



Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club

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**How to fix a flat
Geocaching addicts
Top leaders
100 mile hikers
Annual Picnic
Spring Fling photos and more**



Appalachian Footnotes

the magazine of the
Delaware Valley Chapter
Appalachian Mountain Club
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We will accept advertising from companies and individuals that provide products and services that may be of interest to our readers. The largest size ad accepted will be a half page, and the smallest will be a sixth page. No animated ads will be permitted, but hot links to the advertiser's web site will.

Income from the advertising will be used to offset our modest production expenses, then go to our chapter's public service programs including trails, conservation and education.

If you are interested in advertising, please e-mail: newsletter@amcdv.org for rates and mechanical specifications. All advertising materials are subject to acceptance by this publication, and will be reviewed for appropriateness for our readers.

Members are reminded that they can advertise used gear and similar items for free in our Weekly Activity Schedule. Contact: web@amcdv.org

Cover photo by Eric Pavlak.

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DV Paddler's Web Site: paddlenow.com

Chapter e-mail: info@amcdv.org

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AMC General Web Site: outdoors.org

Chapter Ombudsman

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The hike before the Activities Social benefited from this year's early arrival of spring.

Activities Social, awards draw 70 plus

Our Chapter's Spring Activities Social was held on Saturday, March 24, at the Perkasie Fire Hall, with more than 70 members joining in the festivities, which included hiking and biking followed by a happy hour and a delicious buffet dinner.

After everyone had their fill of hot roast beef, stuffed shells and fried chicken, the stewardship and hiking awards were given. A special thank you award was given to John Rowen for all of his help this past year in the recording and analysis of hiking data.

Dessert followed the awards and this segued into another social hour. What a great evening!

Many thanks to our Social Committee which includes Stephanie Wall, Judy Iden and Midori Wakabayashi, and to all those who showed up early or stayed late to set up and clean up.

Next year, we will have a salad and more chocolate cake. As always, the leftovers were donated to a homeless veteran's shelter in Bethlehem and they were thrilled with our kindness.

— Linda Watsula, Social Chair



The volunteer-led Leave No Trace trainer course at Mohican will enable the 15 participants to teach others.

15 take Leave No Trace trainer course

This year's Leave No Trace trainer course at Mohican Outdoor Center in April was a fun-filled and intense weekend full of lively debates, role play, skits, and extended discussions among the fifteen participants and their two leaders, David Rasmussen and Sara Hart, the NY/NoJ Conservation Chair.

A wonderful surprise were the five teenage boys who signed up for the training, and arrived for the program just as committed to learning the principles of Leave No Trace as their adult peers — if not more!

Annual Chapter Picnic to be held June 16, at Peace Valley Park near Doylestown, PA

The Delaware Valley Chapter picnic will be held on Saturday, June 16 at Peace Valley Park near Doylestown, PA at noon.

We'll provide the hamburgers, hot dogs, veggie burgers, condiments and fixings, plus lemonade and iced tea. All you have to do is RSVP to Linda at social@amcdv.org, or call 610-704-7968 to let her know you are coming and if you will be bringing a salad or dessert to share.

Please RSVP by June 15, but if you forget to RSVP, come anyway. We always have plenty of food for everyone.

In an effort to go green, please bring a reusable plate, cup and utensils. If you forget, don't fret as we will have extras.

Plans are underway to have a hike and a bike ride before the picnic so check the chapter website for this information.

There will be volleyball, tug of war, bean bags, quoits, horseshoes, etc. to test your athletic ability. Come prepared to have lots of fun.

Grills will be ready by 1 PM and will be fired up again as the day goes on for a second round. Come on out and join in the festivities. Of course, no alcohol is allowed in the park. Looking forward to seeing everyone at the picnic!

— Linda Watsula

Naturalist training program held at Mohican

Twelve eager participants came from the New York-North Jersey, Delaware Valley, and Connecticut chapters to join Nancy Ritger, AMC Staff Naturalist for the first-ever Naturalist Training at Mohican Outdoor Center.



Under Nancy's guidance, the volunteers learned about the techniques and resources that make AMC's Naturalist programs so wonderful. The morning concluded with a demonstration walk along the Rattlesnake Swamp Trail when participants got to crawl on their bellies and inspect the flowering bodies of lichens and mosses with a magnifying glass.

After lunch, Sara Hart, NY/NoJ Conservation chair and a Mohican Volunteer Naturalist, led a walk that highlighted natural features around Mohican and the resources available to naturalists in the interpretive center.

Newly-trained volunteers were encouraged to share their new skills and knowledge during Mohican events with the ultimate goal of developing a robust naturalist program at Mohican.

