 Appalachian Trail Conference

Registration information, outing descriptions and all other information for the 2003 Appalachian Trail Conference is now on the web at <http://www.atc2003.org>

I recommend that you register as early as possible so that your choice of hikes, workshops, excursions and accommodations is as large as possible. The most popular options are likely to fill up fast.

My summer job will prevent me from attending but I hope that many of you will enjoy those beautiful mountains of New Hampshire for me! Don't miss this special every-two-years event, held this time at the Waterville Ski Area in New Hampshire

Horse-Shoe Trail Volunteers needed

If you are interested in doing or organizing maintenance of the Horse-Shoe Trail, please contact Jeff Buehler (657-8281 or athikerjb@aol.com) for more information. A maintenance coordinator and other volunteers are needed for SATC's section of trail.

Your president,

Katie Barker

CLUB NOTICES

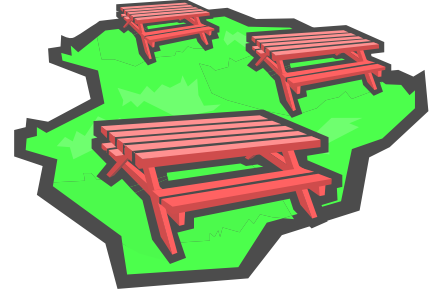
2 events that you won't want to miss...

July 20th Club Picnic

The club picnic will be at Gifford Pinchot State Park - Conewago Day Use Area, Pavilion A.

Schedule:

8:45am Early-bird hike around Pinchot Lake
12:30pm Picnic lunch - please bring a dish to share.
Napkins, plates, cups, etc will be provided.
Afternoon A shorter hike to walk off the delicious lunch!

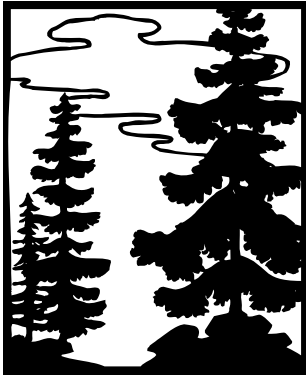


Swimming in the lake is also an option. Bring board games or cards. Come and join the fun!

You will find Pavilion A in the Conewago Day Use Area at the first turn off to the right after you turn into the park). To get to Pinchot Park from route 15 take route 74 out of Dillsburg toward York. Stay on 74 until you come to Alpine Road, turn left, and follow the signs into the park. From 83 take the route 177 exit; go south, in about 7 miles you will turn left on Alpine road. From York it's easier to take route 74 to Alpine Road.

July 8th Summer Meeting – West Shore Senior Citizens' Center – 7pm – All Welcome!

Blue Mountain-Kittatinny Ridge -- Pennsylvania's Largest Important Bird Area



Paul Zeph, Kittatinny Ridge Program Director, National Audubon Society

Winding 185 miles through 11 counties in Pennsylvania, Blue Mountain (also known as the Kittatinny Ridge) is an extremely important habitat area for migrating hawks, songbirds, large mammals, and many other forms of wildlife. It is also a valued recreation corridor for hikers, bird-watchers and hunters, and provides some of the best scenic vistas in eastern and central Pennsylvania. Come and learn more about this unique natural area, and the plans being made to help conserve it for birds, other wildlife and people.

Paul has over 22 years of professional experience in the field of environmental education, and is a Past-President of the North American Association for Environmental Education. Paul's previous positions include: Executive Director of Audubon Iowa; Vice President of EE for Earth Force; EE Coordinator for the PA DER; and EE Specialist at the Aullwood Audubon Center and Farm in Ohio. He has earned a Masters of Science in Environmental Education from the University of Michigan; and a Bachelor of Arts in Environmental Studies from Rollins College in Florida.

TETON HIKING

If anyone has interest in small group hiking in the Tetons at end July or beginning of August, please e-mail Bonnie Booth at: hiker508@paonline.com

RIVERFRONT PROPERTY FOR SALE

3 miles north of Dauphin, rustic getaway, 1000sq ft., passive solar, built 1930's, variety of wood finishes. Owner must sell. Call Michael, evenings (717) 692-3581.

CLUB NEWS

Above the Tree Line

Long time Club member Carolyn Hetrick (formerly Carolyn Dillman) passed away on February 22nd, 2003 at age 62. Once an active member of the Club, her brave struggle with cancer kept her occupied for the last several years. Our sympathy to her husband and SATC member Skip Hetrick. A donation to the memorial fund of the Appalachian Trail Conference will be made in Carolyn's name.

