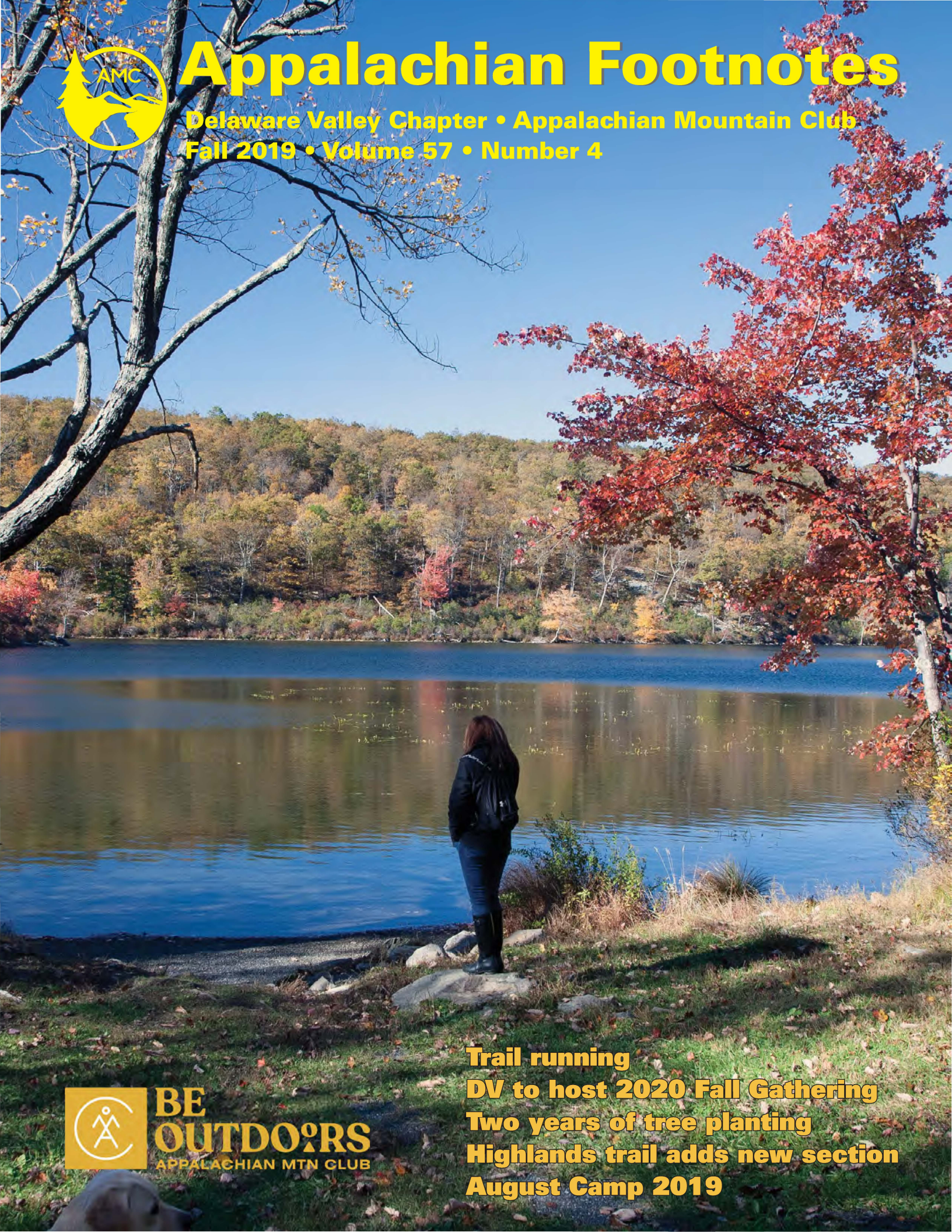




# Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club  
Fall 2019 • Volume 57 • Number 4



**BE  
OUTDOORS**  
APPALACHIAN MTN CLUB

**Trail running  
DV to host 2020 Fall Gathering  
Two years of tree planting  
Highlands trail adds new section  
August Camp 2019**





## Appalachian Footnotes

the magazine of the  
Delaware Valley Chapter  
Appalachian Mountain Club  
published using recycled electrons.

