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September 2023

Max Patch Saturday, September 23rd

Join us for **National Public Lands Day** – the largest single-day volunteer event in the country. This year’s theme is “30 Years of Care and Community”.

Volunteers, along with Carolina Mountain Club, Appalachian Trail Conservancy, and US Forest Service, will continue restoration efforts on Max Patch, endearingly referred to as the Jewel of the Southern Appalachian Trail.

All are welcome. **No experience necessary.** Experienced CMC trail crew leaders will be onsite to supervise and train. **We will carpool to site.**

Preregistration required. Meet up at the CMC table at Ingles, 630 Champion Dr, Canton, Exit 31 off I-40 at 8:00 am. We will return to this location at approximately 2:30 pm.

Join us at 3 pm for the After Party at BearWaters Brewing Company in Canton. **Please check back: Additional information including registration and contact information will be post on the website.**



CELEBRATING OUR LEGACY - CMC's ANNUAL MEETING Saturday, October 28

Our **Very Special CMC Annual Meeting** will be held on **Saturday, October 28, 2023**, at the Hilton Asheville Biltmore Park. We have just had a hugely successful 100-year birthday party for our incredible club, so let's keep that momentum going by having a hugely successful Annual Meeting. **These are special times.** Our guest speaker will be Nancy East, author of *Chasing the Smokies Moon*, holder of the FKT of the Smokies 900-mile challenge, and an active member of CMC's Haywood County Search and Rescue Team.

You can register online by signing in to the CMC website and clicking on the red Annual Dinner icon to pay with a credit card **OR** you can click the link below and print the form to mail with your check. Now is a good time to renew your membership and make that donation to either the CMC General Fund or the newly formed **CMC Endowment Fund** to ensure our club's stability for our next 100 years. (Note: We must limit the attendees to 150 due to the size of the Hilton's banquet room, so make your reservations early.)

Please make your reservation by October 15th.

For the reservation and membership renewal form, click [here](#).

Quarterly Crew Day at Sam Knob

by David Huff and Joe Bange

We had 54 amazing volunteers join us for our 3rd Quarterly Crew Day at Sam Knob on Saturday, August 19th! We built or added to eight rock staircases, restored over 400 yards of trail, built two large cribbing walls to support the trail over steep terrain, weed-wacked the whole trail, and added a very large water diversion which will help protect our efforts from being washed away. This amounted to 378 combined volunteer hours which calculates to a value of \$11,340 contributed to our Public Lands.



Thank you Joe Benge, Les love, and Chris Werbylo for coordinating this day! A huge shoutout to our group leaders for lending their trail expertise: Linda Blue, John Busse, Paul Curtin, Ed DiSalvo, Peter Eisman, Rich Evans, Bob Fuller, Ken Hummel, Les Love, Kit Ogburn, Skip Sheldon, Ron Walther, Tom Weaver, and Chris Werbylo.

A special thank you to the following crews for your tremendous prep work leading up to Saturday!

Pisgah Friday (Hendersonville)
Waynesville Wednesday
Asheville Friday

Our final Quarterly Crew Day for the year is Saturday, October 14th. Visit us here for more information about this day and many other exciting volunteer opportunities: www.cmc100th.org.

Click on the photo to watch a video of the day!





Congratulations to **Carolina Mountain Club!**

The results are in and once again **Mountain Xpress** readers have chosen us as a winner in the following category:

First Place: (Hall of Fame) Hiking Club or Group ~

Category: Outdoors

Pick up a copy of Mountain Xpress and read all about it!

CMC'S PARTICIPATION IN 2023 A.T. VISTA HELD IN JOHNSON CITY, TN

by Daisy Karasek

The much-anticipated A.T. Vista program was finally held and successfully concluded in Johnson City, August 4 - 7. It was the first time that the re-envisioned and reformatted A.T. biennial conference came to fruition for A.T. enthusiasts and supporters since the last biennial held in Maine in 2017. Interestingly, this event was made possible through the sponsorship of the Northeast Tennessee Tourism Association and the Johnson City Convention & Visitors Bureau.



Tish Desjardins and George Shepherd leading their group from Tanyard Gap to Hot Springs

The local hiking club, the Tennessee Eastman Hiking and Canoeing Club (TEHCC) which is an A.T. maintaining club, played the lead in organizing the hiking program. Neighboring clubs — CMC to the south and the Mount Rogers Appalachian Trail Club to the north — were invited to participate and lead hikes on their sections of the A.T. and other local trails.

A total of 48 hikes were offered over the four-day period, providing participants with a range of choices — from easy strolls of a couple miles to strenuous hikes of up to 13 miles and over 3,000 feet in elevation gain. About 280 people registered for the event, coming from different corners of the country to the campus of East Tennessee State University.