For more information about the naturalist program, or if you would like to volunteer, contact Sara Hart, Conservation@amc-ny.org, or go to: <http://www.outdoors.org/volunteers/information/information-naturalist.cfm>

Caution: Geocaching can become addictive!

By Joan Aichele

If you like being outdoors and discovering new places to hike, walk or paddle, or if you like brain puzzles, treasure hunts and being competitive, then geocaching is the thing for you.

Geocaching combines all of these features, and anyone can do it. It is a perfect activity for families. You can even bring the family dog along with you. Everyone can be a part of the search. You don't necessarily need a GPS unit to go geocaching. Any GPS-enabled devices such as smart phones or tablets will work. As long as you have access to satellite signals you can geocache.

What is Geocaching? It all started in May 2000 when the government made available public access to orbiting satellites. A man in Oregon decided to check the accuracy of these satellites by hiding what was then known as a GPS stash out in the woods. Then he posted the coordinates to an internet news group. Within three days two people had located the stash. The rest, as they say, is history.

There are now over a million geocaches hidden all over the world. And there are millions of people of all ages looking for these caches.

The caches are containers in varying sizes from nano to large. For non-geocachers that means a container ranging in size from a metal nut on a light standard to 30 mm ammo cans or sometimes even bigger.

There can be trinkets in the caches that you can take but should replace with something of equal or greater value. There is always a log book in the cache where you record your geocache user name.

Before heading out on your adventure you download from the geocache website the coordinates of geocaches in an area where you would like to search. Then after you have found the caches and signed the log books, at your convenience you log back into the geocache website with your user name to report all of the caches you found. This is where the competitiveness comes in.

Each time you report finding a cache your personal cache count continues to grow. There are many geocachers who have found thousands of caches. If you are competitive, it is added fun to try and find more than your family or friends have found. There is also another element of "first to find" a cache, which is very important to some cachers.

Many times there will be a bonus such as a nominal amount of cash or state instant lottery ticket in the cache for the first one to find it. There is also pride in being the "first to find" a new cache.

Caches are not permitted in national parks, but they are allowed in many state, county and local parks, with the permission of the park. Some caches are hidden on small islands which require paddling to the island. I have discovered many beautiful local parks that I never knew existed but found because geocaches were hidden there.

If you are looking for something different to do alone, on a DV Chapter led hike, with a friend or the whole family, give geocaching a try. Go to the website: www.geocaching.com and let your adventure begin. They offer free memberships or premium memberships for the cost of \$30 per year. The premium membership gives you access to many more caches and features for geocaching.

John Rowen, one of our AMC leaders and an expert at geocaching (having found more than 1,850 geocaches), has posted a beginners geocaching hike for Saturday, July 21.

Here is the link with all of the information: <http://activities.outdoors.org/search/index.cfm/action/details/id/62257>.

This would be the perfect opportunity for you to come out and see what it is all about. But I will caution you it does become addictive. Space is limited so register early.



Tom Olsen examines the contents of a geocache he has located.

— Photo by Jim Catozzi.

Leaders offered education reimbursements

The DV Chapter offers reimbursements to DV activity leaders for a variety of specific training programs. This includes Outdoor Leadership Training, Wilderness First Aid, Map & Compass, Leave No Trace, Chapter Youth Program, Water Safety, Chainsaw Safety, and Mountain Leadership School. The reimbursement rate is 50 percent of course fees, not to exceed \$150. Applicants for reimbursement must have led a minimum of two activities within one year before or after taking the training event.

For more information or to apply for training reimbursement, contact the chapter leadership chair at leadership@amcdv.org

Get free weekly list of all chapter activities

If you are not currently receiving our electronic Weekly Activity List every Wednesday evening, you may be missing opportunities to find out about many of our scheduled activities.

For those not familiar with the Weekly Activity List, it is an e-mail containing all scheduled DV Chapter activities for the upcoming nine days. It includes announcements, cancellations, scheduled activities such as hiking, paddling and biking; plus advance trip notices and links to important conservation information. It is a great way to stay informed with what is happening within our chapter.

It is a free DV Chapter member benefit. All you need is an e-mail address. To begin receiving the Weekly Activity List, simply e-mail your full name and AMC membership number (which can be found above your name on the mailing label of your AMC Outdoors magazine) to: hotline-requests@amcdv.org. You will receive one e-mail a week. You will not be slammed with a lot of e-mails.

