



MEMBER OF THE APPALACHIAN TRAIL CONSERVANCY AND THE KEYSTONE TRAILS ASSOCIATION

PRESIDENT'S MESSAGE

"Awe" - Just Go Ahead and Hike!

What is your favorite hiking trail? Why do you love it? Without knowing the answer to the first question, I'd pretty much guess that the answer to the second is because the vistas, the scenery, the air, the essence of the trail itself, inspires you with a deep sense of awe, both in the beauty and quietness of the surroundings, and in the oneness with nature that you feel when you are there. Our pursuit of the ultimate trail provides us with unlimited opportunities to experience this profound emotional impact that is generally known as "awe."

So imagine my surprise when I read a magazine article (1) about a scientist at a prominent university who is doing a study (a three-year research study, no less) to nail down the specific characteristics of awe. Really? Can there be anyone in the hiking community who doesn't understand the meaning of awe? Stop at any vista on any trail at any time, and you cannot possibly escape a feeling of overwhelming awe, a magical inner response that can't be put into words and is deeply personal yet connected with everyone around you at the same time. They could have saved a lot of money on the study if they had just asked us first!

Nevertheless, to give the researchers their due, let me just paraphrase the study results (you will probably agree with me that there is nothing here that any of us do not already know!):

1. Awe binds us together - seeing that vista, or a starlit sky, or majestic mountains, we realize we are interconnected and dependent upon one-another.
2. Awe helps us to see things in new ways - awe keeps us still and attentive (think "stop and think" instead of "fight or flight"), allowing new ideas to spring up and percolate in our minds.
3. Awe makes us nicer and happier - of course it does! No surprise here!
4. Awe alters our bodies - Reduction of stress, corresponding reduction in blood pressure, other positive health effects. This one is a no-brainer.

This may seem a bit tongue-in-cheek and critical of a serious study, but I mean no disrespect to the scientists who are working so diligently at it. My point is only to emphasize the unique opportunities we have to experience awe on the hikes and outings we participate in with the AHC. I hope you will all have many awe-inspiring moments on all of your hikes in the coming new year. Happy New Year!

(1) Scott, P.S., *Feeling Awe May Be the Secret to Health and Happiness*, "Parade Magazine, October 9, 2016



Allentown Hiking Club

P.O. Box 1542—Allentown, PA 18105-1542

Sponsored by City of Allentown Department of Parks and Recreation

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Deadlines for the Spring 2017 Newsletter & Schedule

Happy Hiker Newsletter

Wednesday, March 15, 2017

Activity Schedule

Wednesday, March 15, 2017

Please forward all club related articles, thoughts, and items to the Newsletter Editor by mail or, preferably, by email.

Send all hiking schedule activities to the Hiking Schedule Coordinator.

Welcome to our New Members!

September 2016

Ronald Claven Catasqua, PA

Gamini Vedage..... Bethlehem, PA

Robert Dunn Palmerton, PA

October 2016

Beth Kohler Emmaus, PA

Scott Klinger..... Catasqua, PA

Frank Najera Alburtis, PA





Dick Fink, secretary of the Allentown Hiking Club, was given Honorary Member status at the December, 2016 meeting. Dick was nominated for Honorary Membership in the club by virtue of his twelve years (and counting) of faithfully serving in that office. Along with keeping accurate minutes for each meeting and seeing to necessary club correspondence, Dick can be relied upon to remind officers and members of duties and timelines which often are in danger of being forgotten or neglected. The vote (by club officers and current Honorary Members) was unanimous. We are happy to bestow Honorary Membership upon our secretary and dedicated member Dick Fink.

“Walking inspires and promotes conversation that is grounded in the body, and so it gives the soul a place where it can thrive. I think I could write an interesting memoir of significant walks I have taken with others, in which intimacy was not only experienced but set fondly in to the landscape of memory. When I was a child, I used to walk with my Uncle Tom on his farm, across fields and up and down hills. We talked of many things, some informative and some completely outrageous, and quite a few very tall stories emerged on those bucolic walks. Whatever the content of the talking, those conversations remain important memories of my attachment to my family, to a remarkable personality, and to nature.”

