



# Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club  
Summer 2017 • Volume 55 • Number 3



## *Huge Summer issue!*

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**The building of the LeRoy Smith Shelter**

**A dock for everyone**

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## Appalachian Footnotes

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

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

### Chapter Ombudsman

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Cover: Chilling in the Delaware River, June 19, 2016

Photo by Rich Pace, who led that trip.

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# Synchronous firefly displays herald the beginning of Summer



As children, we all remember the magic of fireflies twinkling on a summer night. Just imagine the same display, but with all the fireflies blinking on and off together. On a recent trip to Congaree National Park in Hopkins, South Carolina, we were fortunate to visit from May 23-June 3 when the synchronous firefly display was at its peak. Park rangers noted that Congaree is one of the least visited national parks. Following our visit we can make a definite recommendation of Congaree for lovers of the outdoors.

Gaining the national park designation in 2003, Congaree National Park protects the largest remaining tract of old-growth bottomland hardwood forest in North America. Trails and boardwalks leading through the forest swamp areas allow visitors to view giant bald cypress, loblolly pines, sweet gum, and other mixed hardwood trees. The forest provides a sanctuary for wildlife such as barred owls, river otters, wading birds, pileated woodpeckers and the *Photinus carolinus* species of fireflies that provide the synchronous display.

At the Congaree Visitor Center the human crowds begin to gather between 8 and 9 PM to wait for the display. Individual fireflies begin to blink randomly. As the forest becomes totally dark, the numbers of flashes increase, and the synchrony begins to occur.

Firefly larvae require 1-2 years to mature from eggs, but after they mature they live as adults for only about 21 days. It is during this time that they put on their wonderful summertime displays. For all fireflies, the light pattern is part of their mating ritual. The males begin by flashing while the females lurk in the low bushes. When the female identifies a male with whom she wishes to mate, she will return his flash signal.

No one understands why certain species around the world flash synchronously. Competition between males may be the one reason as each male rushes to be the first to flash. Another theory is that the males

flash together in order to have a better chance of being noticed, allowing the females to make comparisons.

Congaree is one of only a few sites in our country where *photinus carolinus* displays can be observed. Other areas are the Great Smoky Mountains and Pennsylvania's own Allegheny National Forest. The displays occur each year, but the exact dates vary based on temperature and other weather factors. Please check with these parks to get information on the peak dates. Be prepared to observe a magical wonderland! — Susan Weida

## Two teens earn volunteer community service credit for clean-up work at Mohican

Two teens earned several community service credit hours at the Work-and-Play Weekend at Mohican Outdoor Center March 31 to April 2.

Jon Foley of Silver Spring, Maryland, and Gabrielle Anzalone of Lindenhurst, New York, worked variously alone or with the adult program participants to sort rubbish and recyclables from useful sports items and tools in an equipment garage, and to remove large and small litter accumulated over several years in the vicinity of the trash and recycling dumpsters near the main lodge.

They also worked to de-litter and rebuild several fire rings throughout the camp, to rake leaves from under and around cabin bases for safety, and to remove litter from several miles of the AT and side trails. Congratulations on a job well done to Jon and Gabrielle!

Teens or college students who would like to contribute their time similarly should contact Greg Cook, [casacook@icloud.com](mailto:casacook@icloud.com) (for work at Illick's Mill in Bethlehem, Pennsylvania), or contact Kate Prisby, [youngmembers@amcdv.org](mailto:youngmembers@amcdv.org), or Annette Sheldon, [family@amcdv.org](mailto:family@amcdv.org) for projects in other areas.

*Jon Foley at Coppermine Falls with bag of trail trash he collected from that area this past spring.*





# The Building of the LeRoy Smith Shelter

By Ken Graham

Ken Graham (1912-2006) was an early DV Chapter hiking chair and leader who participated in the building of the shelter. This report dates from 1996.

In 1965 at age 53 I joined the AMC. It was not easy to become a member. At that time an applicant was required to have two member-sponsors write letters of recommendation. Henry Townsend was one of my sponsors. Jo Graham [Ken's wife] did not join for a couple of years.

I soon became an enthusiastic hiker and seldom missed a scheduled hike and became familiar to many other members and chapter officers. Soon (in 1967) I was elected to be Hiking Chairman.

The Executive Committee consisted of seven persons: chairman, secretary, treasurer, hiking chair, canoe chair, mountaineering chair and social chair. Martin Davenport was Chapter Chairman and monthly Executive Committee meetings were held in his office in downtown Philadelphia. Duties of hiking chair were to solicit leaders to lead hikes, organize a hiking program, write announcements of hikes and get them published in AMC Appalachia. There was no chapter newsletter.

The hiking program was quite disorganized. Often several weeks went by without a hike. The canoeing section was much more active and had a very complete program and training session. The Delaware Valley Chapter was only a few years old, and was originally organized by canoeing people. Chapter Chair Martin Davenport was an enthusiastic canoer but did come out on hikes in the off-season of canoeing.

Being enthusiastic about hiking, I worked hard to improve the number and quality of hikes, and to get more good, qualified hike leaders. Soon there was a hike every Sunday during Spring, Autumn and Winter. Major hikes were always on Sunday, sometimes an extra one on a Saturday. There never were any hikes in July and August. Anyone wanting to hike in Summer went to the White Mountains. Early hike leaders were Mac White, Henry Townsend, Joan Wiltshire, Marge Hiles, Lionel Adda and John Himmelberger.

Quite early in my hiking career I met LeRoy Smith. He often participated in hikes especially on the Appalachian Trail (AT) and other trails near his home. He lived in Nazareth, PA and worked at Bethlehem Steel Co. in Bethlehem. He was short, stocky and strong as a bull with a heart of gold, very outgoing with a Pennsylvania Dutch accent, and very involved in hiking especially the Appalachian Trail. He was "Trail Master" for DVC, which meant he had sole charge and responsibility for the 16-mile section of AT which DVC was responsible for maintaining. This was the same 16 miles which DVC still maintains: Wind Gap to Little Gap. Note:- LeRoy's "Trail Master" position was considered not important enough to be on the Executive Committee!

Originally, the Philadelphia Trail Club (PTC) had charge of the very long section of AT from Fox Gap to Blue Mountain Summit. Keystone Trails Association (KTA) had charge of the entire AT in Pennsylvania and parceled out sections to various hiking clubs as it saw fit. They were very sincere about their responsibility for AT in PA. Evidently KTA was not satisfied with PTC's maintenance of its section, which was entirely too much for a small club with most members a long distance away in Philadelphia area. The 16-mile section, Wind Gap to Little Gap, was taken from PTC and entrusted to the new DV-AMC and LeRoy Smith was appointed Trail Master.

Evidently LeRoy had been told that if this DVC section was not maintained properly, it would be awarded to another club. He was always very apprehensive of this happening and was very dedicated to keeping up the trail properly.