Volunteers staff SATC booth at Wildware

On April 26, SATC volunteers participated in an outdoor expo sponsored by Wildware outside their store in the Camp Hill Shopping Mall. Many thanks to Frank Bohn for bringing the display and brochures and to Allison MacGillivray, Louise Sis, Barb Harvey, Bob Keyes and Sam Barker for staffing the booth during the day.

A good flow of people passed the SATC display throughout the day and a number of people showed interest to participate on future hikes with the club.

Awards Presented at the Spring Banquet



At the SATC spring banquet held on March 22, 2003, Jeff Buehler became the 2003 recipient of the annual SATC Giant Boot Award. Jeff has been an active volunteer since the mid-1980's when he led numerous hikes for SATC. He then became a board member in 1992, Vice-President in 1993 and President in 1995. All of this was accomplished while pursuing his dream of hiking the entire Appalachian Trail, a dream he realized in September 1998.

Since 1996 Jeff has been our Trailmaster and in this position he has put in countless hours overseeing the maintenance of our 9.65 mile section of the Appalachian Trail (AT) and other local trails. You might think that 9.65 miles is not a large section, but since becoming Trailmaster, Jeff has overseen the planning and building of the Peter's Mountain shelter and privy, several AT and Darlington trail relocations and the steps leading to the shelter spring. This does not take into account the hours that he spends maintaining the equipment necessary for trail maintenance and keeping the volunteer hours records that are required by Keystone Trails Association and the Appalachian Trail Conference (ATC). Over the years, Jeff has dedicated over 4,000 volunteer hours to the oversight of the AT, a total number of hours that made him eligible for special recognition by the President of the United States. Kudos, Jeff, an award well deserved!

Jeff is not the only person who has been honored with an annual award by SATC. SATC's first annual award recipient was Ralph Kinter in 2000. In 2001, the first SATC Giant Boot Award was awarded to Clarence Fredlund, whose infamous boots are found on the award. In 2002, Thyra Sperry, Shippensburg Conference Chair and ATC Vice Chair, received the award. Ralph, Clarence, Thyra and Jeff have all accumulated AT volunteer hours in excess of 4000 hours. What an accomplishment and what dedication!

"Appreciation" certificates were also presented at the banquet to SATC's hike leaders from March 2002 – February 2003. 37 leaders received certificates for the 114 hikes that they led during this time. These leaders led anywhere from one to eleven hikes each; Louise Sis led the eleven! SATC is definitely blessed to have so many people who are willing to take time from their busy schedules to lead hikes. The following volunteers received "Appreciation" certificates:

Karen Balaban	Melanie DeMartyn	Pat Harhi	Darlene Rey
Sherry Bancroft	Fran DeMillon	Barb Harvey	Tom Scully
Katie Barker	Susanne Donmoyer	Sam Harvey	Louise Sis
Sam Barker	Janet Eshelman	Jon Kohn	Rick Sis
Frank Bohn	Pete Fleszar	Judy Kutz	John Stein
Bonnie Booth	Terry Godar	John Lenahan	Larry Walters
Sharon Brumbaugh	Jane Greber	Shirley McLaren	Jane Webster
Jeff Buehler	Randy Greber	Sylvia Miller	Will Webster
Krista Cessna	Richard Green	Mark Press	Wanda Vierthaler
			John Zinn

Individuals received National Park Service Awards for their accumulated volunteer hours dedicated to the oversight of the Appalachian Trail. Awards were given out as follows:

8 – 99 hours	AT Volunteer Pin
99 – 499 hours	AT Volunteer Pin and Patch
500 – 999 hours	AT Volunteer Pin, Patch and Cap
1000+ hours	AT Volunteer Pin, Patch, Cap and Vest

Katie Barker, Jeff Buehler, Clarence Fredlund, Jane Greber, Dick Martin, Tom Scully, Thyra Sperry, and Carol Witzman each received awards for 1000+ volunteer hours; Jane Webster received awards for 250+ hours.

Receipt of the NPS awards is largely volunteer driven; that is, we are dependent on you to fill out the volunteer hour reporting form. If you need help determining the number of maintenance or conference hours you have volunteered, please contact Jeff Buehler. A full-length article about these awards appeared in the December 2002 – February 2003 Bushwack Bulletin. A volunteer hour reporting form, that also describes which hours are eligible, is enclosed in this bulletin. Although the vests can only be ordered twice a year, in January and June, the reporting forms can be handed or sent at anytime to the Awards Committee Chair.