- Thomas Moore, *Soul Mates*

“Details of the many walks I made along the crest have blurred, now, into a pleasant tapestry of grass and space and sunlight.”

- Colin Fletcher





New Year's Eve Hike to Allentown Shelter

Once again we welcomed In the new year with a four mile hike to the Allentown shelter. We had an incredible time hiking, sharing some New Year's treats and socializing. We had a large turnout, with over 30 happy hikers!

“I have now resolved to go to bed early, with a firm purpose of also rising early the next day to revisit this charming walk; for I thought to myself, I have now seen this temple of the modern world imperfectly; I have only seen it by moonlight.”

- Karl Philipp Moritz





Greenwich Bike Ride

October 29th Submitted by Mercedes Jurkiewicz



Boundary Monitoring Summary

I am pleased to report that the club has again successfully completed our annual AT corridor monitoring. Just to recap, the AT "corridor" is the land owned by the National Park Service that extends a few hundred feet on either side of the trail. Corridor monitoring means walking along the border of this NPS land and the adjacent lands (for example, privately owned lands, state game lands, municipalities) to assure that all boundary markers are in place and no encroachments have occurred. This involves leaving the AT Treadway and bushwhacking over rocks and through dense vegetation to locate "monuments," i.e., the markers installed by surveyors years ago to establish a line between NPS lands and that of neighboring landowners. Encroachments, such as illegal dumping of waste, wood piles from forest clearing, rock piles, discarded machinery, or hunting blinds, are also documented. These discoveries are subsequently reported to the ATC and corrective action is taken, if needed. During the monitoring we also post signage along the boundary lines, indicating which areas belong to the NPS.

The Allentown Hiking Club monitors 35 tracts containing over 600 acres, which has 106 surveyor's monuments and 15 1/3 miles of exterior boundary. This is divided into 7 sections and was monitored by 14 people this year. No encroachments were found, and the status of all areas was documented. A full report was submitted to the ATC, fulfilling our commitment to this necessary and worthy cause.

Many thanks to all who devoted time and effort to the monitoring program this year. Special thanks to Barb Weimann who coordinated the program within AHC for many years, and to Carl Griffin who has stepped up to coordinate our program in the future. Without your dedication and sacrifice the integrity of the trail would be in great jeopardy. The Club, the ATC, the NPS, and all other trail managing partners are deeply indebted to all of you for your help!

2016 Garlic Mustard Challenge Outcomes

On May 22, 2016, as part of the Allentown Hiking Club annual Appalachian Trail maintenance hike, we participated with the Appalachian Trail Conservancy (ATC) in the Garlic Mustard Challenge.* Because of our outstanding success as tops in volunteer turnout (22 volunteers at a single event) and second in amount of garlic mustard pulled (739 pounds), we were honored by the ATC and received a plaque to acknowledge our efforts. Below is the text which accompanied the award from the ATC:

"The 2016 Garlic Mustard Challenge was another great success and ATC would like to thank all of the clubs that participated. The 2016 goal was 3,100 pounds, a goal that the Mid-Atlantic Region alone surpassed by pulling a whopping 3,404 pounds. Needless to say, the Mid-Atlantic Region came out on top. All together the four Regions pulled an incredible **7,478 pounds of garlic mustard**.

"The top pulling group of volunteers overall was Kaitlin Ward's (TTEC alumni) biology classes at the Berkshire School in Massachusetts. With the help of AMC-BERK, they pulled 1,229 pounds. The next highest pulling group (and the largest pull in the Mid-Atlantic) was the Allentown Hiking Club with an impressive 739 pounds of mustard. The Allentown Hiking Club also had the largest volunteer turnout with 22 volunteers at a single event. For that they win the top participation trophy!"

Congratulations and thanks to all who came out to assist in trail maintenance and who helped us to achieve this honor.

*Garlic mustard is an invasive, or non-native, plant species which is proliferating along the AT, to the detriment of native plants and our overall forest ecology. The Garlic Mustard Challenge was an effort to encourage us in the fight to eradicate this unwelcome weed.





Winter 2017 Hiking Schedule and Upcoming Events

FOR THE MOST CURRENT SCHEDULE OF EVENTS, CHECK OUR WEBSITE AT



MEMBER OF THE APPALACHIAN TRAIL CONSERVANCY AND THE KEYSTONE TRAILS ASSOCIATION

The general public is invited to join us on hikes and other events. If a club or organization wishes to include one of our hikes as a formal activity on its schedule, we ask that it contact the leader in advance for permission.