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**Just click on any e-mail or web link.**

**They all work!**

**Click on the bookmark icon  you will get a clickable index!**

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Get a list of all Delaware Valley Chapter activities for the next two weeks sent to your in box each Wednesday, plus advanced notice of major trips and events each month.

Members' e-mail addresses will not be used for any purpose other than sending out this bulletin.

Go to <http://amcdv.org/mail.html> to sign up, change your e-mail address or cancel your subscription

## Custom activities digests, too!

Get a list of trips you are interested in sent to your in box the day they are posted.

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Delaware Valley Chapter Web Site: [amcdv.org](http://amcdv.org)

DV Paddler's Web Site: [paddlenow.com](http://paddlenow.com)

Chapter e-mail: [info@amcdv.org](mailto:info@amcdv.org)

Weekly Activities Bulletin: [amcdv.org/mail.html](http://amcdv.org/mail.html)

AMC General Web Site: [outdoors.org](http://outdoors.org)

### Chapter Ombudsman

Questions, complaints, concerns or comments about the Delaware Valley Chapter of AMC should be directed to Chapter Ombudsman, Allen Male at [ombudsman@amcdv.org](mailto:ombudsman@amcdv.org).



**Cover:** A visitor takes in the beauty of Catfish Pond at the Mohican Outdoor Center in October.

Eric Pavlak photograph.

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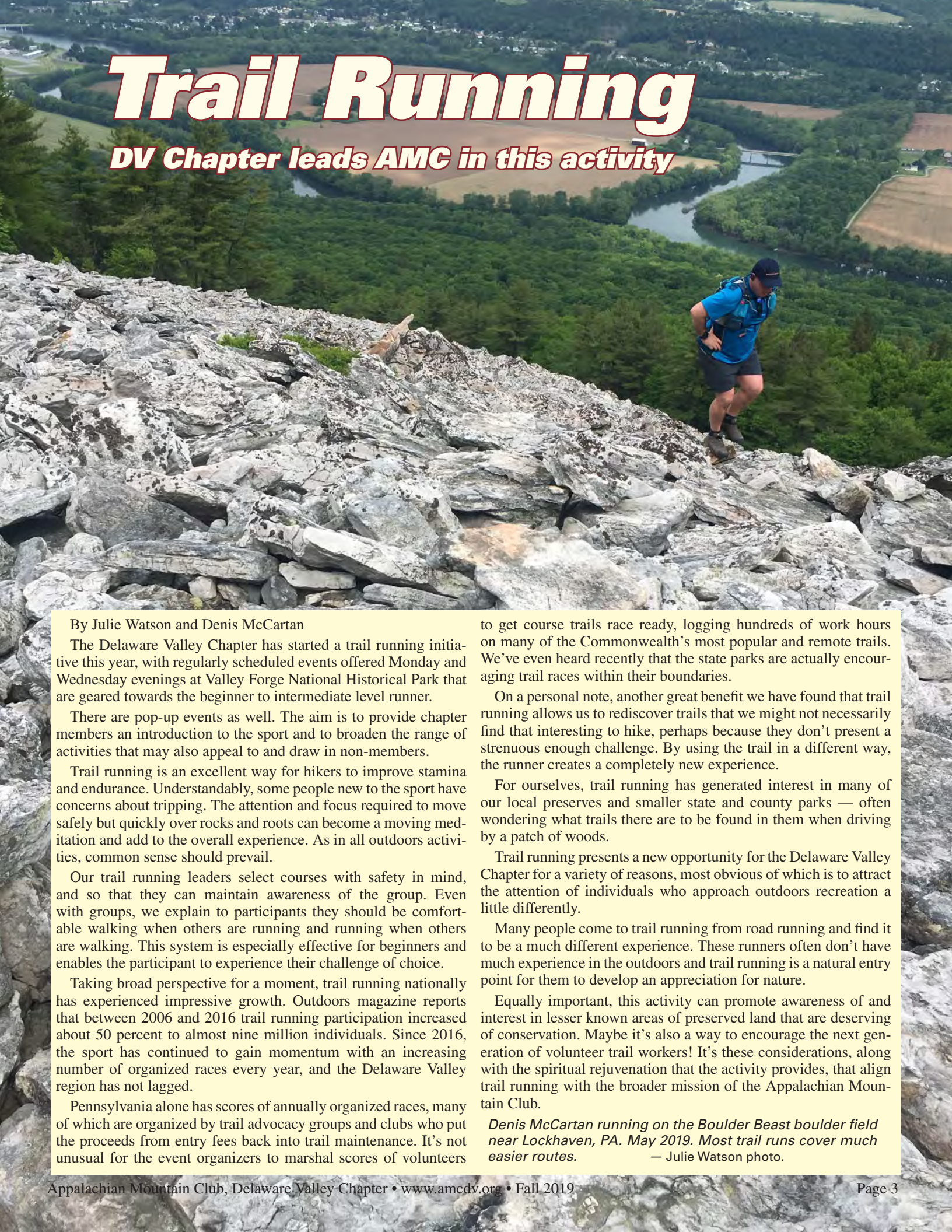
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# ***Trail Running***

