



Summer 2007

The Happy Hiker

The Official Newsletter of the Allentown Hiking Club

PRESIDENT'S MESSAGE

AT Conference

In July the Appalachian Trail Conservancy is going to have a conference in Ramapo, New Jersey . Hopefully I will be in attendance. In a couple of the past newsletters, I have made several references to different conferences that I have attended. My first AT conference in Harrisonburg, Virginia did more to bond me to the hiking community than any other event. **THESE PEOPLE HIKE!** The word conference itself is enough to give me a case of the vapors. However, the presentations, meetings, and workshops at the AT conference usually leave me uplifted and excited. Then of course we have the hiking.

The AT Conservancy conference at Ramapo has a web site that is exciting to me with its list of hikes, entertainment, conferences, excursions and workshops.

It was a matter of a few days after the AT posted the website for 2007 (www.rampapo2007.org) that I submitted my registration and my hope list of the hikes I was planning to participate in.

This will be the 7th conference that I will be attending. Some of the conferences, I stayed for just a few days and some for the whole week.

Each conference had its own special character and memory. Since my first conference was so exciting, I have found it difficult not to compare. For example the next conference for me after Harrisonburg was Maine. The Maine conference got off to a rough start as the hike schedules got lost in cyber space. However it was not long before I got together with other displaced hikers. Off we went (we are dealing with real hikers here) to form some new exciting memories that included climbing my first 4,000 footer (Old Speck) and climbing to table rock with the most delightful group of people one would ever hope to meet.

I have no idea how Ramapo will be. I wonder if it will run smoothly or have some bumps that we have to overcome. What the weather will be like? Will it be balmy with blue skies and puffy clouds, hot and sticky, or have some strong weather like Hurricane Charlie that cancelled my hoped for hike up Mount Mitchell. Hopefully I will be there having new adventures and making new friends.

By the time you receive this news letter the early registration deadline will have passed but you will still have the opportunity to register up to and including at the Conference itself.

Even if you do not plan to attend the Conference, open the website and click on the welcoming movie and presentation options and see why those of us who plan to attend are excited about this conference, hiking, and the future. You will get a hint of what is planned for this conference. Maybe I'll see you there.

Happy Hiking
Jim Gabovitz





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The Happy Hiker is published quarterly by the Allentown Hiking Club, Inc. The opinions expressed in signed articles are not necessarily those of the AHC, but of the authors.

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Deadlines for the Fall 2007 Newsletter-Schedule

Happy Hiker Newsletter
Activity Schedule

Wednesday, August 29, 2007

Wednesday, September 5, 2007

Please forward all Club related articles, thoughts, and items to the editor by mail or, preferably, by email or disk using MS Word. Send all hiking schedule activities to the schedule coordinator. You do not have to use the hike schedule form found on the club web site and in this newsletter, but if you choose not to, please include all the listed fields in your description of the activity.

LEHIGH VALLEY HORSE COUNCIL TRAIL STEWARDSHIP

Submitted by: Janet Goloub

On March 31 the L.V.Horse Council held a 1-day trail stewardship workshop, to which they invited non-equestrian users. Ed Ritter, Jim Gabovitz and I attended at least parts of the workshop. Gwen & Bud Wills (Bud the Trail Chair for the PA Equine Council [PEC]) were the presenters and emphasized the need for all non-motorized trail users to work together as population increases and non-developed space decreases. This article is a combination of Jim's and my impressions.

I was able to attend in the morning, and learned a lot about equestrian interests and practices. There are a few hiker-only trails, but most trails are multi-user ones. How to deal with equestrians when we come upon them? For example, since horses are prey animals, said Gwen, with eyes on the sides of their heads, they'll tend to get skittish in a strange situation. A backpacker ahead is such a situation, so a rider will want the hiker to speak, thereby identifying him or herself as a human, something familiar to the horse. A horse will want to see the person, so a hiker best stays at the level of the horse or on the downhill side of a trail rather than to climb up out of the way. Equestrians are using "Leave no trace" principles, though with a change of phrase, preferring "Ride smart." I think that's because it's hard for horses to leave no trace. At campsites, riders are urged to clean up hay and manure. On the trail manure stays, its make-up tending to dry quickly and is easily dispersed in the course of the day.

