

# Appalachian Footnotes

**Delaware Valley Chapter · Appalachian Mountain Club**  
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## ***DV Chapter Award Winners honored at 2023 Summit***



### **Susan Weida earns Volunteer Leadership Award**

Susan is one of the friendliest people you will ever meet. She has supported the Delaware Valley Chapter and the AMC, both in visible roles and behind the scenes. Susan has served as the vice chair and chair for the Delaware Valley Chapter, including during the first year of the pandemic. Since leaving office in late 2020, she stepped up to support the chapter's journey through the changing rules and restrictions brought about by COVID. Susan helped recruit and mentor new leaders and new members of the Executive Committee through many virtual meetings and is effective in making new participants feel welcome. You can count on her to lend a hand at every event.

For the past year Susan has served on a volunteer advisory group to support the development of the Outdoors Connector activities database. She routinely shares her perspective as a volunteer leader and asks questions to ensure their needs are met. AMC is fortunate to have a leader like Susan Weida. She deserves this prestigious award,

### **Greg Bernet receives two awards**

Chapter Trails Chair Greg Bernet was recognized again for a Stewardship Society Award as he earned the Warren Hart Award for 243 hours of trailwork in 2022. There is a 224 hours minimum for this prestigious honor.

He also recently received the Dedicated Service Award from the New York-New Jersey Trail Conference which honors "long time, dedicated volunteers who have demonstrated exemplary service to the trails and natural areas that surround them."





# We are the life force of AMC

By Joanie Schultz

April is National Volunteer Month, and AMC Delaware Valley members have lots to celebrate!

Many organizations incorporate the work of volunteers to achieve their mission, so what's so special about us? Sure, we have wonderful volunteers, but let's also recognize that a successful volunteer-led organization doesn't happen by accident; it is the result of an intentional focus on solid volunteer management principles.

People step up to volunteer for a variety of reasons, and they bring their own expectations, so it's important to recognize and appreciate each one as an individual and avoid a one size fits all approach.

Longtime AMC members Allison and Rick Hudson had been enjoying taking part in the club's hiking activities, led by others, when they noticed that some of the hike leaders who were getting older were less able to continue to lead at the same level and pace as before. Rick said that Jane Shepard invited him to consider becoming a hike leader, so he attended the training to begin his leadership journey.

"Taking the training allayed any fears that I couldn't do it," he said. "Being a hike leader isn't hard, and it's a lot of fun being in charge."

He and Allison soon realized that they had even more gifts to offer AMC, including helping to organize seasonal and social events. Over the years, both have served on the Executive Committee, as hiking chair and secretary, respectively. These days, the couple hikes for pleasure and good health, and they continue to be motivated by the friendships and social aspects



that AMC brings to their lives. Rick said that now he likes to lead hikes in favorite locations that folks of all ages and abilities can enjoy. Allison said they always try to plan their other weekday commitments around their AMC Wednesday hikes, and she added,

"There's a bond of caring about people. If someone gets hurt, someone steps up to help. It's all about teamwork."

The best volunteer recruitment outcomes are often the result of one happy volunteer extending a personal invitation to someone else with a mutual interest in the mission of the organization.

Pete Jarrett, a 30-year AMC member, said he was also invited to leadership by Jane Shepard, and it propelled him forward.

"You might think you could do it, but when somebody else recognizes those qualities in you, there's affirmation and it builds confidence," he explained. Pete described his volunteer experience as a combination of selfish and selfless motivation.

"Selfishly, I get something out of it, being seen as smart, and thinking people must like me if they come on my hikes," he said.

As a boy, growing up in Quakertown, Pete spent time with his dad fishing and walking in the woods, and hoped to become a forester someday.

"I revere the outdoors; I'm in awe of it. The places where I find value, I want to protect them." Now a retired science teacher, he mused that maybe his AMC leadership is a bit like teaching, involving others to plant seeds for the appreciation and future care of the outdoors.