## ***DV Chapter leads AMC in this activity***



By Julie Watson and Denis McCartan

The Delaware Valley Chapter has started a trail running initiative this year, with regularly scheduled events offered Monday and Wednesday evenings at Valley Forge National Historical Park that are geared towards the beginner to intermediate level runner.

There are pop-up events as well. The aim is to provide chapter members an introduction to the sport and to broaden the range of activities that may also appeal to and draw in non-members.

Trail running is an excellent way for hikers to improve stamina and endurance. Understandably, some people new to the sport have concerns about tripping. The attention and focus required to move safely but quickly over rocks and roots can become a moving meditation and add to the overall experience. As in all outdoors activities, common sense should prevail.

Our trail running leaders select courses with safety in mind, and so that they can maintain awareness of the group. Even with groups, we explain to participants they should be comfortable walking when others are running and running when others are walking. This system is especially effective for beginners and enables the participant to experience their challenge of choice.

Taking broad perspective for a moment, trail running nationally has experienced impressive growth. Outdoors magazine reports that between 2006 and 2016 trail running participation increased about 50 percent to almost nine million individuals. Since 2016, the sport has continued to gain momentum with an increasing number of organized races every year, and the Delaware Valley region has not lagged.

Pennsylvania alone has scores of annually organized races, many of which are organized by trail advocacy groups and clubs who put the proceeds from entry fees back into trail maintenance. It's not unusual for the event organizers to marshal scores of volunteers

to get course trails race ready, logging hundreds of work hours on many of the Commonwealth's most popular and remote trails. We've even heard recently that the state parks are actually encouraging trail races within their boundaries.

On a personal note, another great benefit we have found that trail running allows us to rediscover trails that we might not necessarily find that interesting to hike, perhaps because they don't present a strenuous enough challenge. By using the trail in a different way, the runner creates a completely new experience.

For ourselves, trail running has generated interest in many of our local preserves and smaller state and county parks — often wondering what trails there are to be found in them when driving by a patch of woods.

Trail running presents a new opportunity for the Delaware Valley Chapter for a variety of reasons, most obvious of which is to attract the attention of individuals who approach outdoors recreation a little differently.

Many people come to trail running from road running and find it to be a much different experience. These runners often don't have much experience in the outdoors and trail running is a natural entry point for them to develop an appreciation for nature.

Equally important, this activity can promote awareness of and interest in lesser known areas of preserved land that are deserving of conservation. Maybe it's also a way to encourage the next generation of volunteer trail workers! It's these considerations, along with the spiritual rejuvenation that the activity provides, that align trail running with the broader mission of the Appalachian Mountain Club.

*Denis McCartan running on the Boulder Beast boulder field near Lockhaven, PA. May 2019. Most trail runs cover much easier routes.*  
— Julie Watson photo.



# DV Chapter to Host AMC's 2020 Fall Gathering

The Potomac Chapter, whose turn it was to host Fall Gathering, decided it lacked the resources necessary to produce this major club-wide event.

Our chapter's resourceful volunteers stepped forward. The 2020 Fall Gathering Committee includes Bill De Stefano, chair; Midori Wakabayashi. John Rogers, Lennie Steinmetz, Karla Geissler, Joe Nanfara. Raun Kercher, Blasé Hartman, Margaret McDonald, Terry Berntsen and Susan Weida.

