



# Carolina Mountain Club

Since 1923

eNews | Hike . Save Trails . Make Friends

April 2018

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## Register For Spring Social

The thirteenth annual Spring Barbeque will be held in the beautiful NC Arboretum on Saturday, April 21, from 2:30 until 8:30. The cost is \$22 per person.

This year our program will be **High on Waterrock: Big Plans for Our MSTHigh Point**. Our guest speaker will be Dawn Leonard, Community Planner with the Blue Ridge Parkway. We will also have a special appearance by our own Walt Weber on the upcoming release of the third edition of his book, **Trail Profiles of the MST**.

CMC members, their families and friends are welcome. You do not have to be a member to attend.

**Don't Forget Photo Sharing!** The theme is: **Seasons - Winter and Spring**.

Submit your 5 favorite winter and spring photos. Your name on your photos is your reward for participating. Thanks in advance for being part of the entertainment during the social hour. Deadline for submissions is Monday, April 16.

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## What Should I Pack for My Hike?

### Preparedness Workshop/Hike for Hike Leaders

By Jan Onan and Gregory Bechtel

When: April 6 or April 14 at 9:00a.m. - about 3 or 4:00p.m.

Contact Gregory at gabechtel@gmail.com for more information or to sign up for either day. You will need a list of what to bring. Space is limited.

CMC is proud to present a new free training day for our new and seasoned hike leaders. (This course will be open to all members soon.) We have all heard stories of others being lost or hurt in the woods, but what if it happens on your hike? As a hike leader the responsibility falls to you to ensure that you have enough gear and enough skill to take care of the hikers in your charge, within reason, in case the hike takes a turn for the worse. This day hike is designed to demonstrate a number of recommended items of gear that hike leaders should consider carrying and how to effectively use that gear. You'll be receiving hands-on training and everyone is expected to participate in erecting shelters, processing wood for a fire, and other essential skills. Hopefully at the end of the day you will have a list of items that you will want to add to your daypack, as well as the determination to practice your new skills and take more classes to add to your knowledge base. We are grateful to Bill Sanderson, our seasoned instructor, for volunteering his expertise to teach this workshop/hike. He will discuss the general guidelines that all hikers should consider when preparing for a trip. Having too much gear can become a real burden as the day wears on, but not having enough gear makes you vulnerable in case things don't go according to plan. Every hiker should strive to carry the right amount of emergency gear, and know how to use it effectively, so that they will be able to self-rescue, remain safe while awaiting rescue, or assist others who are in trouble. Details: Meet at Black Mountain Ingles at 9 AM. Look for the group between Ingles and Rite Aide. We'll carpool from there to the Lookout trailhead in Montreat. We'll ascend the Lookout trail and then walk North along the old Mitchell Railroad bed. We'll stop at several locations along the way to discuss gear, learn skills, and practice these skills. We'll eventually reach Buck Gap, which is about 2.5 miles from the parking area. We'll have lunch, wrap up our training and discussion, practice more skills, and then head back to the cars. Plan on being back at the cars between 3 and 4 PM.

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## **Searching for the Source of the French Broad River: Saturday April 14th**

by Marcia Bromberg

This is a special joint CMC/RiverLink hike to the source of the North Fork of the French Broad River. RiverLink promotes the environmental and economic vitality of the French Broad River and its watershed and the CMC promotes hiking in the Western North Carolina Mountains. This outing provides an opportunity for the two organizations to partner and share their knowledge and expertise about this important river and the mountains that surround it. We'll hike the Summey Cove Trail to the beautiful Courthouse Falls and then adventure beyond the Falls as far as we can towards the source of the river. Along the way hikers will learn how the French Broad forms and the history of the Courthouse where Judaculla, the mythical Cherokee giant, sat in judgement. This is a 5.5 mile hike with a short shuttle. Hikers can meet at Toys-R-Us at 10am or the Bi-Lo in Pisgah Forest at 10:30.

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## **Call for Trail Maintainers!!!**

by Paul Curtin

We are looking for club members who have a passion for the Appalachian Trail. The ATC recommends that clubs have A.T. sections of around 2 miles in length with at least two maintainers per section, or one maintainer per mile on average. Longer sections should have even more maintainers. Currently we have 32 sections for our 93 miles with 47 maintainers. So we need a lot more maintainers, and we will be splitting several sections to reduce their length.

If you have dreamt about becoming a maintainer on the iconic Appalachian Trail, now is your chance!

There are some things to keep in mind.

- A.T. maintainers must have crew experience or be willing to work with one of our trail crews a couple of times before they can take a section. It's important to get grounding on the fundamentals of trail maintenance before taking on this important responsibility. We will work with you to give you the proper training.

- A.T. maintainers must be willing to commit to the time required to keep up with their section's needs. A minimum of four visits a year must be made. Most maintainers do much more than this.