Spring Fling 2012 at Mohican a hit with the participants

The weather forecast was for rain and cold temperatures all weekend but that did not deter any of the guests arriving at Mohican Outdoor Center to participate in the fourth annual Spring Fling. They had packed their rain gear, warm clothing and sense of humor.

As it turned out the weather forecasters were half wrong. Yes, it was cold in the mornings but the sun appeared each day to make the weekend very enjoyable.

Individuals and families were led on a variety of hiking, biking, geocaching and paddling trips by dedicated AMC volunteers.

One group of hikers was fortunate to be at the right place at the right time. They had the honor of being the first group to hike on a newly relocated section of the Appalachian Trail around Sunfish Pond.

Some guests relaxed by spending Saturday afternoon fishing or paddling around Catfish Pond. Others enjoyed their visit to the nearby Lakota Wolf Preserve where they experienced for their first time wolves howling.

Saturday night the guests enjoyed a presentation on local snakes by Brian Hardiman, Environmental Educator of the Monroe County, PA, Conservation District. He brought three different snakes out of the fourteen native to the Delaware Water Gap National Recreation Area.

Everyone was given the opportunity to observe them up close and even touch them. This was especially fun for the kids in the audience. Some of the adults seemed a little more tentative. But by the end of the presentation everyone had a thorough understanding of snakes and how to identify the difference between a poisonous and non-poisonous snake.

A highlight of this year's Spring Fling was the increased number of families attending with children from youngsters to teenagers. Sunday when it was time to leave the weather could not have been more perfect. It was a beautiful sunny day with clear blue skies making it extremely difficult to leave Mohican and all of the new friends made over the weekend. — Joan Aichele

Photos by Jim Bloom



Top leaders of 2011

Leader	trips led	Leader	trips led	Leader	trips led
David Stein	47	Peter Fox	14	Ron Phelps	7
Bijal Shah	46	Robert Savron	14	Bill Steinmetz	6
Joan Aichele	42	Susan Bickford-Martin	14	John Chlaikian	6
Phil Mulligan	40	Donna Morgan	13	Michele Valerio	6
Scott Vant	39	Richard Hudson	13	Sue Bergmann	6
Jim Sayne	38	Eric Pavlak	12	Cindy Crosser	5
Theresa Berntsen	36	Phil Mulligan	10	Ira Rubinstein	5
Christina Lawless	31	Phillip Yu	10	Jerry Kenney	5
Michael Lawless	31	Tom Sherwood	10	Phillip Hunsberger	5
Rich Pace	31	Lorraine Abate	9	Susyn Mihalsky	5
Patricia Naismith	30	Morgan Masterson	9	Carl Ganong	4
Peter Jarrett	30	Bill Lotz	8	Dan Schwartz	4
John Milne	21	Damian Cuce	8	Esther Underhill	4
Barbara Blythe	18	Ivan Winegar	8	Jeff Depue	4
Cliff Hence	18	Lennie Steinmetz	8	Mark Kern	4
Nancy Hence	18	Midori Wakabayashi	8	Nancy Fredland	4
Richard Einstein	17	Walt Underhill	8	Seth Bergmann	4
Rhoda Eisman	15	Al Schwartz	7	Susan Charkes	4
Mike Manes	14	Paul Schott	7	Tamara Gaskell	4
John Rowen	14				

