Trail Talk

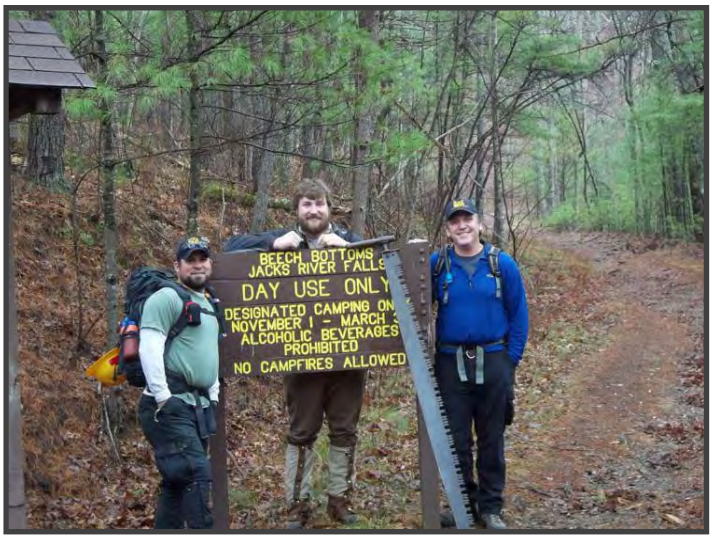
Conasauga Ranger District

December 2010 – January 2011

"Almost always, the creative dedicated minority has made the world better." ***---Dr. Martin Luther King, Jr.***

Winter scenes on the Conasauga Ranger District

December 2010- our very seasoned volunteers, **Troy and Wanda Brown** started off the month maintaining water bars on the Rice Camp Trail…**Conrad Fernandez** took to the trail cutting out blow downs on the Middle Mtn. section of the Pinhoti Trail…**Ken Jones** gave of his time picking up trash along the very popular Beech Bottom Trail, making it look aesthetic for upcoming visitors…**Jim McGarvey and Bobby Mitchell** came out for the day for some much needed trail work on the Pinhoti, cutting away blow downs at Strawberry Mtn, while **Larry Wheat** gave of his expertise in running the Ditch Witch trail machine working along side FS employee Ed Lang, maintaining and creating new drain dips to ward off erosion…while experiencing some cabin fever, **Troy and Wanda Brown** decided for the day to cut blow downs and recon the East Cowpen Trail from Rice Camp to Three Forks…**Fred Pilcher** continues to take an interest in the west side of the district performing campsite cleanup in the Dry Creek area…**Wanda Brown** put time in administering the upkeep of volunteer hours that needed to be done for the volunteer database…hardy souls, **Chuck Brock, Jim Leatherwood and Will Leatherwood** braved the cold to crosscut saw the many blow downs from the Beech Bottom Trail…back on the trail this month, **Conrad Fernandez** found himself on Johns Mtn Trail removing several blow downs with his saw…finally, before the road closed for the season, **Fred Pilcher** picked up trash along Johns Mtn road…during this cold month, volunteers still racked up **100.5 hours**. Thanks to you for your ceaseless efforts! Our volunteers are the BEST!!!



Chuck Brock, Will Leatherwood, Jim Leatherwood

January 2011- to begin the new year, BCHNG members **Melinda Towe and Junior Kyle** did some minor campground maintenance at Jacks River Fields Campground…**Conrad Fernandez** has been out and about this month on several occasions tackling the blow downs and trimming along different sections of the Pinhoti Trail in anticipation of Snake Creek Gap mountain biking race…**Larry Wheat** came back another time to engineer the Ditch Witch trail machine back to the Strawberry Mtn section of the Pinhoti Trail to finish up the drain dips with FS employee Ed Lang…tough guys **Chuck Brock and Jim Leatherwood** who withstood the cold and snow set out on Hickory Creek, Johns Mtn, Keown Falls, and Rice Camp Trails this month to crosscut saw their way through many a blow down…**Cary Brock** accompanied Chuck and Jim on one of their excursions to learn the finer points of crosscut sawing from these "experts"…SORBA members **Mike Cole, Lamar Elrod, Bill Hester, Rick Moon, and Philip White** all joined forces to cut out blow downs on the Pinhoti Trail section of Johns Mtn gearing up for the upcoming big mountain bike race…**Wanda Brown** went solo this time without her partner in crime to explore and recon the Dug Gap to Stover Creek section of the Pinhoti Trail…rounding out the month, **Mark Voykovic,** on one of the very few nice days we've had this winter, patrolled the Beech Bottom/Jacks River Falls area educating visitors on LNT ethics, dismantling illegal fire rings in

