JOURNEYS

THE MAGAZINE OF THE APPALACHIAN TRAIL CONSERVANCY January–February 2011

INSIDE: Subzero Hiking ▮ A.T. Origins ▮ Teaching The Trail

On the Cover: Winter "Whites" hiker Gordon Dubois, with a hiker he and photographer Bob Manley met on their journey along the side of Mount Jefferson on route from north to south across the Presidential Range — with a view of Mount Washington in the distance. The other hiker was in training for an attempt on the summit of Denali in Alaska.

Manley says that his most important discovery since moving to New Hampshire has been the White Mountains. "One day in 2000, my friend Gordon invited me to join him on one of his White Mountain winter adventures. [This] has resulted in a lifelong friendship and partnership in the pursuit of adventure and discovery, and uncountable hours of ever enlightening conversation," he explains. "To spend time in nature, discovering the ever-changing landscapes, sights, and sounds, and sharing it with the people you care about, that is the goal. The White Mountains have proven to be an outstanding backdrop for me to exercise both my passion for photography and my body."

WWW.WINTERHIKING.ORG

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OBSERVATION DECK AT SUNRISE, MOUNT WASHINGTON OBSERVATORY. BY DAN STONE

Listen and learn. Inner voices can be chatty. They can persistently encourage, discourage, comfort, and nag. They can also contradict the voices of those who speak to you in the tangible world. A good rule of thumb is to listen carefully. When I read Sarah Savage's Trail Story submission (page 38), I knew instantly that it was the perfect read to begin the New Year. After a soggy but exhilarating hike on the Trail, one voice became louder than others for her, so she listened carefully and her life has gradually improved ever since. "I learned to keep my radical thoughts to myself, but 'Sylvan' refused to be silent," says Sarah of that voice that told her to not settle for less than what she deserved and desired. "My first revolutionary act off-Trail was to say, 'maybe I can,'" she explains.

Dan Stone, who has generously donated dozens of his superb photos to us over the years, found a way to listen to his inner, creative voice — while simultaneously feeding his fervor for hiking and the outdoors — through his photography. Recently, he spent a week volunteering in a kitchen surrounded by the "world's worst weather" at Mount Washington Observatory (page 28), where he skillfully collected images of the landscape that surrounds such an inimitable and pristine environment. "It was a unique opportunity to be part of the life at the observatory and spend a week taking photographs in these harsh conditions," says Dan.

Cover photographer, Bob Manley can vouch for the kinetic properties of inner voice motivation. His adventurous spirit led him to meet A.T. hiker Gordon Dubois, who quickly got Bob hooked on subzero winter hiking (page 10). "I have re-kindled the love of the New England woods that so early captivated me as a child," says Bob. "I have since completed four marathons … running has lead to biking, swimming, and eventually triathlons. In addition, I have taken up competitive rowing. There is so much to see and do and so little time to do it all."

Listening to your inner voice is like being at a party and working the room — every discussion is different, and your mood can shift depending on the person you are chatting with. But if you linger in a conversation that stimulates and enlivens your spirit, your mood will inevitably be brighter, and so will your outlook, and that positive momentum can have a snowball effect.

Wendy K. Probst
MANAGING EDITOR

A.T. Journeys welcomes your comments, story suggestions and photographs. Queries may be submitted via e-mail to editor@appalachiantrail.org.

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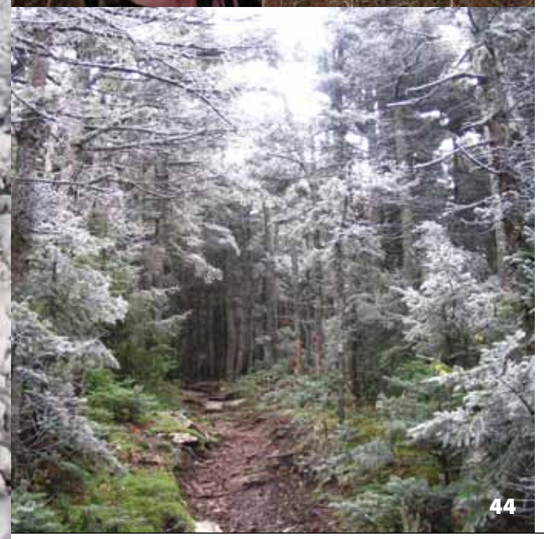

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When *A.T. Journeys* arrives, I quickly leaf through, look at the beautiful pictures, then I start reading from the beginning. But when the October issue arrived, while skimming I did a screeching halt at one article and dove right into it. "Moveable Hike" by Seth Danner and his band of "middle schoolers" is an important story well told. Kudos to teacher and students for their hiking efforts and relaying the wonderful tale for us to enjoy.

I am one of the adult leaders for a 22-year-old eighth-grade backpacking club in upstate western New York. Though we are too far away to enjoy the A.T. as a group, we hike 50 miles each spring using our local East Overland Trail. Usually about 70 students participate in our well structured program of classes, then one, two and four-days hikes.

Nature immersion builds friendship bonds, teaches awareness and appreciation of our habitat, and so much more. Backpacking is a perfect activity for kids who generally have much energy and curiosity for their world. Besides, it is just plain fun to hike and camp with young people. My motto: take a hike; and be sure to take eighth graders.

Jacqueline Swift
PERRYSBURG, NEW YORK

Your lead column in the November-December issue prompts me to write. The concept of "emotional rescue" and the various articles in the magazine that elaborate on this concept from the point of view of a variety of observers struck a chord with me. There is a greater coherence in this issue than I can remember in any other; and I have enjoyed reading it very much.

Woody Thomas
NAPLES, NEW YORK

"The Roaming Gnomes" and "Kinder"

I was looking at our hiking journal and came across a letter that was published in *A.T. Journeys* January-February 2009 issue that quoted a statement by the editor [stating] "inspiration is a powerful thing." This year my wife and I reached Katahdin, completing a hike that originally was intended to be a thru-hike and ended up being a three-year section hike. This is still one of the neatest things we have ever done. This year we met a hiker named "Kinder" in Maine's "100-Mile Wilderness" who was an example of the statement noted above. This woman, hiking alone, had a stroke some years ago. Her husband was told to take her home as she would never talk and most likely not walk again. She said that she used many of the methods she used in teaching kids to read, to re-teach *herself* how to read. I think we spoke with Kinder for about 30 minutes and we walked away feeling lighter in spirit and totally inspired by this woman. By comparison, how could we possibly complain about anything with which we had to deal? Inspiration is truly a powerful thing.

One evening at Pierce Pond Shelter we were sitting around with a group of young folks. My wife and I were the senior hikers of the group and the statement was made that many of them wished they could get their parents out hiking. After a while, as the conversations went along we realized that the parents of these folks were of the same age range as our own children! When we asked about their grandparents hiking they answered with blank stares. The Trail life has truly been inspiring for us and as we all know "inspiration is a powerful thing." Except for the fact that it would be awfully crowded, this is something that everyone should do. It would go a long way in returning America to a cooperative country where individuals are less self-centered and more community minded. We have heard many folks say that they came off of the Trail different than when they started. We agree. We have been asked why we do this long distance hiking. We know, but are at a loss as to how to explain this to folks that have not shared the experience. Anyhow, we will keep hiking until we can't walk anymore.

Charlie and Nancy Zapp
"The Roaming Gnomes"
ST. LEONARD, MARYLAND

CORRECTIONS

In "Nominations Open" (Trailhead, *A.T. Journeys*, November/December), Pam Ahlen's bio was slightly incorrect. While Pam did serve on the board of the Green Mountain Club and on one or more of its committees, at no time did she serve as president.

A.T. Journeys welcomes your comments.
The editors are committed to providing balanced and objective perspectives.
Not all letters received may be published.
Letters may be edited for clarity and length.

Please send them to:
E-mail: editor@appalachiantrail.org

Letters to the Editor
Appalachian Trail Conservancy
P.O. Box 807, Harpers Ferry, WV 25425-0807

During the Appalachian Trail Conservancy's (ATC) board meeting in October 2010, the Board of Directors was informed that Dave Startzell, ATC executive director, intends to complete his service with ATC on or about the end of 2011, at which point he will have served a total of 34 years on the staff and 25 years as its chief executive. Here is how Dave summarized his recent decision.

"During my tenure here, I have had the honor to serve with many outstanding staff members, volunteers, and agency, nonprofit, and corporate partners, and I will treasure those relationships for the rest of my life.

"I was inspired to join the staff of ATC so many years ago for two primary reasons: (1) the opportunity to contribute toward the conservation of the Appalachian National Scenic Trail and adjacent lands to preserve a significant slice of our priceless eastern American landscapes, and (2) the opportunity to nurture and to grow the capacity of citizen volunteers to make meaningful contributions to the stewardship of the Trail and associated natural and cultural resources. I will leave with the knowledge that, working with our many federal and state agency partners, with the U.S. Congress, with six different presidential administrations, and with many organizational partners in the conservation community, we have achieved one of the most successful land-conservation undertakings in the history of the United States through the preservation of approximately 200,000 acres and more than 3,000 parcels of land in the 14 Trail states. I also will take with me great pride in the growth of ATC — from an organization with fewer than 10 employees, an operating budget of less than $1 million, and essentially no long-term assets — to an organization of 45 employees, an annual operating budget of $6 million, and assets in excess of $12 million.

Doug Blaze, Bob Proudman, and Dave Startzell (far right) casually sit out a downpour at a shelter along the Trail in the late 1970s.

"We have been most fortunate to witness continuing growth in the depth and breadth of volunteer engagement in virtually every facet of stewardship associated with the Appalachian Trail, to the point that more than 6,000 volunteers now contribute more than 200,000 hours each year to the work of the Appalachian Trail project. I believe ATC, working with our affiliated Trail-maintaining clubs as well as independent volunteers, has played a key and essential role in that remarkable story of citizen engagement. Hardly a single day has passed in my many years at ATC when I have not been in awe of the extraordinary dedication that is demonstrated day after day by our cadre of volunteers. I know that ATC and many of our partners are committed to developing new approaches to welcome and to cultivate the next generation of citizen volunteers who will continue to provide the soul of the Appalachian Trail well into the future. I also wish to gratefully acknowledge the contributions of our members and supporters who have made our work possible.

"I will leave with full confidence in the management team we have assembled at ATC and in the dedication of our staff, both here at headquarters and in our field offices. I also will leave with full confidence in the strength of our relationships with our public-agency partners — especially our primary partners in the National Park Service and U.S. Forest Service — as well as many state agencies, our club affiliates, and our other cooperating organizations. During my remaining time at ATC, I intend to be fully engaged in our various program offerings, in our advocacy work, in fund-raising, and in strengthening and enhancing our unique cooperative management system. I have great confidence that our board of directors will recruit a new executive director who will complement the considerable talents that already reside among our staff and who will continue to advance our growth and effectiveness as an organization while respecting our rich traditions and heritage."

Bob Almand, CHAIR

Dave Startzell, EXECUTIVE DIRECTOR

EXPEDITION SUBZERO

Gordon DuBois has hiked to the top of Katahdin five times before. This time it will be very different. The last time DuBois climbed Katahdin was in 2007, at the end of the first part of a planned flip-flop hike of the Appalachian Trail that ended up being all flop and no flip when a knee injury forced him off the Trail and under a surgeon's knife. Four years, two operations, and a refurbished artificial knee later, DuBois — or "Gordo" as he is known on the Trail, plans to finish his quest this summer. In late June or early July he will head back to North Adams, Massachusetts, picking up the white blaze southbound where he started northbound in 2007. First, though, he is headed back to Katahdin for a sixth trip up the big mountain — this time in the middle of Maine's inhospitable winter.

"The climbing conditions will be much different," said DuBois, 64, who expects to start in deep snow and finish on ice above the tree line. He and his winter hiking partner, fellow New Hampshire resident Bob Manley, won't be scurrying up rocks with a light daypack on their backs. They will be on snowshoes, or crampons, with full winter packs. "Even on a day hike in the winter, you need to be prepared to spend the night," says Manley, who is 46. Manley and DuBois will carry dry clothes to change into should they get wet, a sleeping bag, and a sturdy four-seasons tent. An ice axe is essential. Maps, a compass, and enough food for two days are also on Baxter Park's list of recommended winter gear.