Times listed are departure times; please arrive at least 15 minutes before the listed time. Starting times are strictly observed and appropriate clothing and sturdy shoes/boots should be worn at all times.

Generally, our pace is moderate with opportunities for resting and sightseeing. Every attempt is made to assist and encourage hikers, but we cannot be responsible for their safety on the trail. Any rugged outdoor activity entails risk, and we expect all participants to rely on their own judgment and good sense to take care of themselves and know their limitations. Anyone under 18 must be accompanied and supervised by an adult. Hikers are expected not to lag too far behind the main party.

We car-pool as much as possible to save fuel. PASSENGERS PAY DRIVERS 10 CENTS PER MILE TO DEFRAY FUEL EXPENSE. Drivers, please remember to check your mileage and let the passengers know how much mileage reimbursement they owe you.

Meetings are held at 7:30 pm the first Wednesday of the month at St. Timothy's Lutheran Church, 140 South Ott Street, Allentown, Pa. Meetings include a discussion of the previous month's activities, as well as upcoming activities. Scheduling meetings are held quarterly for members to coordinate hikes/trips, etc. for the upcoming schedule. All members are invited and encouraged to schedule activities; we are a 100% volunteer organization, and it is up to members to keep the schedule filled.

AHC HIKE RATING SYSTEM

In an attempt to assist hikers, a hike rating system has been set up to allow the hiker to judge his/her ability to complete the hike. The rating system will precede the Allentown Hiking Club's usual hike description. On multi-day outings such as backpacks, the rating for the hike will reflect the distance traveled on a per-day basis. Remember that the hike ratings are assigned by the hike leader, and are therefore based on the leader's subjective opinion. The rating system is:

RATING	DESCRIPTION (distance,terrain,pace)
A+	<u>Up to 7 miles, little climbing and easy terrain, 2 mph or slower</u>
A	<u>Up to 7 miles, some climbing and/or rocky terrain, 2 mph or slower</u>
B+	<u>Up to 7 miles, some climbing and/or rocky terrain, 2 to 2.5 mph</u>
B	<u>7-10 miles, some climbing and easy terrain 2 to 2.5 mph</u>
C+	<u>7-10 miles, some climbing and/or rocky terrain, 2 to 2.5 mph</u>
C	<u>7-10 miles significant climbing and/or rocky terrain, 2 to 2.5 mph</u>
D+	<u>10-12 miles, some climbing and/or rocky terrain, 2 to 2.5 mph</u>
D	<u>10-12 miles, significant climbing and/or rocky terrain, 2 to 2.5 mph</u>
E+	<u>Over 12 miles, some climbing and/or rocky terrain, over 2.5 mph</u>
E	<u>Over 12 miles, significant climbing and/or rocky terrain, over 2.5 mph</u>
U	<u>Hike unrated by hike leader</u>



