

## Back in the Swing of Things

Fall means slowing down, cooling off, and getting back to the grind. Wait a second, this is the MOC! We never slow down, as was proven last month with a full slate of playing, socializing, and adventuring. In fact, the organizers and participants are still recovering, meaning that writeups for the rafting, wilderness survival weekend, city hike, and tapas bar dinner are still in the works. Watch for updated event archives in the near future.

### Touch Football

Organizers: Joanne Milne, Chih Lin

The day was ripe for an intense game of football. After the pregame stretches and trash talking, the game play was intense and everyone got involved. The level of play took a whole new level when players had to dodge poop rags on the field while running their routes. In the end, Team Good Guys was victorious. It was hard fought and the competitive spirit showed through for everyone. After handshakes, it was off to Friday's for drinks.



September means football for the MOC as well, just without the pads, helmets, and NBC contracts.

### Bar Hopping at Power Plant Live

Organizer: Kate Buck

Our first stop--Howl at the Moon. Those of you less familiar with this area should know that Howl at the Moon is an outstanding dueling piano bar that is an excellent warm-up to a night out. The group was entertained by spirits and singing along to familiar tunes. Once we were good and warmed up we headed out across the way to Have a Nice Day Café. Now, normally Have a Nice Day would be an alternative to the modern dance scene, featuring older dance songs from the eighties and nineties. However, we were fortunate enough to come on a special night--we got on TV! Cameramen were all over the dance floor taping anything funky they could find.

Some of us continued from there to Lucille's where we went a little lower key and sat at tables outside enjoying the good weather and the cool breeze. More drinks and some hilarious conversation followed.

## News You Can Use

### Inside this Issue:

Our Member Spotlight (p.2) features your own Newsletter Editor, me. The MOC Needs You! - see p. 2. Jeff Schneider brings us part 2 of his Appalachian Trail article from July on p.3. The Member Bulletin Board returns on p. 4.

### Welcome our New Officers:

Rebecca Frankenger is joining us as Social Coordinator. She will primarily handle monthly social hour but will also help coordinate other large social events for the club. Carrie Graff becomes our new K-9 Coordinator. Carrie will be organizing dog-friendly events, possibly including monthly get-togethers for dogs and their owners.

### Hunting and Migration Seasons Upon Us

Hunting season is open for deer as the deer begin to migrate in October and November. Watch out for hunters and for the deer themselves as you're out enjoying the fall weather. Also, for the first time in 51 years, black bears will be hunted in Maryland during two weeks, October 25-30 and December 6-11, 2004. Hunters are also out searching for mourning doves, squirrels and rabbits. Visit <http://www.dnr.state.md.us> for the latest hunting information, as well as other state wildlife news.

### Did You Know?

The MOC web site has not one, not two, but NINE recipes for trail mix? Here's a sample:

#### Trail Mix: Original Mix

Makes 4 Pounds:

- 1 lb, 14 oz Jar Dry-Roasted Peanuts
- 1 or 2 14 1/2 oz Bags Crispy M&M's
- 1 or 2 9 oz Bags Dole CinnaRaisins

#### Trail Mix: Chocoholic's Mix

Makes 1 Pound:

- 2 oz Dried Mangoes
- 2 oz Dried Blueberries
- 2 oz Dried Tart (Michigan) Cherries
- 2 oz Smoked Almonds
- 2 oz Beer Nuts
- 3 oz White Chocolate Coins
- 3 oz Dark Chocolate Coins

For either: Mix in a zipper lock bag.

Find these and other recipes, or contribute your own favorites to the "Extras - Checklists" portion of the MOC web site.