Weather conditions are whimsical; even when the rangers at Baxter Park bless a day with their most favorable green code, things can change with little notice. Rescue efforts could be delayed for hours, or days if it is deemed unsafe to send rescuers up the mountain, says park naturalist Jean Hoekwater. "It changes fast around here," says Hoekwater. "And we aren't sending our people into those conditions." The idea of hiking Katahdin in winter might come as a surprise to those who have heard of the repeated myth that the mountain closes on October 15. Baxter State Park is actually open year around. But arrive even in late September and you could find yourself hanging out for days at the foot of the mountain waiting for conditions to improve enough for the rangers to allow you to summit. After October 15, there is almost no access until the winter season sets in fully. Restrictions protect rare alpine plants that are particularly vulnerable during the "shoulder" seasons, when there is enough ice on the rocks of the Trail to send hikers seeking better traction off the Trail, yet not enough snow or ice to afford the plants protection. "We call the shots on [the mountain] for

TEXT BY CHRIS A. COUROGEN
PHOTOS BY BOB MANLEY

Bob and Gordon return from the summit of Chocorua, in the White Mountains. Inset: Bob's Samoyed-wolf mix Noah — "the greatest dog I have ever had," says Bob — was alongside for many of the more than 75 summits he and Gordon have hiked together.

From top: Bob (left) and Gordon reach the summit of West Bond, their 48th and final 4,000-foot White Mountain summit in the winter; Bob and Gordon celebrate a winter solstice summit of Mount Moosilauke in 2005. Right: The hiking duo ascends Eisenhower during their "presidential traverse."

preservation reasons," Hoekwater says. "Someone stepping outside the corridor can do so much damage."

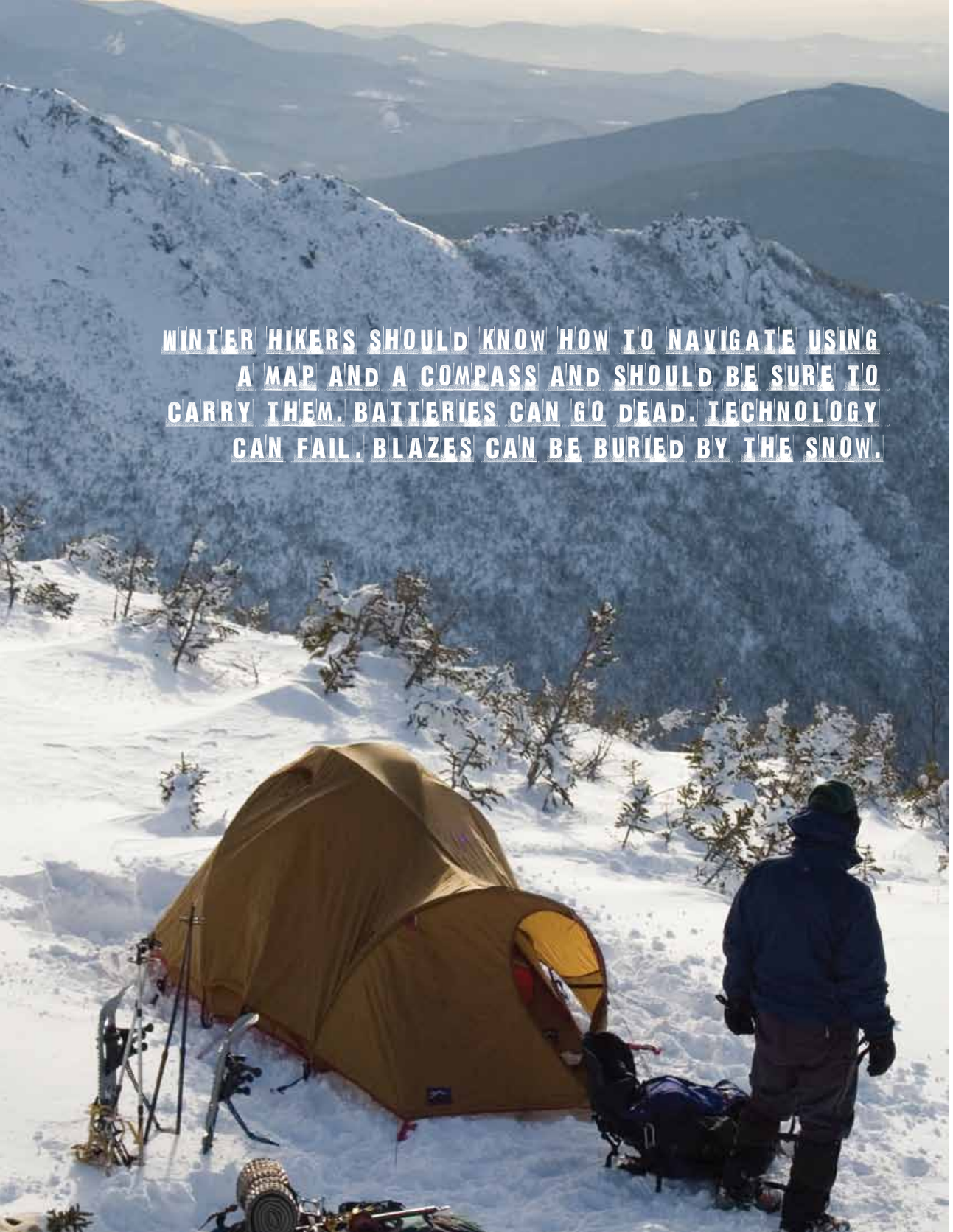
Like most winter hikers, DuBois and Manley will not be following the A.T.'s white blazes up Katahdin. The preferred winter route is up the other side of the mountain from Chimney Pond, where a bunkhouse with a wood stove provides a cozy base camp at 2,900 feet. There are tent sites and lean-tos available in the winter — all camping accommodations are by reservation — but they can be a frigid experience, especially in windy or snowy conditions. No open fires are allowed. Hoeckwalter says winter hikers should view their trip as an "expedition." DuBois and Manley will need to hike 10 miles just to reach Chimney Pond. Roads in Baxter are closed in the winter. The park does not plow them and blow downs are not cleared until spring.

This won't be DuBois and Manley's first hike under extreme winter conditions. The pair hasn't written the book on winter hiking, but they did build a Web site, complete with photos and journals. Together they have hiked the 48 highest peaks in New Hampshire and 70 of the 100 highest in New England — all of them in the winter. Their goal winter hike: all of the 100. Katahdin is next on their list. Katahdin in winter is "probably the most challenging of all summits," Manley explains. "Conditions on the mountain can be really harsh because it is all by itself out there. Just getting to the beginning is a two-day hike."

An element of luck will come into play for the two to complete the Katahdin climb. Once you get to Chimney Pond, you cannot summit if the ranger there deems conditions unsafe. And it's not like you can watch the weekend forecast and head to Baxter when it looks favorable. Reservations are tough to get, especially for "out-of-staters," since Maine residents get first priority, Manley says. Hikers also have to register at least seven days in advance if they are planning to head above the tree line. "The weather will determine if we can even get up," say DuBois. Even then, they won't hesitate to turn back if conditions start to deteriorate. That is one of the keys to safely hiking in winter conditions. "You need to know when to say 'hey, it's not a good idea to go any further,'" Dubois says. The two have encountered some pretty extreme conditions in the more than 1,000 miles of winter hiking they have done. They have spent the night in a tent when temperatures dipped to 30 degrees below zero. They needed a full day to bushwhack a mile through four feet of unbroken snow once. During one hike, the snow was so deep in the "tunnel" of a trail they were hiking that they had to crawl to avoid the untrimmed branches.

There are other challenges to winter hiking. Staying dry is essential. Manley suggests lots of layers of wool and synthetics. No cotton. Carrying enough water can also be a challenge. "In the winter, everything is frozen. Often your only source of water is melting snow," Manley says. "And winter is drier than summer; you actually dehydrate faster, so you go through a whole lot of water." The old hiker trick of sticking a bottle of hot water in the bottom of your sleeping bag for extra warmth on cold nights is a must. Water left outside your bag will be

"IT'S OTHER WORLDLY — THE WINTER HIKING EXPERIENCE. IT IS UNIQUE AND SPECTACULAR. SOMETIMES IT FEELS LIKE YOU ARE ON ANOTHER PLANET."



Clockwise from top right: Noah takes a break on the trail near the summit of Mount Moosilauke; Gordon ascending North Baldface, with a view of the route across the ridge to South Baldface; Gordon watching the sunset just off Lowe's Path on the west side of Mount Sam Adams below Edmands Col on the first night of their winter presidential traverse.

frozen in the morning, leaving you nothing to drink. Melting snow for water means extra fuel should be in your pack. You need to carry more food in the winter too. Between the amount of energy expended to hike through the snow, and the fuel your body uses to stay warm, you burn a lot of calories in cold conditions. Manley says plan on needing 5,000 to 6,000 calories per day. "You need high calorie food. Eating 5,000 to 6,000 calories is not easy," he says. Instead of the rich-in-carbs freeze dried fare of summer backpacking, Manley suggests richer foods with higher fat content, which takes more energy to break down and generates more body heat. Carry a stick of butter; it is an ideal survival food. Two sleeping pads are good to provide insulating separation from the heat-draining snow. This is not the season for ultra light hiking.

Other winter hiking essentials include a LED headlamp with lithium batteries, which last longer than alkaline in the cold. With the short days of winter, it is easy to get stuck in the woods after dark. Don't forget backup batteries. Manley also says winter hikers should know how to navigate using a map and a compass and should be sure to carry them, even if they have a GPS unit. Batteries can go dead. Technology can fail. Blazes can be buried by the snow. "If you know how to use a map and compass you can always find your way out," says Manley.

Winter hiking's extra preparation and tough conditions are worth it for the rewards of the experience, Manley says. It's a more isolated experience; you can go days without seeing people. Manley also is big on winter because "there are no bugs." The bigger reward, Manley says, is a chance to experience the beauty of the wilderness in the winter. "It's other worldly — the winter hiking experience. It is unique and spectacular," says Manley. "Sometimes it feels like you are on another planet." Dry winter air means there is no haze to limit your view from mountain peaks and overlooks. "You can see forever," Manley says. "It's crystal clear and the sky is as blue as it gets." DuBois doesn't look at the Katahdin hike as a warm-up for his summer effort to complete the A.T. "Winter hiking is such a totally different experience, it is a completely different thing," he says. They didn't pick Katahdin for any symbolic gesture about his upcoming A.T. hike. It's next up; that's all. At the same time, when he gets to the top he plans to take a moment to think ahead to summer. Says DuBois, "I'll look south and I'll know I can't wait to get back on the Trail."

FOR MORE ABOUT BOB AND GORDON'S ADVENTURES VISIT: WWW.WINTERHIKING.ORG

* DOGS ARE NOT ALLOWED IN BAXTER STATE PARK, AND CAMPING IS RESTRICTED TO CERTAIN AREAS.

PHOTO BY MARINA SINYARD

Volunteers Needed for ATC's 38th Biennial Conference

We hope you have reserved the week of July 1 through July 8, 2011 to attend Virginia Journeys 2011, the Appalachian Trail Conservancy's (ATC) 38th Biennial Conference, which will be held at historic Emory & Henry College in southwest Virginia located at exit 26 on Interstate 81. On-line and mail in registration will open on March 1, 2011.

We need volunteers to lead hikes and excursions, register and greet guests, sell T-shirts, staff workshops and activity tables, manage logistics including signs, parking, camping, receptions, evening entertainments, and much more. The time commitment varies from a full day to filling a four-hour or longer shift. Our greatest need for volunteers will be from Friday, July 1 through Monday, July 4. Visit the Virginia Journeys 2011 Web site, and click on the "Volunteer" link to see the Virginia Journeys volunteer page. From this page, you can see a list of current volunteer opportunities. Click on any opportunity to read a more detailed description, get contact information, or download a complete description of the opportunity. If you are interested, click the "Get Involved" button and submit your contact information. Your name will be forwarded to the committee chair in charge of that function who will contact you with more information.

