

Page 1

Appalachian Trail Society
Hall of Fame Banquet

Page 2

Nonovirus on the A.T.

Off to Europe

Maryland/N. VA Map App

Special Interest

Friday, June 7th

"Windtalker" Native American
flute performance
A.T. Hall of Fame Banquet
Allenberry Resort
Boiling Springs, PA
6:00pm-7:00pm
<http://www.atmuseum.org>

Saturday, July 6th

"Windtalker" Native American
flute performance
Beans in the Belfry
Brunswick, MD
7:00pm-9:30pm
www.beansinthebelfry.com

Sunday Aug. 4th

"Windtalker" Native American
flute performance
Detour Winery
Detour, MD
2:00pm-5:00pm
www.detourwinery.com

Saturday, August 10th

"Windtalker" Native American
flute performance
Elk Run Vineyards
Mt. Airy, MD
3:00pm-5:00pm
www.elkrun.com

Saturday, August 17th

"Windtalker" Native American
flute performance
Frederick Coffee Company
& Cafe
Frederick, MD
8:00pm-10:00pm
www.fredcoffeeco.com

Saturday, October 19th

"Windtalker" Native American
flute performance
Beans in the Belfry
Brunswick, MD
7:00pm-9:30pm
www.beansinthebelfry.com

Appalachian Trail Society Announces Its 2013 Hall of Fame Inductees

The third class of honorees will be inducted into the Appalachian Trail Hall of Fame on Friday, June 7, at the third annual Appalachian Trail Hall of Fame Banquet. The banquet will once again be held at the historic Allenberry Resort in Boiling Springs, Pennsylvania. The Charter Class elected in 2011 included Myron Avery, Gene Espy, Ed Garvey, Benton MacKaye, Arthur Perkins and Earl Shaffer. The 2012 class included Emma "Grandma" Gatewood, David A Richie, J. Frank Schairer, Dr. Jean Stephenson and "Major" William Adams Welch.

"Inductees into the hall of fame include those who believed in the importance of the trail from its inception and then set out to prove that hiking from Maine to Georgia was not only possible, but enjoyable," said Larry Luxenberg, president of the Appalachian Trail Museum Society. "Hiking the trail's 2,184 miles is itself a badge of honor. Being inducted into the hall of fame is the ultimate recognition for an Appalachian Trail pioneer, maintainer or hiker."

The 2013 inductees are Ruth Blackburn, David Field, David Sherman, David Startzell and Eddie Stone.

Cindy Adams Dunn, Deputy Secretary for Conservation and Technical Services for the Pennsylvania Department of Conservation and Natural Resources (DCNR) will serve as emcee for the third annual banquet. A noted environmental champion, she was named deputy secretary for conservation and technical services in 2008. In this capacity, she leads DCNR's work in landscape conservation and administers the Bureau of Recreation and Conservation and the Bureau of Topographic and Geologic Survey. Prior to becoming deputy secretary, Cindy served as the director of DCNR's Bureau of Recreation and Conservation. Cindy also had stints as director of education, communications and partnerships and director of community relations at DCNR and with the Department of Environmental Resources and she has won numerous awards, including the Francis E. Flanigan Environmental Leadership Award from the Alliance for the Chesapeake Bay and Conservationist of the Year awards from the Pennsylvania Federation of Sportsmen's Clubs and Pennsylvania Wildlife Federation.

Jim Foster, chair of the Appalachian Trail Hall of Fame selection committee, said a 6 p.m. reception will precede the dinner, which begins at 7 p.m. The cost of the reception and dinner is \$30 for museum members and \$40 for others.

Musical entertainment will be provided by Randy "Windtalker" Motz, a 2006 A.T. thru-hiker. Windtalker will perform his unique contemporary style of Native American flute music described as "Native SoundScapes." Throughout "Windtalker's" performance, stunning photos of the Appalachian Trail will be shown on a large screen, taking the audience on a peaceful and mesmerizing journey from Georgia to Maine.

