



Carolina Mountain Club

Since 1923

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April 2019

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Two weeks until the 14th Annual Spring Social

by Bobbi Powers

The fun starts at the sign-in table near the Education Center (upper building) at 2:30. Fun = fellowship, friends, hikes, wandering the gardens, dinner, and a super duper program. You do not have to be a CMC member to attend.

There are two ways to buy tickets. Members can go to carolinamtnclub.org Click on the blue button for Member's Area and log in. Then, click the red button for Spring Social and buy your tickets. For non-members or members wanting to pay by check, print the attached form and mail your check.

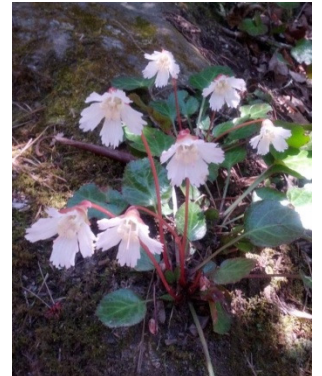


Photo Sharing

Be part of the pre-show entertainment! See your name on the big screen! Please submit up to 5 photos for inclusion in the slide show running during the social hour. This year's theme is Fascinating F-words: Ferns, Flowers, and Fungi. (If a frog or fairy or friend is part of the picture, even better!)

Deadline for submitting photos to CarolinaMtnClubPhotos@gmail.com is Saturday, April 13.

Three New CMC Trail Crews You Should Know About

By Rich Evans

Last November 13 brave souls embarked on the first weekend outing of CMC's new Remote Overnight Crew (ROC). The crew's mission is to work on trails that over the years have received little attention because of the 3+ miles it took to hike in. Their next work date will be April 27-28 and will work on the AT near Spring Mtn shelter. There is also a fall outing scheduled for September 21-22. For more

information contact Paul Curtin pmcurtin@hotmail.com Or you can sign up on the CMC website.

On Monday April 8th the Art Loeb crew will start the long overdue trail rehab of one of the most iconic trails in our area. It was dedicated in November 1969 for Art Loeb, a long-time member of the Carolina Mtn Club. This trail is enjoyed by backpackers and day hikers alike. Its 30.1 miles has many sections in need of work and can use all the help we as a club can give it. The Art Loeb crew will meet weekly on Mondays. For more information contact Robert Bolt otherob@inbox.com

And finally we have created a wilderness response team. This will not be a weekly crew but a team of volunteers that respond to reported trail issues as they come up in the Shining Rock Wilderness. We hope to build a list of volunteers who can give us a day on occasion as needed. For more information contact
Michael Ramos 52miramos@gmail.com

Save the Dates!

Blue Ridge Hiking Company, owned by Jennifer Pharr Davis and Brew Davis, in partnership with local company Astral Shoes and the Carolina Mountain Club, announce the confirmed dates for the 2019 Speaker Series. The first speaker event was held on February 12 as we welcomed Heather Anderson, a seasoned thru hiker, to present her adventures to a packed crowd. Save the dates for the following speaker events. The May 15 speaker will be Warren Doyle, an 18 time thru hiker. Other speakers will be announced at a later date.

May 15

June 4

August 20

September 24

November 12

All events will be held at Revolve, 821 Riverside Drive, #179.

Also, Blue Ridge Hiking Company will be opening their retail store at 70 College Street in Asheville on April 5th. On **Sunday April 7**, the store will donate 5% of sales to the Carolina Mountain Club. Plan to stop by the store this Sunday and support CMC.

-Randy Fluharty

Secondary Trails Adoption Program

by Les Love

Please check out the attached spreadsheet showing how many people have stepped up to adopt CMC's secondary trails, by being observers or tool carrying maintainers. Rich Evans is the Field Supervisor for the program, meeting individually with all the maintainers to show them what needs to be done, issuing the tools and getting them to sign the agreements. We've still got a few trails open, so if you would like to join in this program and adopt a section, shoot me an email at lesrlove55@gmail.com.

Recap of the 2019 Hike Leaders' Dinner

By Bobbi Powers

It takes a village to lead almost 200 hikes each year for CMC. That village is made up of 80 current hike leaders who donate their time to scout and lead hikes, write scout and hike reports, and provide interesting and safe hikes.