Only a few of the many wonderful SATC volunteers were officially recognized at the banquet. As a club we are so lucky for the dedication of such a great number of volunteers. We thank all of you who took time to volunteer for our club!

Jane Greber

Awards Committee Chair

Harrisburg Inner City Outings (HICO)

HICO is an outreach program of the Sierra Club that provides outdoor experiences and environmental education for inner-city youth.

During 2002 we participated in hiking, camping, canoeing, owl banding, water biology, watersheds, and Christmas nature programs.

Six out of the eleven certified leaders currently active with HICO are SATC members.

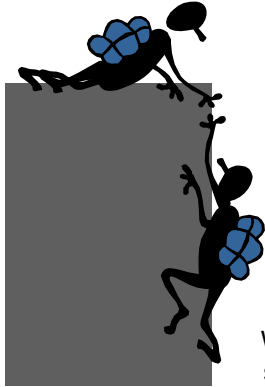
If you are interested in volunteering for HICO (either on trips with the children or to help with fundraisers) please contact any of the following SATC members:

Jane Greber Randy Greber Jane Webster
Will Webster Kris Kyler Andres Forero

COURSES

Wilderness First Aid

An eighteen-hour class in Wilderness First Aid will be conducted in Harrisburg, PA on June 14-15. The course includes classroom study, hands-on practice, and results in a two-year certification.



Registration is on a first-come, first-served basis. The cost is \$140. For additional information phone (703) 836-8905 or visit <http://wfa.net>

Course schedule:
 June 7-8 Philadelphia, PA
 June 14-15 Harrisburg, PA
 June 21-22 Palisades, NJ
 July 12-13 Pittsburgh
 November 1-2 Harrisburg, PA

Wilderness First Aid is a program of the Wilderness Safety Council and meets ACA standards for 60 minutes or more from definitive medical treatment.

NEW MEMBERS

Please join us in welcoming these new members:

Steven and Heather Batdorf	Harrisburg	Donna McCory	Duncannon
Vikki Bekelja	Mechanicsburg	Becky McCoy	New Cumberland
Theresa Bell	Harrisburg	Lisa Michael	Lancaster
Michael Bialousz	Harrisburg	Robert Miller	Marysville
Janice Blevins	Mechanicsburg	Bette Miller	Carlisle
Shirley Blough	Harrisburg	Keith Newbaker	Bernville
Daniel Brady II	York	Andrew and Kathy Nosti	Shillington
Michael & Laura Campbell	Enola	Dick Regan	Harrisburg
Tiffany Centini	Harrisburg	Nancy Reitmeyer	Harrisburg
Claudia Comeford	Enola	Jeff Ritchie	Annville
Jim & Deni De Salle	Camp Hill	Sandra Sandhaus	Mechanicsburg
Olga Del Pino	Mechanicsburg	Edward & Britta Schatz	Elliottsburg
Beverly Dellinger	York	Cathy Ann Smith	Harrisburg
Beverly Eyster	Enola	Bobby Snyder	Camp Hill
Mary Falk	Mt. Holly Springs	Sara Springer	Hummelstown
John Farmer & Rosemary Wolfe	Camp Hill	Kenneth Suter	Harrisburg
Yvonne Green	Harrisburg	Joseph & Rosalie Tarris	Harrisburg
Lisa & Michael Groft	York Haven	Robert & Karen Wagner	Hershey
Robert Hendershot	Camp Hill	Conrad Weiser	York Springs
Ember Jandebaur & Thomas Fridirici	Newport	Miriam Wert	Lancaster
John Kelley	New Cumberland	Joann & Kenneth Whitmire	Enola
Cecile Kranz	Harrisburg	Darlene Wong	Harrisburg
Wendy Lloyd	Harrisburg	Benita & Matthew Zuvich	Mechanicsburg
Phillip Long	Dauphin	David Zwifka	Harrisburg

NOTICES FROM OTHER HIKING CLUBS & AROUND PA

Keystone Trail Association (KTA) - 2003

Oct 3,4,5 Fall Meeting - Fredericksburg, PA

For more information contact: Katie Barker (717) 249-6727 barkerk@dickinson.edu
 John Stein (717) 533-3679 johnwstein@cs.com

KTA Trail Care Crew Schedule

Below is a list of coming trail workweeks and weekends sponsored by the Keystone Trails Association. Call the trip leader for details. No experience or special skills necessary!

