



From The Editor

When Danny asked me to edit the eNews, I thought I could learn something, and have some fun. At least I wouldn't have to worry about losing the trail or a hiker. I *am* gaining appreciation for the amount of time Danny has put into the eNews for the past seven years. Thanks Danny. My motto for the immediate future will be "What would Danny do?" After that, we'll see what develops.

If anyone has any articles for the newsletter, send them to me at eNews@carolinamountainclub.org

The newsletter will go out the last Friday of every month. The deadline to submit news is the Friday before it goes out.

Sincerely,
Kathy Kyle
Carolina Mountain Club

New Speed Record On MST

Diane van Deren sets new MST record at 52



Diane van Deren finished the Mountains-to-Sea Trail in 22 days, 9 hours, 29 minutes. Her journey on the nearly 1,000 mile Mountains-to-Sea Trail [www.ncmst.org] set a record for the fastest crossing of the statewide path, beating by nearly two days the previous record of 24 days, 3 hours and 50 minutes set last year by CMC's own [Matt Kirk](#).

"That is the hardest thing I have ever done," Van Deren told a small gathering on the dune in Jockey's Ridge State Park.

The declaration of being her biggest challenge yet comes from an athlete who has done the Hardrock 100, said to be the hardest 100-

Hike
Save Trails
Make Friends



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mile ultra race out there, seven times, and who did the 300-mile version of the Yukon Arctic Ultra and had so much fun that she returned the following year for the 430-mile version.

Diane was sponsored by North Face and Great Outdoor Provision Company and supported by ultra-runners in the area.

A.T. Rescue With The Help Of The CMC Website And Ted Snyder

The following is an email I received from Ted Snyder. It never ceases to amaze me how the CMC finds a way to be helpful to the hiking public!

Jim Reel

Dear Jim:

In your capacity as Councilor for Hiking, and to give a boost to your recovery, I am sending you this campfire story about a recent concatenation of events.

Thursday night, along about 9:30 and I was thinking about turning in, the phone rang. A pleasant female voice asked if this was Ted Snyder. I admitted the accusation. She said: "Ted Snyder, I need your help. My mother is hiking the Appalachian Trail. She has hurt her foot, and I have to go up there and get her."

So, I asked her where her Ma was on the A.T.. She said her mother was one mile from Jerry Cabin. I asked her on which side, and she responded that Ma was a mile short of the cabin, walking north. I then asked her could she get to the cabin, and could she get some other hikers to help her. My caller said no other hikers had come along, and her mother could camp where she was sitting, as she was good at taking care of herself.

Then I asked my caller where she was. Orlando. She said she would come up and walk in and help her mother out. She wanted to know how to get to Jerry Cabin. I told her in general. Then I dug out my notes, and recited to her every turn of the roads, with mileages, from Asheville to the trailhead on Big Creek. She wrote those down.

I then scanned and emailed her a map of the trail from Big Creek to Jerry Cabin. Two miles of hiking with an elevation gain of 2000 feet. She thought she could get her Ma down the trail, if she went up there. So, I added to the scan, the written driving instructions from Asheville.

I figured she would have to fly to Asheville and rent a car, or else drive to Asheville, which is a long day from Orlando.

Now she emails me she got up there and rescued her mother Friday afternoon.

I thought you would be interested. When I asked my caller how she found me, she said through CMC. My son and I backtracked how she found me. If you do a google search using "Jerry Cabin" and "hiking" you will get a hit on the CMC web site and the hike I led in December

to the Bald Mountains That hike went past Jerry Cabin and it was mentioned in the description. Google found it.

Now CMC can take credit for providing rescue service for injured A.T. hikers.



Jerry Cabin

Bruce Bente

By Bobbi Powers

Meet Bruce Bente – the uncensored, up-close, and personal interview with CMC’s All-day Weekend Hike Scheduler, a man whose early interest in trains led to his career choice and whose middle name is “Travel.” You’ll have to ask Bruce for the story behind the flag photo.

It’s difficult to pin Bruce down about his interests. Most of us would put hiking, trains, and travel on the list, but what about world history, current events, modern architecture, modern art that uses computer images, and spelunking? Bruce is a complex man.

Bruce developed an interest in trains at age 15 which led him to Villanova University (near Philadelphia) and a degree in electrical engineering, followed by a career designing railroad passenger cars.

