



General

Hiking, backpacking, and other TATC activities, are very sharing sports. One of the most valuable things to be shared is knowledge. That's why you're reading this article, to gain information from others who have taken the time to put their experiences in the form of articles for you the hiker to read and enjoy. Hopefully you'll find one or more articles in TATC's newsletter and this gathering of tidbits interesting to you.

With a bit of practice you can really see a lot more besides the tops of your boots as you wend your way along a trail. Practice NOT watching your feet. Look at the trail, look around a bit, and then back at the trail. Soon you'll be spending more time with your head up than with your head down.

Too many people never see anything except for that 3-ft diameter area around their plodding feet.

On the trail, point things out for others to see. Point out the scarlet tanager, and the little red mushroom. Point out the well installed water bar and the poorly oriented water bar. Tell how to and why a water bar is cleaned. Show where the trail berm (what's that) should be pulled back onto the trail and why. Show where the trail is well sloped for drainage. Explain cribbing and its use, and why we fortify the trail edge at switch backs. A lot of trail maintenance tips can be passed on during pleasure trips that do not include actual trail maintenance. The sharing of this type of knowledge is vitally important.

When thinking of purchasing a piece of hiking or backpacking equipment, take a look around on your next few trips. See what other people use, how they use it, and how well they do / do not like it. Ask for opinions about their equipment. Ask how the equipment has held up, what problems it has caused, and how well the owner does or does not recommend that equipment for others. The way people solve problems with their equipment may help you next year when you have a similar problem.

Be observant. Watch others while you're hiking for signs of limping (a blister ?), lagging behind (a problem ?). After a trail break, check the pack on the person in front of you. Are all the pockets zipped ? Are the straps tight ? Is anything loose ?

Lead a day or weekend activity.

Activity Announcement

Before your activity develop an activity announcement.

Follow the format shown in the TATC Education Handout titled: "SCHEDULING YOUR ACTIVITY - ACTIVITIES SCHEDULE, NEWSLETTER, WEB SITE."

Submit activity announcements a minimum of seven days prior to a TATC General Meeting (no meeting in December):

Vice President / Hike Master
Tidewater Appalachian Trail Club
P.O. Box 8246,
Norfolk VA 23503

Via e-mail to:

vicepres@tidewateratc.com

Newsletter Article

When you return from a trip, put some thoughts on paper and write a newsletter article.

For newsletter submission deadlines refer to the current newsletter, or to the club web site www.tidewateratc.com.

Follow the format shown in the TATC Education Handout titled: "SCHEDULING YOUR ACTIVITY - ACTIVITIES SCHEDULE, NEWSLETTER, WEB SITE."

Submit your article:

Via e-mail to: newsletter@tidewateratc.com, -or-

Via snail mail to: Newsletter

Tidewater Appalachian Trail Club
P.O. Box 8246
Norfolk VA 23503

Share knowledge of your hiking, backpacking, canoeing/ kayaking, and biking areas, or trail maintenance experience. Share good and bad thoughts about individual pieces of equipment. An article can be 20 words up to about 600 words, the important thing is to care and to share.