

Tidewater Appalachian Trail Club

Appalachian Hiker



Banner Photo by Mark Ferguson

www.tidewateratc.com

June 2020 - July 2020
47th Edition, 3rd Issue

PREZ SEZ

I'd like to extend a big "Thank You" to all club members who participated in TATC's first-ever online membership meeting in May. We had approximately 47 members join in to hear the latest news and to enjoy the slide show presented by Ned Kuhns.

Special thanks go to Ned, for being the test case for running a program through Zoom; to Kari Pincus and Suzanne Moss for being the driving forces in making the online transition happen, to Nathan Terault for being our "go-to guy" for all matters technical and for helping with the practice runs, and to Jim Sexton for supporting the efforts through the web publications and email blasts.

Our next Membership meeting will take place on June 10, again online via Zoom. We'll be viewing the submissions for the photo contest, and awarding prizes for the winning entries. Plus, it will be a chance to get the latest updates about the trail and there should be time after the program for some socializing. Last month, about a dozen members stayed to chat and catch up with each other, so please consider joining in for some conversation.

At this time, access to trails is beginning to open and state parks are once again open for camping. I, for one, am looking forward to dusting off my gear and getting out for an overnigher.

The issue of volunteer work on the A.T. is wrapped in multi-agency considerations. The A.T. is co-managed by the US Forest Service, the National Park Service and the Appalachian Trail Conservancy as well as maintaining clubs like ours, not to mention the involvement of the state government in which the trail is located. The TATC board of directors is actively participating in the conversations among our partner agencies and keeping abreast of the latest information about the plans to go forward from here. We will pass on information to our members as soon as it becomes available via our website, Facebook, and with email. We all long to get back out there, but at this writing, none of the managing agencies has cleared the way yet for volunteer work to resume. ATC has formed a task force to help determine what the next steps are and when to take them, with the priority being the safety of the volunteers.

So please stay tuned, stay involved and stay safe and healthy.

Rosanne Cary
President - Tidewater Appalachian Trail Club
president@tidewateratc.com



Visit our website at www.tidewateratc.com



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Minute For Maintenance

(as of May 27th)

My calendar still holds three unscratched trail maintenance dates: June 26-28, July 24-26, and October 16-18. However, whether all or some of these events will occur as listed should soon be decided. ATC & USFS leaders have invited various trail club members to participate in a video conference in the next days to decide the way forward. We already know that Job Hazard Analysis will be reworked to address COVID-19 protocols with expected topics of camping, hand sanitizing in the fields, limiting the sharing of tools, & updating PPE. As soon as decisions are written the news will be available by means of a blast email.

Fortunately, I have reports of better than usual trail conditions on the entire Mau-Har (a few stepovers that can wait), and the AT from Maupin to Harpers Creek shelter where 4 blowdowns await between Three Ridges summit to a bit south of Chimney Rocks. Only one of these is a problem, the one between Flat Rock and Chimney Rocks (large and messy). The only other blowdown mess is on the White Rock Falls Trail within 100' of the falls. This one is difficult to get around and needs priority attention.

Here is what I see if we can muster 20-25 people sometime in the June-August timeframe should we get the green light to proceed: Two swing blade teams and two saw teams, each of 5-6 volunteers.

The link below provides information from ATC on hiking safety on the AT and general information from Harpers Ferry. I look forward to seeing those who can join our return to trail maintenance. Meantime, keep washing those hands and wearing the mask!

<https://appalachiantrail.org/official-blog/covid19-hiker-guidelines-may20/>

Jim Newman
Trail Supervisor
trailsupervisor@tidewateratc.com



Sign Up for TATC Blast Emails

If you are not already receiving TATC's blast email notifications, and you wish to subscribe, then click on the following link and submit your email address and name:

<http://tidewateratc.us6.list-manage.com/subscribe/post?u=55b4b56215f58352eca502f98&id=0eb6788ff3>



TATC Cabin is Available Again for Rentals

The TATC Cabin is now open again for rental reservations, after being temporarily closed due to the COVID-19 restrictions. The cabin is available for some weekends and a lot of weeknights during the next 8 weeks.

Please also remember that the cost of renting the cabin has gone up, it is now \$7 per person per night.

To make reservations, call Bob Adkisson at 627 5514, or email him at cabin@tidewateratc.com



TATC 2020 Digital Photography Contest

Last Chance - Submit your Photos by June 2nd for the TATC Digital Photography Contest.