Here we must take a short detour. Bruce was drafted into the Army right out of college and stationed in Alabama. What to do on those hot sultry ‘Bama days? According to Bruce - go spelunking! Bruce regaled me with one particular caving adventure where the passage was so tight (i.e. coffinlike) that he had to deflate his lungs in order to pull himself through.

After Bruce’s stint in the Army, his career took him to Chicago and Montreal, but always travel was a key interest. Bruce has vacationed in 38 countries on 5 continents. You need to read that again – 38 countries! He loved every trip, but two seem to stand out. He and his wife visited Siberia in 1991, soon after the Soviet Union opened itself to the world. They were on the 10th excursion offered from the U.S. When the plane landed in Magadan, Siberia, the townspeople pressed against the airport fence to get a glimpse of the outside world. A 16-day excursion to

Patagonia last winter was another peak experience. He said, “I loved the culture, the food, the scenery – just being so far south – the extremes of the Poles.”

Coming up – an autumn trip to Utah to hike in Bryce and Zion National Parks, with side trips to Portland, OR, and Salt Lake City. Why go to Salt Lake City? To see their light rail system, of course!

Bruce loves to share his trips through travelogues. He has given slide shows on Glacier and Rocky Mountains National Parks, Machu Picchu, and in July will share slides and hiking opportunities in Argentina and Chile with the Nantahala Hiking Club.

Bruce joined CMC in 1996 when there was an interesting membership requirement. One had to successfully complete three hikes and have the OK of those three hike leaders before joining. We're happy he passed because he has been a very active member of the club ever since. Bruce was the first Councilor for Hiking, a position created when the Council reorganized after an influx of new members necessitated an expanded Council.

Bruce helped Don Walton create the hike database and numbering system, a big step forward for the club. Bruce schedules the all-day weekend hikes, and he proofreads and formats all hikes for Let's Go. Bruce is currently one of three CMC representatives on the steering committee for the ATC Conference in July 2013.

Bruce would like me to put in a plug for hike leaders. There will be 130 hikes offered during the conference, necessitating 260 leaders (a co-leader is needed for each hike). Currently there are 102 leaders, so please make Bruce happy and contact him to be a hike leader.

One more plug for help: Bruce says, “If I had a back-up hike scheduler, it would give me time to devote to finding people for these hikes which I would enjoy doing.” You know who to call if you're interested.

Bruce is a strong hiker who is known for leading the annual New Years Day hike, as well as 5-6 other hikes each year. He often helps scout hikes. A recent half-day hike he led, Vineyard Gap Loop, was a learning experience. After starting with 28 hikers, he finished with 20, the other 8 straggling in later. “I learned to slow down and pay attention,” he said. His favorite hike is Roan Mountain in the spring because of the rhododendrons and Gray's Lilies. Bruce also enjoys trying to identify wildflowers on hikes.

Before the interview I had a picture of Bruce as very intense and serious. Bruce agreed with these adjectives but also added loyal,

hard-working, and enthusiastic. After our chat at the Arboretum, I would certainly agree, especially about enthusiastic. Bruce's eyes light up when he is talking about travel adventures, layouts of transit systems of big cities across the U.S., the unpredictable weather on Roan, whimsical art he has enjoyed, and the list could go on and on.

Thanks, Bruce, for a highly entertaining and enlightening afternoon.



Wilderness Crew Weekend On Fork Mountain Trail

By Doreen Blue

Equipped with lots of tools, backpacks, enthusiasm, and everything but the kitchen sink (we even took a table and chairs into the wilderness!) our hardy crew set out for Tom and Joan's Meadow and the Fork Mtn. Trail at noon on Friday, June 8. We made the 3-mile trek laden with supplies, and had the help of three young people provided by Mike, our chef for our excursion. We set up camp, had a delicious dinner, and rested up for the evening, Our food tucked in bear bags

and hoisted up trees, we reviewed our work plan and map . We shared stories and even sang a song especially written for the Saturday Crew and Becky. The wind picked up and the temps dropped off and so did we. We were tucked into tents before sundown, and the wind howled away.

After a delicious breakfast of pancakes, eggs and turkey bacon, we were well fortified for a long day's work. We were joined by 3 fresh recruits for the day, a welcome sight. Becky split the 9 of us up into 2 teams and off we went. The area is a beauty, lots of lush mosses and ferns and terrific views from the ridges. We lopped and chopped and dug and sweated then lopped some more. What a wonderful sense of accomplishment to see the trail improved and groomed after a hard day's effort! No bears were spotted, but we saw fresh scat and heard coyotes in the distance. Another yummy dinner followed.