CMC hike leaders volunteered to lead a total of 11 hikes. Two leaders were scheduled to support each hike to allow for sufficient resources to handle unexpected situations. The CMC schedule and roster were completed by April, with 18 hike leaders, supporting



11 hikes; several did double duty and worked on two hikes.

Kudos go to the following hike leaders who not only gave of their time but also made the hikes informative and interesting for their participants:

Ted Altman: Tanyard Gap to Rich Mountain.

Paul Benson: Sams Gap - Big Bald.

Marcia Bromberg: Tanyard Gap to Rich Mountain.

Tom Butler : Pump Gap and Lover's Leap Loop;
Tanyard Gap - Hot Springs.

Marie Chamberlin: Pump Gap and Lover's Leap Loop; Tanyard Gap - Hot Springs.

Kathy & Michael Cornn: Devil Fork Gap - Jerry Cabin Shelter - Fork Ridge Trail.

Pam Crawford: Sams Gap - Big Bald.

Tish Desjardins: Sams Gap - Devil Fork Gap; Tanyard Gap - Hot Springs.

Randy Fluharty: Allen Gap - Tanyard Gap.

Carroll Koeplinger: Lower Big Laurel Creek.

Karen Lachow: Lower Big Laurel Creek.

Jim & Judy Magura: Jones Meadow to Allen Gap.

Diane Saccone: Pump Gap and Lover's Leap Loop.

George Shepherd: Pump Gap and Lover's Leap Loop; Tanyard Gap - Hot Springs.

Jeff Wilcox: Allen Gap - Tanyard Gap.

Brenda Worley: Sams Gap - Devil Fork Gap.

The hike leaders, as usual, had to monitor weather conditions to make sure that their group would not be threatened by thunderstorms or severe rain. The weather on Thursday, August 3 was unstable and there were forecasts of unfavorable conditions for the following day. Fortunately for all, the conditions actually improved and all hikes were able to proceed as planned. All in all, only one CMC-led hike was cancelled over the four days on account of threatening thunderstorm.

In addition to hikes, the A.T. Vista program offered participants a choice of excursions and workshops over the long weekend. There was a Kick-off dinner on Friday, August 4 with keynote speaker Warren Doyle, who has hiked the A.T. a record 18 times. A Closing Dinner with music entertainment afterwards was held on Sunday, August 6.

The success of this event is worth celebrating. Thanks go to the sponsoring organizations, the volunteers who participated in the planning and those who worked on all the details of final implementation, and of course, all those who came far and wide to partake in the various activities. Hopefully, this inaugural A.T. Vista will inspire other trail communities and clubs to collaborate in presenting similar programs in the years to come.

Happy Birthday Mountains-to-Sea Trail!

by Marcia Bromberg

The Mountains-to-Sea Trail (MST) turns 46 this month. September 9, 1977 Howard Lee, then NC Secretary of Natural and Cultural Resources, suggested the creation of a trail across North Carolina from the mountains to the ocean, during a speech at the National Trails Symposium. This idea resonated with a number of outdoors enthusiasts who got permission from the state to lay out a likely pathway and, using volunteers, begin building the trail.



A lot has happened over the last 46 years. The trail is now a part of the NC State Park system, over 600 miles of trail are off-road (all of the trail through the mountains), and last year the State began dedicated funding for the MST and other state trails. The current pathway is 1,175 miles from Clingman's Dome (or Kuwahi) on the Tennessee state line to Jockey's Ridge on the Atlantic Ocean. There is also an alternate paddle route down the Neuse River to Pamlico Sound. And across the state 20 volunteer trail crews build and maintain trail, including the CMC which has built and maintains over 140 miles of the MST.

In the 1990's those hearty trail builders created the Friends of the Mountains-to-Sea Trail (the Friends) to raise money for and awareness of the trail and manage the efforts of the trail crews. The Friends now has over 2000 members who support the trail through donations and volunteer time. The Friends also helps those hiking the MST with detailed trail information and a network of trail angels. To date almost 200 people have hiked the whole trail, either as a through-hike or taking a few years to hike section-by-section. The first hikers in 1997 were Allen de Hart and Alan Householder, two of our "founding fathers".

The CMC not only maintains the mountain portion of the MST, we love it for hiking. This quarter 17 scheduled hikes were fully or partly on the MST. And our hike data base lists over 125 hikes in the MST section. So help celebrate the MST's birthday! Five of the 17 MST hikes this quarter take place in September. Check them out and sign up for one. Or create your own MST birthday experience by picking a hike from the database.