Beginner photos welcome, great prizes, so please participate

Please open the attached document link for information on how to submit photos for TATC's 2020 Digital Photo Contest.

https://tidewateratc.com/resources/Documents/TATC_PhotoContest.pdf

Photos should be submitted to TIDEWATERATC@GMAIL.COM. Entries must be received by midnight June 2, 2020. SUBJECT LINE should read: TATC PHOTO CONTEST & NAME OF SUBMITTER. Submit/add photos to email as attachments



Warm Lake, Idaho

Mick Meyer

An evening picture at Warm Lake, Idaho during September 2018:



https://en.wikipedia.org/wiki/Warm_Lake

Warm Lake, Idaho is in the Boise National Forest. Elevation is about a mile up. The mountains in the far back-ground were all horribly burned in 2007 during an enormous forest fire. Most of the forest was lodgepole pine and Douglas fir. The forest has reseeded itself and is slowly regrowing. As you know, the American West continues to suffer through major droughts and the lodgepole pine only has a water content of 12% to 14%. By comparison, kiln dried wood usually has a water content of about 16% to 18%. The lodgepole burns like a rocket when it's hit by lightening. That's a lot different than our forests here in Virginia where we have plentiful rain (sometimes 60 inches of rain every year on the AT!) and forests composed of pine, oak, spruce and maple trees.

https://en.wikipedia.org/wiki/Appalachian_temperate_rainforest

If you're interest in hiking the American West, I'd recommend a trip to Glacier National Park in Montana and then drive on up into Canada to Banff and Lake Louise. That mountain lake is turquoise, and is incredible to hike around.

<https://www.bing.com/images/search?q=banff+and+lake+louise+images&FORM=HDRSC2>

Lots of blue in the photo above. I printed it once on my HP printer and it used up all the blue in a brand new color cartridge. That was the last time I printed these big files at home. I switched to Walmart printing.

Tips for Running In Inclement Weather

If you are an avid runner, you know that every day isn't clear, sunny skies. You will need to be prepared to head out in all kinds of weather conditions, so here are a few tips for running in inclement weather.

Tips for Running in Rain

When it is rainy, you will need to try to stay dry. Don't layer up because you will just get wet, weighted-down, and you will get cold. Here are a few [tips for running](#) in the rain:

- ☐ Get a poncho that you can throw on over your clothing
- ☐ Dress for the temperature
- ☐ Get some sunglasses that have clear lenses to help keep the sun out of your eyes
- ☐ Get a visor or a cap that will help keep water back off your face
- ☐ Wear fluorescent colors so you will [stand out](#)
- ☐ Make sure you have reflectors on your clothing, so you are visible
- ☐ Wear LED lights so you will stand out and be noticed
- ☐ Don't run through puddles because they could hold debris and you may not see holes

Tips for Running in Snow

When the snow falls, you should make proper preparations. Check the weather for the daily temperatures, so you will dress accordingly.

- ☐ Layer according to the temperature
- ☐ Be sure to wear a poncho or a rain jacket
- ☐ Wear bright colors so you will stand out
- ☐ Put reflectors on your clothing to improve visibility
- ☐ Get LED lights and put them on your front and back so you are visible
- ☐ Wear winter shoes with spikes or cleats so they will have traction
- ☐ Watch for ice
- ☐ Wear LED lights on your chest and back so you will stand out

Tips for Running in the Heat

Use caution when [running in hot weather](#). Staying hydrated is very important, so make sure you drink before you head out on your run and have plenty of water to drink with you.

- ☐ Wear thin clothing
- ☐ Choose a wicking material which will help you keep the sweat off your skin to prevent chafing
- ☐ Wear sunscreen
- ☐ Wear sunglasses
- ☐ Wear Chapstick and take some along to keep your lips moist
- ☐ Pace yourself so you don't overheat

Tips for Running in the Cold

When the weather gets cold, prepare yourself so you can stay warm. You need to make sure you have the right clothing for the colder winter weather.

- ☐ Layer up according to the temperature
- ☐ Layer up your socks
- ☐ Cover your head with a hat or beanie
- ☐ Wear gloves
- ☐ Cover your ears with earmuffs
- ☐ Wear Chapstick to prevent chafed lips
- ☐ Use lotion to protect your skin from windburn and chafing

Preparation is a Necessity

If you enjoy running, being prepared is a necessity. You will want to make sure you are ready for all seasons and all kinds of inclement weather. You are familiar with the climate where you live and you are aware of the seasons, so you will be able to ensure you have the right clothing and gear for the different times of the year.

This article was created Personal Injury Help (www.personalinjury-law.com), an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only.

Trail Maintenance 101 - Invitation to Zoom Presentation

The Board of TATC invites you to our first on-line education event which will be held on Zoom at 7:00pm on **Tuesday, June 2nd**. We are presenting a video on Trail Maintenance 101 followed by an on-line discussion. The video is a recording of a live Zoom training event developed and presented by Amanda Noé, the Old Dominion Appalachian Trail Club's Trail Maintenance Supervisor.