However LeRoy, not being on the Executive Committee of DVC had little contact with the chapter officers and only knew those



## APPALACHIAN FOOTNOTES

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### D.V.A.M.C. Shelter Completed

In November 1972 the LeRoy A. Smith Shelter on the Appalachian Trail was formally dedicated with representatives of area hiking groups and the Pennsylvania Game Commission present. We have a continuing responsibility to maintain the shelter and an adjoining 16 mile section of the A.T. For this purpose Trails and Shelter Action Committees are being formed as described more fully elsewhere in this Newsletter.



LeRoy A. Smith Shelter - a reality after many years planning!  
Photo Credit: Mac White

*The March 1973 issue of Footnotes announced the completion of the AT trail shelter by our chapter's volunteers.*

DVC members who came on hikes in his area: Delaware Water Gap, the AT, the Pinnacle, etc. There was no way for him to organize and publicize work trips on the AT. Consequently he did all the work on 16 miles of trail himself; quite a burden.

LeRoy and I soon became close friends. We discussed his problems with trail maintenance, and I went with him on several work trips, just the two of us. We finally agreed that the best solution

was for me to include trail maintenance outings in the hiking program, and we would give it publicity through the hike program in AMC Appalachia Bulletin. We scheduled two trail work trips each Spring and Fall. Attendance, slow at first, picked up and eventually

we had a good turnout and kept the trail in good condition. This also seemed to stimulate interest in hiking on the AT. Eventually many DVC members went on to hike AT in PA and some to hike the entire AT.

When DVC took over its AT section from PTC, there was a shelter at Smith Gap which had been constructed at a spring about 300 yards down from the AT. Most of this trail section was on State Game lands but the Smith Gap shelter was on private land owned by a dentist who lived in Bath. Originally he had given permission to PTC to construct that shelter on his property, but, with the improvement of the Smith Gap road, he decided to build a house on this property. He made a tool shed from the shelter and closed it to hikers. For a couple of years he permitted hikers to use the spring but eventually this was stopped. So soon after DVC took over its AT section, it was in the middle of some 35 miles with no shelter and no water.

KTA started urging LeRoy to get busy and promote a shelter on DVC's section. He talked it up to everyone as often as he could, but none of the DVC hikers were backpackers, and they could care

**LeRoy Smith, the driving force behind the shelter, died at an early age shortly after it was completed.**



## Shelter, continued from previous page

less. Even though Jo and I were novice hikers and had never backpacked, LeRoy convinced me and I agreed to try to promote it with DVC Executive Committee.



The shelter in use, before the new roof.

LeRoy already had done much of the ground work. He had chosen a site, designed and made a scale model of the shelter, and even obtained permission from State Game Commission officials to locate the shelter on State Game Lands, quite a difficult accomplishment since SGC and most hunters looked with disdain on hikers, and just barely tolerated them on their sacred hunting grounds! LeRoy convinced them that the AT would be a valuable access route in case of forest fire, and that it aided hunters to get to remote hunting areas.

LeRoy even came up with a unique corner design for the shelter; a very ingenious type of angular notching which saved large quantities of lumber and made a stronger, longer-lasting corner than the usual overlapping joint. He found a local man who was tearing down an old barn. The 12 inch square oak framing timbers were ideal for a shelter. LeRoy bargained with this man to cut all these beams to length, plus provide heavy planking for the floor and roof and deliver them to the foot of the Katellen Trail for \$300.

LeRoy depended on me to sell the idea of the shelter to DVC, but I could get nowhere with the executive Committee, even though I was very persistent. They probably thought I was a pest! The committee was too busy “playing footsie” with AMC in Boston: fund raising, meetings, etc., etc.

As time passed, Ruby Horwood was elected DVC Chapter Chair replacing Martin Davenport who had served for a long time. Ruby was an avid hiker. She often went on the same hikes I did, or on ones which I led. She encouraged me in my hiking Chairman efforts, and seemed more receptive to the shelter idea. She was also a member of PTC and was familiar with PTC's problems with trail maintenance and building shelters. Finally on July 13, 1969 she agreed to go on a shelter site inspection hike. Participating were LeRoy, Ruby, Mac White, Lionel Adda, Dr. Beebe and myself. This was PROGRESS! But actual construction did not start until September 12, 1971.

AMC was chosen to be host club for ATC's bi-annual meeting, which was to be at Plymouth State College in New Hampshire. This was a very important event to AMC. The planning phase was over a year and several hundred people would attend. Ned Greist of the Connecticut Chapter was chair of the planning committee. He asked me to be chair of the publicity committee, and I asked LeRoy to be co-chair. It was necessary for LeRoy and I to make

trips to Plymouth, NH and CT. We got to know many prominent AMC people.

I was still persisting with DVC Executive Committee on the shelter. Ruby seemed more receptive, and we arranged for LeRoy to come to an Executive Committee meeting and present his plan. He took a day off from work, came down and stayed with Jo and me. I introduced LeRoy to the Executive Committee, and he presented his case, the need for a shelter and his plans including the cost of materials. At the next meeting the committee approved the shelter plans of LeRoy and appropriated \$300 for materials. WE WERE IN BUSINESS!

But evidently Chair Ruby Horwood had second thoughts. After all, \$300! She appointed a Shelter Committee. I cannot recall who was on this committee but I think Gardner Dean was chairman. The committee hired a geologist to check out a site. The availability of water was a prime factor. The geologist came up with exactly the same site which LeRoy had picked. LeRoy asked me to include in the hiking program work trips for shelter construction and to encourage people to participate. From September 11, 1971 to November 26, 1972, I scheduled eight work trips, all on weekends. We urged people to come for the weekend and camp at the shelter site. We had a fair turnout, which increased as time progressed. Many local people who LeRoy enlisted came for one or both days. Also many local people came for unscheduled work times especially late afternoons and evenings in warm weather. The chapter supplied beverages — soft drinks and beer on scheduled outings.

LeRoy had the lumber cut to length and delivered as far up the Katellen Trail as the truck could go. Then he arranged with a local man to pull the heavy timbers up the rough, steep Katellen Trail. Work progressed slowly but steadily. Most workers did not have experience, but LeRoy was always there to direct and use his strength. Cutting the corners of the main timbers was tricky and difficult. The oak wood was tough, especially cutting on an angle.

There were a few mishaps, but mostly things went well. Once, the soft drinks and beer was stolen out of the spring right under our noses. Then the jeep which pulled the timbers up the trail broke down and we had to carry the remainder. We tied them to

## Remembering Ken Graham

By Bill Steinmetz

Ken and Jo Graham were influential figures in the early days of the DV Chapter. Ken joined AMC in 1965, and over the years was involved with the Appalachian Trail and in helping LeRoy Smith gain support for constructing a new shelter on the chapter's trail section.

