



# Appalachian Hiker

Banner Photo by Mark Ferguson

## PREZ SEZ

April-May 2026

53<sup>rd</sup> Edition, 2<sup>nd</sup> Issue

Spring has arrived, and TATC has a full slate of activities for everyone to enjoy. Thanks to our VP and Hikemaster, Jim Sexton, the spring calendar is once again packed with great events.

Jim is still looking for volunteers to lead activities—not just trail maintenance, hiking, biking, or kayaking outings, but also social gatherings like dining out, movie nights, baseball games, Happy Hiker Hours, and backpacking trips. If you’ve ever considered leading an event, now is a great time to step in.

At the same time, our ad hoc Membership (Growth) Committee Chair, Bill Bunch, continues to highlight the need for more weekend events so our working members can participate, along with a stronger presence on social media. With the addition of our newly elected Secretary, Heather Bailey, the committee has already taken a big step forward by launching a new Instagram account for TATC—thank you, Heather!

Our Monthly Hasty Hike series was so popular last year that we’ve continued it again this year, thanks to hike leaders Michelle Cobb and Kaleen Lawsore. If you’re interested in leading a hike, please let me know—we’d love to have more volunteers. These hikes are typically held on the second Saturday of each month (unless they conflict with AT maintenance events), so be sure to check the calendar. Hasty Hikes are designed for those looking for a true workout hike: continuous movement, no planned stops, and a brisk pace of about 20 minutes per mile or faster.

Thanks to our Education Chair, Don Williams, we’ll once again offer backpacking opportunities this year, with one event in the spring and another in the fall. This spring’s Backpacking 201 will be a bit more challenging in both terrain and distance—please check the calendar if you’re interested.

Thank you to everyone (more than 20 volunteers!) who came out the weekend of March 28 to help prepare Sherando for its April opening. Our Trail Supervisor, John Sima, has built a strong working relationship with Jonathan Zimmerman, Recreation Specialist at Sherando Lake Recreation Area. We’re always glad to support this effort, as Sherando serves as our base camp for

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## PREZ SEZ Cont.

Appalachian Trail and Blue Ridge Mountain trail maintenance events throughout the year.

A sawyer certification/recertification weekend was also held in March—be sure to check out John Sima’s article in this newsletter for more details. As mentioned in the last newsletter, John has scheduled all our major AT and Blue Ridge Mountain trail maintenance events for the year. Please review the calendar and plan to participate if you can. These events are at the heart of what we do—maintaining our 10.2-mile section of the Appalachian Trail from Tye River to Reid’s Gap. We’re also introducing two new events this spring: a Trail Maintenance Training session (April 10-12) and the St. Mary’s Backpacking Maintenance Weekend (May 15-17).

Thank you to our Social Chair, Katherine Fowler, and her team for organizing a fun and successful “Day in the Park” event for 37 attendees at First Landing State Park on March 14. The beautiful weather made for a perfect day of cornhole and hiking.

Our relationship with the Appalachian Trail Conservancy (ATC) remains strong, thanks to Ned Kuhns and Jim Sexton (alternate), who represent TATC on ATC’s Virginia Regional Partnership Committee. The Central Virginia AT Partnership meeting was held on March 7, and the ATC Southern Partnership Meeting and Virginia RPC meeting took place over the March 28 weekend at Mountain Lake Lodge. Both Ned and Jim attended and did an outstanding job representing TATC—please join me in thanking them for their continued dedication.

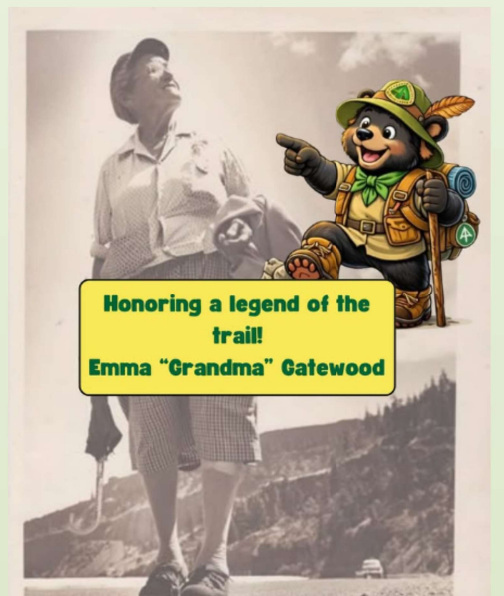
One room recently became available at the Deer Head Inn for our 3rd Annual “For Hikers and Jazz Lovers” weekend in Delaware Water Gap, PA (May 15-17), but it was claimed within 24 hours. If you’re interested in attending, please contact me directly and I’ll notify you if another spot opens.

Last but certainly not least, please join me in thanking John Reed for stepping up to serve as our new Tool Boss. And a special thank-you to Rich Seriani for his outstanding service over the past two years—our tools have never been sharper, and John has a tough act to follow!

Happy Trails,

Lelia

Lelia Vann, TATC President



# Minute for Maintenance



After a slow & sleepy winter, we're ramping up our trail maintenance efforts. We received some Hurricane Helene funding, through which we are purchasing some much needed tools. After a mix-up in the ordering, we're still working out the bugs.

The beginning of March, we had our Border Monitoring crew out lead by Andy Grayson. The goal during these trips is to locate our property marker stakes & ensure private property owners are not encroaching on our land. We had located 8 of 9 markers. The one we couldn't find was buried under a large pile of snowplow debris. Thank you Kaleen Lawsure, John Custer, Keith Forbes, Tom Mitchell, Andy, & myself for participating!!

Sawyer Qualifications, Great news! We had 3 people go from A to B Bucking Crosscut Quals! They can now lead crews out on the trail. Thank you goes to Bob Veverka, Lee Lohman, & Tom Meree. This is great news, we were lacking B qualified Sawyers! We also had 2 people renew their B Sawyer recertification, Alex Cannariato & John Barnes. Great job guys!!! This coming weekend, we have our Sherando Spring Clean-up. 25 people have signed up plus a few more from Old Dominion Trail club. I'll let you know how that goes in the next newsletter.



This pic is our Border Monitoring crew searching for a marker buried under a pile of snowplow debris. It's gonna take some digging to find this one.

## Date Event

April 10th-12th Backpacking Walkthrough  
AT Maintenance Training

April 24th-26th Spring Trail Maintenance

May 15th-17th St Mary's Backpacking Maintenance

June 19th-21st Swingblade & Lopperfest 1

July 17th-19th Swingblade & Lopperfest 2

Happy Trails,

John & Kaci

# Sherando Lake Cleanup



Here they are folks, our fantastic Sherando Lake cleanup volunteers!



Photo by Peter Burch

Bruce Anderson, John Barnes, Pete Burch, Lance Deaver, Keith Forbes, Andy Grayson, Chris Horgan, Gus Harrington, Bruce Julian, Margaret Julian, John Kuster, Lee Lohman, Tom Meree, Tom Mitchell, Cathleen Owen-ODATC, Greg Reck, John Reed, Greg Seid, John Sima, Greg Trace, Lelia Vann.

# Picnic in the Park



We had fantastic weather for our Picnic in the Park at First Landing State Park. The 37 attendees enjoyed a comfortable 64-degree day, perfect for our outdoor activities. A few TATC members tried their hand at cornhole; while it was a lot of fun, it's clear we could use some practice! You will likely see the cornhole boards again at a future social event. The menu of fried chicken, baked beans, potato salad, and various desserts was a hit, providing everyone with a great opportunity to eat and socialize. Following lunch, several members enjoyed a three-mile hike through the park. Michelle sold TATC merchandise at the event, and a big thank you to everyone who purchased items because it truly helps support the club's financial needs! TATC events are successful because of our wonderful, hardworking members.

THANK YOU,



Catherine Fowler

# Freezeree 2026

## John's Take – Breaking Trail



This was my third Freezeree and it did not disappoint. One of the highlights for me this year was “breaking trail” , a new experience for me. As it turns out, the trail disappears when it snows, along with pretty much everything else on the ground. Thinking back to my very first trip, I vaguely recall thinking “oh, the ranger must have been here cause otherwise we’d never know where the trail is.” End of thought, keep hiking.