Amanda's presentation explores the basics of trail maintenance, but she also addresses work planning, safety, and other subjects that will be of interest to those new to trail maintenance and to club members who have done it for years.

Fortunately, Amanda, Josh Kloehn, the Resource Manager from the Appalachian Trail Conservancy, and Jim Newman, TATC's own Trail Maintenance Supervisor will be able to join us for the discussion.

We think presentation will be a lot of fun and also get us ready for hands-on trail maintenance when that's permitted. Please join us if you can.

We cannot post the link to the Zoom Meeting here, due to possible Zoom Bombing. However, a link was already sent out to all our blast email subscribers with a link to this Zoom Meeting. Please check your email for this link. If you do not receive our blast emails and still wish to participate in this training, then please contact: education@tidewateratc.com before the meeting.

Would you like to subscribe to our blast email listing for future emails? If so, click on the following link: <http://tidewateratc.us6.list-manage.com/subscribe/post?u=55b4b56215f58352eca502f98&id=0eb6788ff3>

Link to general Zoom Instructions: <https://tidewateratc.com/resources/Documents/Zoom%20Instructions.pdf>

TATC General Membership Meeting - June 10th, 2020

The TATC President is inviting you to the online TATC General Membership Meeting being held via Zoom on Wednesday, June 10th, 2020 at 06:30 PM Eastern Time

We cannot post the link to the Zoom Meeting here, due to possible Zoom Bombing. However, a link will be sent out next week to all of our blast email subscribers, so please check your email next week for this email. If you do not receive our blast emails and still wish to participate in this meeting, then please contact: president@tidewateratc.com before the meeting.

If you would like to subscribe to our blast email listing for future emails, then click on the following link: <http://tidewateratc.us6.list-manage.com/subscribe/post?u=55b4b56215f58352eca502f98&id=0eb6788ff3>

Link to general Zoom Instructions: <https://tidewateratc.com/resources/Documents/Zoom%20Instructions.pdf>

ATC's Leave No Trace (LNT) - Lunch & Learn

ATC held a Leave No Trace Lunch & Learn last week. For those of you who were unable to join, never fear! We recorded this session, and you can find it by [clicking this link](#). You'll also find the comments made during the presentation attached to this email.

Next Steps:

- Stay tuned for future ATC Leave No Trace trainings (2021)
- Familiarize yourself with the [Leave No Trace Website](#)
- Take the [A.T. Specific Online Awareness Course](#)
- Take the general [Online Awareness Course](#)

Kathryn and I had a blast planning, recording, and presenting this content. We are available to answer any questions that might come up as you continue to learn more about Leave No Trace.

Happy Trails,

Chloë de Camara
Trail Education Specialist
Appalachian Trail Conservancy
160 Zillicoa Street
Asheville, NC 28801
Phone: 828-357-6542
Email: cdecamara@appalachiantrail.org
Web: www.appalachiantrail.org

The Appalachian Trail Conservancy's mission is to preserve and manage the Appalachian Trail – ensuring that its vast natural beauty and priceless cultural heritage can be shared and enjoyed today, tomorrow, and for centuries to come. To become a member, volunteer, or learn more, visit www.appalachiantrail.org



Renew Your TATC Membership

Please, please, go to our Website at www.tidewateratc.com and renew your Membership if it is due! And if you do not want to renew online then click [here](#) for a hard-copy membership form which you can then mail to the address provided.

Now, more than ever, we need your support; since in-person meetings and events have been cancelled, and it will probably be some time before we're back to somewhat normal operations.

In Remembrance of Margaret Emily Crate

September 6, 1921 - April 25, 2020

A collection of memories from her friends in the Tidewater Appalachian Trail Club



[Editor's Note: Margaret, and her husband Harold Crate, were extremely influential members of the early days of the TATC, although not original "founding members". I have kept intact the stories as submitted to me by their authors, retaining their voice and style, with only minor editing - Mal Higgins]

Here is an excerpt from the obituary for Margaret appearing in the Daily Press on April 27, 2020. <https://www.legacy.com/obituaries/dailypress/obituary.aspx?pid=196081468>

"Their hobbies were numerous, and their interests varied; late in life they spent many years traveling extensively throughout the United States, Canada and Europe. A love of outdoor activity led to her and Harold's active participation in the Tidewater Appalachian Trail Club camping, hiking, canoeing, climbing, and making friends. They were instrumental in the construction of the Putman Cabin . . . in use by [TATC] club members today."

[The following Remembrance first appeared as an anonymously authored newsletter article in the December 1990-January 1991 TATC newsletter. It is believed that the author is Jeanne Everitt, the newsletter editor at the time. Here is the link to the original full newsletter, <https://drive.google.com/file/d/1jMozvM1gtF5rjxX1sr3jg-5eKimkdSbA/view> found online at the TATC website: <https://tidewateratc.com/> . - Mal Higgins]

YOU KNOW WHO I MEAN!