Volunteers will be recognized and rewarded for their support by a variety of benefits: a specially designed volunteer T-shirt, a volunteer reception, the opportunity to win door prizes at the reception, premier seating at the major evening entertainment, and gift cards or small gifts. Most of all, volunteers will have the personal satisfaction of supporting ATC's 38th Biennial Conference. If you're not sure whether you'll be attending the Biennial, or what day or time you'll be available to volunteer, it is still not too early to add your name to the list of potential volunteers. If you have a particular area of interest, let us know and we will try to accommodate you.

Please keep checking the conference Web site and our Virginia 2011 Facebook page for new and important information. Look for a separate ATC Biennial Registration supplement, which will be mailed to all ATC members in February 2011.

For more information about joining the volunteer team contact:

VA2011@virginia2011.org

For more information and to register visit:

www.virginia2011.org

Award for Extraordinary Volunteer Support

BY JUDY MCGUIRE

At its 83rd Annual Meeting in November 2010, the Potomac Appalachian Trail Club (PATC) was awarded the prestigious 2009 Northeast Region George and Helen Hartzog Award for outstanding volunteer service to the Shenandoah National Park (SNP). PATC President, Lee Sheaffer, accepted the award from Jennifer Flynn, Shenandoah National Park deputy superintendent and Steve Bair, SNP's backcountry, wilderness and trails manager, who himself received an Honorary Life Membership in PATC at the meeting. The award was given in recognition of PATC's contribution of close to 25,000 hours of volunteer time to Shenandoah National Park. The club's work in the park includes maintaining 106 miles of the Appalachian Trail and 300 miles of side trails, plus maintaining more than a dozen shelters, promoting responsible public use of the

PHOTO COURTESY SHENANDOAH NATIONAL PARK

park, and protecting public trail access along the park's boundary. "Much of PATC's support is immeasurable and intangible to the park, but an estimate of the cash and in-kind value of services to the park in just one fiscal year exceeded $500,000," noted park authorities in announcing the award. PATC and SNP cosponsor public events and programs including National Trails Day and Wilderness Weekend events, as well as the Ridgerunner and Trail Patrol Programs.

The George and Helen Hartzog Award is given annually to individuals, groups, and programs that provide extraordinary volunteer support to the National Park Service (NPS). George Hartzog was NPS Director from 1964 to 1973 and started the Volunteers in the Parks program. PATC, founded in 1927, was critical to building the Appalachian Trail and completed its section in 1932, five years before the Appalachian Trail was completed and Shenandoah National Park was established. Today PATC oversees more than 1,000 miles of trails in four states and mobilizes 107,000 hours of volunteer labor annually.

ATC Welcomes its 31st Maintaining Club

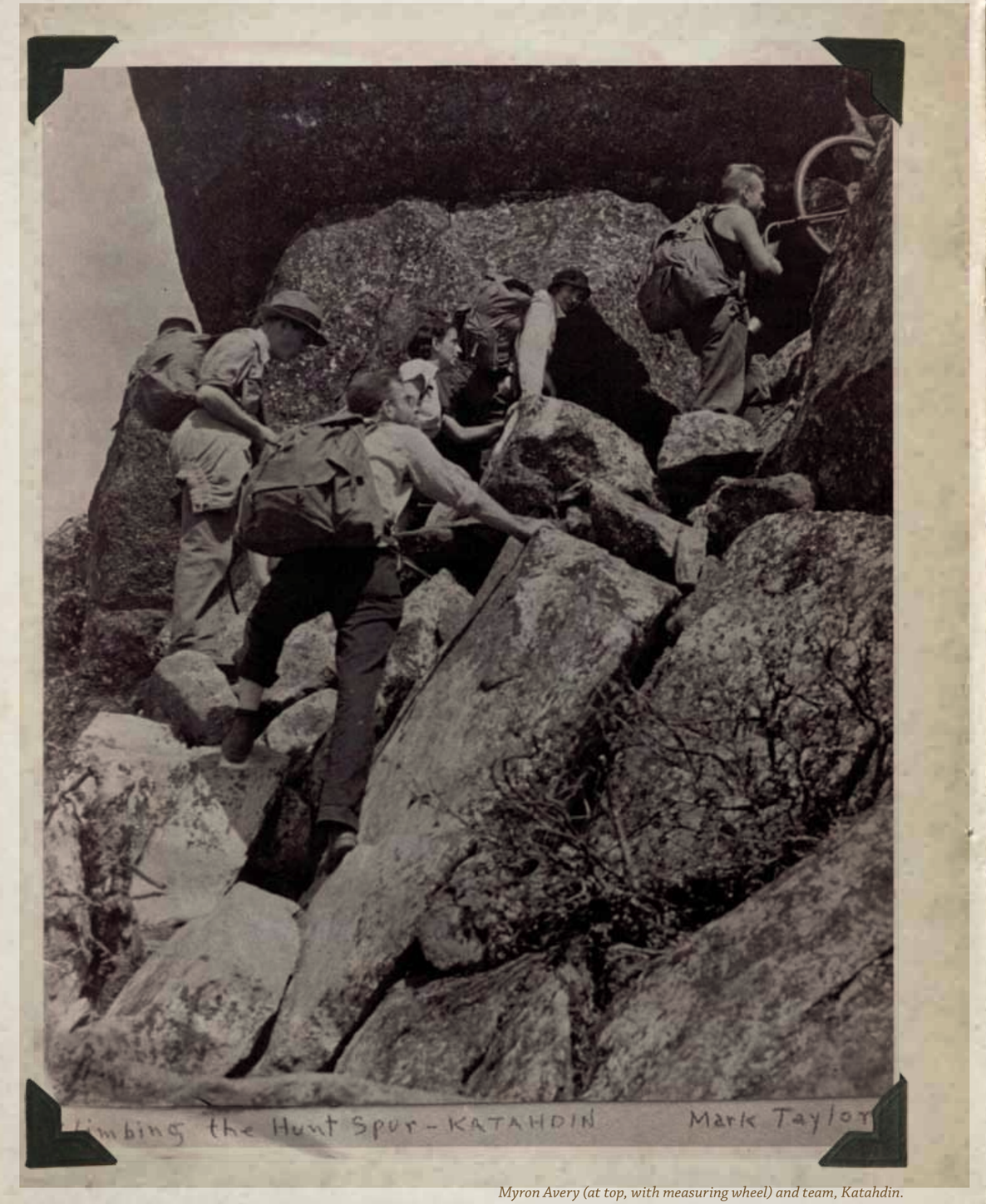
The Appalachian Trail Conservancy (ATC) is proud to announce that the Randolph Mountain Club (RMC) in New Hampshire has been appointed as the 31st maintaining club of the Appalachian Trail. RMC will be responsible for maintaining more than two miles of the A.T. starting from the junction with the Osgood Trail near Madison Hut and ending at the junction with the Castle Ravine Trail at Edmands Col.

"The Appalachian Trail Conservancy is excited to have the Randolph Mountain Club become the 31st maintaining club of the A.T. RMC has done a remarkable job maintaining side trails to the A.T. in the northern Presidential mountains for 100 years, and we are pleased to now have them maintaining a section of the actual A.T. treadway," said Hawk Metheny, ATC's New England regional director. "It is crucial to have clubs like RMC to ensure that the Trail can be sustainably maintained for generations to come."

Currently, 31 clubs are allocated funds and training from the ATC to help maintain the Trail. Each maintaining club is responsible for Trail maintenance, monitoring protected land around the Trail, examining water quality, monitoring rare species, and participating in regional partnership committee meetings. In New Hampshire alone, ATC has three maintaining clubs: The Appalachian Mountain Club, the Dartmouth Outing Club, and now the Randolph Mountain Club. The Randolph Mountain Club's mission is to promote enjoyment of the Randolph, New Hampshire area through hiking, Trail development, upkeep of camps and shelters, and sharing the collective knowledge of its members.

For more information visit:

www.randolphmountainclub.org



Myron Avery (at top, with measuring wheel) and team, Katahdin.

A young Benton MacKaye.

Origins of the Trail

Into the Hearts of America

BY AMANDA BOWMAN

NATURE AND THE OUTDOORS HAD A PROFOUND INFLUENCE ON AMERICAN SOCIETY AS EARLY AS THE EIGHTEENTH CENTURY, when Thomas Jefferson advocated an agrarian lifestyle and people relied on the land for their sustenance and survival. Following Jefferson's interest in the outdoors, the Transcendental Movement advocated a love of nature in the nineteenth century. One proponent of the movement, literary philosopher Henry David Thoreau, found the outdoors to be an escape from the everyday turmoil of public life. Landscape architect Andrew Jackson Downing paralleled Thoreau's views with his plans for garden landscapes and writings on the wilderness and the vast openness of nature, as well as his distaste for urbanization. During his presidency, Theodore Roosevelt, an avid outdoorsman, furthered the effort to encourage the public appreciation of nature as America continued to industrialize and the urban centers of the East Coast continued to expand. At the same time that Congress created the National Park Service in 1916, Benton MacKaye began to advocate the creation of the Appalachian Trail as an escape from the everyday drudgery of society and a retreat for city laborers. Although MacKaye's original theories of what the Appalachian Trail should be are sometimes overlooked today, by the time of its completion in 1937 the Appalachian Trail had come to symbolize the potential for recreation for millions of urban workers and an enjoyment of nature that was a part of American culture.

During Roosevelt's time as president, Congress added five national parks, and Roosevelt used his presidency to establish 18 national monuments as well. Throughout Roosevelt's presidency, Gifford Pinchot, the first chief of the Forest Service, and John Muir, a naturalist and conservationist, had opposing ideas concerning wilderness. Pinchot advocated for a forest program, insisting on continuous human use, whereas Muir sought to be a "rational, unrelenting convert to the inviolability of the forests." Roosevelt followed Pinchot's view, and throughout his years as president managed the forest reserves in conformity with Pinchot's wilderness policies. Muir still had a profound influence on nature and preservation in the late nineteenth and early twentieth century. He wanted the forests and wilderness to be left alone, without interference from humans. Nature's beauty inspired Muir to write *Thousand Mile Walk to the Gulf* in 1916, laced with glowing descriptions of the southern Appalachians. His advocacy of preservation of the unimpaired primeval landscape inspired Congress to add more national parks and set aside additional public lands for protection. An interest in national parks originated with the principles and practices of the American landscape design profession with the intention of setting aside portions of land for aesthetics and the enjoyment of dramatic landscapes.

The National Park Service's planning techniques influenced the design of the Appalachian Trail in years to follow. According to a 1918 National Park Service policy statement, planning a recreational area should come before the design and construction of the park, so they hired landscape architects to map and design park villages, campgrounds, roads, and trails for the use of visitors. The arrangements also had the potential to aid in landscape preservation; for example Congress designated certain tree species, rock formations, and viewpoints for protection. By the 1920s, the State Park Movement had experienced unprecedented popularity, due to its current director Stephen Mather. This

Marking the Trail one blaze at a time.

"A hike along the Appalachian Trail is a walk into the hearts of America, not just North or South as the compass settles, nor into the soul of the hiker, nor 'away from it all,' but into the American past."

movement resulted from groups and clubs forming to promote scenic or historic lands while urging the preservation of such lands. The State Park Movement encompassed the formations of state parks, which Mather strongly advocated for — and the National Conference on State Parks in 1921 put public parks within reach for all American citizens. The National Park Service introduced the idea of "wilderness" as areas unaltered by humans and accessible only on foot or horseback. Consequently, the park service drafted solutions for developments that could serve increasing numbers of visitors in wholesome and educational ways without sacrificing the value of the natural landscape.