This chapter last hosted Fall Gathering in 2013 under the leadership of future three-term Chapter Chair Joan Aichele. Our team of volunteers did double duty when a federal government shut-down two weeks before the event closed the Delaware Water Gap National Recreation Area.

Our amazing leaders scouted new hikes and activities in one week-end, and by Monday we had a complete Plan B schedule and website for the event. The shutdown ended the day before the Gathering, and we never needed Plan B. Let's hope our current committee doesn't have to do this. If they do, I am certain they could and would.



*Yurts, the dining hall and one very large chair/ Raun Kercher photos*

## **A sneak PEEC: The FG 2020 Committee's visit**

On Sunday, August 11 a small group of Delaware Valley Chapter AMC members set forth to the the Pocono Environmental Education Center (PEEC) located within the 77,000 acre Delaware Water Gap National Recreation Area to complete plans for use of this facility as the location of the 2020 Fall Gathering which DV Chapter will be hosting. Other AMC chapter members will come to this location for a memorable fall weekend filled with entertainment, friends and recreation.

In its early days the location was a destination used as a honeymoon resort. Shortly after PEEC took over, our chapter used the facility to host the 1993 Spring Gathering. We had both fall and spring gatherings back then, and the facility was much in need of repair.

Today it is a modern educational learning center with a goal to advance environmental education, sustainable living and appreciation of nature from a hands-on perspective.

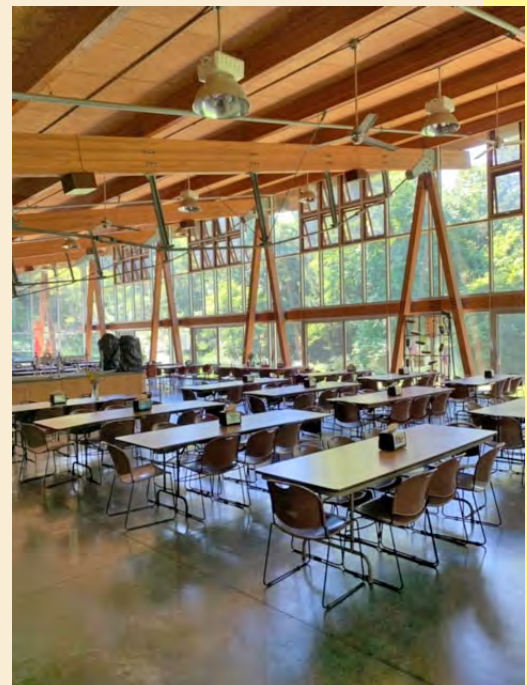
The experiences from the tour include the large interesting spherical art form on the Education Center roof which was made from recycled plastic bottles. There is a creative environmental education pool conversion in the main building. PEEC's heated cabins and bunk rooms, teaching facilities and residential yurts are all going to be available for the event.

The award winning sustainably constructed dining hall has large open windows and walls to allow better collection of heat from the sun and/or cooling. This dining hall's exterior walls are lined with tire shingles that were recycled from the tires that were pulled from the Delaware River over the years. You can also catch a really nice view out onto Delaware Water Gap National Park forests from this location.

There are over 12 miles of hiking trails from the PEEC location and even more miles of hiking trails in the Delaware Water Gap and other surrounding forests.

We think you will enjoy the location we chose. Please keep a look out for the 2020 Fall Gathering registration in July, 2020.

— Raun Kercher







## Two years of tree planting by chapter conservation volunteers

Non-AMC volunteers also participated. Mike Manes was AMC leader on all but the 10-20 event, which was led by Susan Weida. A variety of native species were planted. Mike provided these photos.