The Feb. 22 working dinner at the Biltmore Park Hilton was CMC's thank-you to these members, 55 of whom showed up on a rainy night for dinner and some "larnin'." My tablemates gave enthusiastic thumbs-up to a meal featuring both chicken and salmon, plus a to-die-for crème brûlée cheesecake dessert.

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Then we went to school. Judy Magura talked about uploading hike requests via the website; Ron Navik reviewed the procedure for reporting trail maintenance issues; Carroll Koeplinger reminded us about Incident Report Forms; Bruce Bente and Gail Lamb went over hike meeting places and answered questions.

Several leaders won door prizes after school let out. Door prize donors were Bonnie Allen (2 of her professional photos), Jack Dalton (4 of his handmade wooden bowls), Danny Bernstein (a copy of her latest book), Stu English (2 Trail Profiles and Maps, Third Edition), and REI donated several packets of goodies. We all appreciate the generosity of these donors.

Thanks to all who made this a special evening!

* We have a special shout-out to the CMC Education Committee which, with the help of Kathy McAuley, applied for and received a grant from Walmart to make first-aid kits for leaders. The committee was able to assemble 30 kits (at ½-pound each) for leaders on a first-come basis. I was one of the lucky recipients, and it will be a welcome improvement to my current kit. Thank you! Thank you!

Catching Up With John Pawcio CMC President 2000-2001

By Stuart English

Recently, I contacted one of our past presidents who moved away several years ago. As chance would have it, he became a social media friend. Contacting several people who knew him, I found he was very popular with our members and is still missed. He was happy to share his thoughts with me about his days with us.

"We were in an era when the internet was really starting to be a



part of everyone's life. I was fortunate to have Don Walton as vice president and Don provided the expertise to get the CMC website up and online.

Joining the Carolina Mountain Club was a great opportunity to make new friends and enjoy the outdoors. It was a life changing experience. Sara Davis told me about the club and brought a copy of "Let's Go!" to our YMCA fitness class. Life just fell into place after that!

After all these years, there are many indelible memories. Walker Knob was memorable because we saw a live rattle snake, cactus plants, and waded through knee deep snow, all on the same hike. The Shining Rock Wilderness area was always a treat. The Coffee Pot Mountain Loop was the first hike that I led for CMC, so it's always been a special hike for me.

We traveled to Reno, Nevada several times in 2006 on business and really liked the feel of the west. We decided to sell our house in Asheville and moved there just for the adventure. The hiking was quite different in that part of the country in that there is not so much of a canopy shading the trails. You really need to wear clothing that affords sun protection. Hiking Tahoe Meadows and the Tahoe Rim Trail was great in the summer due to the high elevation (low temperature) and low humidity. We also got into sailing and I took lessons in San Francisco Bay where we joined a sailing club. A group of us went on a two-week sail on the Adriatic Sea down the coast of Croatia. It's a beautiful country with great people and outstanding food.

In November 2018 we sold our home in Reno and moved to St. Petersburg, FL. Hence another adventure begins. My wife Sandy is a full-time nurse educator. She loves her job and gets to work from home. I'm an Enrolled Agent and prepare tax returns at H&R Block during tax season. We still enjoy dancing. We do on occasion dance, but no place offers the dancing opportunities that you have in Asheville. Mostly we were doing the lounges in Reno and sometimes the Elks Club or a senior center dance. It's still a blast and you meet the nicest people, just like on the trail."

John Pawcio

Good Times at the FMST Gathering

by Randy Fluharty

The annual Gathering of the Friends of the Mountains to Sea Trail was held March 22-25 in Surf City, NC. This area was hard hit by Hurricane Florence last fall, and is still working to recover. But the people here showed nothing but a positive spirit and warm hospitality, and they had all services up and running. Most of the evidence of the storm was in the torn away stairs leading down to the beach and the absence of dunes which were washed away. An army of carpenters was busy rebuilding stairs and other workers were busy with beach reclamation projects, determined to have things ready in time for the tourist season. Although the season is not here yet, the people of Surf City opened their businesses and their arms to us in welcome.

There were several service opportunities and other excursions Friday during the day, but the official agenda got underway Friday night with a reception and tour of the Karen Beasley Turtle Rescue and Rehabilitation Center. This is a unique facility, housing injured sea turtles and working toward re-releasing them to the sea. We learned a lot about these endangered creatures and got to observe them up close.