Hundred mile hikers of 2011

Hiker	miles	Hiker	miles	Hiker	miles
Joan Aichele	805.8	Michael Lawless	238.6	Ritu Grewal	139.0
Bijal Shah	667.3	Christina Lawless	238.6	Debbie Hinks	137.9
Russel Moyer	489.0	Richard Benningfield	237.5	Ed Shinn	135.9
Scott Vant	488.7	Robert Wacker	232.7	Denice Bohl	135.8
Tom Sherwood	485.9	Judy Iden	232.4	Barbara Brandt	135.1
Richard Einstein	461.2	Midori Wakabayashi	227.7	Donald Garrido	134.7
John Rowen	453.8	R. Phelps	221.2	Jean Plough	133.3
Richard Hudson	435.8	Nancy Fredland	216.6	Susyn Mihalsky	129.8
Dale Brandreth	411.1	Ivan Winegar	216.4	Terence McAdams	129.7
John Garner	411.1	Sue Fatula	208.7	Louise Wright	127.0
Anthony Youngblood	402.0	Peter Jarrett	207.0	Rhoda Eisman	126.0
Angad Khalsa	391.3	Gerald Martyniak	205.4	Sally Reeves	125.2
Susan Bickford-Martin	340.6	Judith Shabrack	197.6	Steve Ungvarsky	124.7
Rich Pace	337.6	Michele Valerio	191.5	Gregory Hartman	123.0
David Stein	328.6	Tammy Brandon	191.0	Carl Ganong	122.4
Phil Mulligan	308.8	Irina Kulikovskaya	183.5	Katharine Woodhouse-Beyer	121.0
Jim Sayne	296.5	George Gorman	174.8	Sue Bergmann	120.0
Theresa Berntsen	296.2	Ed Lipartito	172.4	Lorraine Abate	118.6
Barbara Blythe	283.5	Steve Perkiss	171.1	Saudy Carrera	117.7
Barry Mazer	279.0	Leslie Palmer	161.2	Robert Savron	117.0
Norman Cook	276.3	David Block	160.5	Frank Allen	116.4
Nancy Hence	272.3	John Loyer	159.2	Lynne Allen	112.4
Jerald Srodes	270.0	Paul Schott	156.6	Marcia Comstock	112.1
David Warfield	268.8	Joe Swope	152.0	Theresa Horgan	111.7
Thomas Harrington	266.9	Mark Mazer	150.5	Katherine Kindness-Ruppel	110.3
Cliff Hence	266.3	Chris Ferrara	149.4	Al Schwartz	107.0
Emily O'Hagan	262.8	Peter Fox	148.7	Lynn Brass-Smith	106.2
Lisa Miller	261.5	David L. Alexander	145.3	Jerry Kenney	105.7
Ira Rubinstein	242.4	Sara Armstrong	145.0	Kathy Ciliberti	104.4
Jason Kumpas	242.3	Patricia Naismith	144.5	Christine Boue	103.5
Winfield Fairchild	240.1	Cindy Crosser	144.0	Peter McBride	103.4
Allison Hudson	239.8	Mark Schmerling	140.5	Marge Brennan	103.1

How to fix that flat bicycle tire on the road, or at home

It's not that hard, even if you have never done it before. And even if you have, this article might give you a few hints to make easier, faster and more successful.

Story and photos by Eric Pavlak



Turn the bike upsidedown and remove the wheel. Most modern bikes have quick release levers.

If the flat is on the rear wheel, pull back on the derailleur as shown at left and lift the wheel from the bike. Do this slowly, and pay attention to how things fit, since you will have to repeat this process in reverse to get the wheel back on. If you have never done this before, you might want to practice at home before you get a flat.

If you have nuts holding on the wheel, you will need a wrench to loosen them. The threads on the left side of the bike (the right side when the bike is inverted!) loosen opposite the normal direction: they loosen clockwise. Don't completely remove the nuts, just loosen them.

Once you have removed the wheel, **examine the tire for any obvious cause of the flat**, such as a nail, a piece of metal or a piece of glass. If you find something, you can remove it, but note its position, since you will want to check the inside of the tire at that spot. Use the lettering on the side of the tire to note position.



Remove one side of the tire from the rim by first inserting one of the tire levers between the rim and the bead (edge) of the tire. Try not to pinch the inner tube.

Next, insert a second lever under the tire bead a few inches from the first, and pry the bead over the rim. Then push the second lever around the rim, and one side of the tire will come free.

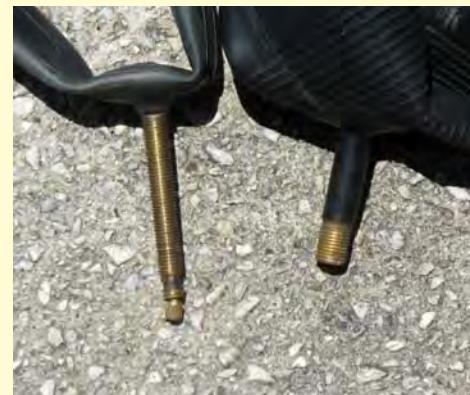
Some tire levers, like the ones shown here, have hooks on one end. These can be used to hook one of the levers to a spoke while you work with the second lever.



Pull the inner tube from the tire. You may have to undo a small nut from the valve stem.

Bicycle tire tubes have one of two different kinds of valve stems. The Presta (left) is commonly found on road bikes, and increasingly on mountain and hybrid bikes, too. It has a small knob at the end that must be unscrewed to pump air into the tube, and must be re-tightened when you are done.

Schrader valves (right) are the same kind used on your car tires.





With the tire still half on the rim, you should run your fingers **slowly and lightly** around the inside of the tire to check for anything that might puncture your inner tube, such as shard of glass or metal.

Next, take your new (or newly repaired) inner tube and pump in a little air, just enough to barely puff it up. I strongly recommended that you carry a spare tube and not try to patch one on the road.