September 30, 2017, Paunacussing Preserve, Buckingham, PA, Natural Lands  
 December 9, 2017, Saunders Woods Preserve, Gladwynne, PA, Natural Lands  
 December 11, 2017, Rolling Hills Park, Gladwynne, PA, Natural Lands  
 December 12, 2017, Henry Lane Park, Gladwynne, PA, Natural Lands  
 December 13, 2017, Idlewild Farm Preserve, Gladwynne, PA, Natural Lands  
 December 14, 2017, Flat Rock Park, Gladwynne, PA, Natural Lands  
 October 6, 2018, Diabase Farm Preserve, Solebury, PA, Natural Lands  
 October 20, 2018, Little Lehigh River Park, Macungie, PA, Wild Lands Conservancy  
 April 22, 2019, Bethlehem Municipal Water Authority, Kunkletown, PA,  
 both the Water Authority and The American Chestnut Foundation  
 May 8, 2019, Henry Lane Park, Gladwynne, PA, Natural Lands  
 May 9, 2019, Saunders Woods Preserve, Gladwynne, PA, Natural Lands  
 May 11, 2019, Rolling Hills Park, Gladwynne, PA, Natural Lands

### Volunteer for these upcoming plantings

**Paunacussing Preserve on Sat., Oct. 5.**

**Saunders Woods on Thurs., Oct. 10.**

**Saunders Woods on Thurs., Nov. 14**

These are preserves owned by Natural Lands.

For details, go to:

<http://amcdv.org/AMCCalendar.php>





## Highlands Trail to expand in Bucks County with new three mile section

Patricia McCloskey

AMC Mid-Atlantic Recreation Planner, Bethlehem, PA  
American Institute of Certified Planners

On a hot and muggy day in August, Appalachian Mountain Club staff, along with township representatives, county officials and staff, partner organizations, and members of the public gathered at the site of the soon-to-be-built Upper Bucks Rail Trail to celebrate the ground breaking of a new three-mile section.

Located in Springfield and Richland Township, Bucks County, this new trail will connect to the Saucon Rail Trail in Coopersburg, Lehigh County and head south, ending just outside Quakertown, in Richland Township. The trail will be constructed along an unused railbed owned by Southeastern Pennsylvania Transit Authority (SEPTA).

Over the years, AMC coordinated with many organizations to envision, plan and design the project, notably the Bucks County Commissioners and Planning Commission, Springfield and Richland Townships, Bike Bucks County and the engineering firm of Boucher and James, Inc.

AMC staff and club members first conceived of this project almost a decade ago, bringing together the county and townships, hosting meetings and workshops, and taking the lead in the community outreach effort. AMC Delaware Valley Chapter members Greg Bernet and Adrian Noble are active members of the PA Highlands Trail Steering Committee. The AMC Delaware Valley Chapter also hosts the Highlands Trail Stewards, a trail development and maintenance crew led by Chapter Vice Chair Greg Bernet.

*If you are interested in volunteering with the Highlands Trail Stewards, you can sign-up online at <http://pahighlands.org/trail-planning/highlands-trail-stewards> or contact Greg Bernet at [vice-chair@amcdv.org](mailto:vice-chair@amcdv.org).*

Development of the rail trail will have a positive impact on the region's recreation resources by providing new trail opportunities for cycling and hiking in northern Bucks County. The rail trail

will connect to existing trails and communities that are part of the Pennsylvania Highlands Trail Network (PHTN) including Quakertown. The PHTN follows sidewalks through Quakertown, and on the south side of town, trail users can continue along another two miles of connected trail in Richland Township. Except for road crossings, trail users will soon be able to travel from Hellertown to Quakertown almost completely separated from car travel. In addition to being part of the Pennsylvania Highlands Trail Network, the Upper Bucks Rail Trail is also part of The Circuit.

Despite the heat, state representatives, county commissioners, township officials, staff of the various partner organizations and residents gathered alongside the rail bed at the Richland Township Fire and Rescue Station on Shelly Road on August 21st to celebrate the beginning of construction of this new trail.

Officials spoke of the importance that the Upper Bucks Rail project will have in providing new recreational opportunities and the economic benefits of connecting communities together with trails. WLTV (PBS Channel 39) and WFMZ (Channel 69) as well as several area newspapers covered the event.