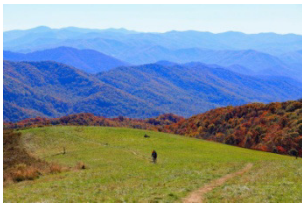
If you are interested, contact Paul Curtin at [ATsupervisor@carolinamountainclub.org](mailto:ATsupervisor@carolinamountainclub.org) to learn more.

## Join CMC Quarterly Trail Maintenance Crew in celebrating National Trails Day on Max Patch on June 2nd!

By Ann Hendrickson



Join us on June 2nd, the 50th Anniversary of the National Trails Day Act, on MAX PATCH, one of the iconic jewels of the Appalachian Trail, and a highlight of all trails in Western North Carolina. The Carolina Mountain Club Trail Maintenance Crew members, the Appalachian Trail Conservancy, the Pisgah National Forest Appalachian Ranger District, REI, and Farm to Feet are partnering to offer a unique opportunity to spend the day assisting in the rehabilitation of the A.T. as it traverses Max Patch Bald in the Pisgah National Forest.



## Celebrate National Trails Day on June 2nd by Hiking Max Patch as a Family!

by Ann Hendrickson

Looking for a great hike to take your kids on? Here is a perfect hike for families with children of all ages! Join us to celebrate the 50th Anniversary of the National Trails Systems Act on June 2nd, 2018. We are offering a unique educational hike for families on the ubiquitous Appalachian Trail. The 3 mile hike will traverse the iconic Max Patch in the Pisgah National Forest, one of the jewels of the entire Appalachian Trail and learn about trail stewardship.

As we hike the trail, we will encounter volunteer trail crew members who are working to rehabilitate the trail to a sustainable state. Hikers will receive education/demonstration(s) of how trails are built and maintained as we stop along our way to view the various groups working on the trail. The hike will wander thru open meadow, shaded forest, and summit the mighty bald with 360-degree views.

Registration is limited, and pre-registration is required. Youth of all ages are welcome, but must be accompanied by a parent/guardian. Please wear long pants, sturdy boots, pack a lunch, and bring plenty of water. The meeting place is at Home Depot, Asheville, off of Exit 44 at 8:15 a.m. (127 Acton Circle, Asheville, NC) Please look for the REI tent, where you will check in and sign a work waiver. All minors must be accompanied by an adult who will sign a waiver for them. REI will provide us with a snack for a mid-morning break. We will car pool to Harmon Den and be shuttled to

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We will return to Asheville around 1:30 p.m. Join us after 3:00 p.m. at Hi-Wire Brewing-Big Top (2a Huntsman Place, Asheville, NC) to celebrate and receive a pair of MAX PATCH hiking socks manufactured by Farm to Feet (compliments of Farm to Feet and REI). After a grand day on the bald, we will have plenty to reminisce with the new found friends we have made out on the trail. Please contact Jan Onan at: [janonan59@gmail.com](mailto:janonan59@gmail.com) for further information or any questions you may have.

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## **A.T. Garlic Mustard Challenge**

-Barbara Morgan

Come out to help rid our forests of invasive Garlic Mustard along the A. T. corridor. Get the information sheet from Matt Drury (ATC Southern Region Resource Management Coordinator) or email him at [mdrury@appalachiantrail.org](mailto:mdrury@appalachiantrail.org). There are three opportunities, one especially earmarked for CMC, but you can help with any and all! I may have a conflict on the CMC day, but email me ([barbc129@gmail.com](mailto:barbc129@gmail.com)) if you want to participate and I'll coordinate responses.

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## Your Feedback is Needed- Please Complete This Survey

The CMC council is committed to looking at ways to improve members' engagement and experience with the club, and we need your help! By completing this short 10 question survey, your input will help us develop strategies for future improvements. We encourage you to click on the link and take a few minutes to fill it out. You will also receive an email with a link to the survey, but only need to fill it out once. We will report the results once they have been collected and analyzed.

Thank you in advance for time and consideration.

[Click here for the survey.](#)

Sincerely,  
Randy Fluharty, President CMC

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## CMC Wines and Dines Hike Leaders

by Stuart English

On a Friday evening in late February in the conference room of the Biltmore Park Hilton, CMC paid tribute to the individuals who contribute to the club in leading close to 200 hikes a year. It could be said that if it were not for these people, there would be no club. After a meet and greet Social Hour and deliciously catered meal, the group was entertained and informed by Dan Hayes, a member of the Hendersonville Rescue Squad. The theme imagined a scenario when all did NOT go well on a hike.



What Happens when you call 911?

Dan has watched our area become more and more filled with folks who enjoy the outdoors like we do. The more people, the more problems for Dan and those in that line of work. There are many ways to get hurt out there and we must always respect that. When a 911 call goes through the switchboard, a team of people attempt to learn all this information:

What was the PLS place last seen?