He and Jo hiked the entire AT themselves, mostly as day hikes, and Ken had a great slide show on their adventures which he presented at the ATC Biennial Gathering and elsewhere. They continued to maintain a section of the AT until they were well into their seventies.

Additionally, Ken and Jo were long time AMC August Camp participants, which they continued to attend until at least 1987, when Ken summited Katahdin at the age of 75. They were also leaders of AMC Major Excursions (now Adventure Travel) to Cinnamon Bay in the Virgin Islands (their 23rd time by 1996), the Austrian Alps, and the Grand Canyon. Ken's slide show of one of those Austrian hut-to-hut trips was the featured program at a DV Annual Dinner, inspiring Lennie and me to go there for our honeymoon, using detailed information provided by Ken, of course!

We are in debt to Ken and Jo personally, and remember fondly their energy and enthusiasm. They both left a legacy in AMC with their love of the outdoor, and of our chapter; with their involvement in AMC's August Camp and AMC Major Excursions, and with their dedication to the Appalachian Trail.



a ladder and several men on each side carried them. Cutting the corner notches was very tricky and difficult, even when LeRoy lent his chain saw, which became dull rapidly. Most of the notches were cut with hand saws. LeRoy lent many of his own tools, and these had to be carried up and down every day as a precaution against their being stolen.

Then one of the volunteer workers cut notches on the wrong side of one large timber. However, somehow LeRoy was able to salvage it. Each of the pre-cut to length timbers fitted perfectly. No left over or shortage. LeRoy's design was perfect. Basically, the work went well. We had good turnouts; everyone worked hard but also had a good time. We made it an enjoyable social event!

On November, 26 1972 a large group gathered for the dedication of the completed shelter: many AMC members, local volunteers, other hiking club members, State Game Commission officials, etc. There was a party with refreshments, even a bottle of champagne to christen the new shelter.

I suggested naming the shelter for LeRoy Smith without whom it would never have been built. The committee was reluctant to name it for a living person but there were reasons.

During the summer of 1972 LeRoy mentioned to me that he had to go to the hospital for a test for intestinal difficulties, a biopsy. As the summer progressed he became thinner and thinner and obviously weaker but his enthusiasm remained constant and he never again mentioned his physical problems. At the dedication there was a bottle of champagne to christen the shelter. LeRoy was appointed to do the honors. He tried to climb up on the roof to break the bottle properly. It was sad to see his feeble efforts. He gave up and did it from the ground. Just a few weeks before he had been up and down the roof like a monkey!

So just a few weeks later, I went with a few AMC friends up to Nazareth to the viewing and funeral for LeRoy. An early ending to a good life.

#### **Shelter watch**

### **Trail vandals cut down 30 trees, build giant teepee on campsite near shelter**

Vandals built a giant teepee with a frame 25 feet tall, constructed from more than 30 freshly-cut saplings about five inches in diameter, and built on the DVAMC's group tenting site to the right of the Katellen Trail.

Its picture was taken by Donald Stewart, a veteran LeRoy Smith Shelter Watcher, and e-mailed to the Shelter Chairman April 29. Referring to a Watcher's April 22 report, the teepee was probably constructed between April 23 to 28.

Following several e-mail messages to and from Dan Schwartz who plans and leads trail and shelter maintenance, repair and construction crews, we set forth two goals: take apart and remove the teepee, and restore the tenting site without attempting to identify the builders and informing them of their illegal actions including destruction of the surrounding trees.

In the process we forwarded photographs of the teepee to the Pennsylvania Fish, Game and State Forestry Commissions, informing them of our removal plan, and received a thank-you.

On Sunday, May 25, Dan Schwartz's work crew removed the 25-foot teepee and placed the denuded saplings behind the tenting site awaiting the identification of a future location. The trees are too cumbersome to cart or carry down the trail, and preparing them for campfires is a not a valid option. — *Pat Sacks, Shelter Chair*

LeRoy had a wife and two children, but they never participated in his outdoor activities. Evidently, she did not approve. A few weeks after LeRoy's funeral AMC tried to contact his wife and locate the shelter model he had made without success and we do not know what became of it. But the LeRoy Shelter still stands as



*The shelter gets a new roof, December 28, 2015*

a monument to his dedication and it is protected and preserved by many involved AMC people!

*NOTE: The facts as stated in this article are mostly based on my memory as of December 1996. I hope they are correct. I have little documentation of these events, except most of the dates are in my hiking log book which I started in 1969. — Ken Graham*

Thanks to Mark Zakutansky, who found this story in our archives, scanned it and electronically converted the typewritten pages to text.

### **AMC 20s & 30s Leadership Training and Stewardship Weekend**

**September 15-17, 2017 – AMC Cardigan Lodge, Alexandria, NH**

Want to brush up on your outdoor leadership skills? Want to connect with other outdoor enthusiasts in their 20s & 30s? Take the first step



to become a trip leader for your local AMC Chapter! AMC is hosting a Leadership Training designed for people in their 20s & 30s and it is sure to be a great time. Participants will have a chance to network with other AMC Young Members (YM) from across the region and learn important leadership skills that will set them on the path to becoming trip leaders for

local AMC Chapters.

AMC is also offering a 20s & 30s Trail Stewardship course at Cardigan Lodge that weekend. If you're interested in learning trail work skills and networking with other 20s & 30s, this weekend is for you!

**Registration will be open June 15, 2017 – August 31, 2017. To register, call AMC Reservations at 603-466-2727.**

Questions? E-mail [shatch@outdoors.org](mailto:shatch@outdoors.org)



## DV Chapter Weekend set for September 22-24 at Harriman Outdoor Center in New York

Our DV Chapter Weekend this year will be held on September 22-24 at the Stephen & Susan Corman AMC Harriman Outdoor Center. We had so much fun there last year and left so many things undone, we decided to go back to continue where we left off. Registration will be open on July 1.

The Stephen & Susan Corman AMC Harriman Outdoor Center is located in the southern part of scenic Harriman State Park in New York. It is only about a 1 1/2 to 2 1/2 hour drive from our chapter area, depending on where you live.

Harriman State Park is the second largest park in New York at over 47,500 acres. It offers spectacular vistas, forested mountains, numerous lakes, unique rock formations, hidden mines and abundant wildlife.

Throughout the weekend we will offer several different level hikes that will include many of these natural gems. The New York City skyline is visible from some of the mountaintops we will be visiting.

Weather permitting, we will do two night hikes to the ridge to view the lights of New York City. There will be free time for swimming and paddling in the lake or simply sitting on the dock and enjoy the scenery.

There will be no charge for use of the canoes and kayaks again this year. The NY/NoJ Chapter has generously covered the cost of all boat rentals for the entire 2017 season.

Due to the popularity of this event last year we have added six more spaces for a total of 30. Lodging accommodations will be a choice of three style cabins.