Construction on the Upper Bucks Rail Trail is anticipated to begin before the end of 2019. AMC will continue to work on new trail connections in the region, including a trail from Quakertown to Nockamixon State Park, and from the state park to Ringing Rocks Park. AMC is also working with Milford Township to extend the Unami Creek Trail and with Marlborough Township to develop a trail to link to the Perkiomen Trail. You can learn more about the Pennsylvania Highlands Trail Network and AMC's conservation work in the region at <http://www.pahighlands.org>.



### AMC Volunteers lead hikes, staff booth at Step Outdoors Lehigh Valley weekend event

For the past five years, our chapter has participated in the Step Outdoors Lehigh Valley weekend festival held at Bethlehem Steel Stacks. This year's event was held June 1-2.

The weekend is designed to provide festival goers with information on all the outdoors activities that the Lehigh Valley has to offer including a Mud Run and the Dock Dogs competition.

Our booth is filled with pamphlets, maps, pictures, handouts and information about all the opportunities we have. We offer urban hikes both days which take everyone through the South Bethlehem Greenway to Sand Island, a walk along the Lehigh Canal and then back to Steel Stacks.

This year we saw more turtles that you can imagine including a snapping turtle and a red slider. The peregrine falcons were out and protecting a new baby whom we could see up close with the binoculars I had in my pack.

AMC members staff the tables and talk about what we have to offer as well as provide free info and answer questions. We meet the most amazing people and are constantly kept busy. It's a great way to promote the club and share our enthusiasm with everyone.

— Linda Watsula



### Falling for the Catskills V

Autumnal views and peak-bagging are featured in this fifth annual Columbus Day weekend trip to Tannersville, New York, offered by Jeff Fritzinger and Barbara Beatrice on October 11-13. Several hikes are offered by qualified leaders on Saturday and Sunday, summiting 3500-foot peaks with stunning views. Many regulars return for this annual pilgrimage, but newcomers are welcome! A strong fitness level and sense of fun are all that is required. Contact Jeff Fritzinger at 917-837-4899 for more information.





# August Camp 2019

Margaret Moore photo.

By Tammy Brown

August Camp has been enthusiastically described by those who attend as “summer camp for adults.”

As a first time attendee, I would say that is an accurate description, but it is so much more. This is the 132nd year of AMC August Camp, which is held for four weeks in late July and early August. The location of camp this year was in Packwood, WA, adjacent to Mt. Rainier National Park. My husband and I attended week two, which is the week that a number of Delaware Valley chapter members select year after year. August Camp is steeped in tradition and culture, so it is very nice to attend with friends that one knows from the chapter.

August Camp has been held in recent years in the Pacific Northwest, an area much different from the Northeast US that we are accustomed to. Week two attendees were grateful to have been spared the rain encountered by week one campers. We slept dry and comfortable in our sleeping bags on cots in our green canvas Army-style tents.

A sufficient number well maintained “tillies” (port-a-johns) were nearby, and potable water for personal needs was properly stored for easy dispense from the “water buffalo,” a large plastic tank housed in the bed of a pickup truck. Bathing was easily accomplished in shower stalls constructed from PVC pipe and blue plastic tarps. If you have never used a solar shower (a three gallon plastic bladder with a hose and shower head), you will be pleasantly surprised with the effectiveness of such a device.

There is no reason to go hungry at August Camp. Breakfast and dinner are made by the excellent “croo,” a group of college-aged people who prepare a variety of healthy foods from a field kitchen fueled by electrical generators and tanks of LP gas. It is very much like the food prep that takes place in the huts in the White Mountains.

They were able to meet the dietary needs of campers who were vegetarian, gluten sensitive, or who had various food allergies. The croo prepares meals for the 64 campers that stay each week, and were always pleasant and accommodating. The croo provides the fixings for bag lunches each day, which the campers select and pack themselves before the breakfast gong sounds.

Why attend August Camp? The number one reason is to hike in beautiful locations! After suffering through weeks of hot, humid weather in the crowded Northeast, what a blessing to hike in low humidity and moderate temperatures among the evergreens and wildflowers with unbelievable views of snow-covered Mt. Rainier each day. Admittedly, the parking lots at Paradise and Sunrise Visitors Centers in Mt. Rainier National Park contained a fair number of cars, and the short hikes near the centers were quite popular with visitors. However, many days we saw very few people on the trails, especially on the longer hikes.

