

A JOURNEYS

THE MAGAZINE OF THE APPALACHIAN TRAIL CONSERVANCY

March – April 2014



KATAHDIN

BAXTER PEAK — ELEVATION — 5267 FT.

NORTHERN TERMINUS OF THE
APPALACHIAN TRAIL

A MOUNTAIN FOOTPATH EXTENDING OVER
2000 MILES TO SPRINGER MTN. GEORGIA

THOREAU SPRING	1.0
KATAHDIN STREAM CAMPGROUND	5.2
← PENOBSCOT WEST BRANCH AT ABOL BRIDGE	15.1
← MAINE-NEW HAMPSHIRE STATE LINE	281.4
← MT. WASHINGTON, N. H.	332.5
← SPRINGER MTN., GEORGIA	2133.3

BAXTER STATE PARK

CELEBRATING 2,000-MILERS

INSIDE: The Trail to Health | Alternative Thru-Hikes



On the Cover:
Elated 2,000-miler, William D. “Saber” Sam, at the completion of his 2013 thru-hike.

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A JOURNEYS

THE MAGAZINE OF THE APPALACHIAN TRAIL CONSERVANCY

Volume 10, Number 2
March – April 2014

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FROM THE EXECUTIVE DIRECTOR |

IN THE WORLD OF CONSERVATION, THE CONCEPT OF PROTECTING LARGE landscapes and watersheds has become very popular in recent years. Attention to this idea is due in part to the Obama administration’s “America’s Great Outdoors” initiative, which prioritizes protecting nationally significant landscapes through collaboration by federal land managing agencies with state and local governments and private and community partners.

This past December the National Park Service (NPS) convened a workshop with the stated objective of helping the agency realize its full potential to lead and engage in protecting large landscapes. NPS has a specific goal of identifying five national park units within broader landscapes that deserve special attention as part of its “Call to Action” agenda for the 2016 celebration of the 100th anniversary of the NPS. Both the Appalachian Trail superintendent Wendy Janssen (whom we feature in an interview in this issue of *A.T. Journeys*) and I participated in the workshop.

What could be a better candidate for this designation than the Appalachian National Scenic Trail? It is officially a unit of the park system, and it is managed in close partnership with the U.S. Forest Service, individual state agencies, and the Appalachian Trail Conservancy (ATC). More importantly, the A.T. corridor is well protected and features a very special part of America’s natural and cultural heritage.

~~~~~  
**Why do people hike on the Appalachian Trail? Some of the major reasons are to:**

- Walk through scenic landscapes, such as the White Mountains in New Hampshire.
  - Experience the thrill of high elevation viewsheds across mountain ranges in the Great Smoky Mountains and Shenandoah national parks.
  - Better appreciate the early settlement of the Appalachian Mountains and the Civil War history as it unfolds for hikers in Virginia, Maryland, Pennsylvania, and in our hometown of Harpers Ferry, West Virginia.
  - Explore the unique ecology and rare plants and habitat in places like Roan Mountain, Hawk Mountain, and the bogs of northern New England.
- ~~~~~

The ATC and its Trail maintaining clubs built the Appalachian Trail in the 1920s and 1930s. After World War II, the ATC created a successful and sustainable A.T. management program that is the envy of the trail community across the country and around the world. In the past several decades, the ATC has led the remarkable public/private effort to permanently protect this Trail primarily through federal and state land acquisition.

Now we have the historic opportunity to expand this zone of protection through having our Trail designated as one of the nation’s special national park units within a larger landscape. This would give the A.T. a higher priority for funding from important federal conservation programs such as the Land and Water Conservation Fund and the Forest Legacy program. It would also encourage closer collaboration among multiple public and private partners to achieve shared goals.

The ongoing struggle to protect the Trail in the face of new energy development, higher transmission lines, wider and faster roads, and commercial and residential development that would degrade the A.T. will not go away. Having our Trail designated as one of the country’s premier landscapes can help in this effort. ⬆

**Ronald J. Tipton** | *Executive Director/CEO*

*features*

## 10 The Trail to Health

Hikes of any length along the A.T. have the power to stimulate an increase in regular activity levels, offer a path to physical fitness in a transformative setting, and build an appreciation for both nature and humanity.

## 26 Alternative Thru-Hikes

Less conventional thru-hikes of the Trail can offer amazing weather conditions, more time to take in the scenery, an enhanced sense of solitude, and have a positive environmental impact on the footpath itself.

## 30 Purposeful Expression

Danielle Klebes kept detailed journals and sketches throughout her 2013 A.T. thru-hike, documenting the amazing people she met along the way and, afterwards, producing a series of exceptional mixed media pieces.

## 36 Resolved Refuse Removal

A troublesome collection of old debris in Maine's Bigelow Preserve area was finally cleaned up last year, due in part to the perseverance and ingenuity of one Maine A.T. Club caretaker.

# | 18 | CELEBRATING 2013 2,000-MILERS

The ATC congratulates the record 948 2,000-milers who registered the completion of their hikes of the entire Appalachian Trail last year.

A gleeful 2013 2,000-miler Brenna "Apple Butter" McCree at McAfee Knob – photo by Nick Amante



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Collin "Ash" Maher on the A.T. in the Bigelow Preserve, between West Peak and Avery Peak – by Katie "Lobo" Polemis

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Heather "Whirled Peas" Laney takes a yoga break on Mount Washington – by James Shrum

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## *departments*

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ATC Earns Four Star Rating; Preventing Norovirus Infection

### 38 | Q & A

This spring, Wendy Janssen celebrates her first year as the superintendent of the Appalachian National Scenic Trail, and explains what the role means to her both professionally and personally.