A broken trail is a clearly visible ribbon of compacted snow winding through the winter wonderland. Finding the trail is easy, supports your weight so long as you’re on the compacted snow, and is much easier to hike than unbroken snow. Spoiler alert, it ain’t a ranger that’s breaking trail.

So how do you find the trail? Trail markers are critical, but also spaced some distance apart. Reading the surface of a fresh layer of snow is somewhat akin to reading whitewater to determine what lies beneath, not that I can really do that either. The fresh snow above the trail was often slightly below that on either side, but then so are streams. Gaps between trees can be a useful indicator, but not always.

My favorite method of finding the trail was to follow animal tracks. They ain’t no dummies, they follow the path of least resistance, established trail. Rabbit and fox are my best guesses, although we did see a pine marten or a fisher wander by the cabin one day, so maybe they were on the trail also. Even with all these indicators, I got stumped a couple of times. Fortunately, John Predom, an avid snowshoer and president of the Northeast Kingdom section of Vermont’s Green Mountain Club was part of our group and able to decipher some of the more difficult twists and turns of the trail for me.

Once my navigation skills in finding the trail improved, I had the opportunity to fully understand how much work it is to hike an unbroken trail. Each step needs to be a little higher in order to raise your snowshoe above the fresh snow, you’re generally lifting some snow on the front of the snowshoe so there’s a bit of added weight, and then variable resistance with foot placement until snow is compacted and your weight is supported. Repeat; many, many times.

As challenging as it is to hike an unbroken trail, it’s also exhilarating. The view for the trail breaker is that of an untouched carpet of white. All who follow enjoy a compacted easy to find trail, but only the trail breaker sees the unspoiled view. Typically, the lead position is rotated among hikers much the way road bikers rotate lead and then draft. But I was having so much fun I hogged the lead position when I could. Breaking trail is also a service to all hikers who follow, at least until the next snow, and that understanding added to my motivation.

On the descent, with me in last position as opposed to first, the very same trail I’d labored to break, was now a well-worn path. It looked different. You could see more of what was really under those faint clues. Stream crossings and even small bridges began taking shape. Same trail, different look.

Thanks to Mal and all the other Freezerees for another great trip. Can’t wait for next year.

John Barnes



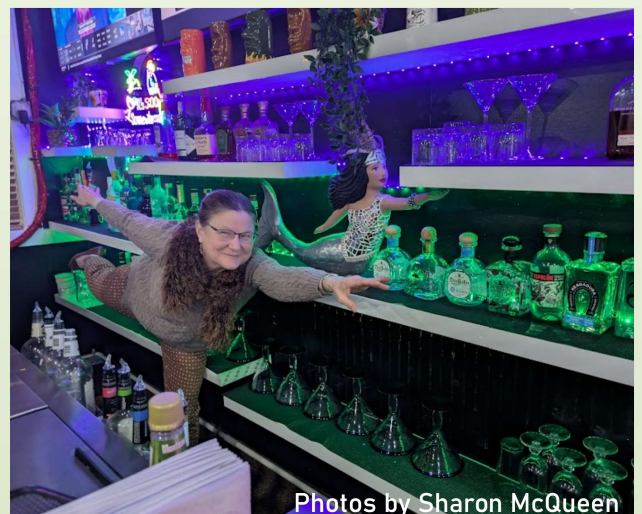
Photos by John Predom

# AT: The Musical Review



TATC members & guests who attended the February TATC GMM were treated to a very special performance, quite unlike anything I've seen before. Following the business portion of the meeting, Skip Fredericksen provided the featured event: "AT: The Musical." This is a sequence of videos assembled by Skip and his 2 lovely and talented daughters from photos and video clips they took during their 2021 AT Thru Hike. Each of the videos illustrates a particular feature or challenge of the trail that any AT hiker can relate to, and Skip introduced each video with a brief narrative about the "theme" (e.g., "Rocks", "Rain", "Thru Hikers' Dreams", etc.). The music accompanying each video was the soundtrack of a song taken from easily recognizable popular shows and films. The musical selections were quite familiar, but Skip and his family have rewritten the lyrics to each of the songs to express their memories of the "AT feature" illustrated in each video. And most important of all, Skip sang (live) the rewritten lyrics to the soundtrack playing on the video. As one attendee noted: "those songs were not easy to sing, but he did a terrific job." Skip is a mechanical engineer by profession, but he also has extensive experience in community theater and he sings with several well-known choral groups in and around Connecticut. Skip is the maintenance lead for a section of the AT in Connecticut (including rocks, bridges & boundary work) as part of the Connecticut Chapter of the AMC. Following the meeting, TATC members traded AT stories with Skip at "Big Boss Burritos", a few blocks from the TATC meeting site—until they turned off the lights.

Greg Reck



Photos by Sharon McQueen

# March Program: Back Bay National Wildlife Refuge



On March 11 2026, Erica Ryder, Volunteer Services Specialist at Back Bay National Wildlife Refuge presented to the TATC. She spoke about the history, purpose, mission, and activities at the NWR. In addition, Erica outlined numerous ways for volunteers to get involved in the programs and maintenance of this important local resource. For those who could not attend in person, a copy of her presentation will be posted at TATC's "Education Corner" web page. <https://tidewateratc.com/tatc-education/>  
Thank you, Erica!

Paul Heymann

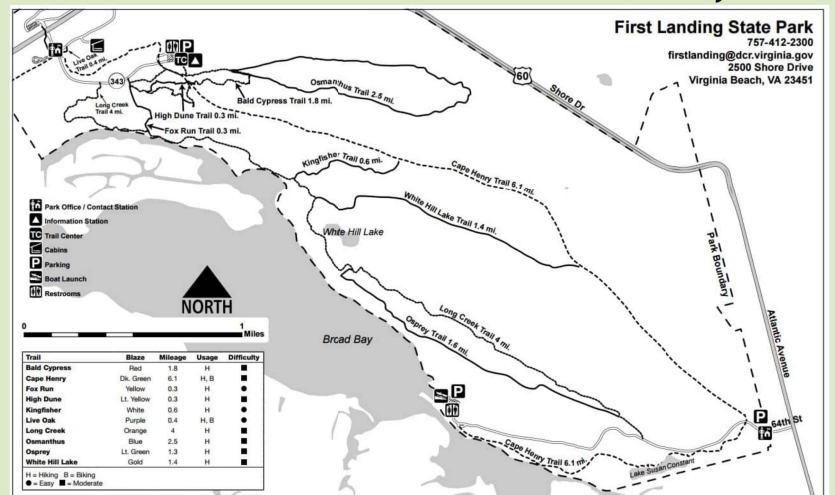


# TATC's 'Monthly Checkup' at First Landing State Park



On March 21st, seven TATC members fanned out for pruning on Live Oak, Cypress Swamp, Long Creek, and Kingfisher Trails. Numerous trees and shrubs were pruned to keep these trails looking good! One unsafe leaning tree exceeded the team's capability, and this tree was reported to the park's volunteer coordinator (Tanya Wisoker) for further attention. Many thanks to: Jimmy Entas, Chris Horgan, Bill Bunch, Tom Mitchell, Lance Deaver and Sharon Reid.

Paul Heymann



# Emergency Preparedness and the Ten Essentials for Hikers



A man went on a three day weekend hiking trip in the fall. He had left his itinerary with his wife. Along with all his backpacking gear, he had a cellphone, a battery backup and even a Garmin inReach. He was going to be hiking by himself on a remote trail. He had never hiked this section of the trail, but he was an experienced backpacker.

The first day went well, but he hadn't seen any other people that day.

On the second day of the trip, a few hours after lunch, he felt the need to go relieve himself. He took off his pack and left it by a tree on the trail. He got out his toiletry bag and poop shovel, and headed sideways to find a place off the trail to do his business.