By Anonymous; perhaps Jeanne Everitt

When you talk about this couple, it is not easy to separate one from the other. Now, that is not to indicate they are clones. Rather, it attests to their support of each other in their mutual and separate interests.

Neither is it easy to get to a beginning point with this duo for they joined the TATC and immediately became an active part of the core of a major project. They continue to devote a large portion of their energies to our activities yet have many interests outside the Club as well.

When they "found" the TATC, they were very quick to state, "We aren't joiners!" and along with that said they probably wouldn't attend meetings. However, they wanted to hike with others.

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Nevertheless, for some reason, they did attend a meeting shortly after that. And, Margaret said they "haven't missed a meeting since".

Their first, and a continuing, involvement with the Club was with the construction of the cabin. Harold, who had gained basic construction know-how by observing his father, arrived on the scene in time to draw up the floor plan for this 1-1/2 story structure and to help choose the hillside site.

Margaret recorded on film the hard work and the play, the sunshine and the snow, the people and the materials - all the necessary ingredients for a solid building. Presently, she has three scrapbooks which follow the birth and maturation of this project to include current maintenance trips.

Both continue to support cabin maintenance. They also help with the annual open house which adds a delicious feast to this beautiful mountain retreat.

Photography is another interest which Margaret and Harold share -Margaret taking pictures; Harold developing them. So, it is not surprising that Margaret has recorded and continues to maintain the history of the Club through photographs of day hikes, canoe trips, picnics and parties.

In addition to Margaret's role as historian, Harold has been a counsellor. They have served as social directors and also have led rappelling trips. Margaret was "older" when she first rappelled off a picnic table in their back yard and said she never would have dreamed of rappelling when she was young and had more sense.

It is difficult to imagine the TATC without Margaret and Harold Crate. Yet they traveled to Boone, NC, to find us. There, at an Appalachian Trail Conference, they met some of our members.

It was their enjoyment of the outdoors and subsequent search for a hiking group which took them to the Conference, and it was out of the pleasant memories of a 6-week family vacation that that enjoyment grew. Anyone who has fun tenting with three teen-age sons while crossing the US has got to have lots of enduring characteristics! Seriously, Margaret assured me tenting came naturally to them, and they followed that trip with shorter outings to the Shenandoah National Park and to PATC cabins.

Margaret is a native to this area. Harold came to the peninsula in '42 from the University of Illinois and worked until retirement as an engineer at NASA. The teen-agers are adults now. David lives on the peninsula and Jeff in Christiansburg. Steven and his wife live in Blacksburg and are members of the Club. caverns, towns, etc.

[Editor's Note: For decades, Marilyn Horvath led numerous hikes on the Appalachian Trail in Virginia, to the TATC cabin, and various local hikes. The past practice at TATC general meetings was for hike leaders to provide an oral report about the hike. Each time, despite whatever nasty weather or other challenges faced Marilyn and her hikers, Marilyn would end the report with "We had a really great time". - Mal Higgins]

MARILYN HORVATH:

I remember Margaret Crate as an early natural leader of our trail club, who inspired all the members toward their contributions; and Otey Shelton for his absolute devotion to the Club and his leadership by example. Together, you could say they made the club.

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MARY JO KENNEDY:

"Such a great Lady, so much to be learned from her wonderful life and contributions to all she came in contact with. She was so encouraging to me when I first joined the club. I was older and had doubts, but she was such a great inspiration not to mention a wealth of information concerning being out of doors and in the mountains. Even more, on best choices to becoming a Human being."

Harold Crate

[Editor's Note: The following is an excerpt from the obituary of Harold Crate, published in the Daily Press from January 16th to 17th, 2004. <https://www.legacy.com/obituaries/dailypress/obituary.aspx?n=harold-crate&pid=1810240> - Mal Higgins]

Harold Crate, 87, passed away on Thursday, Jan. 15, 2004. He was born in Mokena, Ill., to Irving and Catherine Crate on Oct. 21, 1916. Mr. Crate received his Master's degree from the University of Illinois, and began work at NASA in 1942. He retired from NASA as Head of the Mechanical Design Branch at Langley Research Facilities Division, Engineering Division, after 32 years, where he was instrumental in establishing tracking stations for the Mercury space project. After retirement, he was active in the Tidewater Appalachian Trail Club, and he traveled extensively with his beloved wife, Margaret. He is survived by his wife of 60 years, Margaret Corbell Crate; three sons, David Crate of Newport News, Steven Paul Crate and his wife, Linda Hartman Crate, of Christiansburg, Va., and Jeffrey Todd Crate and his wife, Ann Winesett Crate, of Blacksburg, Va.