Information on the Hall of Fame Banquet is available at <http://atmbanquet2013.eventbrite.com>. Tickets may be purchased either at that website, or directly from the Museum by sending a check to: Appalachian Trail Museum, 1120 Pine Grove Road, Gardners, PA 17324

Norovirus Hits Hikers on the Appalachian Trail

The U.S. Forest Service issued the following alert on April 9, 2013: "Hikers may want to avoid sections of the Appalachian Trail near Hot Springs, N.C., especially the stretch running north to the Tennessee border. A number of hikers have been sickened by a severe, 24-hour stomach virus that is being passed between hikers. Shelters to avoid include No Business Knob, Big Bald and Hogback Ridge. A section of the Appalachian Trail runs through the Appalachian Ranger District, Pisgah National Forest, to the north and south of Hot Springs."

Practicing proper hygiene is key to preventing the spread of the illness. This highly contagious virus causes your stomach and/or intestines to become inflamed, which leads to stomach pain, nausea, and diarrhea. Norovirus is transmitted by contact with an infected person, contaminated food or water, or contaminated surfaces. The virus has a 12-48 hour incubation period and lasts 24-60 hours. Infected hikers may be contagious for 3 days to 2 weeks after recovery. Outbreaks occur more often where people share facilities for sleeping, dining, showering, and toileting; the virus can spread rapidly in crowded shelters and hostels; sanitation is key for avoiding and spreading norovirus.

Take the following steps to prevent contracting and spreading the illness:

- Do not eat out of the same food bag, share utensils, or drink from other hikers' water bottles
- Wash your hands with biodegradable soap (200' from water sources) before eating or preparing food and after toileting.
- Be aware that alcohol-based hand sanitizer may be ineffective against norovirus.
- Treat all water.
- Follow Leave No Trace guidelines for disposing of human waste. For best practices, visit www.appalachiantrail.org/Int.
- For more information, visit www.cdc.gov/norovirus.

Though this virus was originally limited to the areas listed in the warning, the steps to prevent contracting and spreading this virus are good steps to take no matter where, and when, you are on the A.T. or any other trail.

Georgia and I will be away from August 19th until October 11th on a fantastic adventure hiking in Europe. We are planning to hike the West Highland Way, in Scotland, the Coast-to-Coast Path in the U.K., then on to Wales to hike a section of The Pembrokeshire Coast Trail. From there we will catch a ferry to France, where we plan to visit the beachheads at Normandy and then on to Spain to hike the Camino Ingles. We will have lots of tales to pass on to you in future newsletters.



Maryland, Northern Virginia & W. Virginia A.T. iPhone Map App Now Available

The next PATC Map App for iPhones has been released, covering Maryland, Northern Virginia, and West Virginia. Recognized as a leader in hiking trail maps by outdoor enthusiasts, the Potomac Appalachian Trail Club (PATC) has teamed up with International Mapping to develop the PATC MD-NoVA-WV mobile iOS application. PATC MD-NoVA-WV encompasses map titles 5, 6, 7, and 8 from the printed PATC map series, covering the Maryland, Northern Virginia, and West Virginia area.

In addition to the high quality PATC trail maps that the hiking community has come to love and trust, International Mapping has surrounded these maps with a wide variety of user-friendly navigational tools and personal customization features to help make your trip to the Appalachian Trail more enjoyable and memorable.

Key Features Include:

- + Full content of PATC Maps 5, 6, 7 and 8
- + Photos and descriptions for dozens of key locations throughout the park
- + Points of Interest listings for over 500 locations in and around this Appalachian trail segment
- + Trail Navigation with path directions
- + GPS tracking of your location, even without WiFi or cell reception
- + Map tools including distance, bearing and compass
- + Customized pins to record photos, comments, & locations along your hike and share with your friends
- + Detailed search capabilities by nearby locations and by type
- + Identify the Latitude/Longitude or UTM Coordinate for any place on the map

Compatibility:

- + Requires iOS 4.3 or greater
- + GPS functionality requires iPhone 3GS or later.

To get your map app, go to <https://itunes.apple.com/us/app/patc-maryland-northern-virginia/id604146851?mt=8> (\$3.99)