There are two kinds of patch kits available. One kind has self-adhesive patches that go one quickly and require no glue. They are convenient, but do not make long-lasting repairs. The kind that come with a separate tube of glue can make permanent repairs. With either kind, read and follow the instructions.

If the hole or tear is more than a quarter inch, or is close to the valve stem, forget it. The tube is finished.



In the unlikely event that the puncture is on the inside of the tube, you should remove the tire and check the rim for protruding spoke ends. On the road, there is not much you can do about one of these except cover it with a tire patch and ride home. You might need to get the wheel repaired, or at least retaped.



Starting with the valve stem, push the tube into the tire



Push the tire back onto the rim using your thumbs.
DO NOT pry it on with the tire levers!

Wider tires go on the rim easier than skinnier ones, but they will all go on. Just take your time, and gradually work the bead over the rim with a rolling motion, bit by bit,

Prying tires on with levers frequently tears the inner tube. Numerous times I have stopped to aid a fellow cyclist who has done just this and now faced a long walk home or a long wait for a ride.





Pump the tire until it is firm enough to hold its shape when pressed with a finger, but not until it is hard enough to ride on. Then check to be sure that it is seated properly on the rim and that the tube isn't pinched between the tire and rim.



Now you can remount the wheel on the bike. You may find that while it was easy to remove the wheel when the tire was flat, it may be hard or even impossible to put back on even partially inflated.

Many bikes have brake release mechanisms like the one shown at left. Just flip the lever to release. On some, you may have to loosen a cable and pull it from a slot while squeezing the brake pads together. Some have disk brakes, so you won't have this problem.

Close the brake release or reattach the cable. Check to make sure everything is in place and that the wheel spins freely. If you took off the rear wheel, turn the crank to make sure the chain turns the wheel.

Then inflate the tire the rest of the way. A tire gauge is useful, and some pumps have them built in.

Now you are ready to ride. Oh, check the brake on the wheel you removed, just to be sure!



Top: two kinds of tire pumps. The smaller one fits in a seat bag and works on both Presta and Schrader valves. The larger frame pump is for Presta only, but has a built-in gauge and is easier to use. Middle: spare inner tube, set of tire levers and both kinds of patch kits. Bottom: a bicycle multitool, and an Allen wrench set. You should carry one or the other.

Things every cyclist should carry:

- a spare inner tube
- a pump or a CO2 inflator
- tire levers
- a small tube patch kit
- a bike multi-tool, or a wrench set

If you ride long distances alone, you might want to carry a second spare tube. CO2 inflators do work, but the average cartridge is good for only one flat. I have lent my pump to many cyclists who have used their last cartridge without fixing the flat. A wrench set or multi-tool that fits your bike is great for adjusting and tightening things while on your trip.

You can prepare for a flat by learning how to take off the wheels and put them back on at home.

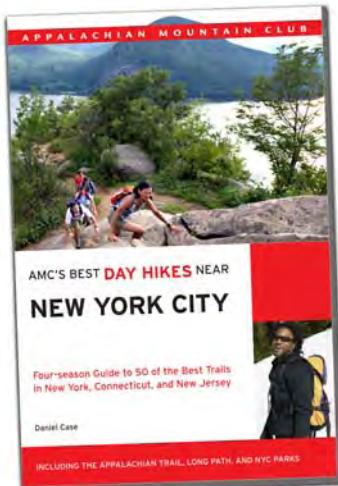
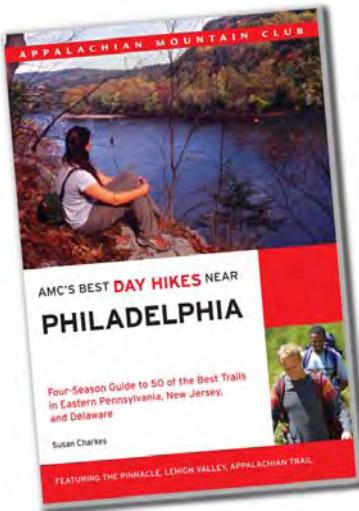
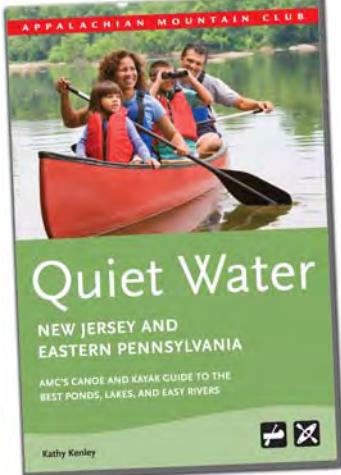
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