He walked a couple hundred feet off trail (200 ft as suggested by LNT principles) and found a nice spot. After he was done, he headed back toward the trail. Then a strange thing happened. He couldn't find the trail. It was fall and the leaves seemed to be obscuring the trail. He thought he was walking in the direction of the trail, but he also knew he had already walked too far and should have been back to the trail by now. Everything in the woods looked the same in every direction, just trees, brush and boulders.

He felt a feeling of panic. He didn't have the map, compass, Garmin inReach, whistle, and all the other stuff he wanted right now. It was all in his pack, back on the trail where he left it. He didn't have cell reception.

He told himself to relax , and he turned and walked back in the direction he came from, or so he thought. He kept looking both ways for the trail. It's got to be here...

Dangerous situations can start like this. Something like this happened to me, but I found the trail after a short time.

Garmin reports they are now seeing more than 3,000 total inReach SOS incidents per year. See Note 1. Hikers and backpackers account for about a third of those incidents. Injury is the most common reason for the SOS call. Add to that the number of incidents where people don't have an inReach and you see how common this has become.

Before your trip, review the route thoroughly on a topographic map. Know the major landmarks of your route. Always leave a detailed itinerary with a trusted person back home. Then if you aren't back when expected, the search and rescue team can begin with a good location to start. On my long distance multi-week hikes, I still have a planned itinerary for each day. I give my wife my camping location every night and update my itinerary as needed. I also do check-ins on Farout everyday. That provides my GPS location in case a search is needed.

During the hike, stay on the trail as much as possible. If you get lost, stop moving. Stay where you

are unless you are very certain of the direction to go to get back on the trail. Search and rescue teams can't find you if you are a moving target. You may also be going further from the trail where they'll be looking for you. Your only movements might be to get out of thick vegetation and tree cover. You should get to an open location where you could be seen by a plane or helicopter. As a very last resort, follow a stream downhill. This will be rough and potentially dangerous, but if you've been lost for days, it might be your only way out. See Notes 2 and 3.

I'm going to share with you the ten essential items you should always have when you go into the wilderness. I'm going to add suggestions to make the items relevant to hiking in the eastern region of the US, where most of our hikes take place. You should consider your needs differently if hiking somewhere else, like deserts or higher rugged western mountains. The items below are listed by category, in no order of priority.

- 1) Navigation and communication: map, compass, phone with map app and GPS, satellite communication device. Your phone and an app like Farout or AllTrails might be your first choice for navigation. However, batteries could die or if you drop the phone out might not work. You should have a map and compass. You also need to know how to use them. Seriously consider if you know how to read a topographic map and read the land features of your current location to know where you are on the map. If you can't do this, learn how. Note 4 is a link to a simple version and Note 5 is a good video series on using a map and compass.

Yes, a Garmin inReach is expensive as an initial purchase, plus the monthly subscription cost, but perhaps you might consider the value of getting rescued in an emergency.

Some means of signaling is a good idea too. An emergency whistle emits a sound that goes further than your voice. The universal distress call is three blasts of the whistle. A mirror or your flashlight can be used to signal a plane or helicopter.

- 2) Light: A headlamp or flashlight is indispensable at night in the woods. Headlamps are easier to use because they are hands free and direct the light where you're looking. Make sure you have good batteries or the device is fully charged if it's rechargeable. If you use a headlamp, put it around your neck or on your forehead before dark. Use the light on the lowest setting possible to conserve the batteries. Turn it off when not essential. You will be in the dark most of the time. Don't panic. You'll have the light when you really need it.
- 3) Sun Protection: Hat with wide brim, sunglasses and sunscreen or pants and long sleeve SPF rated clothing. A bad sunburn can cause intense pain in the short term and skin cancer as a long term consequence.

In the east once leaves have sprouted in the forest, you are often shaded for most of the day while hiking. Be cautious in winter as you can still get sunburned though the air temperature is cool. The winter lower humidity air allows the sun's UV rays to cause sunburn. Also be careful if you plan on staying above the treeline for an extended period in the few eastern areas with alpine environments.

- 4) Warm clothing: Imagine being out overnight with temperature dropping and you're cold. Your clothes are wet from sweat from the day's hike and now your tshirt and shorts aren't enough. Always have some combination of pants, shirt, rain jacket, gloves, hat and jacket or coat as appropriate for the expected temperatures. This varies by the season of the year. Lightweight pants, a long sleeve shirt and a hooded rain jacket might be enough during summer, but you might need a down jacket on a winter night. You can get hypothermia while wet from rain even in relatively warm weather. Even 50-60 degrees can be dangerous when you're wet. Always have

a raincoat. Don't wear cotton clothes. Cotton doesn't insulate well when wet. Wear synthetic materials or wool when hiking.

- 5) Fire: Have the means to make a fire. Fire provides heat for warmth, cooking, and boiling water to purify it. Bring a small lighter or matches in a waterproof case. You'll also need something that can catch fire if everything in the woods is wet from rain. Cotton balls soaked in petroleum jelly, dryer lint coated with paraffin, cardboard soaked with paraffin, or commercial products like an Esbit or other solid fuel cube. Fritos and other chips can burn quite well, so you can eat some and burn a few. Whatever you choose, keep it in a waterproof container or ziplock bag.

Be cautious to not start a forest fire when starting the fire and make sure to extinguish the fire completely when finished.

- 6) Repair kit: A small knife/multitool and something like duct tape can be useful. You could consider bringing Leuko tape in your medical supplies which can serve like duct tape in emergencies.
- 7) Food: Have at least some food to sustain you for one extra day. It doesn't have to be three full meals. You just need enough energy to stay warm while sleeping and hike out the next day. You can officially go many days without food and not die, but your ability to self rescue will be reduced if you're weak from hunger.
- 8) Water and water treatment: You can't survive long without water. You should start your hike with water in a suitable container, and have the means to treat water if you're in the woods longer than planned. A water filter or water treatment chemicals are lightweight and you should treat all water you drink. If you get sick from pathogens in the water, your chance of survival is diminished by dehydration caused by vomiting and/or diarrhea.
- 9) Emergency shelter: Severe weather (cold, rain, snow) might be the cause of your distress or it might just add to your problems. Being exposed will certainly increase your chances of hypothermia. Even something like a plastic tube tent or space blanket could save you. They are lightweight and take very little space in your daypack. You likely have a tent if you're backpacking.
- 10) First aid kit: Whether you choose to bring a prepackaged kit from a store or a home made kit, you should have a minimum of some medical supplies anytime you venture into the wilderness. If you take prescription medicines, bring them. The kit should contain a few various sized bandages, blister treatments, gauze, tape, topical antiseptic/antibiotic treatment, tweezers, a needle, nonprescription painkiller like Tylenol, anti-inflammatory medicine like ibuprofen, antidiarrheal, antihistamine and nitrile gloves. If you have an allergy to bee or wasp stings, you should bring an EpiPen. Make sure you have some knowledge of performing wilderness first aid.

Make sure you have these items with you on every hike into the wilderness. Your survival may depend upon it.

Don Williams

Notes:

- <https://www.garmin.com/en-US/blog/outdoor/2025-inreach-sos-year-in-review/>
- <https://wv.dnr.gov/survival-skills-ten-things-to-do-when-lost-in-the-woods/>
- <https://www.fs.usda.gov/visit/know-before-you-go/if-you-get-lost>
- <https://youtube.com/How to Use a Compass REI>
- <https://youtube.com/playlist/Compass and Land Navigation by Corporals Corner>

# Membership Matters



Attention Members!

Whether you are a new or longtime member, we'd like to hear your stories! In order for us to get to know you better--or to get reacquainted--please take a moment to write a short paragraph introducing yourself to the membership. Tell us a little about yourself and your hiking or camping experiences. You can either attach or copy and paste your paragraph to this link:

<https://tidewateratc.com/join-us/>

Your submission will be printed in an upcoming TATC newsletter.

Thanks for helping with the membership committee's effort to keep our club a warm and inviting space for all. We are happy that you are with us.