"That's the selfless piece, wanting to share, and volunteering for the greater good. You're trying to build something."

Organizations that care about the quality of their programs offer orientation and training, which are essential to creating and maintaining a quality volunteer force.

The Delaware Valley Chapter will host a two-day outdoor

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## Volunteers on volunteering

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leadership training session March 25-26 at Nockamixon State Park, and AMC members may register and attend the sessions for free. (Unfortunately, this session is currently full. Check our website for the next one.) By prioritizing volunteer training, AMC-DV shows a commitment to its mission and to making sure that each volunteer leader has the tools needed to be successful.

Of course, volunteers bring their own talents and abilities, which can be well matched to year-round opportunities to contribute to the organization without the need to attend training sessions. Stepping up to help in a way that feels right to you can, and should, be an enriching experience. Likewise, inviting someone to join in as a volunteer helper will make that person feel included and valued in a way that a generic help needed posting can not provide.

New volunteers bring a fresh perspective, so it's important to value and appreciate new ideas and a diversity of experience.

One of our newest DelVal chapter hike leaders said that he first learned about AMC when he participated in a Road Scholar fly fishing trip at AMC's Little Lyford Lodge in Maine. Upon returning home to Pennsylvania, he began participating in some local chapter hikes, and was then encouraged to attend leader training in April 2022. He decided to offer beginner-friendly hikes on weekday evenings, the time slot when he was most available.

"The thing I have to offer as a new leader, is to give people options, offering evening hikes for people who work during the day," he explained.

By choosing hikes closer to his home, he said he often introduces people to the trails he knows well and shows them things they might not have noticed otherwise, but he also found he needed to adjust his pace and listen and learn to respond to the needs of the group. He has enjoyed the chance to meet new people, and posting the hikes in advance serves as his accountability tool.

"The day of the hike, if you don't feel like it, you still have to do it," he said, "but then you're always glad you did it."

### **Volunteers should be thanked and receive recognition**

Sometimes, a show of gratitude comes as a tangible reward, and certainly a banquet award recognition or a logo fleece hat can be a treasured item that reminds volunteers that they are valued and appreciated. Then there are intangible rewards, the kind words or honest feedback that also convey appreciation. For longtime AMC member and recently named Bicycling Chair Theresa Berntsen, the intangible rewards matter most. Terry said she has been volunteering since she was very young, and as an adult she served as troop leader and community director of Girl Scouts, as well as many other leadership positions in the community. But it's her 16 years as an AMC leader that have brought the most dramatic personal benefits.

"The people I've met through AMC, the life change has been just phenomenal," Terry said. "It gives me a positive outlook on being single, not alone, because of a network of



friends for travel and adventure." She loves being an AMC leader because she gets to enjoy the outdoors with "people who share common interests and want to do cool things." And because of her volunteer connections, she said she's been able to have adventures and do things that she never could have done by herself.

"Backpacking on the AT, it was scary sometimes, and having other people there, we helped each other, we had support to make decisions."

Terry described a recent email compliment sent from an activity participant who said that what she does has a "ripple effect on others." Another AMC member said that she was kind and attentive to his inexperience when she was the leader for his first backpack trip, and he credits her with giving him the confidence to become the avid backpacker that he is today.

"You get back more than you give," Terry explained. "It's a great feeling inside to have someone say 'if not for you, I wouldn't have hiked the AT, or summited that mountain.' That's more valuable than tangible rewards."

Reflecting further on her AMC friendships that have blossomed

as the direct result of her volunteering, she added, "It's wonderful to be able to seize every day, and have company to do it with."

As we move into spring, with an eye toward National Volunteer Month, let's take every opportunity to express gratitude for our AMC connections, and be joyful in anticipating the many activities and adventures that lie ahead for our Delaware Valley chapter.