A Vision Emerges

Amid the movement of land preservation, emerged Benton MacKaye. In 1897 he hiked through the White Mountains of New Hampshire, an experience which opened his eyes to the meaning and significance of the wilderness. In several correspondences and speeches in the last decade of the nineteenth century MacKaye talked about his hiking experiences and touched on the topic of a continuous trail along the East Coast. A member of the Appalachian Mountain Club, MacKaye joined the Forest Service in 1905. Around the same time, the government passed the Transfer Act, which moved administrative jurisdiction over the forest reserves from the Interior Department's Land Office to the Department of Agriculture, thus creating the United States Forest Service as a branch overseeing 86 million acres of federal forests. MacKaye helped to refine the discipline of scientific forestry, and encouraged the formation of federal forests in the east, specifically White Mountain National Forest. Without realizing it at the time, MacKaye had already begun laying the basis for the Appalachian Trail.

In 1916 MacKaye presented a "Report of Employment and Natural Resources" offering a plan for public protection of natural products and the elimination of land speculation. He introduced the report in conjunction with the concept of "New Exploration" his idea for space between urban areas as "barriers," namely the Appalachian Trail, with which he intended to stop the spread of "metropolitanism." He addressed primeval influences, which

Trail work in Baxter State Park.

were the opposite of machine influence, and the solution for rapid population growth in cities. The primeval environment regarded the Appalachian Trail as its backbone, which was seen as a retreat or refuge from a civilization that had become too mechanized. Designed to become "acquainted with" scenery, the Appalachian Trail persuaded people to enjoy the landscape and its influence. The Trail reflected MacKaye's years as an explorer for the Forest Service and specialist in land colonization for the Department of Labor.

Sturgis Pray, a member of the Appalachian Mountain Club and known by many outdoorsmen as the "pathfinder in the wilderness," introduced MacKaye to hiking and trail design methods. Later MacKaye befriended Allen Chamberlain, who encouraged MacKaye to attend the New England Trail Conference in Boston, Massachusetts, where the leaders addressed a continuous trail. At the Conference MacKaye met influential people who would later advocate and publicize the Appalachian Trail. MacKaye wanted to change the federal policies for the development of land and natural resources. Chamberlain speech "Recreational Use of Public Forests in New England," presented in 1916, further influenced MacKaye's idea, and led to the first thought of a trail from New England and New York "to connect through the New Jersey and Pennsylvania highlands with the Blue Ridge of Virginia and thence quite readily through the southern Appalachian range." Trail systems already existed before MacKaye declared the Appalachian Trail to be an official project. The Appalachian Mountain Club had trails in New England, and Vermont's Long Trail covered more than a hundred miles. The Dartmouth College Outing Trail System also had trails between the White and Green Mountains in New Hampshire and Vermont. Unlike the others, the Appalachian Trail was going to be a continuous marked footpath and connect all the existing trails with additional footpaths.

Charles Whitaker, a journalist for the *American Institute of Architects Journal*, supported MacKaye's idea for an Appalachian Trail and wanted to share it with others. Clarence Stein, chairman of the Committee on Community Planning of the American Institute of Architects, also showed interest. MacKaye titled his first report "Regional Planning as a Reconstruction Policy" and "Projects in Regional Planning." The three projects outlined included a survey of industrial localities throughout the Appalachian region, a detailed, six-point industry survey of Vermont, and a "survey and plan" for an outdoor recreation system throughout the Appalachian Mountain region. It was the third project that sparked Whitaker's attention. Vermont's Long Trail included about two hundred miles and acted as a model for the Appalachian Trail, and the men decided on building a "long trail" over the full length of the Appalachian Skyline, from the highest peak in the North at Mount Washington, New Hampshire, to the highest peak in the South at Mount Mitchell, North Carolina. MacKaye realized this to be a daunting task, stating that, "it would take a man sized project in regional planning and engineering, laying the foundation for socialized outdoor life for workers of the nation." Magazines and newspapers offered publicity and described the geography of the trail and its proposed route. At a July 1921 meeting Whitaker decided to publish MacKaye's article on the Appalachian Trail in the *American Institute of Architects Journal*, and Stein agreed to promote the idea through the American Institute of Architect's Committee on Community Planning. The Appalachian Trail was in progress.

MacKaye was trying to get urban dwellers back to a more natural way of life, similar to Henry David Thoreau. Like the planned community of Lowell, Massachusetts, and the utopian society of the Shakers, MacKaye designed the Appalachian Trail to influence settlement and the human manipulation of the physical landscape. Years later he proposed that the Appalachian Trail would allow Americans "to walk, to see, and to see what you see." Hoping to elevate the Trail from a transitory experience, he ideally saw it as the formulation of a "cultural treasure as well as a natural treasure. A hike along the Trail is a walk into the hearts of America, not just North or South as the compass settles, nor into the soul of the hiker, nor 'away from it all,' but into the American past."

Quintessential tools of the early A.T. volunteer.

Success could only be sought in a specialized organization for the Appalachian Trail to centralize all the volunteer clubs and organizations, now clamoring to be included.

Food and farm camps would sustain the Trail communities, thus enabling the inhabitants to "get back to the land." The proposal received wide acceptance from nature enthusiasts as well as hikers. MacKaye, along with Lewis Mumford, created a group that could help them enact change. The Regional Planning Association of America, established in 1923 and composed of a small group of about thirty people, wanted to replace metropolitan centers with a more environmentally balanced population. The Appalachian Trail became the organization's first rallying point. They recognized that success could only be sought in a specialized organization for the Appalachian Trail to centralize all the volunteer clubs and organizations, now clamoring to be included. The Regional Planning Association asked Harlean James, a naturalist who had a personal interest in the project, to organize an Appalachian Trail Conference.

An Organization is Born

The First National Conference for Outdoor Recreation, devoted to the creation of the Appalachian Trail, met in

Washington, D.C., in 1924 to discuss the project. The pressure for the recreational use of public lands created "territorial disputes" within and between the National Park Service and the U.S. Forest Service. The conference unified the project under the adoption of its official emblem, a uniform trail marker with a copper monogram incorporated the crossbars of the letters "A" and "T." A variation of this design, by Major Welch became the official emblem of the Appalachian Trail. The First National Conference for Outdoor Recreation led to a permanent organization dedicated to the Trail. The first Appalachian Trail Conference assembled in March 1925 for the purpose of organizing a body of workers from regions adjacent to the Appalachian Trail dedicated to outdoor living and to the completion of the footpath. MacKaye and others spoke at the conference about their hopes for what the Appalachian Trail could become, and state foresters, officials, Trail club officers, and hiking enthusiasts presented individual progress reports on their local segments of the Trail. Conference leaders divided the trail route into five regions: New England States, New York and New Jersey, Pennsylvania, Maryland and Virginia, and North Carolina to Georgia, including South Carolina, enabling workers and organizations to work on specific portions of the Trail. Stephen Mather, the first director of the National Park Service, proposed that the organization become a "permanent body" that would try to meet annually, and a board of members was elected. Major Welch served as chairman, and the conference elected MacKaye as field organizer.

The Appalachian Trail Conference (or ATC, which many years later was more aptly renamed the Appalachian Trail Conservancy) functioned as the central nervous system for the project; the real work, however, came from local organizations that were responsible for building the Trail in a particular area. The first goal of the ATC was to complete the proposed footpath. After the meeting, planning and publicity continued, but actual work on the Trail, such as volunteer recruitment and construction, stopped because none of the newly elected leaders showed initiative to do further work on the physical Trail. In 1926 interest in the Appalachian Trail declined due to the lack of motivation from leaders, but Judge Arthur Perkins revived the earlier enthusiasm as the new acting chairman for the ATC when Welch handed him that position. At the second ATC conference, held in May 1928 in Washington, D.C., Appalachian Trail supporters elected a new board of managers and reworded the purpose of the organization, which strove thereafter to, "promote, establish, and maintain a continuous footpath, with a system of shelters and other necessary equipment … as a means for stimulating the public interest in the protection, conservation, and best use of the natural resources with the mountains and wilderness areas of the East." At the meeting Perkins announced that 500 miles could now be hiked.

After a stroke in 1930, Perkins requested that Myron Avery, an avid outdoorsman, take over as acting chairman for the ATC. Perkins knew the job would be "well done" and instructed Avery to give as much reasonable time to the Appalachian Trail as possible. In 1931 Avery officially took over the acting chairmanship. The new intent of the Trail focused more on population health and recreation than on population settlement and MacKaye's philosophical idea. The health conscious and vigorous lifestyle of Myron Avery led him to the A.T. As an attorney for the government in Washington, D.C. and New York, he continued his vigorous volunteering and scouting for the Trail. A man quick to act, Avery had the focused understanding, and drive to make the Trail a reality. Avery, like Thoreau, loved the Maine woods and Mount Katahdin, and he offered input on established standards for building and maintaining the Appalachian Trail. MacKaye and Avery's differences in philosophy, personal style, strategy, and tactics led to their dislike of one another. MacKaye viewed the Trail as a means to a metaphysical end with social and economic applications; he wanted to avoid the fast-paced life, whereas Avery embraced such a lifestyle, as he was always busy and active. Avery strove to complete

Avery recruited volunteers, organized clubs, and plotted routes, while simultaneously flagging, cutting, constructing, blazing, and measuring the trails.

the Trail to make the mountains accessible for outdoor recreation. Known as a "practical idealist" by those he worked with, Avery promoted trail building and hiking as keys to instilling individual resourcefulness and protection of the footpath against development. In the end Avery aimed to create a continuous footpath, primarily for hikers to find solitude.

Avery immediately began instituting his goals for the Trail, handling public relations, writing newspaper articles, and dealing with federal agencies. He recruited volunteers, organized clubs, and plotted routes, while simultaneously flagging, cutting, constructing, blazing, and measuring the trails. He also wrote construction manuals and guidebooks, and ordered the surveying and the completion of the continuous Trail route between Maine and Georgia. Avery believed the Trail should be built, improved, maintained, and marked according to a uniform system of standards, and felt that the Trail's usage for the people depended on accurate Trail information on distances, terrain, water supplies, shelters, and other basic matters. His chief concern was to create the Trail and then decide what to do with it, wishing to "improve" it by adding grades and signs. Although Avery's fervent persistence to complete the Trail sometimes caused problems among A.T. supporters and clubs, he always tried to behave diplomatically when dealing with Appalachian Trail politics. He wanted everyone to get along and to work together to finish the Trail.

At an ATC meeting, Avery suggested that the ATC determine that "each project should be considered on its particular merits" and that federal agencies should be urged to rebuild the Trail "where inferred with by such highways," and the members approved his idea. MacKaye promoted the wilderness aspect of the Trail while Avery promoted the continuity. Both men produced the Appalachian Trail. In 1932 MacKaye further advocated his ideas for the wilderness in a plan that included elements such as public roads, national forests, and community organizations. He wrote a letter that was read at the ATC meeting in 1935, explaining that "The Appalachian Trail is not just physical; the path is no end in itself — it is a means of dwelling in the primeval and wilderness environment that preservation and nurture is your particular care."

The Appalachian Trail extended to both public and private lands — including national and state parks. At the 1937 ATC conference meeting in Gatlinburg, Tennessee, the organization announced the completion of the Trail from Maine to Georgia. Edward Ballard, an ATC member, proposed a protectorate zone on either side of the Trail, an "Appalachian Trailway." Avery's support of the idea helped to adopt the resolution. The Appalachian Trailway Agreement between the Forest Service and the Park Service was signed in 1938 and included some measures to protect MacKaye's basic idea. In 1958 the ATC moved the endpoint from Mount Oglethorpe to Springer Mountain in Georgia due to the spread of urbanization and land development.

Some hikers go searching for a higher purpose or to find meaning in their lives, while others simply hike for the fun of the experience. There are those who still believe in MacKaye's ideological philosophy of the "trail community." Some follow in Avery's footsteps and are simply thrilled by the chance to complete such a hike and enjoy the outdoors. Both men have had an immense influence on American society, creating the longest, continuously marked hiking trail in the world; and both had a tremendous impact on the wilderness of the Eastern United States, and on the experience of millions of hikers.

MacKaye viewed the Trail as a means to a metaphysical end; Avery strove to make the mountains accessible for outdoor recreation.

1923: Raymond Torrey, an outdoorsman and hiker, cleared and marked the first portion of the Trail in the Bear Mountain Section of Palisades International Park of New York and New Jersey.