Kama Mitchell

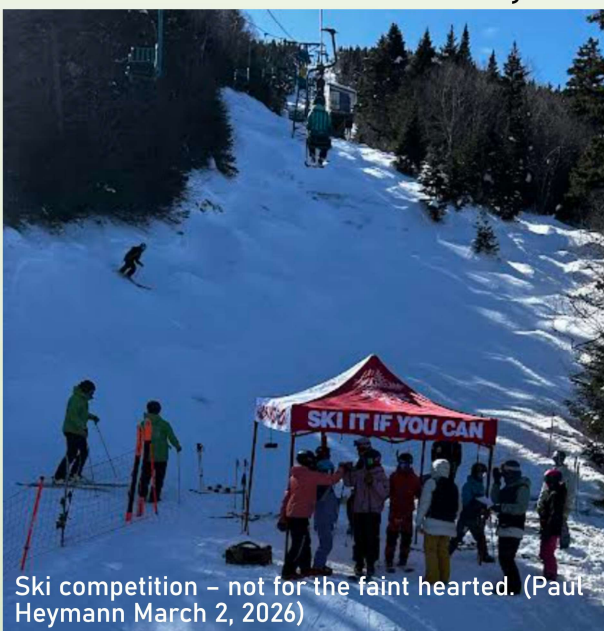
## Skiing the Long Trail

Did you know you can ski the Long Trail in Vermont? Well, at least a short piece of it! There is a section of about 50 yards that ducks into the trees, adjacent to the Mad River Glen's Upper Antelope ski trail. Elevation 3600'. Interestingly, Mad River Glen boasts the oldest (1948) operating single chair lift in the U.S. - the only other one is in Alaska.

Paul Heymann



Photo: Emily Heymann March 2, 2026.



Ski competition - not for the faint hearted. (Paul Heymann March 2, 2026)



# APPALACHIAN TRAIL SEES 16.9 MILLION RECREATION VISITS IN 2025



## First official visitation data released for the world's longest hiking-only trail

March 13, 2026 HARPERS FERRY, W.V. - The [Appalachian Trail Conservancy](#) (ATC) today announced new visitation data confirming the Appalachian National Scenic Trail (ANST or A.T.) had 16.9 million recreation visits in 2025. Unlike a traditional park with designated entrances and exits, the A.T. spans 14 states and nearly 2,200 miles with hundreds of access points, which has made measuring visitation over the last 100 years difficult and unpredictable.

“For the first time, we can truly see how popular and meaningful the Appalachian Trail and its landscape are to millions of people,” said Cinda Waldbuesser, president and CEO of the Appalachian Trail Conservancy. “We are very proud of our work in partnership with the National Park Service on a methodology that enables us to accurately understand how people use the footpath, what sections see the most visitation, and how to better support local communities so the Trail remains an iconic destination for generations to come. This data will inform A.T. management and conservation decisions and help us continuously improve the Trail experience for all visitors.”

The ATC and the National Park Service calculated 2025 visitation to the A.T. using aggregated, anonymized mobile location data combined with trail counters and field observations to confirm patterns and accuracy. To ensure alignment with national reporting standards, the ATC collaborated closely with the [NPS Social Science Program](#).

The methodology used for the A.T. will serve as a model for other National Scenic and Historic Trails, ensuring other trail systems have the most accurate visitation numbers and data to improve management and visitor experience. The ATC partnered with [Placer.ai](#) to apply visitor location data to the A.T.

This is also the first time the Appalachian Trail will be included in the [National Park Service’s Annual Park Ranking Report](#), which ranks visitation of national park units specifically on lands managed by the National Park Service. Approximately one-third of the A.T. is on NPS lands, and those parts of the A.T. experienced 6.2 million visits in 2025, making the ANST the ninth most visited national park last year. The rest of the Trail is on USDA Forest Service land and public lands managed by state agencies and local townships.

“For more than a century, the Appalachian Trail has been a destination for millions of people from around the world to experience adventure, solace, and community while reconnecting with nature,” said Kurt Speers, chief ranger and acting superintendent of the Appalachian National Scenic Trail. “We are grateful for the dedication of the Appalachian Trail Conservancy and the continued collaboration with the A.T. Maintaining Clubs and the Trail’s many partners, as we use this new data to enhance visitor experience.”

The ATC has also provided 2025 visitation data for each of the A.T.’s 14 states, which can be found at: [appalachiantrail.org/visitation](https://appalachiantrail.org/visitation). Virginia, New Hampshire, and Pennsylvania, respectively, topped the list with the highest number of recreation visits to the A.T. in 2025.

“I’ve made some incredible memories while hiking the entire Appalachian Trail in Virginia, and I’m so glad that there were nearly 17 million visits to this amazing trail last year,” said A.T. champion Senator Tim Kaine. “Not only are trails like the A.T. great for our health and well-being, they are also vital to local economies throughout Virginia and the country. I’ve been proud to work with the ATC on legislation to protect and improve the trail, and I’ll keep doing all that I can to ensure the A.T. can be enjoyed for generations to come.”

“I’m glad to see the National Park Service take steps to measure and recognize the Appalachian Trail’s impact,” said A.T. champion Senator Thom Tillis. “Millions of people experience the A.T. every year, and having better data will help ensure it gets the stewardship it deserves. I appreciate the work of trail partners and the National Park Service to move this effort forward.”

“Visitors to the Appalachian Trail help boost the economies of A.T. Communities like Damascus, Virginia, and support local businesses,” said Mayor Katie Lamb. “The Town has a population of about 750 residents, yet we welcome an estimated 300,000 visitors annually. Each May, Damascus wholeheartedly welcomes around 25,000 people for the world’s largest celebration of the A.T. and hiker culture during the Appalachian Trail Days Festival. As Trail Town USA, we’re honored to be a gateway to adventures on the A.T. and other nearby trails each year.”

For more than a century, the ATC has led the grassroots effort to care for the day-to-day management of the Appalachian Trail. While the A.T. is a unit of the National Park Service, it is a collaborative project that relies on the dedication and commitment of thousands of local A.T. Club volunteers and the ATC in partnership with public land managers. The cooperative management system is responsible for conserving the A.T. landscape, protecting wildlife, and maintaining the footpath, while also ensuring the Trail can receive millions of visitors each year.

To learn more about how visitation is calculated on the Appalachian Trail visit, [appalachiantrail.org/visitation](http://appalachiantrail.org/visitation).

Contact: Ann Simonelli, [asimonelli@appalachiantrail.org](mailto:asimonelli@appalachiantrail.org)

## Sign up for *The Register* newsletter!

Stay up to date on stewardship news, events, and training opportunities for A.T. volunteers and partners.



Applications are open for the ATC’s Next Generation Advisory Council! Individuals ages 18 to 30 with an interest in leadership, conservation, and the A.T. are encouraged to apply. Use your voice and skills to care for the A.T. while gaining valuable conservation and leadership experience. Do you know someone who might be interested? Please share with your networks to help us build a strong NextGen Advisory Council.

Learn more & apply:

[https://volunteer.appalachiantrail.org/s/atc-project-details?c\\_\\_reclId=a0qU1000009XT9J](https://volunteer.appalachiantrail.org/s/atc-project-details?c__reclId=a0qU1000009XT9J)



Join the ATC’s Next Generation Advisory Council

# International Women's Month

## Grandma Gatewood Returns to the Appalachian Trail: Life-Size Statues to Honor Trailblazing Hiker and Inspire Future Generations

(National- February 17, 2026)- Decades after her legendary trek, the indomitable spirit of Emma "Grandma" Gatewood is set to inspire hikers once again as two life-size bronze statues are commissioned to celebrate her extraordinary legacy. Gatewood, the first woman to solo thru-hike the Appalachian Trail in 1955 at age 67, remains an icon of resilience, courage, and empowerment.