Sunday morning we woke to drizzle that soon turned to rain. The skies looked ominous so we voted to pack out while the rain had let up a bit. But we managed a great breakfast again, despite the rain, which meant less food to carry back. Trekking out was a challenge on the uphill route and we were down five people to share the load. Thankfully we recruited some trail angels for assistance.

All in all our first crew camp out was a great success. A special thanks to Becky who planned it, and Mike who fed us and Paul who helped scout it out and brought in the reinforcements. A good time was had by all. We did good work. Carolina Mountain Club should be proud of our group of troopers. Maybe we can make it an annual event and you can be a part of it next year? Maybe.

New Trail To Connect Brevard And Fish Hatchery Area

Bracken Mountain Trail To Officially Open July 27

The Bracken Mountain Trail is set to open in July. It will start near the Brevard Music Center, traverse acreage owned by the City of Brevard, and connect with the Pisgah National Forest near the Pisgah Fish Hatchery and Wildlife Education Center.

July 27th, 2012 is the official grand opening of the Bracken Mountain Trail system. The entire trail system has been "roughed in" but there are still a few weeks of finish work and final details that need to be addressed before the system is officially opened.

Appalachian Trail Conservancy Trail To Every Classroom by Jan Onan

The Appalachian Trail Conservancy's Trail to Every Classroom (TTEC) program had its first of three alumni workshops.

Club members and TTEC Alumni Kate Fisher and I attended along with a teacher from Hot Springs Elementary. We participated in the development of a Quest for the Grayson Highlands State Park in VA. [Read here](#) about the first workshop and to see photos.

The workshop was held May 4-6, 2012. Nineteen participants from North Carolina to Virginia gathered at the Konnarock Trail Crew Base camp in Sugar Grove, Virginia. The group included teachers from the past five years of the TTEC program and club members from Piedmont Appalachian Trail Hikers, Mount Rogers Appalachian Trail Club, Carolina Mountain Club and Nantahala Hiking Club. The jam-packed weekend was facilitated by Questing extraordinaire and long time TTEC instructor, Delia Clark.

To attend the summer workshop, club members team up with an alumni and sign up. Club members are welcome to join the spring and fall workshops as well. ATC recognizes the value of building relationships between club members and TTEC teachers, and hopes to provide opportunities for networking and collaboration. To see if there are still spots available contact:

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Appalachian Trail Conservancy
160 Zillicoa St.
Asheville, NC, 28801
Phone: 828.254.3708 x11
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www.appalachiantrail.org

Workshops for 2012:

- Summer Workshop: Wilderness First Aid & Hike Leadership in New Hampshire - July 15-20
- Fall Workshop: Trail Construction & Design in New York - October 5-7

The workshops are not cumulative and club members are welcome to apply for one, two or all three in any region. As always, all workshops are offered free of charge and lodging, meals, camping equipment and materials will be provided.

A.T. Thru Hikers On The Trail Snail and Three Shot

Most A.T. thru hikers are seen in early spring, but some are still hiking in the CMC area. On Bob Hysko's June hike from Indian Grave Gap to Nolichucky River, two thru hikers were met on this section. Three Shot started on May 20 in Georgia, and Snail started in March. Snail has lost 60 pounds since starting his hike, and has increased his daily hiking distance from just over a mile a day to covering five miles a day. He hopes to get to Harper's Ferry by mid October. Three Shot was much more reserved about his hiking practices, but he did have a small stuffed animal peering out of his pack.



Snail photo by
Danny
Bernstein



Three Shot

Bears In Shining Rock Wilderness

Forest Service Issues Warning about Black Bears in Shining Rock Wilderness

The U.S. Forest Service is warning visitors to the Shining Rock Wilderness area of the Pisgah Ranger District, Pisgah National Forest, to be on the look-out for black bears.

While black bear attacks on people are rare, such attacks have resulted in human fatalities.

The warning comes after several bear encounters were reported recently in Shining Rock Wilderness, located north of the Blue Ridge Parkway in Transylvania County. Minor property damage was reported. There were no injuries.