## Upcoming Events



**Tue, Oct. 12 @ 7 PM**

Social Hour, Red Robin Restaurant  
Columbia, MD

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**Fri-Sun, Oct. 15-17 @ 8:30 PM**

Trail Maintenance/Camping Weekend  
Blackburn Trail Center, VA

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**Sun, Oct. 17 @ 5:45 PM**

Night Hike - Patuxent Wildlife Refuge  
Laurel, MD

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**Sun, Oct. 17 @ 10:00 AM**

Difficult Hike - White Oak Canyon  
Shenandoah National Park, VA

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**Fri-Sun, Oct. 22-24 @ 6:00 PM**

Camping Weekend  
Shenandoah National Park, VA

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**Sat, Oct. 23 @ 11:30 AM**

Cornfield Maze Adventure/Hike  
Clements, MD

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**Sun, Oct. 24 @ 8:30 AM**

Moderate Hike at Sugarloaf Mtn.  
Dickerson, MD

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**Sat., Oct. 30 @ 8:45 AM**

Tree Planting in Annapolis  
Annapolis, MD

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**Fri-Sun, Nov. 5-7 @ 5:30 PM**

Haunted Overnight Prison Tour /  
Adventure Wknd  
WV and PA

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**Sun, Nov. 7 @ 9:30 AM**

Difficult Hike - Maryland Heights  
Harper's Ferry, WV

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**Fri - Sun, Nov. 12-14 @ 2:00 PM**

Difficult Cabin Camping/Hiking Wknd  
in PA

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*For more information on upcoming events, please visit the "Events" section of our web site.*

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## MOC Member Spotlight

**Katie Stofer**



**MOC Newsletter Editor**

Currently resides in: Baltimore, MD

Originally from: Lake Jackson, TX

Favorite MOC activities: Snowboarding, biking, skating (in-line and ice)

Favorite TV show/book/movies/music:  
TV: Brini Maxwell, CSI, SportsNight;  
books: Hitchhiker's Guide, Bourne trilogy;  
movies: Necessary Roughness, Fight Club, Office Space; music: Washington Social Club, Cledus T. Judd, Radiohead, any parodies.

Favorite sports team: University of Oklahoma Sooners football, Houston Astros baseball

Favorite local "getaway": When I have time to get away, I'll usually go someplace new, but I do like to hang out at Baltimore's Inner Harbor and Patterson Park.

Pets: Cat, Berki

Job: TerraLink Exhibit Manager, Maryland Science Center

Other fun info about you: A new favorite pastime is "snarfing" historical markers and landmarks, of which there are plenty around here.

Best part about editing the newsletter for MOC: The scads of fanmail!

*Think you or someone you know should be in the "spotlight"? email [explorer@marylandoutdoorclub.org](mailto:explorer@marylandoutdoorclub.org)*

## MOC Needs You!

The MOC is entirely volunteer-run. Please consider helping us out in any way you can.

Amy is *overloaded* with her normal day-to-day club responsibilities, in addition to covering many of the positions below until they are filled. If you frequently utilize the services of the MOC, please help give back. The more people that help, the less work for all of us, and the more free time so Amy can organize more events again!

Contact us if you are interested in taking on one of these positions or helping out in any way with the club. These positions are ultimately given to the candidate with the best fit, and are appointed by the current officers of the club. We recommend you have been with the club for at least one year and/or are very active in the club.

All of these positions are volunteer-based and are what you make of them. Most positions can be handled on your own schedule.

Controller - Need someone that is good with QuickBooks, accounting, taxes, etc. Records intake and outtake of club funds as a whole.

Event Accountant - Experience with Excel, accounting. Track intake and outtake of events.

Web Assistant - Proficient at Photoshop, and light HTML. Responsible for updating the slideshow(s) of images on the home page of the site and Non-MOC Event listings. Other duties will be defined over time.

Safety & Equipment Rental Coordinator - Manage club equipment allocation.

Legal Coordinator - Must be a member of the Maryland Bar. Helps with legal documentation, etc.

# Thru-Hiking the Appalachian Trail

by Jeff Schneider

There are many different ways hikers enjoy the Appalachian Trail. Day hikes, overnight and weekend backpacking trips are very popular. Some intrepid hikers set out for the ultimate A.T. adventure – a ‘thru-hike’. A thru-hiker’s goal is to complete the 2,100+ miles of A.T. in one continuous journey.

Thru-hiking has become a popular adventure, but only about 20% of hikers actually finish their goal. For 2003, the Appalachian Trail Conference reported that out of 2041 thru-hikers who started, only 443 completed the trail.