<p>Wednesday 1-4-17 7:30 pm</p>	<p>JANUARY MONTHLY MEETING Monthly business meeting.</p> <p>A presentation will be given by Dr. Paul Braadt from the Cedar Crest Chiropractic Center, Allentown, PA.</p> <p>Meeting place: St. Timothy's Lutheran Church, 140 South Ott Street, Allentown, PA Posted on meetup.com? NO Leader: Lucy Cantwell 215-855-2793</p>
<p>Sunday 1-8-17 11:15 am</p> <p>Hike / bike / on-water distance: 3 miles</p>	<p>Breakfast Hike to Owl's Head Breakfast at the Kempton Gun Club and then hike from Hawk Mountain Visitor Center to Owl's Head</p> <p>This is by special permission. You must be a hiking Club Member. Memberships will be available that day: BMECC, \$12, AHC, \$10 Laurie Goodrich, Hawk Mountain Director, will also be leading this hike. 11:11 a.m. Breakfast at the Kempton Gun Club on Pine Rd. Heading south on PA 143 from Kempton, Pine Rd would be a right, 1.4 miles south of PA 737. Heading north on PA 143 from I-81, Pine Rd would be a left, 2.8 miles north of I-81. Then 1.2 miles to the gun club. 12:30 2nd meeting at Hawk Mountain Visitor Center. Use restrooms and leave for Owl's head hike by 12:40 or so. Wear hiking Boots Appropriate for the weather. Hike will be about 3 miles round trip with mostly level terrain after an initial short uphill section. We should return by 3 p.m. to the visitor center. Icy roads cancel.</p> <p>Posted on meetup.com? NO Leader: Ron Kieffer 610-562-8680 Co-leader: Mercedes Jurkiewicz 484-515-8001 mercedes.jurkiewicz@gmail.com</p>
<p>Thursday 1-12-17 6:00 pm</p> <p>Hike / bike / on-water distance: 2-2.5 miles</p> <p>Hike rating: A+</p>	<p>Weeknight Walks at 6:00 pm (Quakertown) Join us for an easy 2 – 2 1/2 mile walk from The Proper Brewing Company to the new solar lighted “Park at 4th” in Quakertown.</p> <p>Yes, it’s cold and dark outside but let’s get our blood flowing with a short midweek stroll. We will be walking through town to the park so please wear bright outerwear and/or bring a light. To make it worth coming out of your nice warm house, we can also enjoy some refreshments when we are done walking by meeting back at The Proper Brewing Company for some appetizers and warm drinks. Heavy rain, snow or ice cancels. Contact Cindy at cindywalks24@gmail.com with any questions.</p> <p>Meeting place: The Proper Brewing Company, 117 W Broad St, Quakertown, PA 18951 (behind the building). Posted on meetup.com? YES Leader: Cynthia Paetow cpaetow@hotmail.com</p>
<p>Tuesday 1-17-17 6:00 pm</p> <p>Hike / bike / on-water distance: 2 miles</p> <p>Hike rating: A+</p>	<p>Weeknight Walks at 6:00 pm (Center Valley) Join us for an easy 2 mile lighted walk around the Promenade Shops in Center Valley (Window shopping only!)</p> <p>Yes, it’s cold and dark outside but let’s get our blood flowing with a short midweek stroll. To make it worth coming out of your nice warm house, we can also enjoy some refreshments when we are done walking. Tuesday night is \$5 Burger and fries night at Bar Louie’s so it’s a good place to add some calories after the walk. Heavy rain, snow or ice cancels. Contact Cindy at cindywalks24@gmail.com with any questions.</p> <p>Meeting place: Please meet at 6:00 in the parking lot on the WEST side of LLBean (Promenade entrance from West Saucon Valley Circle). Posted on meetup.com? YES Leader: Cynthia Paetow cpaetow@hotmail.com</p>