1930 — 1931: Work on the Trail began to accelerate, partially due to the creation of the Civilian Conservation Corps, about half of the planned 1,300 miles had been completed; by 1931, two thirds of the Trail was complete.

1933: Although the route in Maine had previously been thought to be too treacherous, volunteer groups extended the route using old logging paths.

1934: Starting and end points were established at Katahdin in Maine and Mount Oglethorpe in Georgia, the length of the Trail was extended 1,937 miles were complete.

1935: The Appalachian Trail had become the project of the Civilian Conservation Corps in some locations, such as Maine.

1936: Only one mile in Tennessee and two miles in Maine remained unfinished to connect the Trail.

1937: A Civilian Conservation Corps crew completed the final section of the trail in the Maine woods.

S.W.E.A.T., THE SMOKIES WILDERNESS ELITE APPALACHIAN TRAIL CREW, IS RESPONSIBLE FOR ABOUT 33 MILES OF THE A.T. IN THE GREAT SMOKY MOUNTAINS NATIONAL PARK — EVERYTHING THAT IS FIVE MILES FROM A TRAIL HEAD OR MORE — THAT'S SOME DIFFICULT, BEAUTIFUL, AND RUGGED TERRAIN.

IT'S JULY IN THE SMOKIES. The weight of the dense air is pressing me into the dirt at Oconoluftee and the heat of the valley is pretty intimidating, but it's going to get worse. Good thing I'm meeting with some staff from the Great Smoky Mountains National Park and hiking up to stay at Pecks Corner Shelter — we have a rock slide repair project. The next day it's north on the A.T. to Tricorner Knob to meet with the S.W.E.A.T. Crew so we can dig out and move the monster moldering privy there. Then out at Low Gap near Cosby.

The 2010 season has been a good one for the Smokies Wilderness Elite Appalachian Trail Crew; if they get everything done around Tricorner then there will be only a little piece in the south of the park, near Mollies Ridge, that they have to work on before the season is over. Still, cutting back brush in a temperate forest that receives more than 82 inches of rain is a daily war of attrition. Once the brushing is done, the S.W.E.A.T. crew shifts into "guerilla Trail work" mode, fixing drainage problems, building steps and re-digging side-hill with the sparse materials that can be found over 5,000 feet and with the tools they carried in. With the Konnarock or Rocky Top Trail crews, if you need a pick, you go grab a pick. With S.W.E.A.T., if you want a pick you had better have strapped one on and carried it up the mountain. To get to Tricorner, "up the mountain" is a statement that requires a little context. Tricorner might be the most remote shelter on the A.T., nestled among three 6,000-foot peaks in the deep backcountry that few reach, even in the popular national park. On the hike, the crew gains only about 2,500 feet, which is much more gradual than the 4,000-foot slog up Thunderhead. It's a pretty hike along the Balsam Ridge, but after an hour climbing into the woods, you're in a place overlooked by progress and civilization. For S.W.E.A.T., the hike to Tricorner this year isn't going to be as smooth as the hike up Thunderhead was. Its not going to be smooth at all, and the skills of the volunteers and the crew leaders are about to be tested. S.W.E.A.T. is called "elite" for a reason. Volunteers have to be ready to hike, with weight, in whatever weather they encounter and to take care of themselves while hiking and working all day.

TEXT BY ANDREW DOWNS
PHOTOS BY CALLI SANCHEZ

They have to be ready for the unexpected challenge that requires another five or ten miles at the drop of a hat and, oh yeah, they'd better have a good time too.

Luke Kremer and Chris Herrera are the 2010 crew leaders, and they are some of the best. Happy with the grit of unexpected challenges in the backcountry, their "gung-ho go-lucky" attitude is perfect to lead S.W.E.A.T. The volunteer crew this session is no different. Mostly filled with college kids and hardened hikers, they are itching for a challenge, but three miles into the hike up to Tricorner, there are already problems. While I am climbing to the Pecks Rock Slide a day from our scheduled meet-up, the seven person crew is spread out over a mile of the Balsam Mountain trail. It's here, isolated on the sweltering Balsam ridge that one of the elite shows a chink in his armor. "I dislocated my shoulder two weeks ago," he says to Luke as he shrugs his pack to the ground like he's shedding a parasite. "What!?" Luke blurts out. There is no reason to mention this now Luke thinks, but a recently dislocated shoulder is something that needed to be discussed before we got into the backcountry. S.W.E.A.T. crew members often have a thing about not showing weakness. They discuss what to do briefly and the volunteer assures Luke that he can make it. They shuffle some of the weight around and continue the hike to the work site. After the crew regroups at the Laurel Gap Shelter though, things go bad quickly. Chris hikes out with the quicker crew members and Luke takes up the sweep in the rear, with the volunteers in between. One volunteer though, the volunteer with the shoulder injury, takes a turn almost immediately that he shouldn't have and no one sees him disappear up the Mount Sterling Trail.

The crew leaders, knowing that they have someone they should keep a good eye on, stop frequently, making sure the group is tight along the trail in the heat. A quick head count at the next stop a few miles up reveals that the injured crew member is missing and, as stomachs knot, it's a fight to keep panic from setting in. They have a good idea of what happened; even though they talked about the trail junction just after their break at the shelter, someone nursing a damaged shoulder might not have paid as much attention to the details. Pain, stress, and fear can all cloud your judgment like a drug and make mistakes more likely. Chris stays with the crew; Luke takes one of the faster volunteers and they run back down the trail to find the missing crew member. Luke thinks to himself now that the volunteer may have been more injured then he let on and curses fly through his mind; if he wandered off the trail they were going to need help finding him. After a few miles of searching they see him sitting with his pack

Above: Assistant crew leader Chris Herrera loaded with the 60 pounds he will carry on a hike of almost 4,000 vertical feet for seven miles; Left: Four-year crew member Newt Ronan puts in the work.

off and humbled. He's alone in the middle of the trail hoping to be found. This is a good move: when you want to be found sit your butt down in the middle of the trail and wait.

Now the decision making begins. This volunteer is going to be hiked out, but the group has only one radio, and one big first aid kit. It's a long way still to Tricorner and they were supposed to be close by now. Luke catches back up with Chris to confer and a plan starts to develop. They strip the injured volunteer's pack to the bone, pulling out all of the communal items and divvying them up among the crew who will continue up to Tricorner. They will leave him with a day's food and water, his tent and the basic items he might need to spend a night or two camping, but little else. Luke takes the radio, the first aid kit, and one of the crew members who volunteered for the extra detail, then starts the hike back. The

plan is to get out ASAP, to take the injured party back to base camp where Glenn, the camp coordinator, can help him get a lift home; then turn around and hike back up to Tricorner. It's hefty work, but its part of the job. Luke actually ran this type of "West Coast turnaround" already this year near Thunderhead, of all places. On that trip, the crew arrived on day one to find an elderly hiker, confused from dehydration, who had spent three days wandering between Derrick Knob and Spence Field. They radioed park dispatch to report the situation but it was obvious that this guy needed to be out of the park post haste.

Time to put in the work. So the crew split five miles into a ten-mile hike. Chris would take the rest of the crew up to Tricorner to start work, then to meet me the next day for the privy detail. Luke would hike down with some back-up and then back up to Tricorner the next day, no sweat. That was the plan and I think I would have made a similar decision, but that is not what happened.

One thing you don't want to see when you arrive at a shelter is a big sign posted at the entrance — usually it's not good news. When it was hand-written in shaky, sleep-deprived penmanship, Chris knew he should heed its words: "Very curious bear came into the shelter repeatedly throughout the night and could not be scared off. Hang everything!" He laughed to himself. No radio, only the personal first aid kits that everyone carries, half a crew, and a bear of unknown size that cannot be scared by mortal man. Great. News travels fast on the A.T. and, standing on the rock slide, I hear second-hand of the situation at this point from the authors of the note as they pass me headed south on the Trail. The message I receive standing at the rock slide near Pecks — six miles away from Tricorner — is as follows: "Yeah, there was a trail crew at Tricorner, but I don't know if they were staying; it was only half of the crew actually and they were already fighting off the bear when we left." I try to raise them on our park radio with no answer. Little did I know the radio was down at base camp, but the pieces were starting to take shape.

Three-year S.W.E.A.T. veteran, Shannyn Smith and two-year verteran Ben Royer. In 2011 both plan to present for the five-year anniversary of the crew.

WITH S.W.E.A.T., IF YOU WANT A PICK YOU HAD BETTER HAVE STRAPPED ONE ON AND CARRIED IT UP THE MOUNTAIN.

So I stick with the plan and cozy up at Pecks with some new Trail buddies — "Buck" Owens, an active duty Army officer between tours in Afghanistan, who was thru-hiking the park with his kids "Roo" and "Hiccup," and a Yahtzee-loving couple from Michigan. Their warm and friendly demeanor led me to dub them the "Detroit Lions." We talk pleasantly throughout the night; I am humbled by Roo, a 13-year-old girl, and Hiccup, a nine-year-old boy, and their father. They have come 50 miles together in the rain and heat and are as happy as they can be, bug-bitten and giggling. The Lions are a different story; they are in pleasant spirits but a campsite closing has them staring at a 22-mile day to finish their hike. I talk the weary Mid-

From top left: The author at Tricorner Shelter with "Buck" Owens, Roo, Hiccup, and the "Detroit Lions."

westerners out of it and convince them to come spend a night with me and the S.W.E.A.T. crew at Tricorner.

The next day is beautiful; I see no one on my entire hike and make it to Tricorner just after the Lions, and Buck Owens, who are cooking up some lunch. Then there's the "Very curious bear" sign. The sign and I are in the same spot were Chris read it a day ago, yet there is no Chris and no sign of the crew, only piles and piles of baseball sized rocks. I get to work on the privy and Buck heads out with his family to find adventure where they may. I send them off with a fond farewell. I eat dinner with the Lions and we launch headlong into what could only be described as the greatest Yahtzee tournament in history. I look for the big rolls while John, one of the Detroit Lions, meticulously focuses on his top bonus. We wait for the bear. Nine games of Yahtzee later it's dusk and the three of us slip into our sleeping bags for the night. We've rigged an elaborate alarm out of a snatch block and some rope we found in the tool box. Maybe the bear won't come tonight; or maybe the S.W.E.A.T. crew fought it with such ferocity that it is licking its wounds.

As full dark approaches I sit stark upright on the bunk and see two gleaming eyes staring me in the face under the shelter's awning. With a shovel and a rock in hand, I scream "there it is!" and jump down from the rack. The bear retreats and the Lions start banging and roaring. John, in his underwear, jumps down with me and we run outside to see that the bear hasn't really retreated all that far and I could have popped him once with that long-handled shovel, but the rock was the choice of my subconscious, and I let fly a shot Peyton Manning would have envied. My reward is the dull thwack of rock on skull and the bear scurries away. John and I hoot and high-five. Fully expecting the big critter to return, we set up a night watch schedule, but sleep through most of it. If the bear returned, he didn't set off our alarm and we didn't see him until dawn. He stuck his head out of the brush to say good-bye, and scurried off for good. That morning we were bleary and shaky, but ready to hit the Trail. Leaving, I made sure that the Lions knew to hike down the Snake Den Ridge Trail to Cosby Campground where they could call a shuttle.

At home the next day, I get a call from Luke and Chris who fill in the missing pieces for me, some of them surprising. Luke hiked the injured volunteer down in a day and then went back up to Tricorner the next, only to meet the rest of the crew packing up to return after the bear ransacked their camp. That's two 20-mile day hikes to Tricorner in two days, punctuated by a brief search and rescue and a sleepless night of fending off a bear. The beast had gotten some food in a brazen daylight raid and was insatiable through-

Volunteers have to be ready to hike, with weight, in whatever weather they encounter; and they'd better have a good time too.

out the night. The crew left early in the day just after Luke arrived; we must have missed each other by about an hour. After a safe return, they drove around the park and hiked into Siler's to work — just another day at the office.

There's a lot that can happen on an Appalachian Trail Conservancy Trail crew. I hear all sorts of exciting challenges from Konnarock, Mid-Atlantic, Rocky Top, and the Northern crews, but stuff like this might only happen with S.W.E.A.T. "It's just a walk in the park," I say all the time; but you never know what's around the bend on the A.T. and, in the Smokies, the adventure doesn't just find you, it stares you right in the face.