A question thru-hikers often hear is “How do you carry enough food for a four to six month walk in the woods?”. The answer is simple – by resupplying! In many areas near the trail are towns where thru-hikers may buy food, fix gear, or just take a few days off. Also, ‘mail-drops’ are picked up at post offices in these towns. Mail-drops are packages sent before a thru-hike to selected post offices. This process takes careful and calculated planning to ensure a hiker is always well supplied.

The most famous of all thru-hikers may be the first, Earl Shaffer. After serving in the South Pacific in World War II, he boldly set off to become the first person to thru-hike the entire trail. Shaffer faced many obstacles. The trail was still relatively new and not maintained as well as it is now. In some areas, conditions were so poor, he had trouble even locating the trail’s path! Also, his gear was not exactly the high-tech lightweight quality we’re used to – he had an army rucksack, a helmet with a bug net and no tent, stove, or sleeping mat.

Another famous thru-hiker is Emma “Grandma” Gatewood. In 1954, at age 67, she became the first woman to thru-hike the A.T. in one season. Like Shaffer, her gear was interesting: She preferred lightweight non-traditional gear. For example, she preferred Keds sneakers

instead of boots, an army blanket instead of a sleeping bag, a shower curtain instead of a tent, and a homemade denim sack instead of a backpack.

Some more noteworthy thru-hikers and statistics:

- In 1990, Bill Irwin became the first blind man to hike the entire trail. He was accompanied only by his guide dog Orient. After eight months, many falls and a broken rib, Irwin finished his hike in November 1990.
- Ultramarathoner David Horton is the fastest thru-hiker on record. In 1991, with an average speed of 4.3 miles per hour, Horton completed the trail in 52 days.
- Women make up about 25% of the total hike completions reported.
- 2/3rds of the U.S. population lives within 550 miles of A.T.
- Hikers from Australia, The Bahamas, Belgium, Canada, Chile, the Czech Republic, Denmark, England, Finland, France, Germany, India, Ireland, Israel, Japan, Mexico, Morocco, New Zealand, Norway, South Africa, Spain, Sweden, Switzerland, and the Netherlands have reported completing the Trail.

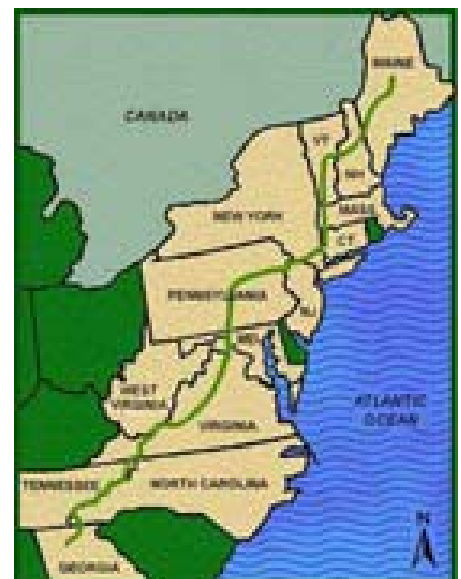
Now, are you interested in seeing parts of the A.T., but not sure you’re ready for a thru-hike? Be sure to check out Maryland’s 40 miles of the trail. Each part of the Maryland section is a little more than a hour away from the D.C./ Baltimore area. About 15 minutes past Frederick, the trail runs right through Washington Monument State Park. No, not that big phallic symbol in D.C., but a replica of the *original* Washington Monument, first erected by the residents of Boonsboro, MD in 1827. Gathland State Park, near Burkittsville, was the site of the Civil War Battle of South Mountain. Also, there are magnificent overlooks scattered throughout the Maryland section – Weaverton Cliffs, Annapolis Rock & High Rock.

Resources to learn more about the Appalachian Trail are easy to find. <http://www.appalachiantrail.org> is the official site of the A.T. and is a great introduction to the trail online. Other informative websites about the Appalachian Trail are <http://www.whiteblaze.net> and <http://www.fred.net/kathy/at.html>.