The **Cranberry Cabins** have one queen size cot and a bunk bed in one of the cabins and a queen size cot and two lower beds in the other. Both have full bathroom facilities.

**Stone Lodge #1** has space for sixteen people, four rooms with four people per room and a large social area between the rooms. There is no bathroom in this cabin but it is very close to a central bathhouse.

New this year, we have added **White Oak Cabin** which sleeps a total of six with three in each of the two rooms and no bathroom. It has a lovely deck looking out over Breakneck Pond and is also very close to the central bathhouse.



Cost for the weekend will include lodging for Friday and Saturday nights, Saturday and Sunday breakfasts and Saturday dinner. Friday night dinner, which will be served at 6 PM, is available for an additional charge and should be ordered when you register for the weekend.

Trail lunches will also be available for purchase and can be ordered and paid for on Friday and Saturday nights with the Harriman staff in the Visitors Center.

More detailed information and costs will be available when registration opens July 1. For now, mark the dates on your calendars. You don't want to miss all of the fun!

## Chapter contributes \$2,000 for Lake Nockamixon disabled accessible dock

Our chapter is contributing \$2,000 toward the \$42,000 safe dock project of the Friends of Nockamixon State Park.

The goal is to make launching a kayak or canoe at Nockamixon a whole lot easier and safer for people with disabilities.

This project connects people to the outdoors and increases diversity, equity and inclusion through providing access to Lake Nockamixon paddling for handicapped individuals.

Nockamixon State Park has provided their environmental education center for our two-day leader training at no cost for approximately 15 years. We also lead an average of two events monthly in the park, both hiking and paddling.

The DV Chapter has a capital reserve fund that is used for public service projects, such as trail development and preservation, and projects like this dock.

Our chapter receives \$8 annually from each member's dues, and uses this for operating expenses. The reserve fund comes from a surplus we developed when we stopped print publication of this newsletter seven years ago, which was consuming almost two thirds of our budget. As a non-profit organization, we must use this money for charitable or public service purposes.



*This is the type of accessibility dock to be built at Lake Nockamixon for canoe and kayak launching.*

***Backpacking workshop, August 20***

## **Reignite the backpacking flame**

If you want to backpack but don't know how to get started, or you backpacked years ago but haven't since the kids came along, this is for you.

Enjoy a day of information and discussion, either as an introduction or as a refresher. You are sure to glean information to get started or to reignite your passion.

Topics include fitness, footwear, backpacks (types, materials, packing, care, repair), clothing for all types of weather, shelter (tents, bivouac bags, and pads), wilderness kitchen, comfort, safety, hygiene, terrain, hazards, and trip planning.

We will have sample gear for you to handle and discuss. There is a minimal charge for this seminar, and registration is required. Seminar will start at 10 AM and end around 4:30 PM, Sunday, August 20.

Location, in the Willow Grove, PA, area will be provided to registrants. Cost is \$5 member / \$15 non-member. Coffee, snacks, and lunch will be provided by the AMC. Those who attend this seminar will be given registration priority for the upcoming beginner backpack trip to follow the seminar.

Register with Cindy Crosser, Ccchiroacu@aol.com. More information at <http://activities.outdoors.org/search/index.cfm/action/details/id/97565>

### **Sign up for the Adventure Travel Newsletter**

If you want to learn about new AMC Adventure Travel trips, get the most up to date listings right to your inbox! To sign up for the quarterly Adventure Travel newsletter go to:

[www.outdoors.org/ATnewsletter-signup](http://www.outdoors.org/ATnewsletter-signup)

### **Volunteer Trail Programs: Scenic Locations**

Use your next vacation to go to a scenic location with AMC and give back to trails! These week long crews are for any level of experience and we will teach you the skills. There are also opportunities for recreation and exploration of the area.

Go to [www.outdoors.org/volunteer](http://www.outdoors.org/volunteer) to register. Questions? Contact Alison Violette: [aviolette@outdoors.org](mailto:aviolette@outdoors.org), (603)466-8156.

## **Paddling, water safety courses offered**

**Our solo open canoe course** is set for the weekend of July 8 and 9 on the Schuylkill River near Reading, PA, and will cover basic solo paddling up to entry level whitewater. The cost to members \$25, for non-members \$35.

Our annual **swiftwater safety** session is marked for July 22 at the Lambertville Wing Dam on the Delaware River, \$5/\$25.

All of these courses have modest fees, and all equipment is provided. These events may be rescheduled due to water levels and weather conditions. For the latest information go to the AMC paddlers' web site, [paddlenow.com](http://paddlenow.com).

## **2017 Ridge Runner Nick Espinosa is already busy at work on the AT**

Our AT Ridge Runner this year is Nick Espinosa, from Clearwater, Florida. Nick finished the Trail in 2016, reaching Katahdin in December in snow after a later than usual start. That experience meant so much that he felt that he wanted to give back, and he thought that this would be a great way to do it.

Just before coming here, he began as a ridge runner in the Smokies. He was surprised this past week on his first day on the job here to meet the same two thru hikers who he met on his first day back in March. In his first three days, Nick has been hard at work helping to keep dispersing fire rings, removing trees across the trail and meeting trail users. On Memorial Day weekend a lot of local hikers were out on the trail, joining the many section and thru-hikers already making their way through this area.

The Ridge Runner program on the Appalachian Trail enters its 25th year in 2017. Our Ridge Runner is an AMC seasonal employee hired to work on a section of the AT five days a week including weekends and holidays between Memorial and Labor Day. His or her job is to meet and greet trail users, educate about Leave No Trace, and generally help preserve the trail experience for future generations.

Our chapter and the larger AMC have been directly involved in supporting this program in PA for all of those years. The program has been coordinated by the Appalachian Trail Conservancy and the National Park Service, with a continuing grant from the Pennsylvania Department of Conservation and Natural Resources.

The section of trail covered stretches 42 miles from Delaware Water Gap to Lehigh Furnace Gap and includes Wind Gap, Little Gap and Lehigh Gap in northeastern PA. It covers the 16 miles of the trail maintained by our chapter. There are two other ridge runner programs on the AT in Pennsylvania, one in the Cumberland Valley, and the other in southern PA near Michaux State Forest.

If you'd like to keep updated on the Ridge Runner program and Kevin's experiences on the trail, "like" the program on Facebook at <https://www.facebook.com/NEPARidgerunner/>



Both photos below: *Swiftwater safety session, Lambertville wing dam.*





## Chapter's Spring Outdoor Leadership Program Graduates 22

The DV Chapter's annual Outdoor Leadership Training course took place this year on the weekend of March 31-April 2. There were 22 students who were part of the Class of 2017, including five who took advantage of the chapter's Young Member Scholarship offer.

Three of the graduates were from the Delaware Highlands Conservancy, an organization based in the northern Poconos, and are interested in partnering with AMC-DV for some future events.