What was the LKP last know position?

What is the condition of the lost person?

What are the normal habits?

What skills does this person possess?

What is the health of the person?

What medications do they take?

The lost person is asked to stay in the spot where they make the call if at all possible. Cell phones can be traced

by pinging.

Dan gave a presentation rich with humor and awareness of the changing of our culture with the influx of mountain bikers intermingling with grizzled hikers like us. Our thanks go out to Councilor for Hiking, Gregory Bechtel, and the rest of the hiking committee for putting on another entertaining Hike Leaders Dinner. Let the Carolina Mountain Club celebrate you!! All you have to do is lead a hike!

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## **Hiking Tech - Expand Your Hiking Experience**

By Judy Magura, Technology Councilor

For those of you who have an interest in getting away from the usual hike selection routine and want to be a little more adventurous, try searching hikes by Zip code. Last week I plugged in the Zip code for Maggie Valley (28751), selected a ten mile radius and up popped 23 hikes with the trail head, hike number, level of difficulty, type of hike (loop / In and out, etc), distance and topo map, all summarized in one spot.

Once I have found a few hikes that are of interest with the zip code search feature, I will look up the hike by hike number on the member site to confirm hike details. I then have a choice to register and lead the hike or spend the day on the trail with friends and family. It's a great way to start if you are a hike leader or a hiker and want to plan a new adventure.

We usually start the process by looking at a map of the area, selecting a small town in the area of interest, and looking up the Zip Code with a Google search. We then access the Zip Code Hike search feature by clicking on Hiking on the main Hiking Tab in the Public section. We follow up with a click on Search by Zip Code on the sub menu. It's pretty simple and it takes a lot of guesswork out of the planning process. You may even be surprised by how many hikes are in your own backyard.

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# Two Outdoor Books for Spring

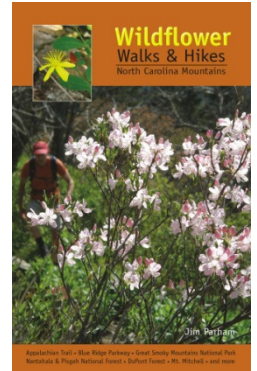
by Danny Bernstein

## Wildflowers Walks and Hikes - North Carolina Mountains by Jim Parham

240 pages \* \$24.95 \*\* ISBN 978-1-889596-37-2 \* paperback original

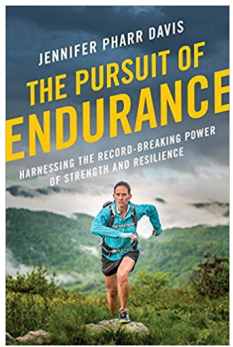
In spring, a hiker's thoughts turn to - wildflowers. And no place is better for wildflowers than the North Carolina Mountains.

Now comes, Wildflowers Walks and Hikes - North Carolina Mountains by Jim Parham, published by Milestone Press. The book concentrates on 59 (mostly) short hikes that highlights one particular flower each.



## The Pursuit of Endurance: Harnessing the Record-Breaking Power of Strength and Resilience

by Jennifer Pharr Davis 317 pages \* \$27.00 \*\* ISBN 0735221898 \* Paperback original



We all know Jennifer as the Appalachian Trail record holder. She held the record for the fastest person on the A.T., or as they say in the biz - FKT (Fastest Known Time). From her previous books, we know how she accomplished this. You find out a lot more about her current and future life and goals in this book.

But what about the other record holders?

Jennifer talks with Warren Doyle, her first mentor. Doyle was the first record holder, walking the A.T. in 66 days in 1973. He started a school for A.T. aspirants – both working with hikers who wanted to do the A.T. and guiding hikers on the trail.

Since then, there's been many record holders, each shaving off days the achievement. Then there's the supported and unsupported category. Jennifer was supported by Brew, her husband and manager, and several other enthusiasts.

For the record – the current record holder is Joe 'Stringbean' McConaughy, a well-known speed hiker with a FKT of 45 days, 12 hours, 15 minutes. And he did it unsupported. That's what's amazing.

The author talks to other record holders and reports back in a personal, readable style.

This is not a how-to book for your body or equipment list but might be a help when going for that last couple of miles when you think you can't walk another step.

Jennifer Pharr Davis will launch her book at Malaprop's bookstore on Tuesday April 10 at 6 pm. I would go early and grab a seat if I were you.



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](mailto: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](http://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](mailto:dbass3607@gmail.com). Do not resubscribe yourself to the eNews. That will be done automatically.

Carolina Mountain Club | P.O. Box 68  
Asheville, NC 28802



Let's Go!

[CMC Calendar](#)   [Hike Reports](#)  
[Future Hikes](#)