There are also numerous excellent books on the Appalachian Trail. Bill Bryson’s *A Walk In the Woods* is well-known, but for a more serious look at the trail and thru-hikers, check out Larry Luxenberg’s *Walking the Appalachian Trail* and David Brill’s *As Far As the Eye Can See: Reflections of an Appalachian Trail Hiker*. Many other books have been written about the A.T. – just check Amazon.com or your favorite bookseller!

*(ed. notes: Many MOC members have hiked parts or all of the AT and can be invaluable resources themselves. Or, you can purchase books through the MOC affiliate site for amazon.com and support the MOC at the same time)*

Jeff Schneider is a native Marylander and has been hiking the Appalachian Trail for years. Part 1 of this article appears in our July newsletter, and a profile of Jeff is in our May newsletter. He currently serves as the MOC’s Web Developer.



## Monthly Statistics

As of October 12th

2077 - Total Members To Date  
89 - September New Members  
60% - Female Members  
40% - Male Members  
32.6 - Average Member Age

## Officers

### Amy Pickwick

Founder & President

apickwick@marylandoutdoorclub.org

### Brian Loughery

Event Coordinator

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### Colin Babb

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### Katie Stofer

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### Joanne Milne

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### Jesse Allen

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### Jeff Schneider

Web Developer

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### Rebecca Frankenberger

Social Coordinator

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### Carrie Graff

K-9 Coordinator

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### Mark Zawodny

Advisor & Co-Founder

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## Member Bulletin Board

MOC Founder and President Amy Pickwick, is currently seeking a walking activity partner for morning walks around Lake Elkhorn in Columbia, MD. If interested, please contact Amy through the Member Area of the MOC web site.

The MOC does not maintain a bulletin board on its web site because it's too hard to monitor, so we've made it a feature of the newsletter. Use this area to hook up a team for a race, get a group together for a special event that wouldn't necessarily be an MOC event, or to do other networking.

Got a post for the board? Email [explorer@marylandoutdoorclub.org](mailto:explorer@marylandoutdoorclub.org)

## Organize an Event

It's simple, fun to do, and gives you benefits beyond the eternal gratitude of the officers and members of the MOC. Just a few of those perks:

1. Leadership experience for your resume. Taking a group of people on a favorite hike, getting them there and back safely speaks volumes toward your capabilities for handling big projects and for managing people.
2. If there's a cost for the event, go for a reduced price. Always been eyeing that rafting tour but feeling it's just out of reach? Beyond getting the benefit of a group discount, the organizer usually gets a further price break for his or her hard work.
3. Go when and where you want.
4. Get a chance to try out helping out the club without making a big commitment. Who knows? Maybe you'll be an officer next!

Watch for more organizer clinics to get you started with the basics. If organizing sounds like something for you, please let us know.

[events@marylandoutdoorclub.org](mailto:events@marylandoutdoorclub.org)

## Join the MOC - It's Free!

The Maryland Outdoor Club conducts all administrative tasks through our web site to cut down on processing time & costs. If you are interested in signing up for membership, you need to go to [marylandoutdoorclub.org](http://marylandoutdoorclub.org) and click on any of the "Join Now" buttons you'll find throughout the site. Signing up is a relatively short process and will save you time later on when you sign up for events and don't need to re-enter all of your information.

The MOC does not sell or share your personal information with any third-party.

## Ads & Classifieds

Your business can reach hundreds of potential customers each month with an ad in exchange for bartered items/goods. Contact the editor for details. MOC members can sell single used items or place notices. Classifieds are \$5.00 per 25 words or less.

## Save a Tree

If you are done with this issue, please consider throwing it in your paper recycle bin instead of into a trash can.

## Calling all Creative Types

Remember, if you're a budding artist, photographer, writer, cartoonist, etc. we'll be glad to use your submissions!

## Editor's Corner

Well, I think I bragged on myself enough this month by making myself the spotlight. Just goes to show what happens when you let the editor loose on your publication without any content! If you have any favorite web sites you check regularly for outdoors information, send the link to me so I can feature it in an upcoming newsletter, or even feature the content to share with our members.

-Katie Stofer

[explorer@marylandoutdoorclub.org](mailto:explorer@marylandoutdoorclub.org)