The PEC is working most with DCNR in both Forests and State Parks. A slide show indicated that they use USFS trail building instructions.

From Jim: a video on trail building addressed switchbacks, radius turns, and methods to prevent hikers from taking shortcuts. There also were slides from projects like trail building at stream crossings and wet areas.

Hints that stuck with me were not to lay logs parallel to trails, as they'll eventually rot or act as a dam. In building a new trail you go on the uphill side of the tree where the roots are usually deeper into the soil. Remove all organic material from the trail bed. Prune trees so they can heal well, and cut stumps as close to the ground as possible. Pull bushes out of the ground if possible.

There also was a reminder that we were already doing the right thing. One tool they had is a fire rake that is sturdy and besides fighting fires would be good for raking duff like that above the Osprey House.



An Allentown Hiking Club History The 1980s, Part 2

By Barbara L. Wiemann

In the last issue of the newsletter, part 1 of this history of the 1980s covered the Appalachian Trail related activities of the club. This part will concentrate on the club's non-AT events.

With the development of new hiking trails and the opening of rail-trails in the Commonwealth, the club schedule included hikes to a broader variety of destinations, such as the Conestoga, Pinchot, Old Loggers Path, Nor-Bath, and Lehigh Canal trails. A group of dedicated backpackers offered monthly overnight trips. Several popular events, such as the December Christmas City trek, Assateague backpacks, and outings to Dixon Miller's fire tower, became annual events.

Recaps of hikes in the Happy Hiker indicate that leaders could often count on a large group of 20 or more participants for day hikes. One Lehigh Gap Appalachian Trail outing drew 50 hikers.

To cultivate and encourage new leaders for these many activities, the club held a new leader training workshop in 1981. In 1984, a yearly recap showed that the club conducted 59 hikes and 11 backpack trips.

In addition to the monthly Wednesday business meetings, the club held monthly Saturday night slide nights at the Pioneer Center. Other social events included hayrides, picnics, and an annual banquet. The 1981 banquet celebrated AHC's 50th anniversary. The 1983 event, which featured Cindy Ross's Appalachian Trail slide show, drew 98 attendees.

In 1984, President Sam Carlson began the custom of writing a presidential message for the first page of the Happy Hiker, and in 1986, the newsletter printed its first picture. To satisfy the needs of a diverse membership, the newsletter featured columns for beginners (new hikers), backpackers, and a first aid column.

In 1986, as a public service, club members painted the interior of the Pioneer Center (owned by the City of Allentown and used as a meeting location by various groups, including AHC). So many volunteers showed up that the work was completed by noon. That same year, AHC members volunteered to answer the phones during a WLTV pledge drive.

From its inception, women were elected to serve as club vice-president, secretary and treasurer. However, it was not until the 1980s that AHC elected its first female president - Carol Rigler in 1980 and 1981. To the great sorrow of the club, Carol died of cancer less than 13 months after her second term ended.

Two other women followed Carol during this decade - Jean Jones in 1983 and Ginny Musser in 1986 and 1987. Bill Sandt, Sam Carlson, and Mike Wuerstle complete the list of presidents during the 1980s.

It was in this decade (1989) that Maryann Wagner was first elected treasurer. Her 19 years of service (and counting) in this position is the longest tenure of any individual in club history. Coupled with her five years as secretary (1979-1984), Maryann has compiled an impressive record of dedication to the Allentown Hiking Club.



KTA KORNER

Submitted by: M. Virginia Musser, KTA Representative

Keystone Trails Association Council met on March 31, 2007 at King's Gap Environmental Education and Training Center near Mt. Holly Springs.

KTA's Agency Partners including the Appalachian Trail Conservancy, Bureau of State Parks, Bureau of State Forests, Pennsylvania Game Commission and the North Country Trail Association gave reports on their respective agencies.