This year's graduates included: Linda Ahern, Michael Ahern, Andrew Artz, Linda Cooper, John Dalvet, Kerry Engelhardt, Justin Fried, Jay Gross, Jose Ibarra, Ivy Koberlein, Olga Kofman, Andrea Kornbluh, Dan Loughner, Luke Maybury, Sarah Maybury, Tricia McCloskey, Brian Miller, Leah Breisch, Rebekah Sheeler, Dawson Smith, Jason Zarnowski, and Ashley Zywusko.

A number of the graduates have already completed at least one of their two co-leads required for them to become leaders. Michael Ahern and Jay Gross have already completed all requirements and been welcomed as DV Activity Leaders.

The instructors for the course included Joan Aichele, Terry Bentsen, Cindy Crosser, Kristi Edmonston (AMC staff), Pete Jarrett, Mark Kern, Bob Liston, Phil Mulligan, Eric Pavlak, Ron Phelps, Malcolm Preece, Sarah Richardsen, John Rogers, Bill Steinmetz, Lennie Steinmetz, and Susan Weida.

Their presentations were highly rated by the course participants, who enjoyed having input from such a diverse and experienced group. How was the course? We'll let the graduates speak for themselves:

*"I found everything enjoyable, useful and organized/distributed very effectively."*

*"The level of instruction was excellent. As much as you can cover without totally overloading trainees"*

*"I really enjoyed the training and was very impressed by the topics covered, the speakers and the organization overall."*

*"All in all, really lovely. Everyone is passionate, friendly, and all-around excellent. "*

Next year's course will take place on April 6-8, 2018. If you're interested in becoming a DV Activity Leader, save the date and join us then!



### **Outdoor leadership courses offered this fall: general, young members, adventure travel**

The Delaware Valley Chapter offers a training course for outdoor activity leaders each year in the spring. In addition, we have established a reciprocal arrangement with the Connecticut Chapter so that DV Chapter members may attend the Connecticut Chapter's leadership training course in the fall. If you'd like to get started as an AMC activity leader soon, this is your chance! The course this year will be offered on the weekend of November 17-19 in Litchfield, western Connecticut. We will try to coordinate carpools for DV Chapter members traveling to Connecticut for the course (about 3½ hours from Philadelphia).

The November course, like the DV Chapter's spring course, covers many aspects of being a trip leader such as group dynamics, leadership styles and accident scene management, and is led by AMC volunteers and staff. DV Chapter members completing this course will be certified as trip leaders upon completion of two successful co-leads on DV Chapter trips.

The cost for the weekend is approximately \$50 for members, \$65 for non-members, including instruction, handouts, lodging and meals. For those leading at least two hikes for the DV Chapter within a year of the course, 50 percent of the course cost will be reimbursed.

**Young members** interested in becoming AMC leaders may want to take part in the Inter-Chapter Young Members (20s and 30s) Leadership Training weekend that will take place at AMC's Cardigan Lodge in New Hampshire on September 15-17.

**Experienced leaders** who wish to expand their range might be interested in attending the **Adventure Travel** training weekend that will take place on the weekend of November 10-12 in Charlton, MA. This is a great opportunity for trip leaders who are ready to take the next step from leading local chapter trips to organizing and leading longer domestic and international excursions. Information on this training is available at <http://www.outdoors.org/outdoor-activities/adventure-travel>

**Next Spring:** The DV Chapter offers an Outdoor Leadership Training course each year in the spring. The 2018 course will take place on the weekend of April 6-8 at Nockamixon State Park, near Quakertown, PA.

For additional information on these courses or on other leadership training opportunities available through the AMC, contact Leadership Chair Lennie Steinmetz at [leadership@amcdv.org](mailto:leadership@amcdv.org) or phone her at 610-694-8677.



# Remembering Rich Wells

Richard John Wells

November 5, 1942 — May 4, 2017

By Carol Luther

We are deeply saddened by the unexpected death of Rich Wells on May 4. Rich was an active AMC member since 1998.

Rich served as the chapter's webmaster for several years, and has been a member of the Leadership Committee and keeper of the chapter's leadership roster for the past ten years. In 2015, Rich was recognized as the Golden Appie of the Year — an award given to a chapter member who has provided extraordinary service to the chapter over many years. He has been serving as Chapter Communications Chair, investing countless hours putting together our Weekly Activity list and sending it out every Wednesday evening. He set up the registration process for all our chapter activities, our spring Activities Social, June picnic and our November Annual Dinner. He was always quick to correspond with members who had questions and concerns about the use of various AMC online systems. He established and monitored the chapter's Meetup and Facebook pages, and served on the club wide committee to develop new and improved systems for communications and online trip registration in AMC. If you needed something done in a timely fashion you had only to ask and Rich, always willing to help, would do it promptly and efficiently. He was truly an unsung hero in the DV Chapter, whose efforts helped the chapter to function smoothly in many ways.

Born in Utica, NY, the son of the late Carl and Stella Stanton Wells, Rich had resided in Bethlehem Township NJ for the past thirty years. He was a United States Army veteran serving from 1962-1964. Following his military service, Rich went on to complete his education by attaining his M.S. in Business. He then began what would turn into a lifelong career at AT&T in Basking Ridge, NJ. Rich was a devoted member of both the Clinton Township & Bethlehem Township Community Emergency Response Teams (CERT) contributing to the safety of these communities. But, above all, Rich loved to hike, to bike ride, to travel with and to serve the Delaware Valley Chapter of the AMC.

Since his untimely death, shocked and saddened AMC friends have been sharing warm memories. The person who perhaps knew him best, Bob Savron wrote the following:

"I have been away from the chapter for the last nine years after moving to Hilton Head, SC, but I remained in contact with Rich on a monthly basis. Rich was from Watertown, NY, area which is as far upstate as you can go. It is on the lake in a snow belt area often referred to by Rich as the coldest place in the lowest 48 states. He always knew the wind chill factor and how much snow was on the ground during the winter months. He always dreaded the trip going up due to unpredictable weather. That is one of the reasons he was a big Subaru fan as he praised the AWD feature and his cars were always silver. Rich never liked driving with anyone else so he always volunteered to drive to an AMC event.

"He was a member of the emergency management team for Hunterdon County and at the time before cell phones when you called him you would be able to hear the blare of police scanners in the background. Rich had more computers and old electronic equipment than you can imagine. He always anticipated the electronic recycling day but seem to always miss the date and the old equipment multiplied.