Camp was also in reasonable proximity of Mt. St. Helens National Monument, so hikes were scheduled there as well. Campers who hiked in both locations commented on the amazing contrast of the two parks. Thirty nine years have passed since the eruption of Mt. St. Helen’s, but nature does certainly find a way to create life from devastation.

When I describe AMC to non-hiker friends, I always characterize the people I have gotten to know as my “hiker family.” AMC-DV has become my social network, the place where I always feel I belong. I so enjoy spending time with this group of like-minded people.

In no time at all, I felt a similar connection to my fellow attendees at August Camp. Campers attended from many different states, even different parts of the country. We quickly grew to enjoy each other’s company, through driving together to and from the trail heads, hiking together, enjoying the swimming hole, sharing meals, and spending time around the campfire at the conclusion of the day. At no time did I experience anything other than friendliness and kindness from this fine group of former strangers, who share in common a love of the outdoors and commitment to stewardship of our natural environment.

The August Camp Committee headed by DV’s own Lennie Steinmetz does an excellent job of planning and executing August Camp every year. The volunteer hike leaders were outstanding. I found attending camp to be a very good experience, and would very much recommend anyone who enjoys hiking and camping in beautiful places with a group of wonderful, like-minded people to seriously consider making application to attend August Camp 2020 in the Pacific Northwest! Check it out at <https://augustcamp.org>



# August Camp 2019



Margaret Moore photo.



Joe Nanfara, two large photos.





Margaret Moore photos, except center,  
which is by Joe Nanfara

## August Camp 2019





## Hike New Jersey with the author of the latest AMC guide book

Get outdoors and hike New Jersey with the author of the new book! Upcoming hikes from *Best Day Hikes in New Jersey* listed here:

[www.facebook.com/Best-Day-Hikes-in-New-Jersey-2032962360330183/](http://www.facebook.com/Best-Day-Hikes-in-New-Jersey-2032962360330183/)

Book signings coming to selected REI, EMS, and other stores! Check *Best Day Hikes in New Jersey* Facebook page to keep abreast of upcoming signings and more hikes

[www.facebook.com/Best-Day-Hikes-in-New-Jersey-2032962360330183/](http://www.facebook.com/Best-Day-Hikes-in-New-Jersey-2032962360330183/)

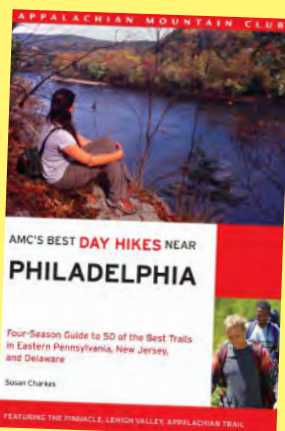
You can order the book at:

<https://amcstore.outdoors.org/books-maps/books/new-releases/>

*Priscilla Estes is an avid hiker, writer and yoga instructor, and has served as DV Chapter Chair and as publicity chair.*



**Outdoors with Kids Philadelphia** is the latest addition to the AMC's Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia. It focuses on the "pay-off" for children of each age group while specifying which locations are good for hiking, swimming, paddling, biking, etc. It features safety tips and a "Plan B" for each destination.  
Member Price: \$15.16



### AMC's Best Day Hikes Near Philadelphia

Four-season Guide to 50 of the Best Trails in Eastern Pennsylvania, New Jersey, and Delaware  
Member Price: \$15.16

Both by Susan Charkes  
Our chapter's past Conservation Chair

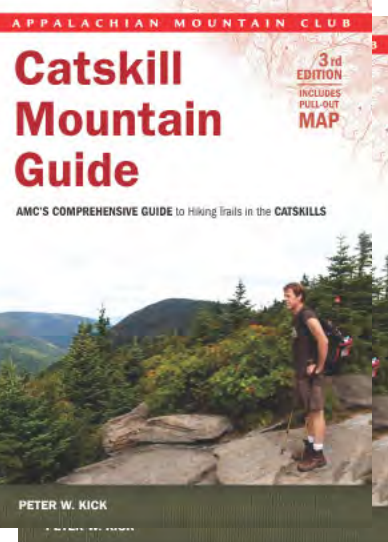
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