## 2022 most active participants

ranked by mile equivalents:

Hiking – 1 mile = 1 mile

Backpacking – 1 mile = 1 mile

Snowshoeing – 1 mile = 1 mile

Biking - 1 day bike ride = 10 miles

Paddling – 1 day paddling = 10 miles

X-C skiing – 1 day trip = 10 miles

Alpine skiing – 1 day trip = 10 miles

Trail work – 1/2 day = 15 miles

Conservation - 1/2 day = 15 miles

Shelter Watch – 1 visit = 10 miles

Volunteering – 1 outing = 10 miles

1	Jane Richter	1643.5
2	Gregory Bernet	978.65
3	Jay Gross	934
4	Dave Hoke	638.75
5	Jerry Taylor	519.05
6	Richard Einstein	466.8
7	Susan Weida	372.3
8	Randy Hofmeister	358
9	John Rogers	355.55
10	Lois Rothenberger	351.85
11	Adrian Noble	324.9
12	Theresa Oravec	320.35
13	Jerald Srodes	319.05
14	Mike Manes	312.5
15	Kathy Ciliberti	305.05
16	Richard Hudson	296.15
17	Larry Priori	280.4
18	Lennie Steinmetz	278.6
19	Martin Mersky	276.05
20	Nancy Marciniak	269.9
21	Marcia Telthorster	256.9
22	Allison Hudson	256.05
23	Dave Schofield	251.05
24	Robert Willenbucher	250.35
25	Lynn Fraser	248.8
26	Sue Auyeung	242.8
27	James Bloom	240.8
28	Lisa Kleiman	236.05
29	Patricia Merkel	227
30	Stan deRiel	226.8
31	Annette Sheldon	226.8
32	George Rockett	226.5
33	Joseph Nanfara	220.05
34	Michelle Thompson	218.8
35	John Rowen	215.75

## 2022 top leaders

four or more leads

Michael Ahern	Curtis Moeckel
Katie Barok	David Mong
Gregory Bernet	Joseph Nanfara
Theresa Berntsen	Adrian Noble
Lisa Chou	Rich Pace
Eleanor Conwell	Larry Priori
Stan deRiel	George Rockett
Richard Einstein	John Rogers
Jay Gross	Lois Rothenberger
Dave Hoke	John Rowen
Richard Hudson	Paul Schott
Peter Jarrett	Daniel Schwartz
Raun Kercher	Annette Sheldon
Lisa Kleiman	Jerry Taylor
Robert Liston	Diane Ullmer
Mike Manes	Julia Watson
Denis McCartan	Susan Weida
Margaret McDonald	

36	Elizabeth Depenna	213	61	Angie Holler	136.5
37	R. Phelps	210.65	62	Denis McCartan	135.5
38	Walter Auyeung	197.1	63	Carol Broadbent	134.8
39	Cameron Smith	196.8	64	Peter Rosswaag	130
40	John Garner	195.9	65	Richard Kowal	127.75
41	Peter Jarrett	195.65	66	Patrice Luongo	127.3
42	Kieutien Manes	194.2	67	Beth Stearns	124
43	Robert Liston	191	68	Julia Watson	123.5
44	David Rabold	189.7	69	Judith Shabrach	122
45	Peni MacMeekin	186.8	70	Michael Ahern	122
46	Margaret McDonald	185.85	71	Paul Schott	121.1
47	Tom Sherwood	184.3	72	Dorothy Knaus	118
48	Donald Powell	183.8	73	Susyn Mihalasky	111
49	Paul Schulke	182.5	74	Robert J Coia	111
50	Paula Coyle	172.2	75	Raun Kercher	109
51	Rich Pace	167.4	76	Scott Holloway	106
52	Susan Mosley	160	77	Curtis Moeckel	105.7
53	Theresa Berntsen	160	78	Linda Ahern	105.5
54	Robert R Rogers	154.6	79	Jenny Wright	105.5
55	Midori Wakabayashi	153	80	Stephen Gill	105
56	Marty Keck	151.6	81	Daniel Schwartz	105
57	Jeffrey Schrager	151	82	Parissa Gill	105
58	Rosa Mirafior	149.7	83	Geraldine Chmiel	101.05
59	Diane Ullmer	139.8	84	Sharon Doerner	100.9
60	Holly Adams	137.45	85	Joanie Schultz	100



# 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 it 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 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.