<p>Sunday 1-22-17 9:00 am</p> <p>Hike / bike / on-water distance: 9 miles</p> <p>Hike rating: C</p>	<p>Winter Pulpit and Pinnacle Hike Loop hike to the Pulpit and Pinnacle</p> <p>This is a loop hike, starting at the Hamburg Reservoir parking lot, first climbing to Pulpit Rock and then onward to the Pinnacle for spectacular views of the Lehigh Valley from both locations. This is not a beginner's hike due to the 1000' ascent and very rocky terrain. If there is snow on the ground, microspikes or other traction devices will be mandatory. Bring a least 2L of water and lunch / snacks. Steady rain or snow cancels.</p> <p>Meeting place: Hamburg Reservoir parking lot; 410 Reservoir Rd, Hamburg, PA Leader: Paula Uhrin 484-951-4299 jcnj168@ptd.net</p>
<p>Wednesday 1-25-17 6:00 pm</p> <p>Hike / bike / on-water distance: 2.5-3 miles</p> <p>Hike rating: A+</p>	<p>Weeknight Walks @ 6:00 p.m. - Quakertown Join us for an easy 2 ½ - 3 mile walk from the Quakertown Chamber of Commerce to the new solar lighted "Park at 4th" in Quakertown.</p> <p>Yes, it's cold and dark outside, but let's get our blood flowing with a short midweek stroll. We will be walking through town to the park, so please wear bright outerwear and/or bring a light. To make it worth coming out of your nice warm house, we can also enjoy some refreshments when we are done walking by meeting back at McCoole's Red Lion Inn for some appetizers and drinks. Heavy rain, snow or ice cancels.</p> <p>Meeting place: Please meet at 6:00 in the parking lot of the Chamber of Commerce (which is also the McCoole's overflow parking) 21 N Main St, Quakertown, PA 18951 Leader: Cynthia Paetow cpaetow@hotmail.com</p>
<p>Wednesday 2-1-17 7:30 pm</p>	<p>FEBRUARY MONTHLY MEETING Monthly business meeting. Program to be determined.</p> <p>Meeting place: St. Timothy's Lutheran Church, 140 South Ott Street, Allentown, PA Leader: Lucy Cantwell 215-855-2793</p>
<p>Thursday 2-9-17 6:00 pm</p> <p>Hike / bike / on-water distance: 2-2.5 miles</p> <p>Hike rating: A+</p>	<p>Weeknight Walks at 6:00 pm (Quakertown) Join us for an easy 2 – 2 1/2 mile walk from The Proper Brewing Company to the new solar lighted "Park at 4th" in Quakertown.</p> <p>Yes, it's cold and dark outside but let's get our blood flowing with a short midweek stroll. We will be walking through town to the park so please wear bright outerwear and/or bring a light. To make it worth coming out of your nice warm house, we can also enjoy some refreshments when we are done walking by meeting back at The Proper Brewing Company for some appetizers and warm drinks. Heavy rain, snow or ice cancels.</p> <p>Meeting place: The Proper Brewing Company, 117 W Broad St, Quakertown, PA 18951 (behind the building). Leader: Cynthia Paetow cpaetow@hotmail.com</p>
<p>Sunday 2-12-17 11:30 am</p>	<p>ARTS/PARKS/ SERIES XXXI /VALENTINES ROMANTIC DAY 1.25 hour stroll through Allentown Municipal Golf Course</p> <p>Then attend 3pm Allentown symphony concert "Viennese Nights" w/piano soloist; (20% discount tickets: mention "HIKE 20" when calling the box office at Miller symphony hall 610-432-6715); then Brew at the Allentown Brewworks afterwards. (8th st and Hamilton Blvd. 10% off food with concert ticket). Look for Mercedes in the cellist's section of the orchestra.</p> <p>Meeting place: The 1st meeting place is CJ Hummels on PA 143 in Lenhartsville at 11:30 a.m. The 2nd meeting place is the Allentown Municipal Golf Course at 3400 Tilghman Street in Allentown at 12:30 p.m. Park in the lowest lot. Leader: Mercedes Jurkiewicz 484-515-8001 mercedes.jurkiewicz@gmail.com Co-leader: Ron Kieffer 610-562-8680</p>