Saturday's meeting included remarks by Dwayne Patterson, Director of the NC Parks and Recreation Department, a State of the Trail overview by Kate Dixon, and a presentation by our keynote speaker, Walker Golder, Director of the Audubon Atlantic Flyway Coastal Initiative. Mr. Golder's presentation was filled with wonderful slides of birds and other wildlife and stories of the coastal ecological community.

In the afternoon, there were more workshop and excursion opportunities, including getting out on the MST. Then at 6:00 we all gathered in a park and walked across the new bridge that connects the island with the mainland. The 300 or so attendees crossing the bridge on the pedestrian walkway part of the

bridge made quite an impressive sight.

So, if you are heading to the coast this summer, stop by Surf City and take in a bit of the coastal MST and the hospitality of the people there.

Trail Terrain

by Danny Bernstein

How hard is the hike? New hikers ask of CMC leaders. Most people just look at trail distance and may add "yeah, the trail is steep."

Characterizing hikes as easy, moderate, or strenuous is one of the most difficult part of leading. Yet people expect each hike to have such a rating. And who decides what's easy, moderate or strenuous?



I've been working on an index that will quantify how difficult a hike is and not leave it to human perception. The difficulty factor is a combination of distance, total ascent, and terrain. Distance and ascent are easy numbers to obtain with a GPS.

Terrain is subjective but you can distinguish between smooth dirt trails or rocky surfaces. Is the trail well maintained like in the Smokies or will you have to go over and under blowdowns on a bushwhack in Pisgah National Forest? Is the trail well marked, or will you spend time and energy trying to find your way?

The formula calculates a number for each hike that will replace easy, moderate, difficult in most trail listings.

I started with Naismith's rule which calculates the amount of time for a hike. His formula is:

2.4 miles/hour plus an hour for every 2,000 feet. https://en.wikipedia.org/wiki/Naismith's_rule

William Naismith was a Scottish mountaineer who only dealt with walking in the fells - barren mountain ranges or moor-covered hills. Trails in Europe and Australasia, which give a walking time estimate, use Naismith rule. But in the Southern Appalachians, hikers deal with greenways all the way to wilderness areas and bushwhacking. I updated Naismith's formula to add a terrain factor.

! 1

Hike #236 up Black Mountain Trail was difficult.

Groups go slower so I changed Naismith's distance factor to two (2) miles an hour. The difficulty of moving along a trail is different from navigating a hard-to-find trail in a wilderness area. If there are no blazes or signs or if I'm worried about losing the trail, I will take longer.

My general formula is (distance in miles /2.0) + ((ascent in feet/2,000) * terrain factor). This calculates a number, a way to compare one hike to another. It's not the number of hours it will take to hike.

How can I quantify terrain before I hike the trail in an objective manner? For the Southern Appalachians, I look at who manages the land. Here's my ranking from easiest to most difficult.

1. Roads and Greenways 2. State Parks and Recreational State Forests (ex. Dupont Forest) 3. National Parks 4. National Forests, Wildlife Resource Commission, and conservation land (ex. Montreat) 5. Wilderness Area 6. Bushwhacking

Here are two examples: Ramsey Cascades in the Smokies (8.0 miles with 2,300ft. of ascent) would be calculated as follow: $(8.0/2.0) + (2300/2000)*3 = 7.5$ 3 is the terrain factor for national parks.

Moore Cove Falls Figure-8, a bushwhack in Pisgah National Forest (5.8 miles with 1,540 ft. of ascent) is calculated as follow: $(5.8/2.0) + (1540/2000)*6 = 7.5$ 6 is the terrain factor for bushwhacks.

So, Ramsey Cascades and Moore Cove Falls Figure-8 should be at about the same exertion level.

What about the Appalachian Trail and the Mountains-to-Sea Trail?

The trails themselves don't own the land; they're on other land management such as national forest and parks. CMC hike these trails mostly in Pisgah National Forest, so we would use the national forest factor.



The eNews is published on the first Friday of each month. Articles are due on the last Friday of the previous month. send your news to eNews@carolinamountainclub.org. Please limit articles to no more than 1,000 words. You may send up to two photos as jpg attachments.

To join Carolina Mountain Club go to: www.carolinamountainclub.org. Click on "Join CMC" on the right side. Follow the instructions. Send all address and email changes to Dennis Bass at dbass3607@gmail.com. Your email changes will be automatically reflected in eNews delivery.

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