"Rich was part of the OLD AT gang led by Jim Catozzi and yours truly as we hiked from Maine to Georgia. I can recall one incident at the Dixie dump camp ground somewhere in Virginia. I am sure many of you remember that Rich had the original Taj Mahal tent big enough for a month long expedition. Well inside he had a cot, a rocking chair, a table and a lantern bright enough to light NY harbor. He always set up his tent as far away from everyone as possible as he claimed he needed his space. On this occasion, he had a picnic table right outside his tent where he set up his stove. We saw huge flames about two feet high coming from his stove. When I went over to investigate he claimed the stove was malfunctioning and that it was a piece of crap. On the following day we set out for our hike under high wind conditions. Upon returning we noticed that his Taj Mahal was gone. How could that huge tent disappear with all the furniture inside. Well we found the tent in the creek with everything waterlogged. When I questioned Rich if he had tied it down he said that he didn't think it would blow away due to the weight of the furniture. That is classic



Rich. At one time Rich was one of the strongest hikers in the club so he would tend to push out in front of the group. Well again somewhere in Virginia on the AT we came upon Rich sitting in an abandoned tub with that unusual grin he was known for. A classic.

"Another incident was on the Copper Mine trail in DWGNRA. Our group came upon a serious situation where another hiker from a different group needed emergency care. There was no cell phone service in the area so I sent the strongest hiker back to get help. Upon his return I saw Rich coming up the trail with rescue equipment. I said to Rich where are the EMTs. He said they were way behind because they were unable to make it up the hill in a timely manner. That incident did not end well but Rich made a valiant effort. Thank you Rich.

"Rich always used February 29, 1900 as his date of birth on social media. He used a snowman as his picture. He had at least five e-mail accounts and usually ran two to three computers at once.

"Rich and I led the infamous NYC Christmas hikes for seven years with upwards of 30. You think it was easy keeping track of that many people while walking from Battery Park to Columbus Circle. This event was also before cell phones were popular so Rich purchased walkie-talkies to communicate from the sweep to the leader. Well that didn't work out as there was little or no reception. In all those years we only lost one person. I recall it was Jane Shepard and it is still a mystery whether she disappeared in Grand Central or Rockefeller Center. I said to Rich that Jane is among the missing and he replied that



Jane was a big girl who had street smarts and that she would find her way home. OKKKKKay.

“Rich was an avid bike rider and during the warmer months two or three times a week Rich, Joan and I would meet and ride until dark along the Delaware. He looked forward to our rides and to the conclusion because we always ate pizza in Frenchtown afterwards. We ordered the same thing every time for five years. A cheese pizza. He loved it. Rich had an unusual habit of jumping off the bike at the end of the ride which I never figured out but the bike would usually go down.

“Rich, Jim and I ran Mohican Weekend for I think five or six years and I think the record was 46 participants. Everyone looked forward to Jim’s cooking and the numerous hikes that were offered. So, on Saturday night there was a big jam session with Dave Simpson on piano and a bunch of local musicians. They played until all hours of the night. Every evening Rich usually disappeared and then would reappear the next morning for breakfast. Rich where were you? Well he always snuck home as he said it was more comfortable and that he had to check e-mail. That is again classic Rich.

“Rich was a big fan of Terry B. and he was looking forward to the two upcoming bike trips in PA and DC. He always was impressed with her leadership skills and organization. I said to Rich that I will see him Memorial Day in DC. He said he was not on that trip. But Rich your name is on the roster. He exclaimed that “I guess I am going.” Gotta love it.

“One more biking incident as reported to me by Terry B.: the bike ride that crossed Lake Champlain where in the middle of the lake you had to catch a bike ferry to continue to the rest of the trail. Well Rich was so impressed with the trail he told Terry that he would not be doing the scheduled ride for the next day as he was going back to redo the ride across the lake. Again, classic Rich.

“A group of us often attended concerts at Deerpath Park. For weeks Rich was talking about whether he would sing Alice’s Restaurant which was practically a theme song for the late sixties. Anyway, after each song Rich would question if he was going to play it. Over and over and over the same question. Well Arlo is a lot like Rich as he teased the audience with the first few chords saying “here it comes” and then “there it goes.” He did this on a number of occasions and us knowing Rich the way he was you can imagine what was going on. He never did play the song but we had a great night.

“Rich was a fanatical Yankee fan and he was constantly feuding with Comcast concerning issues with the channel that broadcasts the game. He knew every stat and every minor league player, their age, left handed or right handed, position and so on. Rich put an end to his battle with Comcast when he signed up for MLB TV which is an internet based provider that broadcasts all the games. He literally cut the cord and he was as happy as a kid in a candy store. One summer I was able to procure tickets to a Trenton Thunder game which is a minor league affiliate of the Yankees. I believe it was Jim, Rich and I. What a trio. Rich was so excited laughing and giggling all night, he was thrilled. He even purchased the traditional hot dog, peanuts etc. He always talked about the players we saw on that team on that day who are now in the majors.

“We were doing AT sections somewhere in rural Vermont. We wound up staying at the Coolidge Hotel in White River Junction, Vermont. This town, including the hotel, had seen better days. I believe it was Rich, Terry B., John Flood and myself so you can imagine how that night went. OH MY! This place was out of a 1940s B movie in black and white. What a dump. Creaking fans in the rooms, torn blinds in the room, squeaky beds, towels you can see through and a shower in the hall. Not down the hall, in

## Rich Wells

the hall. A garden hose attached to a spigot with a shower curtain around a pan. We even had blinking neon lights outside our room at night. We gathered for our evening get together on a landing just up the once grand staircase. So, with this group everyone tends to talk at that same time. The manager came up this staircase and complained that we were making too much noise. I never saw Rich laugh so hard as he exclaimed “that we were the only ones in the entire hotel of sixty rooms.”

“Rich was also a huge GPS fan and as you know sometimes you win and sometimes you lose. I had asked Rich to escort me up to Mt. Greylock in Massachusetts as I needed this section of the AT. He said no problem and he wanted to drive as usual. In order to find the park points it usually involved some obscure directions on nameless dirt roads. Rich said no problem as he would plug in the coordinates. So, we were shuttling and shuttling every dirt road in the Berkshires and I said to Rich that I am not optimistic. He said “trust the GPS.” I reminded him of some other instances when he said to trust the GPS. We were hopelessly lost on the back roads of Bucks county coming home from an Executive meeting. Pitch black, fog so thick you could not see the front of the car and curve after curve. Another trust the GPS story is when we were attempting to catch the Staten Island ferry and the trust GPS brought us up to a locked chain gate. Ok Rich. Anyway, within in a few minutes we did find that park point in the Berkshires which Rich never stopped gloating about with his famous sheepish grin.