ANDREW DOWNS IS THE TRAIL RESOURCES MANAGER IN ATC'S SOUTHERN REGIONAL OFFICE.

PINNACLE *views*

Dan Stone is an amateur photographer who spends as much time as he can in the mountains. Last year he spent a week volunteering as a cook's assistant at the Weather Observatory on the summit of Mount Washington, which is known for its extreme weather. During that week, the wind speed was between 40 and 90 miles per hour, and the temperature rarely above zero. Between his kitchen duties, he got outside in the wind and elements as often as he could to get these images. "It was a unique opportunity to be part of the life at the observatory," says Dan.

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MOON SETTING BEHIND BRETTON WOODS SKI AREA

The giant chains, which secure the Stage Office building's roof are a reminder of the fierce conditions that often prevail on Mount Washington.

Inset: Crew members working on tower instruments — it is a constant battle to keep the ice off the equipment; Cog Railway terminus at sunset.

Frozen stairway leading to Mount Washington summit.

ON *the* RIGHT PATH

THE SCHOOLS THAT I ATTENDED growing up were located 40 minutes to one hour away from the Appalachian Trail. But, even living that close to the world famous long-distance footpath, I didn't find out about the A.T. until my junior year in high school, and I didn't set foot on the Trail until five years later, when I was 21 years old. Looking back, I wish I had found it sooner.

In a time when conservation efforts lag, childhood obesity soars, and teachers are desperate to find interesting methods to teach state standards and foster character development, the National Parks Service, in partnership with the Appalachian Trail Conservancy, has worked to meet those challenges with the Trail to Every Classroom (TTEC) program. The TTEC program is a professional development program for K-12 teachers that encourages place based education and service learning on the Appalachian Trail. The concept behind place based education and service learning is that children are going to more actively participate in, and thus remember, the experiences that take place outside of the classroom — especially if those activities allow the students to volunteer. Numerous professional studies have garnered evidence that suggests place based education and service learning can increase student achievement, community involvement, and environmental responsibility. >

TEXT BY JENNIFER DAVIS
PHOTOS COURTESY SUMMIT CHARTER SCHOOL

Left: Jennifer Davis working with grades K through eight at Summit Charter School in Cashiers, North Carolina. The school boasts a small walking "Trail" on their campus with 14 posts along the path that represent 14 states along the A.T. Above: a Summit student displays her knowledge of A.T. flora.

Young A.T. "biologists" at Summit Charter School. Educators incorporate the A.T. into their classrooms through myriad subject matters: from landforms along the Trail to the categorization of plants and animals into producers, consumers, and decomposers. In exploratory classes, children practice map and compass skills, and in music classes they learn Appalachian folk tunes. They take field trips to the Trail to remove invasive exotic plants, learn how to set up a campsite, recite Leave No Trace ethics, and, most importantly, hike.

The 2,179-mile Appalachian Trail travels through 14 states and 165 school districts. The Trail to Every Classroom initiative invites educators within that corridor to apply for a spot within the professional development program. In order to be considered, teachers must apply in teams of two and they must have the support of their administration. This ensures both accountability and support. If accepted into the program, the teachers will then participate in a series of three workshops: a two-day course in the spring and fall, and a weeklong summer institute.

This fall I had the privilege of joining teachers from North Carolina and Tennessee at their final workshop at Amicalola Falls State Park in Georgia. It soon became clear that, although every teacher lived near the A.T., his or her respective schools districts were very diverse. Some came from an urban setting, while others traveled from rural schools; a number of teachers worked at private schools or public charter schools, and two teachers taught in a Cherokee language immersion school. The teachers also came from a wide array of subjects and grade levels. On our hike to the Len Foote Hike Inn, where we spent the night, I had the opportunity to visit with a kindergartner teacher, a school counselor, an alternative school teacher, and an art instructor. The Trail to Every Classroom program does not select teachers based on subject matter and grade levels. Instead, it believes that the A.T. is applicable to every age and every classroom. After concluding our weekend together in north Georgia, I had the opportunity to observe the TTEC teachers put that theory to the test.

Through another outreach program of the Appalachian Trail Conservancy, the North Carolina License Plate Grants, I received support to travel to eight different schools in western North Carolina and provide follow-up support to the teachers that had participated in the TTEC program. During each visit, I was amazed at all the different ways I saw educators incorporate the Appalachian Trail into their classrooms. I observed students in the classroom learning about landforms along the Trail and then categorizing the plants and animals into producers, consumers, and decomposers. In exploratory classes, I saw children practicing map and compass skills in physical education, and learning Appalachian folk tunes in their music class. And when the students took field trips to the Trail, I watched them remove invasive exotic plants, learn how to set up a campsite, recite Leave No Trace ethics, and, most importantly, I walked behind them and watched them hike.

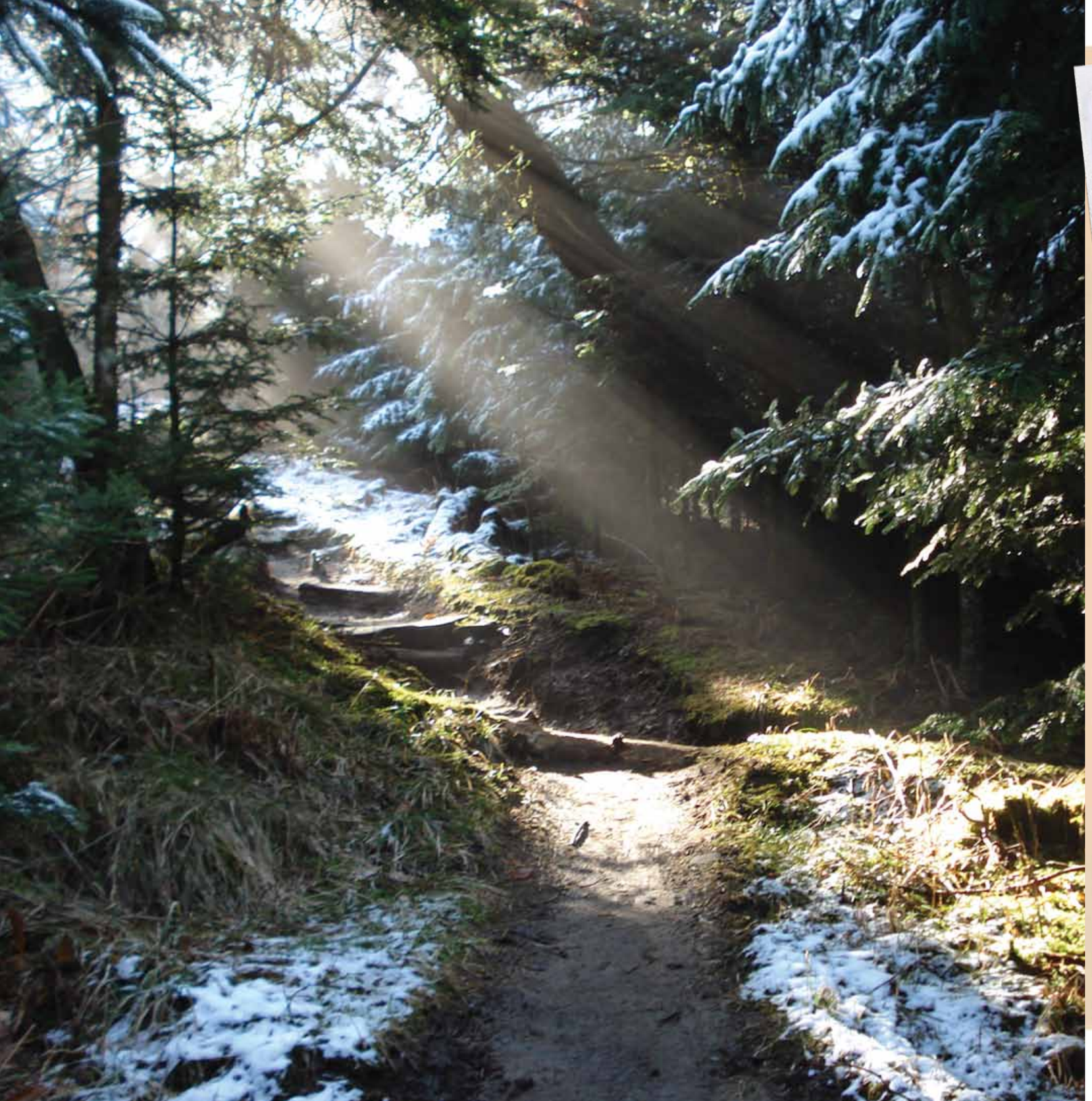
On a day spent with fourth-graders at Hot Springs Elementary, one young girl looked back at me as we walked near the banks of the French Broad River towards Lover's Leap. "I didn't think that I liked hiking," she said. "But now I love it! I want to do it tomorrow, and the next day, and the next!" Her friend interjected, "Yeah! I never even wanted to recycle before this, but now that I understand what we're protecting, I really want to do it." A few weeks later, I followed a group of 50 middle and high school students from Franklin, North Carolina up to the summit of Siler's Bald. The seventh-grade student, who had been hiking with me, didn't think that he would be able to complete the hike. In fact, he had spent the last mile-and-a-half bribing me to take him back to the bus. But when he arrived at the top of the bald and could look out on his classmates and the towering mountains that surrounded him, he immediately looked back at me with a huge grin and said, "that wasn't so bad."

It is amazing to see the positive reaction and interaction when you take school children on the Trail. It is also encouraging to share stories from the Trail and see their eyes light up and their imaginations start to engage when they hear words like thru-hiker, bear, snow, half-gallon challenge, and Katahdin. That is the best way that I can contribute to a classroom: telling stories and taking questions. Most of the Trail to Every Classroom educators have never thru-hiked the Appalachian Trail, or spent much extended time on the Trail beyond their time with the TTEC program. I love the A.T., and after hiking the Trail twice, in both directions, I have lots of stories and misadventures. And even though, I arrive at schools with lesson plans and A.T.-based activities, I probably spend most of my time with the students simply answering questions. The elementary school children always want to know what animals I saw on the Trail, whereas by the time they get to high school they are more concerned about safety and logistics, but I have never finished a full school day and been able to address every student's question. It kills me to have to go from classroom to classroom at the end of each period and leave ten hands propped up in the air still wanting to know more about the Appalachian Trail.

On December 1st, I spent a full day working with grades K through eight at Summit Charter School in Cashiers, North Carolina. The school already has multiple teachers that have participated in the TTEC program, but the school director, Dr. John Talmadge, has challenged every teacher at the school to attend the professional development workshops. "I have seen so many positive results from the Trail to Every Classroom initiative," said Dr. Talmadge. "The power of experiential learning is really strong. I love being out on the Trail with the kids and seeing their sense of adventure. There is an excitement of not knowing what will be around the next turn, and there are always several planned and unplanned teachable moments along the way. I remember once the entire class had to ford a large stream and we had the children help each other and try to make sure that no one slipped, the adventure really helped to bring the class closer together." Summit Charter School is the perfect example of how working with a few teachers can impact an entire school. In 2008 Summit Charter School collectively hiked the entire distance of the Trail. By having students and teachers keep track of the miles that they logged at school and at home, the school of less than 200 members was able to track their progress on a large A.T. map, and hike from Georgia to Maine. The school even boasts a small walking "Trail" on their campus. There are 14 posts along the path that represent 14 states along the A.T. The middle school students at Summit have created a hiking brochure to take on the walk, which provides brief descriptions of each state.

It is also encouraging to share stories from the Trail and see [students'] eyes light up and their imaginations start to engage when they hear words like thru-hiker, bear, snow, half-gallon challenge, and Katahdin.

Since the inception of Trail to Every Classroom in 2006, 225 teachers have graduated from the program. Those teachers have then passed along the knowledge and ideas they collected at the workshops to 10,000 students along the A.T. corridor. By the year 2015, the program hopes to engage more than 25,000 students. After a day visiting with the students at a TTEC school, I like to ask how many children think that they might want to thru-hike the Appalachian Trail someday. There are always a few hands. Then, when I follow that question by asking, "how many of you want to go out and either spend a day on the Trail hiking or volunteering," almost every arm shoots for the sky. It's then that I know that the Trail to Every Classroom program is on the right path.