the no camping section, and picking up garbage left by campers…through mother nature's fury of continued cold and a big snowstorm this month, volunteers still compiled **135.75 hours.** A BIG THANKS to all who came out and confronted the elements!

DRESSING FOR THE RIGHT WEATHER

Your normal body temperature is supposed to be 98.6ºF. Here is how to keep it that way while on the trail in the next couple of months. In a word… "layering".

Remember: A lot of heat leaves the body from the head, neck, hands, and feet. So keep those caps, insulated hats, toboggans, and balaclavas around on cold days. Carry liner gloves or another pair to wear if needed along with your leather work gloves. High collars on vests, jackets or turtlenecks can cover the neck area. Wool socks or wool blends, not cotton are the best for feet. Consider liner socks as well that can wick away moisture.

Cotton t-shirts tend to soak up perspiration and leaves it against the skin. Today's materials such as capilene and polypropylene will wick away the moisture from your skin so you are less likely to become chilled. These shirts and underwear come in various weights – lightweight, mid-weight, heavy or expedition. Styles include zip-neck turtlenecks that work well if you need to ventilate the shirt during high exertion activities.

What's next? A long sleeve shirt, maybe a wool sweater or other blend, then possibly some type of insulated or polar fleece vest. A jacket might be in order that is windproof and/or waterproof. Pants could be insulated as well with flannel lining or could be wool for those truly "raw" days. Or you might consider wind resistant Gore-Tex rain pants.

Would you wear this all at once? Depends on what you are doing and the severity of the weather. Whatever the case, layering will meet most of your trail work needs and keep you safe and comfortable from the elements as well. One other thing though, you'll need to stay as dry as possible on those inclement days.

HIKER RESPONSIBILITY CODE

You are responsible for yourself, so be prepared:

1. **With knowledge and gear.**
   Become self reliant by learning about the terrain, conditions, local weather and your equipment before you start.

2. **To leave your plans.**
   Tell someone where you are going, the trails you are hiking, when you'll return and your emergency plans.

3. **To stay together.**
   When you start as a group, hike as a group, end as a group. Pace your hike to the slowest person.

4. **To turn back.**
   Weather changes quickly in the mountains. Fatigue and unexpected conditions can also affect your hike. Know your limitations and when to postpone your hike. The mountains will be there another day.

5. **For emergencies.**
   Even if you are headed out for just an hour, an injury, severe weather or a wrong turn could become life-threatening. Don't assume you will be rescued; know how to rescue yourself.

6. **To share the hiker code with others.**

Don't be an accident waiting to happen.

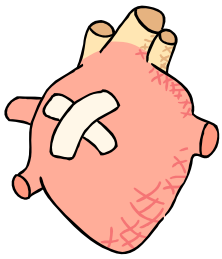
Be careful in all that you do while volunteering with us. From putting on that seatbelt when you leave home and driving defensively to the trailhead, to your time and work on the trail, to the trip back home… always think safety first. A lot can happen during the course of the day. We know from years of advising you on safety issues that all of you have done a great job in preventing and avoiding injury. But remember…

SAFETY BEGINS WITH YOU!

Heart Attacks: Signs, Symptoms, and What to Do

Chest Discomfort

Some heart attacks are sudden and intense, but most begin gradually, with mild pain or discomfort. The most common heart attack sign for both men and women is chest pain or discomfort. This discomfort or pain occurs in the center of the chest and can last for more than a few minutes, or it can go away and come back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.



Discomfort in Other Areas of the Upper Body

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of Breath

You may experience shortness of breath that may occur with or without chest discomfort or pain.