“When Jim Catozzi was moving up to vice chair vacating the Hiking chair, we were very concerned about the schedule under new leadership so we convinced Rich to take the hiking chair as he would be able to maintain a high quality schedule. Rich agreed but did not want to drive down to the meetings by himself so Jim and Rich convinced me to take one of the open positions. I believe Secretary was open and Membership. I took the Secretary position. Well who would fill membership? With Jim as Vice and Rich Hiking, myself as Secretary we were pretty well set. Lo and behold Rich and I after numerous encounters with our biking buddy convinced Joan A. to fill the position. We know where that selection went. A plus. During our first meeting the Chair Paul Davis went around the table and asked each EC member why they were here. When Paul got to me I replied “that I am here to keep an eye on Rich and make sure he stays out of trouble.” Rich went on to be an excellent hiking chair and had all sorts of calculations concerning the number of hikes in each County, how many participants were doing more than two hikes a month and so on and so on. He even had his own formula on whether a hike was worth attending. He factored in miles traveled to the hike, time involved, mpg, cost per gallon and length of the hike. Since Rich took over Communications chair the most important aspect of his week was to make sure that the activities schedule goes out exactly at 6:00 PM on Wednesday evening even in the hotel room at the foot of Mt. Greylock. Rich was a great friend and outstanding individual and a final tip of the hat to you as I raise a parting glass. Thank you Rich for brightening my life and everyone else you touched.”

Others who shared:

*Rich and I go way back, even before I was an AMC leader. He participated on Appalachian Trail hiking trips led by Jim Catozzi; all fond memories. Rich participated in most of my biking/camping weekends over the last several years. For those that attended, I am confident they will think of his comfy camping equipment; he had an inflatable cot that must have been three feet tall. He was also a very generous man and would bring an abundance of food for the pot-luck dinners. One year*



*he brought dessert; we were eating strawberry shortcake for days! My mind is full of fond memories - on our last biking/camping trip in Cape Cod, Rich passed me in the wee hours of the morning coming from the rest room. He thought my doggie paw print pajamas were hilarious and was hysterically laughing. My last communication from Rich was a random complimentary note about how much he enjoyed the biking/camping trips. I will miss him and all the selfless support he provided to our chapter. Rich did seem to occasionally 'say the wrong thing' and one time during the circle up he said 'Hi I'm Rich from New Jersey and I am apologizing now for anything I may say during the course of this activity that one may perceive as offensive' Too funny...! Terry Berntsen*

I am remembering Rich Wells tonight with great fondness. A kind, generous and gentle man with a sly sense of humor whose dedication to our Chapter was unmatched. He also had a prodigious memory for our history that cannot be recreated. Rock on Rich. Susan Charkes

*I knew Rich from AMC biking and camping trips with Terry B. He was such a generous man. As a new leader, I was just beginning to understand the depth of his dedication as a volunteer in our chapter. I will remember him fondly. May he Rest In Peace. Joanie Schultz*

So sorry to hear this news. I didn't know Rich all that well, but his kindness and dedication was quite obvious when quickly responding to requests to fix my stupid mistakes in trip listings, or any of a number of other helpful tech services! His generous use of his skills in service of the DV chapter was a real gift, and I know he will be greatly missed by us all! Ian Kindel

*I am so sorry to learn of Rich Wells passing. He has been a definite inspiration to all. His continuous dedication and commitment to AMC DV chapter is remarkable. He will be sorely missed. Jennifer Percival*

I only knew him through the executive committee and he surely was dedicated and did such a wonderful job trying to please so many people. I always found joy when I would see him finally smile! Cindy Crosser

*We have an AMC saying "Hike your own hike." Well that was Rich. He embodied hike your own hike ... and hike in its larger sense of living your life. I remember a hike that ended up in Lambertville...the group was looking out over the Delaware River at dusk, the lights coming up in New Hope...it was beautiful....talk turned to what to do next .....someone said, well the evening's open, I don't have a social life — and Rich in his great wisdom corrected the speaker. "THIS is our social life." AMCDV gave Rich a place to live his own life and gave us a way to share it with him. L'chaim, to life. Susan Charkes*

I remember hiking with Rich in 2005 and it was my first long distance hike - 15 miles on blast rock, flat, and sometimes through brambles. I was wondering as my feet and legs ached, what the heck was I getting into, but Rich assured me I was fine and would have no problem completing that hike. He was still a strong and fast hiker at that point. A few months later I joined one of Rich's Metric Century bike rides on the towpath and down and around Trenton where we got temporarily displaced.

# Rich Wells

By the time we hit Stockton I was totally whipped and lay down on a park bench and closed my eyes. Rich looked down at me and said "it's only eight more miles, you can do this" and I got back on my bike and completed the ride. Yes, I remember being in the backseat of Rich's car with Bob navigating and Terry B sitting beside me. Tons of laughter - probably talking about the "Coolidge" or other such niceties along the trail. It was times like this that I thought, well these folks are different but I like this different.

As I got sucked into leadership, Rich was always there to correct my database boo boos and get my activities posted ASAP. Thank you Rich for that. It was great having Rich on Terry B bike rides because I got a chance to chat with Rich about the inner workings of the chapter. Yes I remember fondly the bike ride on the Island Line Trail in the middle of Lake Champlain and seeing Rich in all his glory. It had to be one of Terry B's most spectacular bike rides of all time - perfect blue skies, water on either side of path and the Adirondack Mountains on one side and the Green Mountains on the other. Rich loved it too and as said he repeated the next day solo. And in the end, Rich just slipped away from us as he sometimes did on a bike ride or hike. You will be so missed Rich.

Sue Bickford Martin

*I recall many hikes at Round Valley, one in particular with Rich where the elastic waist band of his pants just didn't want to stay in place if you get my meaning. He just calmly but quickly pulled his pants back up and kept on hiking. Rich was often a regular leader for a short weekday hike before we all settled in to enjoy the free concerts in Deerpath Park. We saw Livingston Taylor and Lou Christie to name a couple performers. We really enjoyed those evenings together. I was definitely sad when Rich had to stop hiking. I truly miss him and all these wonderful memories keep flooding my mind. Rich always had so many tools in his car. For the carpool I always had to move them to clear a seat. I hope you are in heaven Rich, able to hike the full AT. Linda Watsula*

Rich is survived by his sister, Judith A. Wells of Carthage, NY, and the many friends who worked and played with him over the years and came to admire him for his commitment and dedication his community and the environment. Funeral services and cremation at Somerset Hills Memorial Park, Bernards Township, NJ, were private. However, everyone is invited to visit Rich's permanent memorial site at [www.wrightfamily.com](http://www.wrightfamily.com) to send a public or private message of condolence and to share stories and photographs of his life.

AMC DV will be remembering Rich Wells with two memorial bike rides held on June 24 and led by Joan Aichele and Terry Berntsen. Details are on the activities calendar or you can find them through these link: <http://activities.outdoors.org/search/index.cfm/action/details/id/97654> and <http://activities.outdoors.org/search/index.cfm/action/details/id/97657>

In addition, the Executive Committee will be memorializing Rich by planting a tree and erecting a plaque in the Spruce Run Recreation Area, Hunterdon County, NJ. Details for this event will be posted on the activities calendar. For additional information, please contact Kathy Kindness at [secretary@amcdv.org](mailto:secretary@amcdv.org).



# 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 upside down** 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.