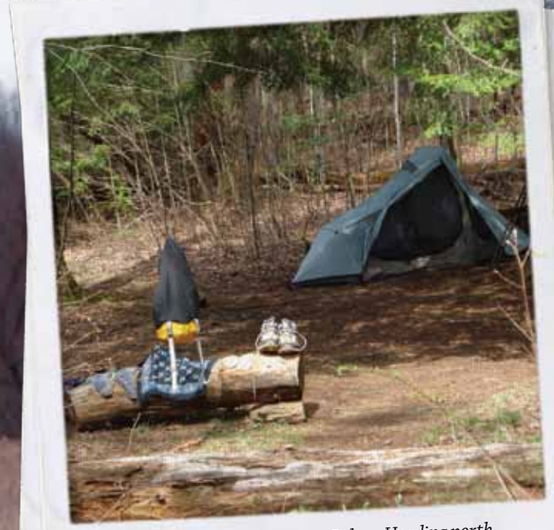


A contented "Sylvan," a couple of miles north of Springer Mountain; Left: Dawn in the Smokies.

I Did, I Can, I Will

BY SARAH SAVAGE

I spent a week hiking the Appalachian Trail, and it rained five of the seven days. The second night out, I sat in a shelter shoulder to shoulder with four stinky, exhausted strangers. Rain poured out of the sky in sheets, and we wondered how we were going to manage the half-mile scramble up the slippery side trail the next morning. My sleeping bag got wet and didn't dry out until I got home. The Trail flooded and I walked through ankle-deep water. My boots blew bubbles when I stepped on dry boulders. I wrung water out of my socks and wore the same wet, smelly clothes every day for a week. I was deliriously happy. >



The author's ideal campsite; Below: Heading north on the boardwalk in New Jersey.

I took the honesty, simplicity, and practicality that had served me well in the woods and tried them out on my colleagues … I soon realized that I had a unique perspective on the business world, and I developed a reputation for having good instincts.

"I learned that nature is a real and powerful presence that I couldn't explain to anyone who hadn't felt it. And above all, I realized quite simply that I can."

The longer I was in the woods, the more I felt I was where I was supposed to be. All the pieces of my life seemed to fall into place. Within five days my body adapted to the demands of the Trail. My legs stopped hurting, and on the flat, I could keep up with the thru-hikers. The lower back problems I had had for years vanished. Everything I found so confusing in "real" life was gone, and all I was left with was simplicity. I woke up at sunrise, walked through whatever weather and terrain present, and fell asleep at sunset. It seemed a sensible, natural way to live.

Although I didn't share the thru-hikers' months of experience on the Trail, I understood the look in their eyes and the rhythm of their days. When a hiker told me I looked like a "nature woman," I felt I had been accepted into an elite, secret society. I realized there were others like me who loved the A.T., who found meaning and peace there where others only saw deprivation and misery.

When the hike was over, I got in a car and hurtled along a busy highway at speeds at least twenty times those I had managed in the previous week. I slept inside four walls on a bed, but I dreamed of the Trail. I woke up at dawn even though I had no where to go, and I fell asleep as soon as the sun went down even though I had the benefit of electricity. I ranted to myself about how wrong civilization is, and I considered quitting my job and running off to live in the woods.

Four days after I walked off the Trail to go home, I went back to work. Just as I had found I could cope with miserable weather, swarms of bugs, and an aching body, I found I could manage in a big city office too. I took the honesty, simplicity, and practicality that had served me well in the woods and tried them out on my colleagues. I began to speak up during meetings, stating what I thought was obvious or asking questions I was sure everyone else knew the answers to. I soon realized, though, that I had a unique perspective on the business world, and I developed a reputation for having good instincts.

Still, I missed that other life I had discovered in the woods, so I applied for a three month leave of absence to hike the Appalachian Trail north from Georgia the following spring. While I waited, I kept my Trail fever at bay with day hikes and reassurances. "Hang on a little longer. Soon I will live how I want to live," I told myself.

My leave of absence was approved, and in April of 2007, I became "Sylvan." I adapted again to the rhythms of the Earth, waking at dawn and falling asleep at sunset. I survived lightning storms, snow storms, and below-zero temperatures. I saw no bears but was charged by two grouse. "Sylvan," the creature of the forest, came alive and thrived despite the hardships. I heard at least two different kinds of owls and learned to identify the assorted rustles of birds, squirrels, chipmunks, and deer without looking. I learned to tell when it would rain and when a new weather front was coming in – without the aid of television. I found that I was happier in the woods than in towns and preferred to pitch my tent in any weather, even if a real bed was available, because I slept better in my tent. I learned that nature is a real and powerful presence that I couldn't explain to anyone who hadn't felt it. And above all, I realized quite simply that I can.

When I returned home in July, I wanted to continue to live in harmony with the Earth. My first revolutionary act off-Trail was to say, "maybe I can." Friends and acquaintances tried to tell me that it doesn't work that way. "Your career is everything," they said. "If you want to get ahead, you'd better learn to tone down that honesty and suck up to the boss, no matter how incompetent he is," they warned. "You had a great vacation in the woods, but this is reality, and the rules of the Trail don't apply here," they threatened.

I learned to keep my radical thoughts to myself, but Sylvan refused to be silent. "If I can carry a pack over all kinds of terrain in any weather, maybe I can find work that allows me to live the way I want to live," she whispered until I found a job working from home for an intelligent boss. "If I can set out alone to hike half the A.T., maybe I can develop friendships with other strong independent women," she suggested, and sure enough, such women appeared in my life."If I can eat, sleep, and take care of myself with what I can carry on my back, maybe I can find someone who is able and available to have a meaningful relationship," she said, and prodded me to keep looking until I met a man who sees, supports, and loves my "Sylvan-ness." "If I can connect with Nature when I'm hiking, maybe I can dance, write, train horses, live off the grid…" Sylvan hints. There is no argument anymore. I did, I can, I will.

Happy New Year! This year promises lots of change and growth for the Appalachian Trail Conservancy (ATC) and we are excited about the prospects for a very challenging but productive year.

We start off this month with the launch of our Merchant Member program for local businesses in designated Appalachian Trail Community Partner locations. This is a great way for ATC to highlight our local supporters, and, in turn, they help promote the work of the Appalachian Trail Conservancy by encouraging volunteerism and membership.

Sunset from the summit of Saddleback Mountain, Maine. BY BRYANT BAKER

In April we will hold our second annual Gala in Washington, D.C. — this year honoring some of our partners who have been instrumental in making the Appalachian Trail Community Partner program a success.

In July we head to Emory, Virginia for the 38th Biennial Conference of the Appalachian Trail Conservancy. The leaders of the seven southern Virginia maintaining clubs have been working hard for several years now to produce this week-long event that combines ATC's business meeting and election of our volunteer board of directors with hikes, workshops and excursions. Look for your registration package with all the details in next month's mail.

In September we head back to where it all began 90 years ago at Hudson Farm in New Jersey. Benton MacKaye wrote his seminal article advocating the creation of an Appalachian Trail while staying on this beautiful 3,000-acre farm located just outside New York City. We go to celebrate the birthplace of the Appalachian Trail and to reiterate that MacKaye's reasoning in 1921 for the Trail is just as valid, if not more so, in 2011.

We will conclude the year with a celebration of ATC executive director Dave Startzell's 34 years of service to the Appalachian Trail and the Appalachian Trail Conservancy.

Throughout the year, with your support, we will continue to do what we have done for 86 years — preserve and protect the Appalachian Trail.

Thank you for all you do.
Best wishes in 2011

Royce Gibson
DIRECTOR OF MEMBERSHIP & DEVELOPMENT

SEPTEMBER-OCTOBER 2010

Individual Gifts

LEADERSHIP CIRCLE
$10,000 +

Leonard & Danielle Bernstein

MYRON AVERY SOCIETY
$5,000 to $9,999

Ken Honnick

TRAIL EXPLORERS SOCIETY
$2,500 to $4,999

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Patricia G. Barnett-Brubaker
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James G. & Marilyn F. Dickman
Art Dohrman
Robert Fisher
Robert B. Gottschalk
Patricia D. Smail
Douglas V. Smith
Amy Spivey
Rodney & Sarah Stewart
Clark Wright

In Honor of

Owen Allen
by Beth & Rob Rosenberger

Alex Arter
by Terry & Kathi Cromer

Will Carroll
by Jerri Lea Shaw & Raymond Johnson

Derin Duo
by David Hutton

Evan Finkle
by Bruce & Lisa Finkle

Frank Fisher
by Sam & Cari Henegar

Neal Hanlin
by Sharon & Richard Wilson

Sam & Barb Harvey
by Happy Hikers-Mechanicsburg Presbyterian Church

Steve & Joyce Klotz
by Gisela McBride

Douglas Kubach
by Kevin & Ruth Kubach

Bruce Marienfeld
by Jacqueline & Ken McMahon

Emily Marston & Nelson Lafon
by Nelson Lafon

Tanya Primiani & Phil Starling
by Emilia Baudry

Chas Stewart
by Charles & Frances Stewart

Julie & Duke Windsor
by Lisa Hayes

In Memory of

James Boyd
by The Tuesday Volleyball Club, Amy McLaughlin & Raymond Johnson

Mark Brown
by Juanita Brown

Richard Clark
by Louis Gonzales & Family, Thomas McManus & Family, Michael Tierney & Family

Irene Cline
by Fred & Joanne Firman

Christine Crane
by Collen & John Buchholz

Chris Deffler
by Margaret & Edwin Deffler

Ronald Delmont
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Jim Dutton
by Kenneth & Dierdre Zook

James Greene
by Doriana & Laurie Allyn, John & Sarah Anderson, Robert & Joan Dickerson, Jim Dickerson, Carolyn & Bernard Hamilton, Donald & Laura Jefferson, Jo Anne & Jack Murdock, Thomas & Celeste Niachos, Karen & Alan Novick, Stokes, McMillan & Antunez, Julie & Zach Winters

Steve Haffner
by Margaret Winnie

Jeffrey Hager
by Elesteen & Mary Hager, University of Virginia Biology Department, Fred & Joanne Williams

Ray Hostler
by Sue Hostler

David Ingram
by Mid Appalachian Highlands Club

Bonnie Jenkins
by Douglas & Marie Schubert

Walkin'Jim Stoltz
by Dennis Boyer

Edward McGee
by James & Juanita Holbern

John Butch O'Meara
by Beverly O'Meara

E. Russell Ottey, Jr.
by James & Jane Mignone, John & Marcia Raushenbush, Ronald Storms

Wilfred Peele
by Linda Bennett, Olive Daugherty, Holly Peele

Vincent Powers
by Barbara & Donald Allelujka, Ray & Judy Down, Lynda & Eleanor Extract, Bruce Fox, Rex Fritschi, Adrianne Hayward, Barbara Jacobson, Donald & Mary Knowles, Steven Krasner, James Moy, Anthony Powers, Gary Sonnenfeld, John & Delores Spoden, Tom & Annie Stark, Mary & Brian Stevens, Anna Worth

Mark Simpson
by Joanne Simpson

Michelle Smith
by Richard Doucette

Stillman Westbrook
by Senator Thomas R. Carper & Staff, Jane Ann Hornberger, George & Carolyn Karney, Joseph & Joey McDonald, Lorraine & Jim Mixon, James & Serena Reilly, Sheila & Richard Sharpe

Clarence & Constance Westendorf
by Katrinka Westendorf

Tim Winstead
by Sheila Grant

Daniel Yaniglos
by Steve & Cathy Cocchia, Charles & Millicent Simmelink

Corporate & Foundation Gifts

PLATINUM
$10,000 to $24,999

Virginia Environmental Endowment

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$1,000 to $4,999

Peter Jensen & Associates
Servier County Choppers
Trailspace.com

BRONZE
$500 to $999

Travel Country Outdoors

Membership dues and additional donations are tax-deductible as a charitable contribution. ATC is a Section 501(c)(3) educational organization.