The Friends is offering a number of activities during the birthday month including a birthday challenge, hikes, and other events. Our own Les and Catherine Love are leading an official birthday hike September 2nd. You can find out about their hike and all the other events by going to <https://mountainstoseatrail.org/challenges/birthday/>

So go out and take hike on the MST and, on the 9th, raise a glass to our own North Carolina long trail.

RICH EVANS ACHIEVES 12,000 CMC VOLUNTEER HOURS

by Kit Ogburn

Asheville Thursday Crew Member

It is a pleasure to share the news that Rich Evans has achieved a new milestone for Carolina Mountain Club volunteer hours—12,000! Rich achieved this milestone while working Monday, August 21, on the Art Loeb Trail. This number of hours is truly significant, as Rich now leads the total volunteer hours count by a margin of almost 3,000 hours. Rich joined his first Carolina Mountain Club trail maintenance crew over eleven years ago, and he's averaged over 1,000 volunteer hours each year. He is in a league of his own!



I was curious about how all these hours began to add together and why Rich has devoted so much of his time to the trails of western North Carolina, so I talked to Rich about how it all started and the appeal that he found. The seed was planted in 2009 when Rich hiked the Appalachian Trail for the first time. He was enamored with the “trail community” he found. In 2010, while living in Wisconsin, Rich made up his mind to move to western North Carolina, hoping to find that “trail community” experience again, and he did, when he moved in 2012 to Waynesville.

June 18, 2012, was when Rich joined the Waynesville trail maintenance crew, a crew of only three people at the time, and Larry Sobil was the crew leader. Larry's professionalism, work ethic, and mission-oriented approach impressed Rich. In Larry, Rich found a mentor, and Rich found his happy place. While Rich had originally intended to do mostly hiking and some trail maintenance when he moved to North Carolina, he found doing mostly trail maintenance suited him well. He stuck with it.

He liked the sense of accomplishment, and he found that the sense of community while working with others was satisfying. He also worked with a feeling that he was doing something for others just as others had done for him as a hiker. While Rich was motivated by trail work as a means of physical fitness, he also found that trail work fed his creative side. Besides learning from others, he did a lot of research to learn prescribed ways to solve problems. Then, in the field, he enjoyed being creative, sizing up a problem, determining an approach, and giving it a try. Even when his solutions were not correct, he felt a positive return from learning something new. He did a lot of “on the spot” problem solving, and Rich says he still does that today, only today he's got years of experience to call on.

Turning from how Rich got started and how he got hooked on trail maintenance, it is interesting to note a few points about those amazing 12,000 hours. That milestone

might have come sooner were it not for medical problems. In 2020, Rich was diagnosed with advanced prostate cancer. Surgery, extended daily radiation therapy, and hormone therapy followed. Rich admirably persevered. In 2022, Rich was diagnosed with peripheral artery disease, requiring surgery for a 100% blocked artery in one leg. This year there has been another medical challenge—coronary artery disease. Rich has had to slow down, but he still perseveres, leading projects on the trail and teaching (and entertaining) as he leads. Two of his most valued qualities, problem solving and teaching, have not waned.

Rich has a robust Carolina Mountain Club resume, and I think it's appropriate, as I showcase this man who has achieved so much, to list some of his accomplishments that support his accumulation of thousands of meaningful volunteer hours.

Leadership

Past co-leader of the Waynesville Crew

Founder and leader of the Art Loeb Crew (still active)

Co-founder and co-leader of the Section Rovers Crew (still active)

Co-founder of the Secondary Trails program

Field supervisor for the Secondary Trails program in the Pisgah Ranger District and Blue Ridge Parkway trails (still active)

Co-founder and co-leader of the Remote Overnight Crew (still active)

Founder of the Wilderness Response Team

And More

Member of the Asheville Thursday Crew

Participant in Quarterly Workdays

MST section maintainer

Past member of Becky Smucker's Wilderness Crew

Past member of the Asheville Friday Crew

Past maintainer of a Secondary Trail

Past maintainer of an AT section

And it is no surprise that Rich has received some notable awards, including Blue Ridge Parkway Volunteer of the Year in 2016 and the CMC Award of Appreciation in 2018 and in 2019. Reaching 12,000 volunteer hours is not an award as such, but it is a milestone very worthy of recognition. It is my honor to salute Rich with congratulations and gratitude. I know I speak for many others. *Here's to Rich Evans!*

Carolina Mountain Club eNews is published on the first Friday of each month. Send your news to eNews@carolinamountainclub.org. Articles are due on the last Friday of the previous month. 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. For all address and email changes, log in, select "Modify Profile", make changes and click on "Update Member" or email Dennis Bass at dbass3607@gmail.com. Your email changes will be automatically reflected in eNews delivery.

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