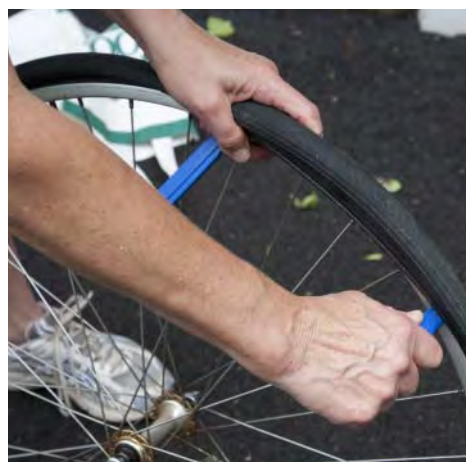
Once you have removed the wheel, **examine the tire for any obvious cause of the flat**, such as a nail, a piece of metal or a piece of glass. If you find something, you can remove it, but note its position, since you will want to check the inside of the tire at that spot. Use the lettering on the side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

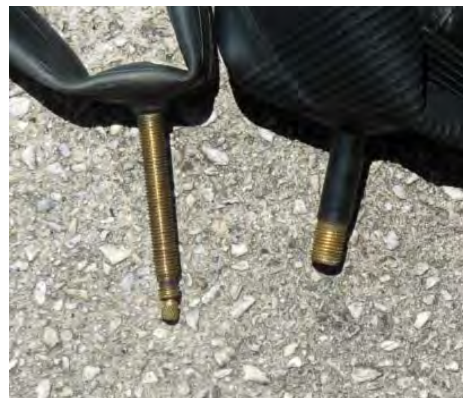
Some tire levers, like the ones shown here, have hooks on one end. These can be used to hook one of the levers to a spoke while you work with the second lever.



**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 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.



Republished from the Summer 2012 issue.





**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 on 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

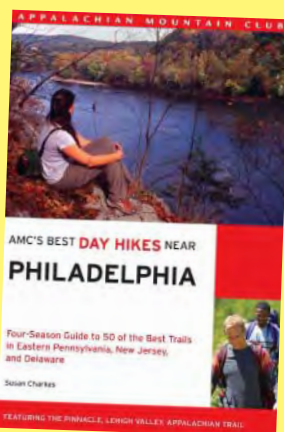
If you ride long distances alone, you might want to carry a second spare tube. CO2 inflators do work, but the average cartridge is good for only one flat. I have lent my pump to many cyclists who have used their last cartridge without fixing the flat. A wrench set or multi-tool that fits your bike is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



**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



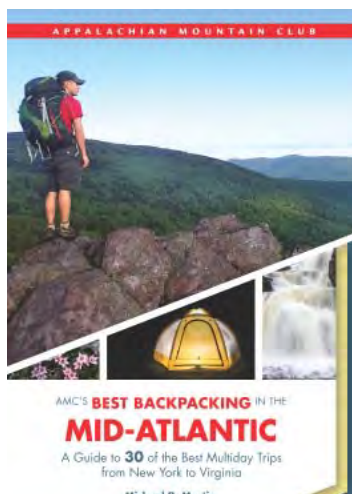
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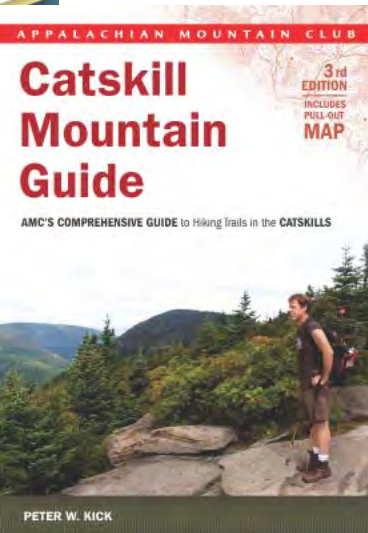
Both by Susan Charkes  
Our chapter's past  
Conservation Chair

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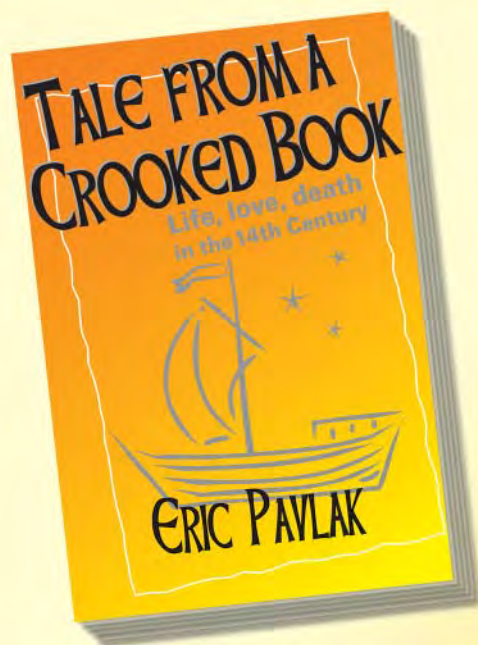


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# Electronic trip reporting: you no longer need to mail forms!

With our new on-line trip report system, AMC-DV leaders can file trip reports electronically, instead of mailing them to the appropriate activity chair. You will need to:

1. **Get a User ID and password for the chapter trip reporting system.** This is not the same thing as having a user ID and password for entering trips into AMC's on line activity system. However, you can keep things simple by using the same user ID and password for both.

(Explanation why: AMC's on line activity system is located on a secure server controlled by the staff at AMC headquarters in Boston. The trip reporting system is located on the secure server that hosts this web site, our DV Chapter site. This site and the trip reporting system was created by two local volunteers. We are actually a step or two ahead of what the folks in Boston are doing. For security and technical reasons, we have no access to your log in credentials on the trip listing server.)

If you have not yet been sent a link to set up your User ID and password, or if you have forgotten your ID, please contact [login-help@amcdv.org](mailto:login-help@amcdv.org). This help mailbox is monitored by a volunteer, so it may take a day or more to get a response, particularly on weekends. Please be patient!

2. **Scan or photograph your trip sign in sheets.** We just need the side with the signatures. The file format should be either PDF or JPEG. [Click here for some very useful help](#) with scanning or photographing your sign in release sheets. After you are done scanning, look at the file, and make sure that you could read it.
3. **Fill out the trip report** on line at <http://amcdv.org/TripReport.php>

When you report on line, here is what happens:



Sign-in sheet,  
plus on-line trip report.

**This goes to the activity chair.** You can get a copy e-mailed back to you if you check the appropriate box.



A copy automatically goes to our volunteer activity logger, who enters the trip and participant information. This is how we track miles hiked, rivers paddled, trails worked on, etc. This will be used for our new annual awards.



A copy automatically goes to AMC headquarters in Boston, where it is used for statistical purposes, and kept as a legal record.

**Click Here to go to the log in page**  
**<http://amcdv.org/TripReport.php>**