A dedicated committee has partnered with acclaimed sculptor and avid Texas hiker Bridgette Mongeon to create identical statues capturing Grandma Gatewood in motion, hiking stick in hand and eyes lifted in wonder. One statue will stand at her gravesite in Gallipolis, Ohio, while the second will be installed at the historic Mountain Crossings at Neel Gap, Georgia—mile 31 of the Appalachian Trail—thanks to the support of the North Georgia Mountain Authority and Georganna Seamon, owner of Mountain Crossings.

"As a female thru-hiker of the entire Appalachian Trail, I'm thrilled to see a life-size sculpture of Grandma Gatewood installed at Mountain Crossings," said Seamon. "This iconic location will now honor one of the trail's most legendary women—whose courage and determination continue to inspire generations."

The project also addresses a significant imbalance: less than 8% of public statues in the United States honor real women. The Grandma Gatewood statue campaign celebrates not just a trailblazer, but an ordinary woman whose extraordinary achievements changed American hiking culture forever.

With the design finalized and a small-scale model complete, the committee is launching its most ambitious phase: raising \$200,000 for the casting, shipping, and installation of these two statues. We invite you to support this effort—personal donations can be made through GoFundMe, and businesses can make tax-deductible contributions through Eden Valley Enterprises, the nonprofit overseeing this project. Every contribution will help us bring Grandma Gatewood's inspiring legacy to life.

Supporters are invited to follow the journey and contribute at [www.GrandmaGatewood.com](http://www.GrandmaGatewood.com). There you will find updates, behind-the-scenes content, and details on both statue unveilings. Every donation—no matter the amount—is one step more on the trail to bring these tributes to life and honor a true Trailblazer. Celebrate Grandma Gatewood's enduring legacy, inspiring generations of adventurers and dreamers.



## Larry Luxenberg Resigns As Museum President; Bill O'Brien Elected President



February 11<sup>th</sup> 2026 GARDNERS, PA. - In January, 2026, Larry Luxenberg announced to the Board of Directors of the Appalachian Trail Museum his intention to resign as President. Larry's statement read in part: "After careful reflection, I have decided that it's a good time for me to step down as President. I will soon turn 71 and have served in a leadership capacity with the Museum for 28 years. I feel it's time to bring fresh ideas and energy to the leadership and I'm confident that we have a team in place that can carry the Museum forward. I plan to remain engaged with the Museum. I look forward to seeing the Museum evolve and grow over the years and am thankful for the many friendships that have resulted from this project."

Meeting on February 11, the Museum Board agreed to accept Larry's resignation with regret. The Board acted to name Bill O'Brien as Museum President effective immediately. Bill will serve as President for the remainder of Larry's term, until the Museum's 2027 Annual Membership Meeting.

Bill said: "I join with the rest of the Board in thanking Larry for his many years of service as Founder and President. Some other Board members and I have persuaded Larry to run for election as an outside Director of the Museum at the 2026 Annual Membership Meeting. Larry's insights and experience will be vital as we navigate the next phase of the Museum's existence."

Bill O'Brien has been intimately involved with the Appalachian Trail for most of his life, in several capacities. Bill thru-hiked the A.T. in 1989 and again in 1992. He's been a member of Appalachian Long Distance Hikers Association (ALDHA) since his first thruhike and has served ALDHA in several capacities, including Coordinator and newsletter editor. Bill has served on the Board of Managers of Appalachian Trail Conference (now Conservancy). He has served on the A.T. Museum's Board since its inception and has been Secretary of the Board since 2004. He also serves on the Museum's Hall of Fame selection committee.

At its February meeting the Museum Board also set the date and time of the 2026 Annual Membership meeting. It will be March 23 at 7 pm via Zoom. More information on the Annual Meeting will be included in a separate release.

### About the Appalachian Trail Museum

The Appalachian Trail Museum, a 501-C-3 not-for-profit organization formed in 2002, organizes programs, exhibits, volunteers and fundraising nationwide for the Museum. The Museum opened on June 5, 2010, as a tribute to the thousands of men, women and families who have hiked and maintained the approximately 2,190-mile-long hiking trail that passes through 14 states from Maine to Georgia. Located in the Pine Grove Furnace State Park near Gardners, Pennsylvania, the Museum is conveniently near Carlisle, Gettysburg and Chambersburg, Pennsylvania. Additional information is available at [www.appalachiantrail.museum](http://www.appalachiantrail.museum).

CONTACT Julie Queen, Manager Appalachian Trail Museum

[info@atmuseum.org](mailto:info@atmuseum.org)  
[www.appalachiantrail.museum](http://www.appalachiantrail.museum)  
[www.atmuseum.org](http://www.atmuseum.org)

## Crashes and Disappearances

**May 1st 1964** - A North American T-28 Trojan (a military trainer aircraft) crashed on Three Ridges on May 1st, 1964. The aircraft was being flown from Richmond toward Tennessee by two Air Force Colonels, Robert L. Bryson and Joe Warren.

While flying at roughly 8,000 feet over a thick cloud deck, the engine suffered a total loss of oil pressure. Since the plane was a trainer and lacked ejection seats, the pilots had to manually bail out. Both men climbed out of their seats and rolled off the wings to avoid the tail section. Colonel Bryson landed near Greenfield, and Colonel Warren landed in the Rockfish Valley. Both survived and eventually reunited in Lovingson later that night.

The plane pancaked into the side of the mountain. Today, the wreckage remains in the Three Ridges Wilderness, specifically on the western slope of the mountain. It is located a few hundred yards off the Appalachian Trail (AT) and the Jack Albright Loop (near the Glass Hollow Overlook). While the forest has reclaimed much of it, large portions of the fuselage and engine are still visible to hikers who know where to look.

**February 12th 1984** - A twin-engine Piper Comanche airplane crashed on the Appalachian Trail about ¼ mile north of the highest point on Three Ridges. The pilot, Ott Sedwick, who was the only person aboard, died in the crash. Sedwick left Conway, South Carolina about 8 P.M. enroute to Butler, Pa. It is not known why, but the plane was heading south when it crashed and only lacked about 20 feet from clearing the tree tops. The weather was clear. The wreckage was not located until February 14 about 4 P.M. by the Civil Air Patrol. Sedwick's body was removed by rescue workers the next day. He was an employee of Armstrong Utilities, Inc., Bulter, Pa. and lived in Kittanning, Pennsylvania.

TATC members didn't learn of the crash until after the wreckage had been located and the body removed. Once aware of the crash, club members were asked to stay clear until investigators had finished their work, Investigators concluded that the twin engine plane had lost a propeller, as only one was located at the crash site. The plane struck a large oak tree, about 30 feet up; one engine tore loose on impact and fell to the foot of the tree (pieces of the engine were embedded in the tree); the 2nd engine wound up on the A.T. itself. The fuselage apparently somersaulted across the trail and was found upside down. The location of the crash was in the slight ridge-crest saddle, between the summit of Three Ridges Mtn. and Hanging Rock viewpoint. Thirty years later, no trace or sign can be found of the crash.

On February 19th of that year, [club members] Bob Herrmann, Fred Darling, and Reese Lukei visited the crash site to determine in what way TATC may assist in the removal of the wreckage.

Jack Albright, an ATC Board member, was also present. There were three large pieces of the aircraft at the site; the two engines and the main part of the fuselage, which were lifted out of the site by a helicopter. The rest of the four-seat aluminum aircraft was in about 2,000 shredded and mangled pieces. The wreckage was scattered on both sides of the Appalachian Trail for 150 feet in each direction.

An insurance company had the responsibility to remove the wreckage. TATC offered to backpack some of the wreckage out to Maupin Field where it could then be trucked out. Eventually TATC members did remove bags of smaller debris, carrying the pieces of wreckage (about 2 miles) down to the Maupin Field area; the forest service took it out from there, by truck.





**August 5th, 1987** - One of the most extensive search and rescue efforts near Three Ridges, occurred in the Maupin Field area starting in August of 1987 with the disappearance of 25-year-old Michael Ray Norton. Norton an experienced hiker had worked in Shenandoah National Park as a seasonal interpretive ranger. He had not been seen since August 5th, 1987. His car was found on August 8th at Milepost 13 on the Blue Ridge Parkway, and a major search was conducted over a period of several weeks, including over 300 searchers working at a time, along with dog teams, and helicopters. The search was centered on the Reeds Gap to Tye River section of the Appalachian Trail.