Dates	Location	Trip Leader
June 3-8	Quehanna Trail	Ralph Seeley (814) 692-8223
June 10-15	Chuck Keiper Trail	Rich Scanlon (717) 242-1644
June 13-15	Chuck Keiper Trail	Rich Scanlon (717) 242-1644
June 18-22	Mid State Trail Northern Extension	Pete Fleszar (717) 583-2093
July 19-21	Bucktail Path	Dave McMillan (717) 242-1644
August	To be announced	
September 12-14	North Country Trail	Bob Tait (724) 287-3382
October 24-26	Mid State Trail Southern Extension	John Stein (717) 533-3679
November 7-9	Quehanna Trail	Ralph Seeley (814) 692-8223

Mid State Pennsylvania Hiking Trail

New South Region Improved Sections Open (Bedford County)

This Remote Mid State Trail walk includes, according to the MST Guidebook; "the hardest part of the entire trail to locate and build", knife edge ridge tops, "tough but extraordinarily scenic views", "Hewitt covered bridge (1879), oldest structure on MST", and "Martin Hill itself, the highest point on the entire Mid State Trail." This south part of Pennsylvania's longest and wildest hiking trail is 28% of the total distance from Maryland starting through Bedford county PA to New York. Of the south region total 143km (88.5 miles), about 2% is on roads through the refresh/re-supply towns of Everett and Williamsburg. Another 20% is on rural paved roads, and there are attractive connective possibilities with other trails.

Mid State Trail is Pennsylvania's best example of the kind of wild unique hiking trail which attracts backpackers and hikers from Pennsylvania and out-of-state knowing ATVs, equestrians, and bikers respect the design; and use other fine trails designed and approved for their activities.

Every trail section has an active overseer, and the trail is becoming well known to day hikers, backpackers, deer, bears, snakes, and hunters. The friendly attitude of people and businesses along the trail make the hiking experience enjoyable, and the Pennsylvania Forestry and Game Lands managers have been most cooperative.

Mid State Trail South is one of four regions of the entire 510 km Mid State Hiking Trail System, and extends from the Maryland-Pennsylvania State line (Green Ridge Hiking Trail, Mason-Dixon Line) to Rt. 22 near Waterstreet, PA.

The MSTA can be reached at PO Box 167, Boalsburg, PA 16827 or kelliher@bluebird.goucher.edu

John W Stein, Mid State Trail South Region Manager

NPS Hours of Service Awards Program

The National Park Service has created an Hours of Service Award program designed to show its appreciation for the incredible number of hours that volunteers have dedicated to the AT. For more information, please refer to the article found in the December – February 2002 bulletin. There are four levels of awards:

- 8-99 hours – AT volunteer pin
- 100 – 499 hours – AT volunteer patch
- 500-999 hours – AT volunteer baseball cap
- 1000+ hours – AT volunteer fleece vest

Eligible hours **must** relate directly to the oversight of the Appalachian Trail.

Examples of hours that count toward the awards program (include travel time):

1. Appalachian Trail Maintenance, AT Trail design, Negotiation of AT trail routes
2. Attending SATC Board Meetings or ATC meetings
3. Any ATC Conference activity; Volunteering at ATC Headquarters in Boiling Springs
4. Chainsaw, Wilderness First Aid or other training taken to prepare for AT maintenance
5. AT Local Management Plan committee

Examples of hours that do not count toward the awards program:

1. Scouting or leading hikes unless hike is for an ATC activity
2. SATC social events; SATC program meetings
3. Trail maintenance on trails other than the AT

Please, be as specific as possible when completing this form

If you have questions concerning the eligibility of your volunteer hours, contact Jane Greber, Awards Committee Chair (jghiker@aol.com or 766-1913).

Return form to Jane Greber, 124 Brindle Road, Mechanicsburg, PA 17055. This form will also be sent electronically to club members on our e-mail list.

NAME OF PARTICIPANT:		
PHONE NUMBER OF PARTICIPANT:		
Date of Activity (Or Date Span)	Activity – Include short description	Hours for Activity (Include travel time)
(Ex. 4/96 – Current)	(Ex. Attended SATC board meetings 4/year)	(Ex. 64 hours)

Continued on Back

Date of Activity (Or Date Span)	Activity – Include short description	Hours for Activity (Include travel time)
TOTAL NUMBER OF HOURS (ADD FRONT AND BACK)		

TO BE COMPLETED BY AWARDS COMMITTEE

Award Type	Date Ordered	Date Received	Date Delivered
Pin			
Patch			
Cap			
Vest			