Wilderness Skills Institute: Improving Skills For Better, Safer Hiking

By Becky Smucker

The Wilderness Skills Institute that was held at the Cradle of Forestry at the end of May was a two-week opportunity that some of us just couldn't pass up. It was sponsored by a partnership of the Southern Appalachian Wilderness Stewards, the Appalachian Trail Conservancy, the USDA Forest Service, and the National Park Service, and was offered free to volunteers and agency personnel. It provided a chance to initiate or renew certification in Cross-cut sawing and ax work, Wilderness First Aid and CPR, and to network with about 70 other Wilderness enthusiasts. The second week offered training in trail construction and maintenance, Leave No Trace, and other Wilderness stewardship skills.

Attending from CMC for at least one week were Jake Blood, Wayne Steinmetz, Paul Dickens, Kayah Gaydish, Mike Goodman, Tip Ray, and Becky Smucker. They had these things to say:

Jake: The whole concept of like-minded folks who love the wilderness coming together to be trained to maintain the wilderness was fantastic!" "Wilderness first aid, cross-cut certification, Leave-No-Trace training, and work on maintaining and building trails in the wilderness (with just a little rain thrown in to boot) what more could an outdoor enthusiast want?!"

Kayah: From learning the crosscut saw, Wilderness First Aid, and connecting with other people from different communities. I found the entire Wilderness Skills Institute very inspiring. The whole week was so much fun, and I learned some very valuable skills. Our instructors were great. I am looking forward to going back next year. Watching

Becky be a ninja was the highlight of the week for me, along with the camp cook off!

Wayne: Representatives from NPS conducted an instructive session on trail maintenance and construction at the Great Smoky Mountains National Park. The participants were asked to develop a solution for two problem areas and begin the implementation of the group's solution. Those of us who have done volunteer work with the USFS found that exposure to the approach of another agency was informative.

Tip: I was most impressed by the cadre of wilderness stewards and advocates willing to share their extensive expertise and deep personal commitment to preserving and protecting outdoor areas. The practical skills I learned will be put to immediate use on the private trails winding through my community. The Institute was excellent!

Paul: What I really enjoyed was learning from more experienced sawyers and from the other sawyers certifying with me, several much younger. We came together quickly as a team and were effective in sharing training duties and evaluating our students for certification. Several of the SAWS crew leaders were very impressive, great representatives of the up and coming generation of Wilderness Stewards. I also enjoyed getting to meet members of other regional trail maintenance and conservancy groups like WildSouth, the ATC, Back Country Horsemen, and NC High Peaks.

Paul Dickens is now certified at the C level in Crosscut, after having been selected from a competitive field as one of the few that the Forest Service agreed to train at this level. This makes him qualified not only to supervise the work of A- and B-level sawyers, but to instruct and help certify them. Paul, for whom crosscut saws are a passion, is the only sawyer in CMC to be certified at this level, and so is a huge asset to the Wilderness Crew and to the Club.

All of us who attended say a great big THANK YOU to the group of partners that planned and sponsored this valuable event. Click for more WSI pics on SAWS' Facebook page. Send questions to bismucker@gmail.com.



CMC members improving their sawing skills



Eastern Continental Divide

Peter Barr Column

Read about the Eastern Continental Divide in an article recently written by CMC member Peter Barr in the Hendersonville Times-News.

<http://www.blueridgenow.com/article/20120610/NEWS/120609786>

The Small Print

The next issue will come out on Friday, July 27. Wednesday hike reports for the hike just before the eNews comes out will be published in the next eNews.

Hiker leaders, please send all your eNews hike reports and photos to

hikereports@carolinamountainclub.org

So send your news by Friday evening at 9 P.M. before the newsletter comes out, that is, by Friday evening July 20 to Kathy Kyle at eNews@carolinamountainclub.org. Include your email address at the end of your story. Thank you.

The CMC Calendar is meant to answer the perennial question "When is this happening again?" It is also meant to prevent conflicts between competing CMC events. Please check it often.

Westgate parking - Park in the northernmost part of the lot - past EarthFare, in the last row of parking spaces.

How to join the Carolina Mountain Club

1. Go to www.carolinamountainclub.org

2. Click on "Join CMC" on the right side and follow the instructions

For CMC members only - Send all address and email changes to Gale O'Neal at gogalemail@gmail.com. Do not resubscribe yourself to the eNews. That will be done automatically.

If you are a non-member subscriber, you need to go back to the eNews and make the change yourself.