Margaret Crate at the TATC Cabin



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Episode #7 – False Cape State Park

<https://thenaturebus.com/virtual-walk-at-false-cape-state-park/>

Episode #6 – Pleasure House Point Natural Area

<https://thenaturebus.com/virtual-walk-at-pleasure-house-point-natural-area/>

Episode #5 – Back Bay National Wildlife Refuge

<https://thenaturebus.com/virtual-walk-at-back-bay-national-wildlife-refuge/>

Episode #4 – TREE IDENTIFICATION

<https://thenaturebus.com/virtual-walk-and-tree-id-at-lake-lawson-lake-smith-natural-area/>

Episode #3 – First Landing State Park – Bald Cypress Trail

<https://thenaturebus.com/virtual-walk-on-the-bald-cypress-trail-at-first-landing-state-park/>

Episode #2 – First Landing State Park – Cape Henry Trail

<https://thenaturebus.com/virtual-walk-on-the-cape-henry-trail-at-first-landing-state-park/>

Episode #1 – Norfolk Botanical Gardens

<https://thenaturebus.com/virtual-walk-at-norfolk-botanical-gardens/>

MORE EPISODES are coming soon! They are being currently being filmed.

If you enjoyed these, please leave us your comments & follow us at:

Facebook page <https://www.facebook.com/theNatureBusVA/>

Instagram Page <https://www.instagram.com/thenaturebus/>

Article 1: <https://thenaturebus.com/say-yes-to-new-adventures-explore-your-local-natural-areas/>

Article 2 : <https://thenaturebus.com/5-reasons-why-you-should-spend-time-in-nature-during-the-covid-19-outbreak/>

The Scope of A.T. Volunteerism



Volunteerism is the bedrock of the Appalachian Trail (A.T.) and the Appalachian Trail Conservancy (ATC). Our ability to fulfill our mission of managing and protecting the A.T. is largely made possible thanks to the efforts of roughly 6,000 individuals each year.

Reflecting on that huge number — 6,000 people who got up early, took time away from family and friends (over 210,000 hours of work in 2019 alone), and contributed their expertise and sweat equity to help maintain the Trail — shows how far A.T. volunteerism has come and how essential it is.

When the ATC was founded in 1925, just a few hundred individuals had volunteered to plan and construct, piece by piece, a footpath stretching over 2,000-miles of rugged Appalachian Mountain landscapes. When the last blazes were painted in 1937, these volunteers — along with the federal and state assistance — officially connected the footpath from Katahdin in Maine to Mount Oglethorpe in Georgia (the Trail's original southern terminus).

Early A.T. Volunteers in Maine.

In the 82 years since, the scope of A.T. volunteerism has expanded in more ways than just the total number of volunteers. Protecting the Trail and its one-of-a-kind experience involves much more than footpath maintenance, and opportunities for a wide variety of individuals and skills across all fourteen A.T. states have been developed to meet these needs. Below are just a few of them:

Preserving the Trail's Natural Resources

Volunteers' work in removing invasive species helps promote forest health around the A.T. and beyond.

Working directly with ATC staff, volunteers tackle a wide array of activities to help ensure the ecology surrounding the Trail is as healthy as possible. They help manage populations of exotic invasive species to promote forest health, maintain open areas that preserve wildlife habitats (and some of the most iconic A.T. vistas) and track populations of rare, threatened and endangered species.

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Connecting Communities to the Great Outdoors

Community volunteers are essential for growing local support for conservation needs and creating more opportunities for people to experience the outdoors.

Volunteers in Trailside communities and beyond help introduce new audiences to outdoor recreation and conservation opportunities. These volunteers are also advocates for conservation causes large and small, working with local administrations to develop ordinances protecting the Trail and its surrounding landscapes, supporting recreation-based tourism economies, and protecting fresh drinking water and other natural resources.

Greeting and Informing Trail Visitors

Many volunteers specialize in helping A.T. adventurers young and old prepare for and locate hikes appropriate for them.

Anyone who has stopped by the ATC Visitor Center in Harpers Ferry, West Virginia, has undoubtedly met one of our knowledgeable volunteers — and maybe even gotten your picture taken in front of our sign! There are volunteers in visitor centers and communities along the Trail ready to advise hikers on essential hiking gear, Leave No Trace principles, important A.T. updates, and much more. These volunteers also assist ATC staff in developing guidelines and materials for hikers to foster a new generation of well-prepared hikers and conservationists.

Maintaining and Creating a Sustainable A.T.

From repairing eroded sections of the footpath to building new, more sustainable sections of the Trail, maintaining the footpath would not be possible without skilled volunteers.