<p>Wednesday 2-15-17 6:00 pm</p> <p>Hike / bike / on-water distance: 2.5-3 miles</p> <p>Hike rating: A+</p>	<p>Weeknight Walks @ 6:00 p.m. - Quakertown Join us for an easy 2 ½ - 3 mile walk from the Quakertown Chamber of Commerce to the new solar lighted "Park at 4th" in Quakertown.</p> <p>Yes, it's cold and dark outside, but let's get our blood flowing with a short midweek stroll. We will be walking through town to the park, so please wear bright outerwear and/or bring a light. To make it worth coming out of your nice warm house, we can also enjoy some refreshments when we are done walking by meeting back at McCoole's Red Lion Inn for some appetizers and drinks. Heavy rain, snow or ice cancels.</p> <p>Meeting place: Please meet at 6:00 in the parking lot of the Chamber of Commerce (which is also the McCoole's overflow parking) 21 N Main St, Quakertown, PA 18951 Leader: Cynthia Paetow cpaetow@hotmail.com</p>
<p>Sunday 2-19-17 9:00 am</p> <p>Hike / bike / on-water distance: 14 miles</p> <p>Hike rating: E</p>	<p>Dunnfield Creek, Sunfish Pond, Raccoon Ridge Hike Loop hike through the Delaware Water Gap including Dunnfield Creek, Sunfish Pond, Raccoon Ridge, and the AT.</p> <p>This lot fills up quickly so please arrive early. From the Dunnfield Creek parking lot we will hike the Dunnfield Hollow Trail to Sunfish Pond. This section includes multiple stream crossings that, depending on how fast the creek is running, may require getting your feet wet, so please plan accordingly. Trekking poles are strongly recommended. After a rest at a rock outcropping on the northeast side of Sunfish Pond we will continue on the Appalachian Trail to Raccoon Ridge for lunch. After lunch we will travel back down the Appalachian Trail to our cars. Sturdy hiking boots are recommended. Bring at least 3 quarts of water (you will thank me) and lunch plus snacks. Steady rain cancels.</p> <p>Meeting place: Meet at the Dunnfield Creek Parking lot, which is the first exit in NJ off Route 80 East. Leader: Paula Uhrin 484-951-4299 jcnj168@ptd.net</p>
<p>Tuesday 2-21-17 6:00 pm</p> <p>Hike / bike / on-water distance: 2 miles</p> <p>Hike rating: A+</p>	<p>Weeknight Walks at 6:00 pm (Center Valley) Join us for an easy 2 mile lighted walk around the Promenade Shops in Center Valley (Window shopping only!)</p> <p>Yes, it's cold and dark outside but let's get our blood flowing with a short midweek stroll. To make it worth coming out of your nice warm house, we can also enjoy some refreshments when we are done walking. Tuesday night is \$5 Burger and fries night at Bar Louie's so it's a good place to add some calories after the walk. Heavy rain, snow or ice cancels.</p> <p>Meeting place: Please meet at 6:00 in the parking lot on the WEST side of LLBean (Promenade entrance from West Saucon Valley Circle). Leader: Cynthia Paetow cpaetow@hotmail.com</p>
<p>Wednesday 3-1-17 7:30 pm</p>	<p>MARCH MONTHLY MEETING Monthly business and hike scheduling meeting for Spring 2017.</p> <p>Following the business meeting we will be looking to schedule hikes and other events for April, May, June and the 1st half of July 2017. These scheduled events will be published in our Spring Happy Hiker and posted on our website. Please complete the AHC Hike Event form and give to the Hike Schedule Coordinator.</p> <p>Meeting place: St. Timothy's Lutheran Church, 140 South Ott Street, Allentown, PA Leader: Lucy Cantwell 215-855-2793</p>
<p>Sunday 3-5-17 1:15 pm</p> <p>Round trip road miles distance: 50 miles</p> <p>Hike / bike / on-water distance: 5-6 miles</p> <p>Hike rating: A</p>	<p>Nolde Mansion, Texter Mtn. Overlook, Millstone Trail This is a series of 3 short, easy hikes. The kids will love it. We'll visit the Nolde Mansion, which will be open that day. Then we'll hike Middle Creek Wildlife Management Area's Millstone Trail, which will give us an overlook of the swans or snow geese that are still there. Then we'll go to the Texter Mtn overlook for a beautiful view of the sunset over the Lebanon Valley.</p> <p>Meeting place: Nolde Environmental Education Center Sawmill Parking Lot along PA 625, south of Reading. Leader: Ron Kieffer 610-562-8680</p>