Other Signs

Some other signs may include breaking out in a cold sweat, or experiencing nausea or light-headedness. Women are more likely than men to experience additional common symptoms, generally including shortness of breath, nausea and vomiting, and back or jaw pain.

What You Should Do

If you believe you are having a heart attack, call 911 or your medical emergency medical system immediately.

Although it is common to be unsure of what is happening and put off calling for help, do not wait more than five minutes before calling for help. Calling 911 or another emergency response number is the most effective way to receive lifesaving treatment. Emergency medical services staff begin treatment upon arrival and are trained to revive someone whose heart has stopped.

Even if you are not certain whether you are having a heart attack, make sure to tell a doctor about your symptoms. Follow the links below to obtain more information on the early signs of a heart attack and actions to take when experiencing those symptoms.

http://www.medicinenet.com/script/main/art.asp?articlekey=14577

http://www.heart.org/HEARTORG/Conditions/Conditions_UCM_305346_SubHomePage.jsp

http://www.nhlbi.nih.gov/actintime/haws/haws.htm

CONASAUGA BITS AND PIECES

Snake Creek Gap Time Trials: According to Larry Wheat, equestrians need to be aware of the third and final Northwest Georgia Southern Off-Road Bicycle Association (NWGASORBA) time trial ride on March 5. There will be a few hundred mountain bikers on the Pinhoti Trail between Dry Creek and Dalton. "Riders will be starting their time trials (they will ride as fast as they can) from both the Snake Creek Gap parking lot on Georgia 136 south of Villanow and from the Dry Creek parking lot…Riders should begin at Dry Creek between 9 and 10 a.m. and head north pretty quickly. Dry Creek should be clear by 11, Pilcher's Pond by 12:30, Horn Mountain by 1:30 and Snake Creek Gap by 2 p.m.", said Larry. "SORBA encourages its members and fellow mountain bikers to be courteous and stop for equestrians on the trail," he continued. "However, this is basically a timed race and it is understandable that bikers will not want to slow down…." For more information about the 34 mile race, see the NWGASORABA website at snake.nwgasorba.org.

Conservation Fund buys 762 acres of forested land in Coosa County , Alabama, in order to connect Alabama's Pinhoti Trail to Flagg Mountain, which is the southernmost Appalachian mountain. The Pinhoti Trail travels more than 300 miles through Alabama and Georgia, where it connects to the Appalachian Trail via the Benton Mackaye trail.

Happy Birthday to the U.S. Forest Service! The national forests (first called Forest Reserves) began with the Forest Reserve Act of 1891, creating the U.S. Division of Forestry within the Department of Interior. In 1901, it became the Bureau of Forestry, and on February 1, 1905 was transferred from the Interior Department to the Department of Agriculture. The U.S. Forest Service was born! The mission of the Forest Service is to sustain the health, diversity and productivity of the Nation's forests and grasslands to meet the needs of present and future generations. The United States currently has 155 national forests, 20 national grasslands, and 222 research and experimental forests, as well as other special areas covering more than 192 million acres. It has evolved into an agency that manages the national forests for a wide range of uses including: recreation, timber, wilderness, minerals, water, grazing, fish and wildlife.

MARK YOUR CALENDARS…

- **February 18-19**

  Working Weekend #59, Iron Mountain multi-use trail—waterbar/drain dip maintenance. Equestrians needed. Car camping at Cottonwood Patch.

- **March 26**

  Rough Ridge multi-use trail—water bar maintenance. Equestrians needed.

- **April 23**

  Penitentiary Branch multi-use trail—water bar maintenance. Equestrians needed.

- **May 20-21**

  Working Weekend #60, Trail TBD

- **June 4**

  National Trails Day. Trail TBD

If you are interested, please contact Ed at 706-695-6736 x 118 or e-mail elang@fs.fed.us

Note: In addition to these scheduled workdays, we are trying to find some volunteers who are interested in working independently or with a small group to tackle smaller projects.

Now you see it…

Now you don't!

Thanks to Chuck Brock, Jim Leatherwood, and "Samson", for clearing a blow down on Hickory Creek trail.