Coworkers had reported that Norton had seemed to be in a depressed state before his disappearance. Searchers found his pack and some personal belongings 100 yards off the Appalachian Trail near Maupin Field Shelter. The items found included clothing, a walking stick, running shoes, a canteen which was 3/4 full and two empty over-the-counter drug containers. A doctor who was consulted on the two drugs; later said that neither was dangerous by itself, but that they would create hallucinations if taken together in substantial amounts.

TATC members who were active in the late 80s assisted with some of the "line searches" to try to find the missing man. A father and son who were hiking reported that they had seen Norton on the trail around midday on the August 7th. He was hiking in his socks, and, although heading south at the time, he asked the two for directions to a campground which was 100 miles to the north. Because of this, searchers were convinced that he was no longer in the original search area, and they shifted their emphasis from ground searches to interviews with people who might have seen him. Despite extensive efforts by the National Parks Service, and other federal and volunteer agencies, Michael Ray Norton was never found.

Legacy: For hikers in the early 90s, this was the "ghost story" of Maupin Field. The discovery of his gear—especially his boots and clothes—without a trace of the person became a cautionary tale for the local hiking community.

**May 14th 2005** - John Joseph Donovan, 60, of Petersburg, VA, departed this life in May 2005 while hiking the Pacific Crest Trail in Southern California. Treacherous trail conditions due to heavy snow pack trapped him in a remote area in the San Jacinto Mountains; his remains were recovered June 4, 2006.

John was an avid hiker, an active member of the Old Dominion and Tidewater Appalachian Trail Clubs and had just retired from 20 years as a clinical social worker with the Central State Hospital. John served fifteen years in the United States Navy, and earned his bachelor's and master's degrees in social work at Norfolk State University.

After he retired, John had ambitious plans to hike and travel, in the Western U. S., and in various places around the world. His first adventure was to hike the Pacific Crest Trail, from the



Mexican border just east of San Diego to the Canadian border in the mountain's northeast of Seattle. Unfortunately, about 2 weeks into this hike, somewhere in southern California, in icy weather, he mysteriously disappeared. As his trail club friends said, they knew something was wrong when the postcards (which he loved to send) stopped coming.

The Pacific Crest Trail (PCT) is many times more isolated and wilder than the Appalachian Trail (AT). The trail is not blazed, and late season snow can obscure the footway for long stretches. Stream crossings can be

especially difficult, when the water is high and cold from snowmelt.

When John was reported missing, searches by national forest and police officials turned up nothing. Eventually, John was presumed to have died— doing the thing he loved most, backpacking. Various memorials were held for John, and one especially generous member of the Old Dominion Club (centered in the Richmond area) donated a substantial gift to our club in John's name and honor. Eventually, this gift was used to build the picnic shelter next to the TATC cabin.

In early May of 2006, as was widely reported in the news, an extraordinary thing happened. A young couple attending a financial convention in Palm Springs, California, took the aerial tramway to the upper slopes of 10,700 ft. San Jacinto Mtn., planning to take a short-day hike. From the low desert, the (cable car) tram comes far up the eastern side of the mountain; the PCT meanders along the ridgeline on the mountain's western flank.

The couple wandered off of the trail they were on, and then somehow couldn't find their way back to it. Besides apparently being inexperienced or amateur hikers, they were unprepared and unequipped for what they were about to endure; they wound up spending 3 nights lost in the rugged wilderness and cold. What saved them was that, on the 3rd day, without food or much rest, with their energy and hope running on empty, they happened upon a streamside campsite - what apparently was John Donovan's last campsite.

At first, the couple assumed that the owner of the backpack they'd found was nearby and would help rescue them. Upon closer inspection they realized that the pack and gear were weathered, wet, and appeared abandoned; there was no one around. Searching the pack, they found John's identification and his journal. According to the newspaper article, they said, "His last journal entry was one year ago to the day that we found it, which was very eerie". The journal portrayed a man without hope of rescue. Apparently, he knew he was off of the trail and in a bad situation - "Nobody knew where he was, nobody knew to come looking for him, so he was preparing for the end. We were looking at the words of a man who was passing'.

Along with the journal, they found salvation in his backpack: a warm sweater for the woman, dry socks for the man, and matches. His journal, found by Day and Allen, revealed that John had become trapped by the steep terrain and waterfalls, unable to climb back out of the canyon. In his final entry, dated May 14, 2005, he wrote a farewell message to his family before attempting to find water.

On their 4th day out, they used the matches to start a signal fire, igniting a large collection of dried vegetation that was choking a culvert. An acre or two went up in smoke, which drew the attention of a helicopter crew. They were rescued and taken off the mountain. Members of the Riverside Mountain Rescue Unit (RMRU) conducted a follow-up mission on June 4, 2006, to locate Donovan's remains. His body was found approximately 50 yards from his campsite, caught in a tree in the middle of a stream at the base of a 20-foot waterfall. This area was located

in the Long Valley drainage (often referred to as "the bowl"), at an elevation of approximately 4,300 feet.

**June 4, 2023** - The Flight of the "Ghost Plane" - An aircraft, registered to Encore Motors of Melbourne, departed from Elizabethton, Tennessee, bound for Long Island, New York. On board were a veteran pilot, a prominent New York real estate agent, her two-year-old daughter, and a nanny. According to flight data, the plane reached Long Island but inexplicably failed to descend. Instead, it made a sharp 180-degree turn and flew directly back toward Washington, D.C., on a steady path at 34,000 feet. For over 50 minutes, the pilot remained completely unresponsive to all radio transmissions.

As the wayward jet entered the highly sensitive "no-fly" zones over the capital, NORAD scrambled F-16 fighter jets from Joint Base Andrews. To catch the Cessna, the fighters were authorized to fly at supersonic speeds, setting off a massive sonic boom that rattled windows and prompted thousands of 911 calls across Virginia, Maryland, and D.C.

The intercepting military pilots reported a haunting scene: the Cessna's pilot was seen slumped over in the cockpit, motionless. Despite the F-16s using flares to get her attention, the aircraft continued on autopilot until it eventually ran out of fuel.

At approximately 3:23 p.m., the plane entered a rapid, spiraling descent, dropping at a rate of nearly 30,000 feet per minute. It impacted a steep, densely wooded ridge on Mine Bank Mountain within the St. Mary's Wilderness of the George Washington National Forest.

The impact was so severe that it created a deep crater and left a highly fragmented debris field. Virginia State Police and local rescue crews had to trek for hours through the wilderness on foot to reach the remote site, where they confirmed there were no survivors.

It was determined that the likely cause of the crash was hypoxia (oxygen deprivation) resulting from a loss of cabin pressure, which rendered everyone on board unconscious.