Sunday 3-12-17 8:15 am	Loop Hike of Blue Marsh Lake Loop hike sound Blue Marsh Lake
Hike / bike / on-water distance: 23 miles	This is a 23-mile loop hike around the lower portion of Blue Marsh Lake. There is no significant elevation gain, though the distance and pace make this a not-at-all-for-beginner hike. Bring at least 2+liters of water plus lunch and plenty of snacks. Steady rain cancels. wait-list to attend.
Hike rating: E	Meeting place: Dry Brooks Day Use Center, park at the end of the road near the beach and concession stand Leader: Paula Uhrin 484-951-4299 jcnj168@ptd.net
Sunday 3-12-17 12:00 noon	ARTS/PARKS/SERIES XXXII/ BIG ROCK PARK and Allentown Symphony 1 hour walk thru Big Rock Park
	Walk an hour thru this 77 acre park and view Bauer Rock, a stunning natural formation. This spot offers excellent views of southern Lehigh County. Then attend the 3pm Allentown Symphony Concert, "Symphonic Organ Festival" - afterwards a Brew at the Allentown Brew Works. 20% Discount for the concert - mention HIKE 20 at Box office 610-432-6715; also 10% food discount at Brew Works with concert stub.
	Meeting place: 12 noon meeting at CJ Hummels on PA 143, just south of I-78, in Lenhartsville or 1 p.m. at Big Rock Park, 560 East Rock Road in Allentown. Leader: Mercedes Jurkiewicz 484-515-8001 mercedes.jurkiewicz@gmail.com Co-leader: Ron Kieffer 610-562-8680
Tuesday 3-14-17 6:00 pm	Weeknight Walks at 6:00 pm (Center Valley) Join us for an easy 2 mile lighted walk around the Promenade Shops in Center Valley (Window shopping only!)
Hike / bike / on-water distance: 2 miles	Yes, it's cold and dark outside but let's get our blood flowing with a short midweek stroll. To make it worth coming out of your nice warm house, we can also enjoy some refreshments when we are done walking. Tuesday night is \$5 Burger and fries night at Bar Louie's so it's a good place to add some calories after the walk. Heavy rain, snow or ice cancels.
Hike rating: A+	Meeting place: Please meet at 6:00 in the parking lot on the WEST side of LLBean (Promenade entrance from West Saucon Valley Circle). Leader: Cynthia Paetow cpaetow@hotmail.com
Saturday 3-18-17 9:00 am	South Mountain Preserve Hike Loop hike on the trails of South Mountain.
Hike / bike / on-water distance: 7 miles	This preserve features woodland trails, large rock outcroppings, small stream crossings, moderate inclines, and a boardwalk. We will start the hike from the Klines Lane parking lot at 9 a.m. Those who desire a slightly shorter hike can join the group at the Boroline Park lot at 600 Alpine St., Emmaus at approximately 9:20 a.m. Sturdy hiking boots are recommended as the terrain is moderately rocky and some areas may be wet. Bring water and snacks.
Hike rating: C+	Meeting place: Klines Lane parking lot, Emmaus Leader: Pam Root 610-965-2213 pswilson01@aol.com



<p>Sunday 3-19-17 12:15</p> <p>Round trip road miles distance: 10 miles</p> <p>Hike / bike / on-water distance: 1-4 miles</p> <p>Hike rating: A+</p>	<p>Virginville Fire Co. Breakfast & Hike along north shore of Lake Ontelaunee \$5 Breakfast at the Virginville Fire Company and then a short but (probably) muddy walk along the north shore of Lake Ontelaunee</p> <p>This hike is on the Reading Water Authority property. You must be a member and can join that day. Dog's are OK, but not in someone else's car.</p> <p>Meeting place: Virginville Fire Company. PA 143 to 1st St. in Virginville. Turn onto 1st St and then 2 blocks to the fire house. Leader: Ron Kieffer 610-562-8680 Co-leader: Mercedes Jurkiewicz 484-515-8001 mercedes.jurkiewicz@gmail.com</p>
<p>Wednesday 3-22-17 6:00 pm</p> <p>Hike / bike / on-water distance: 2.5-3 miles</p> <p>Hike rating: A+</p>	<p>Weeknight Walks @ 6:00 p.m. - Quakertown Join us for an easy 2 ½ - 3 mile walk from the Quakertown Chamber of Commerce to the new solar lighted "Park at 4th" in Quakertown.</p> <p>Yes, it's cold and dark outside, but let's get our blood flowing with a short midweek stroll. We will be walking through town to the park, so please wear bright outerwear and/or bring a light. To make it worth coming out of your nice warm house, we can also enjoy some refreshments when we are done walking by meeting back at McCoole's Red Lion Inn for some appetizers and drinks. Heavy rain, snow or ice cancels.</p> <p>Meeting place: Please meet at 6:00 in the parking lot of the Chamber of Commerce (which is also the McCoole's overflow parking) 21 N Main St, Quakertown, PA 18951 Leader: Cynthia Paetow cpaetow@hotmail.com</p>
<p>Thursday 3-30-17 6:00 pm</p> <p>Hike / bike / on-water distance: 2-2.5 miles</p> <p>Hike rating: A+</p>	<p>Weeknight Walks at 6:00 pm (Quakertown) Join us for an easy 2 – 2 1/2 mile walk from The Proper Brewing Company to the new solar lighted "Park at 4th" in Quakertown.</p> <p>Yes, it's cold and dark outside but let's get our blood flowing with a short midweek stroll. We will be walking through town to the park so please wear bright outerwear and/or bring a light. To make it worth coming out of your nice warm house, we can also enjoy some refreshments when we are done walking by meeting back at The Proper Brewing Company for some appetizers and warm drinks. Heavy rain, snow or ice cancels.</p> <p>Meeting place: The Proper Brewing Company, 117 W Broad St, Quakertown, PA 18951 (behind the building). Leader: Cynthia Paetow cpaetow@hotmail.com</p>
<p>Wednesday 4-5-17 7:30 pm</p>	<p>APRIL MONTHLY MEETING Monthly business meeting.</p> <p>Program to be determined.</p> <p>Meeting place: St. Timothy's Lutheran Church, 140 South Ott Street, Allentown, PA. Leader: Lucy Cantwell 215-855-2793</p>