To make a contribution or renew your membership, call (304) 535-6331 ext 119, or visit:

www.appalachiantrail.org

When Partnerships Align

Above and right: The A.T. corridor in the Mahoosucs Mountain Range.

Thanks to the combined efforts of the Conservation Fund, the National Park Service, the Appalachian Trail Conservancy and a coalition of local leaders, state agencies, businesses and communities, 4,777 acres in Success Township in Berlin, New Hampshire will be added to the Mahoosuc Mountain Range section of the Appalachian Trail. The property will be managed by the White Mountain National Forest, maintaining public access, including traditional uses of hunting and fishing. This acquisition from T.R. Dillon Logging Company is the first of a three-phase agreement to conserve more than 29,000 contiguous acres in Success Township. The comprehensive goal of this multi-year effort is to protect important natural resources while ensuring working forests and sustainable economic opportunities for communities in the Berlin-Gorham area, Coos County, and the White Mountain region.

Among the most picturesque and rugged sections of the Appalachian National Scenic Trail, the Mahoosuc Mountain Range provides a scenic gateway between New Hampshire and Maine. Leading hikers across high elevations to a section of the Appalachian Trail known as the "toughest mile," the famed corridor now has additional protection for six miles along the crest of Mahoosucs. Also protected in this acquisition are two prominent peaks, Bald Cap and North Bald Cap, and the famous Outlook, known for its stunning views. "The upper elevation areas are protected in perpetuity for generations to enjoy the great outdoors," said Paul Grenier, Mayor of the city of Berlin, New Hampshire. "Now onto the the most important part — the historical legacy of Success being a working forest. We need to conserve the larger acreage to continue to fuel the economy of Coos County."

The New Hampshire congressional delegation — championed by Senator Judd Gregg, and supported by Senator Jeanne Shaheen and Congressman Paul Hodes — were key to the project's completion, having secured $2.75 million in federal funding for the purchase from the Land and Water Conservation Fund. "New Hampshire's beautiful landscapes and natural resources are one of the main reasons that our state remains a great place to live, work, and raise a family," said Senator Gregg. "It is our responsibility to protect these unique areas so that future generations can appreciate them just as we have. We are fortunate that residents of the North Country recognize this responsibility and have been leading efforts to protect the places that define New Hampshire's rich heritage, like the Mahoosuc Mountain Range." "New Hampshire's forests are essential to our state's tourism and timber industry, and it is critical that we preserve these resources for the benefit of future generations," said Senator Shaheen. Pamela Underhill, superintendent of the A.T. Park Office said: "The famed Appalachian Trail, extending along the spine of the Appalachian Mountains from Maine to Georgia, offers a unique opportunity for landscape-scale conservation in the heavily populated eastern United States. This community-led collaborative conservation project epitomizes the goals of the America's Great Outdoors initiative being promoted by President Obama and Secretary Salazar."

Bruce Clendenning, coordinator of the Mahoosuc Initiative, a regional coalition of organizations and business leaders working together for the integrity of economy and landscape in the region, noted: "the Mahoosuc Initiative is extremely happy that work is completed on the first phase of the Mahoosuc Gateway conservation project in Success. Expanding the corridor around the Appalachian Trail above Berlin in the Mahoosuc Mountains will ensure that residents and visitors alike have the opportunity to enjoy one of northern New Hampshire's most spectacular recreation experiences. Projects like this show exactly why the Land and Water Conservation Fund [LWCF], which provided the money for this purchase, is such an important program and should enjoy dedicated funding to ensure future opportunities like this are not lost."

"The Appalachian Trail Conservancy is pleased to have the Success parcel come into public ownership," said Hawk Metheny, New England regional director of the Appalachian Trail Conservancy. "It will provide additional protection and enhance the hiking experience along a fantastic eight-mile section of the Appalachian Trail. The entirety of the historic Success, Carlo Col, and Goose Eye Trails will now be on public land and will provide sustained local access to the Trail for Coos County residents and visitors. We are thankful to everyone who worked in partnership to help make this happen."

"It has been a profound pleasure to work with the citizens, local leaders and area businesses on this project," said Nancy Bell, Vermont director of the Conservation Fund. "People in the Berlin region and Coos County are working together for a better future beyond the current economic downturn, and this kind of visionary thinking requires bold action. Protecting the natural resources and recreational assets along the Appalachian Trail is one phase of a larger initiative to conserve larger blocks of working forestlands and the timber related economies that come with them. The Conservation Fund looks forward to continued partnership with these communities."

ATC is very grateful for the partnership it has with the Conservation Fund and other members of the Mahoosuc Initiative, without which this acquisition would not have been possible. Along with its local Trail club, the AMC White Mountain Trails program, ATC was able to bring strong on-the-ground experience to this project and help to make a compelling case for conserving all 4,777 acres of land adjacent to the A.T. ATC staff and volunteers attended Coos county community outreach sessions, wrote letters of support for LWCF funding, and helped to create the new federal land and trailhead boundaries. ATC will also continue to work with AMC and the White Mountain National Forest on creating a long-term stewardship plan for the property.

"This project is particularly pleasing to me, since I have known this property, its history, natural resources, trails, and hiking opportunities for close to 20 years and I had hoped it could be conserved some day. Fortunately for all us who enjoy hiking in the Mahoosucs, that time has come," says Hawk Metheny. "Through partnership and collaboration, local support, and active involvement throughout the process, we were not only able to significantly expand the land base adjacent to the Trail corridor, but also bring three important side trails, including a loop and several scenic vistas, into public ownership."

Leading hikers across high elevations to a section of the Appalachian Trail known as the "toughest mile," the famed corridor now has additional protection for six miles along the crest of Mahoosucs.

TEXT COURTESY THE CONSERVATION FUND AND ATC'S NEW ENGLAND REGIONAL DIRECTOR HAWK METHENY.

Hiking Partners

Going north from Springer to Fontana Dam or Hot Springs, North Carolina. **Female, 68, would like a buddy to hike with starting March** 20-21 2011. Also looking for a hiking partner for 150+ miles in Maine in August; Caratunk to Katahdin. Contact: Sharon "Soho" (740) 286-1737. 2012, GR11.

Propose a 2011 section hike somewhere in U.S. for planning/discussion. Paul "Patagonius" Labounty, age 66, retired, completed CT 2010, LT and Camino 08, JMT 07, A.T. in sections 01-06. Contact: plabounty9000@yahoo.com.

Male, 73, experienced A.T. section hiker, seeking male partner(s) starting early to mid-May at Duncannon, Pennsylvania going north to Monson, Maine. Contact: wsedwards@knology.net.

Lost, Found, and Needed

Lost: on the A.T. between Antietam Shelter, Pennsylvania and High Rock, Maryland on November 22, 2010; a **digital camera in a brown/gray zippered case**. Last photo taken was of the routed Pennsylvania A.T. sign at Old Forge Road. Camera is probably in the leaves along Trail. If found send to: Ed Talone;1422 Fenwick Lane Silver Spring, Maryland 20910.

Found: **sleeping bag**, October 17, south of Denton Shelter on High Knob. Contact: Kieran at krepko@yahoo.com.

Needed: **Used or new backpacking equipment** to equip 10 backpackers. Starting a summer camp program in 2011 to introduce high school students to backpacking on the Appalachian Trail. Donations of equipment needed to get program started. Contact: Jeff Carter at (336) 302- 0785 or sjcater123@yahoo.com.

For Sale

Eureka B/C Storm Shield Tent; men and women's Kelty external back packs; men and women's Kelty external therm-a-rest; Pur water purifier; headband light. All **items purchased new from Trail House in Frederick, Maryland**. For pricing and further information contact: rfowler35@comcast.net.

Beautiful **log home with five bedrooms**, vaulted great room, 10 miles from Damascus, Virginia, small lot adjacent to the A.T. Folk School. Contact: Warren Doyle (423) 341-1843 or warrendance@gmail.com.

For Your Information

Franklin's April Fools Trail Days and Hiker Bash. Franklin, North Carolina, a designated Appalachian Trail Community since March 2010, will host its third annual April Fools Trail Days to include the seventh Annual Hiker Bash Friday and Saturday April 1-2, 2011. The event, sponsored by the town of Franklin as part of being an Appalachian Trail Community, will be held in downtown Franklin on Saturday from 10 a.m. to 4 p.m. The Hiker Bash will include food, music, and entertainment at the Sapphire Inn Motel Friday and Saturday night. For more information visit: www.franklinnc.com, www.thesapphireinn.com, www.appalachiantrailservices.com, or contact Linda Schlott: lschlott@franklilnnc.com.

Have you completed your hike of the entire A.T. but not yet reported it to the Appalachian Trail Conservancy? You can download a 2,000-miler application from our Web site at www.appalachiantrail.org/atcompletion.

Want to help protect and preserve the A.T. while you are hiking? **Check out the Appalachian Trail Conservancy's new A.T. specific Leave No Trace tips and practices**. Visit; www.appalachiantrail.org/lnt.

Public Notices may be edited for clarity and length. Please send them to:

E-mail: editor@appalachiantrail.org

Public Notices
P.O. Box 807
Harpers Ferry, WV 25425-0807

I met my first A.T. thru-hiker at Crocker Cirque campsite in Maine while on my first backpacking trip. Since that trip I section hiked most of Maine with my dad and brother. In the summer of 2010, after hiking the 1,900 miles from Georgia to the Maine border, how was I to keep the spirit of adventure and exploration while retracing my steps from previous hikes? I had summited Katahdin eight times already, but this time needed to be special.

Enter Myron Haliburton Avery. Although Benton MacKaye was the dreamer responsible for the original vision of the A.T., Myron Avery was the doer, responsible for making a route through the Appalachian Mountains a reality. Avery strongly believed, as I do, that the best hiking was in Maine and successfully convinced what was then the Appalachian Trail Conference to extend the Trail from Mount Washington all the way to Katahdin. Relying on pre-existing trails and tote roads, Avery created a route through the Maine woods, writing a detailed trail description with mileages accurate to a hundredth of a mile that was used until the 1950s. He is credited with being the first man to walk every step of the A.T., often while rolling his bicycle measuring-wheel.

With historic maps of the Trail, photographs, and copies of old Trail descriptions, I entered Maine as a historical sleuth, searching for original Trail bed, old blazes, mileage markers, and metal A.T. diamonds on trees. Walking in the footsteps of Myron Avery and other early hikers, the Trail became more than a wilderness path. Finding the sites of old lean-tos where pipes were knocked empty, cans of food consumed, and canvas packs hung up, gave a new dimension to the Trail.

This hike through history culminated on Katahdin, where my brother joined me for the last five miles of the A.T. Together we packed a replica bicycle measuring-wheel and sign to the top, where we re-staged the old photo of Avery and his friends on Baxter Peak. We attracted a lot of questions (did you hike all the way from Georgia with that wheel?), and were able to share our love of the A.T. by telling the history of the Trail in Maine.

Although I had no typical champagne-popping summit party, the end of my hike was more personal. I had met a young, eager, new backpacker in the 100-Mile Wilderness, and the Trail gods arranged that we climbed Katahdin on the same day, summiting at the same time. We invited her to join us in the historical reenactment, and hopefully encouraged her love for the Trail and dreams of a thru-hike. Twelve years ago I met my first thru-hiker, and the decision to hike the A.T. changed my life. Maybe the A.T. will change the lives of some of those on Katahdin on that afternoon of August 6, 2010.

Emily "Switchback" Zimmermann
LIVES IN ROQUE BLUFF, MAINE.

"To those who would see the Maine wilderness, tramp day by day through a succession of ever delightful forest, past lake and stream, and over mountains, we would say: Follow the Appalachian Trail across Maine. It cannot be followed on horse or awheel. Remote for detachment, narrow for chosen company, winding for leisure, lonely for contemplation, it beckons not merely north and south but upward to the body, mind, and soul of man."
- Myron Avery, *In the Maine Woods*, 1934

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A view of the Northern Presidentials - with overhanging rime ice — from the Mount Washington Observatory, New Hampshire. By Dan Stone

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