Whether part of an ATC Trail maintaining crew or one of the 31 Trail maintaining clubs, volunteers ensure the Trail is prepared for over three million visitors each year. From removing fallen trees to making the footpath more resilient to erosion and extreme weather, every step you take on the A.T. is made possible through these volunteers' work.

When talking with longtime A.T. volunteers about why they have returned year after year to help maintain and protect the Trail, we get a variety of answers: the family-like connection built among other volunteers, an opportunity to build skills for careers in conservation, an excuse to spend more time outdoors while also being productive. Yet there is one answer we receive over and over: **the opportunity to give back to a Trail that has provided so much to so many, becoming a part of something larger than themselves.**

Now, as we continue to navigate the COVID-19 pandemic, our volunteers are preparing for a return to the Trail they love. During the height of the national response to the pandemic, volunteers were asked to postpone all Trail repairs. Now, as ATC's COVID-19 task force nears completion on its safety guidelines for maintainers, these volunteers look forward to once again providing much-needed care for the footpath and its surrounding lands.

Even though there has been a brief interruption in volunteers' work due to COVID-19, there is one thing we are absolutely sure of moving forward: as long as there is an Appalachian Trail, we are committed to mobilizing and supporting an army of volunteers ready to maintain and protect it forever and for all to enjoy.

The Appalachian Trail Conservancy Team

DONATE TODAY

Back Bay National Wildlife Refuge

Category: Hiking, Bicycling, Blueways

Description: The Back Bay National Wildlife Refuge is between the Back Bay and the Atlantic Ocean and consists of barrier beaches, and sand & gravel dikes between fresh water impoundments . A wide range of circuit hikes are possible; from 1 to 10 miles in length. Mountain bikes can also be used to ride along the dike roads, or for a trip farther south to False Cape State Park. Portions of the refuge are periodically closed due to bird migrations. Check the refuge website before visiting, entry fees apply. A Visitor Center includes wildlife exhibits and is located next to a boardwalk to the Atlantic Oceanfront. The Visitor Center also includes a pier from which canoes or kayaks may be launched into Back Bay.

Website:

https://www.fws.gov/refuge/back_bay/

Refuge Brochure:

https://www.fws.gov/uploadedFiles/Region_5/NWRS/South_Zone/Back_Bay/BackBay.pdf

Back Bay General Map:

https://www.fws.gov/uploadedFiles/Region_5/NWRS/South_Zone/Back_Bay/BBNWR_overview_map.pdf

Trail Map 1: November 1 - March 31:

https://www.fws.gov/uploadedFiles/Region_5/NWRS/South_Zone/Back_Bay/backbaymap_winter.pdf

Trail Map 2: April 1 - October 31:

https://www.fws.gov/uploadedFiles/Region_5/NWRS/South_Zone/Back_Bay/backbaymap-eastdike.pdf

Directions: Back Bay NWR is located approximately 15 miles south of Virginia Beach, Virginia. From I-64, exit on I-264 East. Exit onto Birdneck Road (Exit 22). Turn right onto Birdneck Road. Proceed 3-4 miles and turn right onto General Booth Boulevard. Proceed 5 miles and turn left onto Princess Anne Road. Proceed south about a mile until you reach Sandbridge Road. Follow Sandbridge Road until you reach the community of Sandbridge. Make a right onto Sandpiper Road. Proceed south 4 miles to the Refuge entrance. The Visitor Contact Station is one mile from the main entrance.

Operating Hours: Outdoor facilities are open daily dawn to dusk. The Visitor Contact Station hours are 8:00 A.M. - 4:00 P.M. Tuesday - Friday, 9:00 AM - 4:00 P.M. weekends. The Visitor Contact Station is closed on Sundays, Labor Day through Memorial Day and closed holidays, except Memorial Day, July 4 and Labor Day

Fees: Driver, biker, jogger, and hiker entrance fee.

Physical Address:

4005 Sandpiper Road
Virginia Beach, VA 23456

Mailing Address:

1324 Sandbridge Road
Virginia Beach, VA 23456
Phone: (757)301-7329

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, C-7 (Back Bay National Wildlife Refuge)

Updated COVID-19 Guidelines for A.T. Day and Overnight Hikers

May 20, 2020

Protecting and managing the Appalachian Trail (A.T.) — while ensuring the safety and health of our staff, A.T. volunteers, visitors, and Trailside communities — are the top priorities of the Appalachian Trail Conservancy (ATC) during this challenging time.

While the ATC continues to recommend staying at home and staying away from the A.T., we understand that many of you are considering hikes on the A.T. as your states' stay-at-home orders expire or shift to "safer at home" recommendations. In recognition of this highly dynamic situation, the ATC believes the scientific information has become clearer on how to keep yourself and those around you safe from COVID-19. Based on that science, we offer the following guidance.