The council received Committee reports as well as a Board report.

Three amendments to the KTA Bylaws were proposed and all three were approved. They included:

- Board of Directors: wording changed to say, "The Board of Directors shall consists of *at least nine and not more than fifteen* members elected by the Council. Board members shall serve staggered three-year terms, with *at least three and not more than five* members elected each year."
- Committees: wording changed to say, "There shall be the following standing committees: ... (5) *Trail Club Services* Committee... The Chairperson of the *Trail Club Services* Committee or a designated alternate shall serve on the TrailCare Committee, and the Chairperson of the TrailCare Committee or a designated alternate shall serve on the *Trail Club Services* Committee."

Representatives-at-Large: proposed addition: "*Vacancies for unexpired terms for representatives-at-large can be filled by the nominating committee and voted upon either at a special or regular meeting of the Council or by mail or e-mail.*"

Linda Enders, BMECC member, was appointed Representative-at-Large to fill Chris Firme's unexpired term. Chris was appointed to the Board last fall to complete the two years remaining of Bill Dietrich's three-year term.

On a final note, **Pennsylvania Hiking Week** co-sponsored by DCNR and KTA, is May 25- June 3. Clubs are invited to submit hikes for that week to Pam Metzger at ktaadmin@pennswoods.net. The hikes will be listed on a DCNR website as well as the

INVASIVE HITCHHIKERS Fact Sheet # 1

What Hikers and Backpackers Need To Know!



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

"Invasive species" are non-native plants and animals that can cause harm to the economy, environment, and/or human health.

Invasive plants tend to grow

quickly and thickly, potentially blocking trails. This makes it more difficult for people to hike, backpack and enjoy the outdoors.

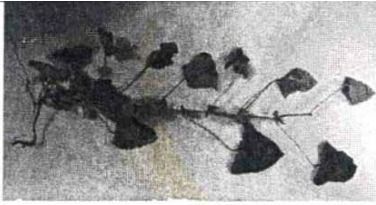
Mile-a-minute, for example, is a vine that can grow up to a foot per day! It can quickly make trails impassable with its painful spines (*see photo below*).

Invasive species are also a concern to hikers and backpackers because they can ruin the beauty of Pennsylvania landscapes and lower

biodiversity (the variety of living things in an area). We need biodiversity to maintain healthy habitats.

Plus it's simply more interesting and exciting to hike and backpack through a landscape full of different shrubs, trees, flowers, and grasses, rather than through a boring field of the same invasive plant. But that is exactly what could happen if an invasive species appears... all other species, including wildlife, may be chased out or killed!





Mile-a-minute vine

- Know how to identify some of the more common invasive species in your area, so you can avoid hiking through them. Visit www.dcnr.state.pa.us/forestryinvasivetutorialindex.htm to learn more.
- Stick to designated trails.

Make A Difference!

Now that you know why invasive species are a concern, what can you do to help minimize their spread? Luckily there are many small, easy steps you can take to keep invasives in check.

- Clean clothing, shoes, pets, and equipment before going to a new area to remove any seeds and plant parts (bag the dirt and seeds and throw in the trash).
- Don't move firewood! Buy it locally. This will prevent pest insects like the emerald ash borer from coming to PA.
- Volunteer to help prevent and control invasive species. Contact your local state park/forest office, conservation district, watershed group, or hiking club to get involved.



Commonwealth of Pennsylvania
Department of Conservation and Natural Resources
Recreation Advisory Committee
Edward G. Rendell, Governor

www.dcnr.state.pa.us

MEMBERSHIP APPLICATION



INDIVIDUAL MEMBERSHIP DUES ARE \$10.00 PER CALENDAR YEAR FROM JANUARY TO DECEMBER, AND RENEWALS MUST BE MADE BEFORE JANUARY 31ST TO STAY ON THE CLUB'S MEMBERSHIP ROLLS. DUES CAN BE PAID AT THE MONTHLY MEETING OR MAILED TO THE CLUB MEMBERSHIP SECRETARY. HOUSEHOLD DUES (MORE THAN ONE MEMBER PER ADDRESS) ARE \$15.00.