MEMBERSHIP APPLICATION

INDIVIDUAL MEMBERSHIP DUES ARE \$10.00 PER CALENDAR YEAR FROM JANUARY TO DECEMBER, AND RENEWALS MUST BE MADE BEFORE JANUARY 31ST TO STAY ON THE CLUB'S MEMBERSHIP ROLLS. DUES CAN BE PAID AT THE MONTHLY MEETING OR MAILED TO THE CLUB

MEMBERSHIP

Paula Uhrin: 283 Ridgeview Drive, Alburtis Pa. 18011

NAME(S):

ADDRESS:

CITY:

STATE:

ZIP:

—

PHONE:

RENEWAL ☐

NEW ☐

EMAIL:

_____ Dues @\$10.00 / \$15.00 Household

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SML	MED	LRG	XLG
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SML	MED	LRG	XLG

_____ Club T-shirt @ \$6.00 + \$3.50 shipping ea.

_____ Club golf shirt @ \$12.00 + \$3.50 shipping ea.

_____ Club Embroidered patch @ \$1.50 + \$.75 shipping ea.

_____ Club window decal @ \$2.50 + \$.75 shipping ea

_____ Club window cling decal @ \$2.50 + \$.75 shipping ea

Checks payable to "Allentown hiking Club"

Total enclosed _____

☐

Yes - Please sign me up for the Allentown Hiking Club's email list --- the AHC Forum



AHC Hike / Event Form - Please fill out all fields and give this to the Hiking Scheduling Coordinator at the scheduling meeting or see page 2 of The Happy Hiker for email and phone contact information.

Date(s): _____ Time: _____
 Leader: _____ email: _____ Phone: _____
 Co-Leader: _____ email: _____ Phone: _____
 Type Of Event (circle one): hike / meeting / maintenance / backpack / other
 Round trip road miles: _____ Hike distance: _____ miles
 Meeting Place: check _____ contact hike leader, or enter directions

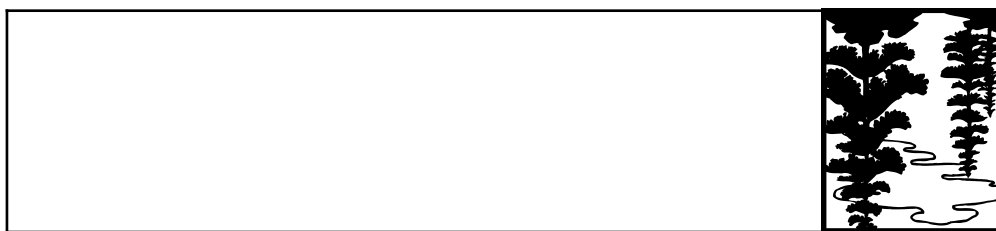
Hike Rating (from AHC Hike Rating System): _____

Add this hike to Meetup.com ? yes / no (select one)
 If yes limit hike to _____ hikers or no limit.

Event Title: _____

Description: A one-sentence description of the event that appears on the website Activities page, the main page, and in the AHC Weekly Update email.

Additional details that appear only on the Activities page



Please Rush-Dated Material

Allentown Hiking Club
 P.O. Box 1542
 Allentown, Pa 18105-1542
www.allentownhikingclub.org