Jim Sexton

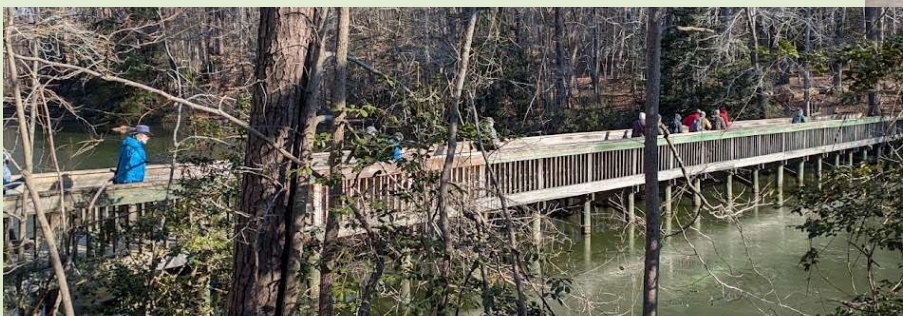
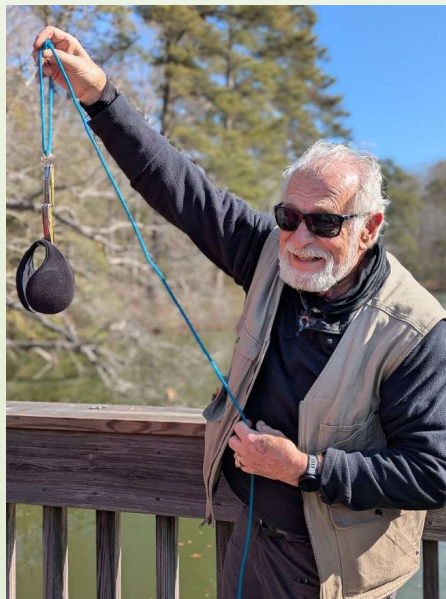
# PATC Meadows Cabin



Photos by Kevin Du Bois

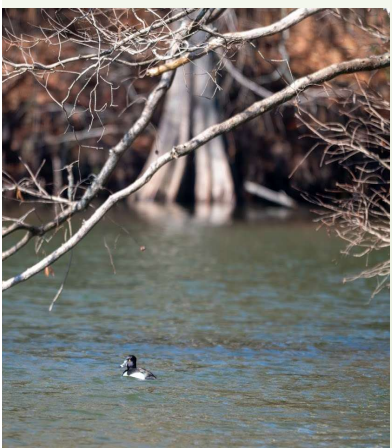
## Tuesday Group

TATC Tuesday Group: On February 10, 2026, Phyllis Neumann led a 5.5 mile hike on the Noland Trail of The Mariners' Museum and Park. We crossed 14 large wooden bridges and 13 footbridges. While looking over the railing of one bridge, a hiker lost her ear muffs onto the ice. Though we have often teased John Oakes about the numerous gadgets contained in his ever-ready backpack, we learned our lesson when he produced a rope, which he attached to a gizmo, and he deftly retrieved the ear muffs. John was the hero of the hike!



On February 15, 2026, Kevin McKee led a birding excursion at Lake Lawson / Lake Smith Natural Area in Virginia Beach. Twenty disparate species were either seen or heard! Of note to many of our members, the natural area now has kayak rentals at a self-service kiosk. Scan the QR code with your phone, download the app, and follow the prompts. Comes with a paddle and a PFD. 2-hour rental: \$25 Species seen: Northern shoveler, Pied-billed Grebe, Ring-necked Duck, Lesser Scaup, Hooded mergansers, Common Mergansers, Red-bellied Woodpecker, Yellow-rumped Warbler, Ring-billed Gull, Double-crested Cormorant, Northern Cardinal, Great Egret, Great Blue Heron, Turkey Vulture, Mallard, American Crow, Canada Goose. Species Heard: Carolina chickadee, Tufted titmouse, Pileated Woodpecker, King Fisher.





Photos by Sharon McQueen & Troy Carpenter

## Activities Schedule: April

For full and up to date details, contact information and sign up links, please see our [website calendar](#)

Date/Time	Description	Location
Saturday 4 9am-12pm	Backpacking 201 Prep. You may attend whether or not you are signed up for Backpacking 201. 9 mile out-and-back trail to Lake Drummond in the heart of the Dismal Swamp.	Washington Ditch Road, Suffolk, VA 23434
Tuesday 7 9am	This hike will start and end at Rancho Grande Mexican Restaurant. The park has about 4 miles of trail and a .5 mile nature trail created by Friends Of Indian River.	1320 S Military Highway, Chesapeake, VA 23320
Tuesday 7 3-4pm	VARO Meeting - Zoom Call	
Wednesday 8 7-9pm	General Membership Meeting. Program: Alton's Keep Wildbird Rescue (Tommy Harley)	Episcopal Church of the Advent, 9629 Norfolk Ave, Norfolk, VA 23503
Friday 10- Sunday 12	Maintenance training weekend. This course is intended for individuals or new members who want to get acclimated with trail work.	Devils Backbone Camp, 30 Three Ridges Lane, Roseland, VA 22967
Friday 10- Sunday 12	Backpacking and Spring Walk-thru. Document issues on our section of the AT (and St. Mary's Wilderness) that we will address during the upcoming Spring Maintenance weekend.	Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952
Sunday 12- Friday 17	Restoration of Historic Sherando Lake Beach House - HistoriCorps. Free for volunteers! HistoriCorps will provide all meals, tools, training, equipment, and a campsite.	Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952
Thursday 16 9-11am	First Landing State Park Trail Maintenance. Tools will be provided, or bring your own lopper, pruner, and/or small silky saw.	First Landing State Park, 2500 Shore Dr., Virginia Beach, VA 234516
Friday 17- Sunday 19	Backpacking 201. This is an intermediate-level backpacking trip. We will cover 20.7 miles from Friday evening to Sunday late afternoon. The trail slope will average 488 ft/mile.	Route 60/Long Mountain Wayside to Rt 812 Trailhead (Snowden/ James River), VA
Saturday 18 9am	Hasty Hike: Hike several trails at FLSP totaling ~5 miles, without taking breaks. This is designed to be a workout hike averaging 20 minutes a mile or less.	First Landing State Park, 2500 Shore Dr., Virginia Beach, VA 234516
Tuesday 21 6:30-8:30pm	Happy Hike Hour at the VBC Yorktown Pub. This brown ale is an homage to a timeless classic. Hints of toasted bread and sweet graham crackers take your taste buds down a mellow trail of malty vibes.	7120 George Washington Memorial Highway, Yorktown, VA 23692
Friday 24- Sunday 26	Spring Maintenance and Family Campout Weekend. We'll maintain our assigned section of the Appalachian Trail, the Mau-Har Trail, the White Rocks Falls trail, plus more! The club will be providing dinner on Saturday!	Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952
Sunday 26- Friday 1	Restoration of Historic Sherando Lake Beach House - HistoriCorps, week 2	Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952

## Activities Schedule: May

For full and up to date details, contact information and sign up links, please see our [website calendar](#)

Date/Time	Description	Location
Saturday 2 8:30am-1pm	Paddle for the border. The paddle trip is 7.5 miles. Registration is \$65. Breakfast and lunch are provided. Not a TATC led event.	The Dismal Swamp State Park in South Mills, North Carolina
Sunday 3- Friday 8	Restoration of Historic Sherando Lake Beach House - HistoriCorps, week 3	Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952
Tuesday 5 3-4pm	VARO Meeting - Zoom Call	
Wednesday 6 7-9pm	Board Meeting	Episcopal Church of the Advent, 9629 Norfolk Ave, Norfolk, VA 23503
Saturday 9 9am	Hasty Hike: Hike several trails at FLSP totaling ~5 miles, without taking breaks. This is designed to be a workout hike averaging 20 minutes a mile or less.	First Landing State Park, 2500 Shore Dr., Virginia Beach, VA 234516
Sunday 10- Friday 15	Restoration of Historic Sherando Lake Beach House - HistoriCorps, week 4	Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952
Wednesday 13 7-9pm	General Membership Meeting. Program: Hiking the Grand Canyon (Faye Bailey)	Episcopal Church of the Advent, 9629 Norfolk Ave, Norfolk, VA 23503
Thursday 14 9-11am	First Landing State Park Trail Maintenance. Tools will be provided, or bring your own lopper, pruner, and/or small silky saw.	First Landing State Park, 2500 Shore Dr., Virginia Beach, VA 234516
Friday 15- Sunday 17	3rd Annual "For AT Hikers and Jazz Lovers". Let's go day hiking on the AT on Saturday and Sunday while relaxing at the Deer Head Inn to live jazz afterwards. Different bands each night, lunch at the Village Farmer and Bakery.	Deer Head Inn, 5 Main Street, Delaware Water Gap, PA 18327
Friday 15- Sunday 17	St. Mary's Backpacking Maintenance Weekend. 3 mile hike in with 3 or 4 stream crossings. No privies. Day of either trail maintenance or walkthrough, depending on conditions. This trip is for folks who have done at least one or two backpacking trips and is not appropriate for people with no experience.	St Mary's Wilderness, Raphine, VA24472

Sharing an annual training opportunity for all of our fantastic volunteers. Enrollment is now open for the 2026 Wilderness Skills Institute. Note the dates are earlier than previous years. For those of you who have not attended, this is a great opportunity to build trail maintenance skills as well as network with passionate Wilderness volunteers, and the excellent professionals from SAWS - Southern Appalachian Wilderness Stewards; ATC - Appalachian Trail Conservancy; and US Forest Service. Sign up early!