MEMBERSHIP SECRETARY: Anne Griffin 4933 Washington St. Schnecksville, Pa 18078

NAME(S):

ADDRESS:

CITY:

STATE:

ZIP: _____

PHONE: ()

RENEWAL

NEW

EMAIL:

Dues @\$10.00 / \$15.00 Household _____

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QTY

CLUB T-SHIRTS @ \$6.00 + \$3.50 SHIPPING EA _____

CLUB GOLF SHIRTS @ \$12.00 + \$3.50 SHIPPING EA _____

CLUB PATCH @ \$1.50 + \$.75 SHIPPING EA _____

ALL CHECKS PAYABLE TO "ALLENTOWN HIKING CLUB" TOTAL ENCLOSED _____





ALLEN TOWN HIKING CLUB

SUMMER 2007 Schedule

MEMBER OF THE APPALACHIAN TRAIL CONSERVANCY AND THE KEYSTONE TRAILS ASSOCIATION

The general public is invited to join us on hikes and other events. If a club or organization wishes to include one of our hikes as a formal activity on its schedule, we ask that it contact the leader in advance for permission. Times listed are departure times, please arrive at least 15 minutes before the listed time. Starting times are strictly observed and appropriate clothing and sturdy shoes/boots should be worn at all times.

Except on longer hikes, our pace is moderate with opportunities for resting and sightseeing. Every attempt is made to assist and encourage hikers, but we cannot be responsible for their safety on the trail. Any rugged outdoor activity entails risk, and we expect all participants to rely on their own judgment and good sense to take care of themselves and know their limitations. Anyone under 18 must be accompanied and supervised by an adult. Hikers are expected not to lag too far behind the main party.

We car-pool as much as possible to save fuel. **PASSENGERS PAY DRIVERS 10 CENTS PER MILE TO DEFRAY FUEL EXPENSE.** Drivers, please remember to check your mileage and let the passengers know how much mileage reimbursement they owe you.

Meetings are held at 7:30 pm the first Wednesday of the month at St. Timothy's Lutheran Church, 140 South Ott Street, Allentown, Pa. Meetings include a discussion of the previous month's activities, as well as upcoming activities. Scheduling meetings are held quarterly for members to coordinate hikes/trips etc. for the upcoming schedule. All members are invited and encouraged to schedule activities; we are a 100% volunteer organization.

A.H.C. HIKE RATING SYSTEM

In an attempt to assist hikers, a hike rating system has been set up to will allow the hiker to judge his/her ability to complete the hike. The rating system will precede the Allentown Hiking Club's usual hike description. On multi-day outings such as backpacks, the rating for the hike will reflect the distance traveled on a per-day basis. Remember that the hike ratings are assigned by the hike leader, and are therefore based on the leader's subjective opinion. The rating system is:

RATING DESCRIPTION (distance,terrain,pace)

A+	<u>Up to 7 miles, little climbing and easy terrain, 2 mph or slower</u>
A	<u>Up to 7 miles, some climbing and/or rocky terrain, 2 mph or slower</u>
B+	<u>Up to 7 miles, some climbing and/or rocky terrain, 2 to 2.5 mph</u>
B	<u>7-10 miles, some climbing and easy terrain 2 to 2.5 mph</u>
C+	<u>7-10 miles, some climbing and/or rocky terrain, 2 to 2.5 mph</u>
C	<u>7-10 miles significant climbing and/or rocky terrain, 2 to 2.5 mph</u>
D+	<u>10-12 miles, some climbing and/or rocky terrain, 2 to 2.5 mph</u>
D	<u>10-12 miles, significant climbing and/or rocky terrain, 2 to 2.5 mph</u>
E+	<u>Over 12 miles, some climbing and/or rocky terrain, over 2.5 mph</u>
E	<u>Over 12 miles, significant climbing and/or rocky terrain, over 2.5 mph</u>
U	<u>Hike unrated by hike leader</u>