Before you decide to head out, ask yourself three questions:

Are you, or anyone in your group, exhibiting symptoms of COVID-19, or have you been in contact with someone diagnosed with COVID-19?

Is there an official closure of the section of the A.T. you are planning to hike?

Are you, or anyone in your group, missing any essential gear to not only have a safe and healthy hike but also mitigate the spread or contraction of COVID-19?

If the answer to any of these questions is yes, we ask you to stay home. If the answer to all these questions is no, we recommend the following:

Be self-sufficient: In addition to the ten hiker essentials, carry a CDC-approved mask and hand sanitizer. Practice social distancing; if not possible, make sure you are wearing a mask and other personal protective equipment (PPE) to help stop the spread of COVID-19. As this virus can remain on hard surfaces for days, we advise not using Trail resources like shelters, privies, or picnic tables. If you come into contact with hard surfaces, either wash your hands (if possible) or use hand sanitizer. Pack a trowel so you can dig cat holes (70 adult steps from the Trail, campsites, and water sources and carry out toilet paper) instead of using privies on the Trail. For overnight trips, use a tent or other personal shelter and carry a bear-resistant food storage device to avoid using a bear box, cables, or pole. Treat your hike like a true backcountry experience that is not reliant on A.T. facilities you would otherwise use.

Stay local: Hike close to home. Ensure you do not have to stop for gas or meals along the way. Check the Trail Closures page on our website before heading out, as the section of the Trail you are planning to visit may have an official closure or other restrictions.

Stay small: Hike only with members of your immediate household or in groups smaller than six people. Avoid well-known locations where there will likely be many visitors. Do not access the Trail during high traffic periods (weekends, holidays, etc.). Have a backup plan in case the trailhead is crowded when you arrive. If trailheads are full, turn back and return when crowds have dispersed. Do not park in undesignated areas or block roads or gates.

Be prepared: Carry a physical map of the area where you are hiking. Share your plans with someone you know in case you need assistance. Review Leave No Trace principles on our website so you can leave the Trail the same or better than you found it. Being prepared not only protects you and the Trail — it protects your fellow hikers and, should you become lost or injured, the search and rescue teams that would use their limited resources to come to assist you.

Be respectful: If you head into town on your trip, please wear PPE and use hand sanitizer or wash your hands with soap frequently. Contact businesses and service providers in advance to make sure they are open and follow local guidelines. Minimize the amount of time you spend in town. If you become ill on Trail, particularly if you exhibit any symptoms associated with COVID-19, leave the Trail and seek medical attention.

Be patient: While some states are removing or relaxing stay-at-home orders, there are still numerous restrictions and closures on the Trail. Over 100 shelters are still closed, at least three states have required or recommended 14-day quarantines upon entering, and restrictions are still active throughout A.T. states. The Trail may be closed near you. Even if open, certain Trail facilities may not be open to public use. Keep yourself informed and check the ATC website for the latest updates.

For thru-hikers, we ask that you continue to postpone your thru-hikes for the time being. On a thru-hike, staying local is impossible and requires frequent stops in towns for resupply and shuttles to/from communities, creating multiple opportunities for contracting or spreading the virus. However, we have identified criteria for when this guidance will change. For more information, read our letter to 2020 thru-hikers by clicking here.

We continue to appreciate everyone's assistance in keeping the Trail community and the Trail itself safe and healthy. Our personal health is now a collective issue: unless everyone is safe, no one is safe. So please be prepared and be thoughtful when you head outdoors.

The Trail will be there, through this crisis, and beyond. Make sure you are safe and healthy now, and in the future, to enjoy all it has to offer.

Thank you and be safe,

The Appalachian Trail Conservancy Team

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Disaster + Travel + Wilderness First Aid (dtWFA) certification course now with online learning is one of Medic Solo's most in-depth, intellectually-stimulating, hand-on 2-day first aid courses, empowering graduates with care-giving Competence and Confidence to save life and limb during the critical minutes or hours before ambulance/hospital arrival.

They have launched a "Blended Learning" (**ONLINE now, plus 3-year credit for in-person later**) dtWFA course experience, in support of reducing demand on hospitals and "flattening the curve." Anyone interested can [Register here.](#)

Activities Schedule

PLEASE NOTE: Most hikes are limited in the number of participants. The hike leader will take reservations on a first-come, first-served basis. You can include your name on the sign up sheets available at each meeting or call the hike leader. If you sign up for an activity and then decide not to participate, please contact the leader in advance.