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**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 a 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 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.**

# Stories of the Trail from my journey on the AT

By Richard Puglisi

## The Red Raincoat

I felt a few sprinkles on my face as I headed south on the AT toward the Fingerboard shelter at Harriman State Park in New York. Off in the distance I could see another hiker approaching, and when we got close enough, we exchanged pleasantries. He told me in a French sounding accent that he had lost his red raincoat. Looking up at a dark threatening sky, I felt sorry for him. I told him that I would keep my eyes open and if I found it I would turn it into the park office. We parted company, and I proceeded on my way. I soon found the path for the shelter and after a brief stop for a snack and water break, I was on my way again.

After continuing south on the AT for a few minutes, who do I see approaching again in the distance but the same hiker with the French sounding accent. As I got closer, I see he is carrying some article of clothing in his right hand. I said hello, and before I could say that I had yet to find his red raincoat, he holds up a beige raincoat and says, "I found it!" I didn't say anything.

## The Upper Bunk

Hiking along on that hot summer day, all I could think about was the Eckville shelter in Kempton, PA. People kept telling me about how nice it was. And you know what, they were right, for as far as AT shelters go, it doesn't get any better. It is an enclosed bunkhouse that sleeps six and has a flush toilet and shower. A regular Hilton Hotel for backpackers!

When I finally arrived in the late afternoon, other hikers were already there. An older thru-hiker named John; Linda and Colleen; two overnight backpackers from nearby Reading, PA.; a one-armed thru-hiker called Krebs and a woman from Colorado whose name I don't recall.

Upon entering the bunkhouse, I quickly did the math and realized that I had made six. And looking around, the only open bunk was an upper. Maybe it was a childhood fear of falling out of bed, but I always made it a priority to avoid the upper bunk. This time I had no choice. It was either sleep in the bunkhouse or sleep in a tent. Therefore, I chose to take my chances. There was a ladder that stopped at the upper bunk, but that was it. Nothing to really hold or grab on to, and if that wasn't perilous enough, the bunkhouse had a cement floor.

That night I delayed sleeping for as long as I could but, after a full day of hiking, the time finally came. As I climbed up to go to bed, I knew I would need to come down in the middle of the night for a bathroom run. With dread in my mind, I lulled myself off to sleep.

It was three o'clock in the morning, and the bunkhouse was dark and quiet. The time I dreaded had arrived, and I needed to act. Therefore, I quietly swung my legs over to the ladder, grabbed with my hand the large wooden beam that ran up to the rafters and supported the bunks, and started my descent.

Moving forward down the ladder, I tried to place my foot on the second rung and lost my balance. As I started to fall, somehow my left hand grabbed tightly like a vise on to that support beam, and I swung around and crashed into the front of the bunk. The noise awoke someone because in the darkness a voice asked if I was okay? Embarrassed, I responded yes, threw my boots on and exited to take care of business. Returning to the bunkhouse, I carefully climbed back up the ladder into the bunk and went back to sleep.

When I awoke the next morning, there were some large bruises on my left arm. Linda and Colleen, the two local backpackers, both heard the crash. Linda said that after my nocturnal escapade she dreamt that she had fallen out of her upper bunk. The three of us talked and laughed that morning about the big crash in the night like a bunch of school kids. I was just happy that I survived my experience in the upper bunk and that I didn't land on that cement floor.

## Chapter member Piljo Yae named 2023 Ridgerunner



Our 2023 AT Ridgerunner is Piljo Yae, a chapter member and a 2022 thru-hiker (trail name WIC). The Ridgerunner program is entering its 31st year, and is a cooperative effort to protect and care for 42 mi of the AT by our chapter, ATC, PA DCNR, AMC, the Allentown Hiking Club, the Batona Hiking Club, and the Keystone Trails Association.

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