# SAVE THE DATE

## 2026 WILDERNESS SKILLS INSTITUTE

Hosted at the Cradle of Forestry, North Carolina

# MAY 4-8, 2026

Join us for a week of hands-on learning and collaboration focused on trail and wilderness stewardship. Opportunities this year include:

Crosscut sharpening  
Stonework  
Trail structures  
Tool Rehandling

Trail Maintenance - Tread and Drainage  
Southern Appalachian Ecosystems  
Leave No Trace



**APPLY ONLINE:**  
FEBRUARY 2 - MARCH 6, 2025

WILDERNESS SKILLS INSTITUTE  
ESTABLISHED 2011

<https://wildernessskillsinstitute.org>



# Join an Appalachian Trail Volunteer Trail Crew



Love the outdoors and want to make a difference? Volunteer with the Appalachian Trail Conservancy's Konnarock Trail Crew.

- **Explore the Outdoors**—From late spring through summer, volunteers spend 4 to 8 days camping and working on a section of the Trail in Georgia, North Carolina, Tennessee, or Virginia.
- **Beginner-Friendly Volunteer Vacation**—Training, meals, tools, and gear provided. No experience needed.
- **Leave Your Legacy**—Help with projects from trail repair and relocations, rock work, or rebuilding bridges and shelters.
- **Hands-On Experience**—Work with professional crew leaders and gain skills in trail maintenance, leadership development, and recreation management.
- **Make Friends + Make Memories**—Work and have fun with others who want to protect nature and improve the A.T.



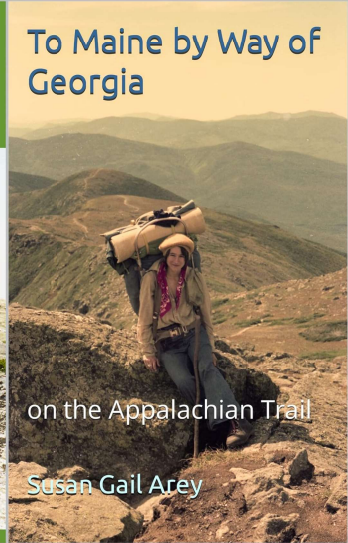
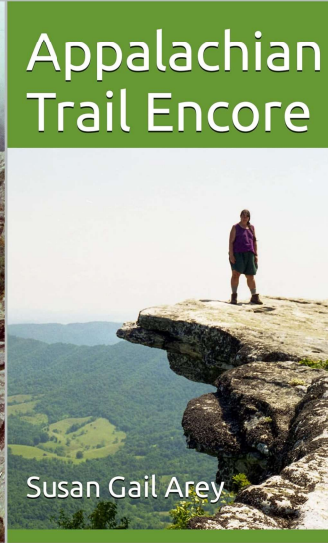
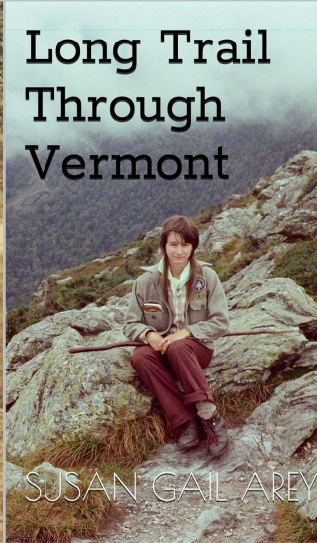
Appalachian Trail  
Conservancy

For more info:  
[appalachiantrail.org/konnarock](https://appalachiantrail.org/konnarock)

**Books by 50 Year TATC Volunteer and Author**

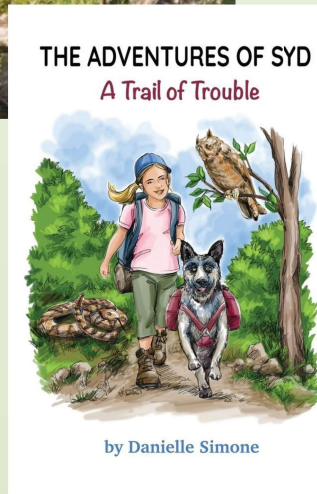
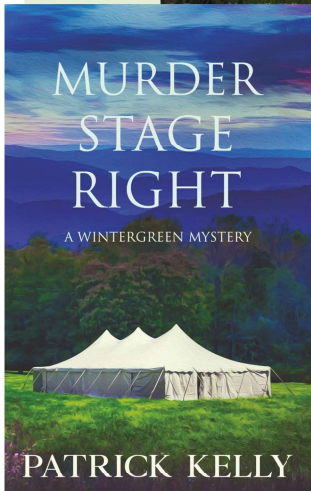
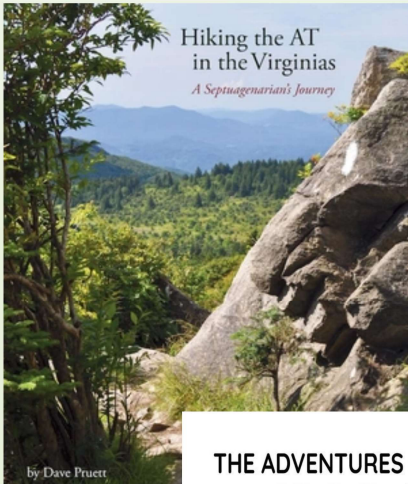
The Old Appalachian Trail in Southwestern Virginia

# Susan Gail Arey



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# Tidewater Appalachian Trail Club Officers and Board



Position	Name	Email
President	Lelia Vann	president@tidewateratc.com
Vice President	Jim Sexton	vicepres@tidewateratc.com
Treasurer	Andy Grayson	treasurer@tidewateratc.com
Secretary	Heather Bailey	secretary@tidewateratc.com
Trail Supervisor	John Sima	trailsupervisor@tidewateratc.com
Assistant Trail Supervisor	Kaci Midgette	assistantts@tidewateratc.com
Counselors	Jim Newman Chris Butler Patrick Hayes	counselor@tidewateratc.com
ATC RPC Representative	Ned Kuhns	rpcprep@tidewateratc.com
Alt ATC RPC Representative	Jim Sexton	
Awards Coordinator	Jim Newman	awards@tidewateratc.com
Cabin Committee	Chris Butler	cabin@tidewateratc.com
Education	Don Williams	education@tidewateratc.com
Facebook	Bill Bunch	facebook@tidewateratc.com
Hikemaster	Jim Sexton	hikemaster@tidewateratc.com
Land Management	Andy Grayson	landmgt@tidewateratc.com
Local Trails	Paul Heymann	localtrails@tidewateratc.com
Membership	Kama Mitchell Ed Welp	membership@tidewateratc.com
Merchandise	Michelle Cobb	merchandise@tidewateratc.com
Newsletter	Joe Stell	newsletter@tidewateratc.com
Outreach	Kaci Midgette Lon Carpenter	outreach@tidewateratc.com
Past President	Lee Lohman	pastprez@tidewateratc.com
Programs	Paul Heymann	programs@tidewateratc.com
Safety	Bruce Davidson	safety@tidewateratc.com
Social	Catherine Fowler	social@tidewateratc.com
Timekeeper	Greg Reck	timekeeper@tidewateratc.com
Tool Boss	Rich Seriani	toolboss@tidewateratc.com
Webmaster	Jim Sexton	webmaster@tidewateratc.com