Trail Maintenance 101 - Invitation to Zoom Presentation

When: Tuesday, June 2, 2020, 7:00 - 8:00 pm

Where: Online via Zoom

Contact: education@tidewateratc.com

Description: The Board of TATC invites you to our first on-line education event which will be held on Zoom at 7:00pm on Tuesday, June 2nd. We are presenting a video on Trail Maintenance 101 followed by an on-line discussion. The video is a recording of a live Zoom training event developed and presented by Amanda Noé, the Old Dominion Appalachian Trail Club's Trail Maintenance Supervisor.

Amanda's presentation explores the basics of trail maintenance, but she also addresses work planning, safety, and other subjects that will be of interest to those new to trail maintenance and to club members who have done it for years. Fortunately, Amanda, Josh Kloehn, the Resource Manager from the Appalachian Trail Conservancy, and Jim Newman, TATC's own Trail Maintenance Supervisor will be able to join us for the discussion.

We cannot post the link to this Zoom Meeting here, due to possible Zoom Bombing.

However, a link was already sent out to all our blast email subscribers with a link to this Zoom Meeting. Please check your email for this link. If you do not receive our blast emails and still wish to participate in this training, then please contact: education@tidewateratc.com before the meeting.

Would you like to subscribe to our blast email listing for future emails? If so, click on the following link:

<http://tidewateratc.us6.list-manage.com/subscribe/post?u=55b4b56215f58352eca502f98&id=0eb6788ff3>

Link to general Zoom Instructions: <https://tidewateratc.com/resources/Documents/Zoom%20Instructions.pdf>

TATC Board Meeting

When: Wednesday, June 3, 2020 7pm-9pm

Where: Online via Zoom App

Contact: Rosanne Cary president@tidewateratc.com

Description: TATC Board Meeting. Guests are always welcome! This meeting will be held remotely using the Zoom App. Please contact Rosanne if you are not currently on the Board, but wish to attend this online Board Meeting remotely.

TATC General Membership Meeting

When: Wednesday, June 10, 2020 7pm-9pm

Where: Online via Zoom App

Contact: Rosanne Cary president@tidewateratc.com

Description: TATC General Membership Meeting. Guests are always welcome! This meeting will be held remotely using the Zoom App. Program: TATC 2020 Digital Photo Contest and Photography Presentation. A blast email with a link to this Zoom Meeting will be sent out next week. If you do not currently subscribe to our blast email listing and would like to receive future blast emails, then click on the following link: <http://tidewateratc.us6.list-manage.com/subscribe/post?u=55b4b56215f58352eca502f98&id=0eb6788ff3>

**Currently all other Club Events are Cancelled until further notice.
Check our Facebook Site, our Club's Website,
and our periodic Blast Emails for Updated Club News.**

[TATC Facebook Site](#)

[TATC Website](#)

TATC Officers & Board

Positions	Names	E-Mails or Phone #'s
President	Rosanne Cary	president@tidewateratc.com
Vice President	Phyllis Neumann	vicepres@tidewateratc.com
Treasurer	Douglas Cary	treasurer@tidewateratc.com
Secretary	Steve Clayton	secretary@tidewateratc.com
Trail Supervisor	Jim Newman	trailsupervisor@tidewateratc.com
Assistant Trail Supervisor	Patrick Hayes	assistantts@tidewateratc.com
Counselor	Kari Pincus	counselor@tidewateratc.com
Counselor	Mark Ferguson	counselor@tidewateratc.com
Counselor	Ellis Malabad	counselor@tidewateratc.com
ATC RPC Representative	Ned Kuhns	rpcprep@tidewateratc.com
ATC RPC Representative	Jim Sexton	rpcprep@tidewateratc.com
Cabin Committee	Greg Hodges	cabin@tidewateratc.com
Cabin Committee	Bob Adkisson	cabin@tidewateratc.com or 627-5514
Calendar Committee	Tony Phelps	calendar@tidewateratc.com
Education Committee	Lee Lohman	education@tidewateratc.com
Hikemaster	Phyllis Neumann	hikemaster@tidewateratc.com
Historical Committee	Jim Sexton	historical@tidewateratc.com
Land Management Committee	Jim Moir	landmgt@tidewateratc.com
Local Trails	Dave Plum	localtrails@tidewateratc.com
Membership	Sharon Salyer	membership@tidewateratc.com
Merchandise	Mark Van Zandt	merchandise@tidewateratc.com
Newsletter	Jim Sexton	newsletter@tidewateratc.com
Outreach	Rosemary Plum	outreach@tidewateratc.com
Past President	Juliet Stephenson	pastprez@tidewateratc.com
Programs	Suzanne Moss	programs@tidewateratc.com
Timekeeper	Bill Lynn	timekeeper@tidewateratc.com
Tool Boss	Bruce Julian	toolboss@tidewateratc.com
Webmaster	Jim Sexton	webmaster@tidewateratc.com