### 40 | TRAIL STORIES

Ever since his 1973 southbound thru-hike, Richard Judy has been "bedeviled by an obsessive compulsive urge to pursue adventure — ever ready to slog out another mile or two" on the A.T.

### 47 | AS I SEE IT

Joshua Stacy's "flip-flop" hike of the Trail allowed him to experience both a north and southbound journey — and to encounter some spectacular weather along the way.

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**I STARTED MARCH 7, 2013 ON THE** A.T. at Springer. After snow, ice, record-breaking cold temperatures, and norovirus, I made it to Harpers Ferry on June 28. And I decided to “flip.” After trains, planes, and automobiles, I summited Katahdin on July 14, and made it south to Harpers Ferry just as winter was settling in to bite again on November 22, the week before Thanksgiving. And oh, am I grateful! The epic majesty of this journey defies description. Such beauty in every day, and such misery. The Trail pulls out resources and teaches lessons. Every day is a classroom and an exercise in humility and wonder. I learned so much, and I have so much more to learn. Thank you so much to the Appalachian Trail Conservancy! This gift you’ve given and continue to give is beyond price. There is no such thing as an “unsupported” thru-hike.

*Linda “Karma” Daly*  
NORRISTOWN, PENNSYLVANIA

**ONE OF THE JOYS OF THE A.T. IS** the variety of people one meets there, together with their even more varied motivations, philosophies, and observations. Over the years, I’ve tried to explain this to my non-hiking friends, who inevitably ask the question: Why? Why put up with all the bother, lack of comfort, sore muscles, uncertainty, and dirt? Why not take a cruise instead? What do those who learn to love the Trail hold in common? Michael Keck’s “As I See It” article from your January issue did a beautiful job of summing up what I’ve felt all along, but could never put into words: finding the beauty and value of creating an experience that is unique, whose worth lies not in the clever observations and unusual anecdotes of which it is comprised, but rather because it is a reflection of the person who lived it, the sharing of which becomes the highest form of art — life itself. Thanks Mike!

*Bob “Fireman” Visintainer*  
AUGUSTA, GEORGIA

**TO ME, HIKING THE A.T.’S ENTIRE** 2,185-plus mile length has just never been on my “bucket list.” Instead, the Trail represents a true wilderness experience that’s very accessible to everyone on the

eastern seaboard of the United States. Except in the Hundred Mile Wilderness, you can easily get on and off the Trail at convenient intervals. You can resupply. The Trail is scrupulously documented and carefully maintained. It is a flagship of long-distance hiking, and a backbone of an even larger system of trails that purposely connect to it; a vast system to which more miles are being added every year. The A.T. is an anchor for public (and federal) awareness of the precious lands through which it passes, and of the continual need to preserve and to protect those lands. It is a celebration of hiking itself, whether your excursion is long or short. It celebrates the thousands of people who take personal solace from the Trail experience, and those who selflessly give back. It is now part of the cultural heritage of the world.

*Mike Robinson*  
CHICKAMAUGA, GEORGIA

**THE “GRAFFITI ON THE TRAIL”** article in the January/February issue caught my attention. I backpack in North Carolina, South Carolina, and Virginia. One would expect people who love the outdoors and camping to be more environmentally conscious. In the last four or five years there has been an obvious increase in the amount of trash on the trails and, particularly, at the campsites. Bottles, cans, foil, batteries, energy bar wrappers ... even tents and sleeping bags. I can never understand those who would carry a full can of beef stew five miles into the woods and then not pack out.

*Jerry Weston*  
GREENSBORO, NORTH CAROLINA

**IT MADE MY DAY WHEN I READ** the story about Bob Proudman’s trip to Beijing, China (“Quest for a World Class Trail” January/February). During his short visit, he may have done more for international relations than a Secretary of State could do in a month of Sundays.

*Harold Croxton*  
LEBANON, PENNSYLVANIA

#### FACEBOOK COMMENTS

While hiking up Cheoah Bald (North Carolina) in '03, I came across several

hikers coming down. I complained to them about the difficulty of the climb, the heat, the lack of switchbacks, and then asked, “Is it as bad up ahead as it has been the last five miles?” One of the south-bounders replied back to me, “It is, if you want it to be!” That reply changed me. I could either make it a miserable experience or a rewarding experience, it was up to me. I have tried to do the same with whatever I am facing. Life is short — make it REWARDING!

*Tim Walsh*

The best advice I have ever received and given [about hiking the Trail] is this: “Don’t be afraid to change your plan. Hiking the A.T. is a process. You can’t plan out every detail, and more importantly, you shouldn’t. Part of adventure is the unknown. Embrace it.”

*Benjamin Royer*

Love to all the volunteers of the A.T.! Thank you for your devoted time to my favorite place on earth. I lose myself and find myself on the beautiful A.T.

*Noami Mark*

Thank you volunteers! You all keep the Trail in excellent shape for future generations. We have to keep encouraging the younger generations to understand the importance of maintaining our trail systems nationwide!

*Melanie Carlisle*

#### CORRECTIONS

In the January/February article “Quest for a World Class Trail” the last name of Dr. Yuri Guo from Chinese Culture University in Taiwan was misprinted as “Quo.”

*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](mailto:editor@appalachiantrail.org)

Letters to the Editor  
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Liana Montsinger on Saddleback Mountain, Maine

# THIS ISSUE OF A.T. JOURNEYS CELEBRATES THE 2013 2,000-MILERS.

Some are thru-hikers; others have finished the Trail by section hiking over a period of time. When we talk about the A.T. hiker, these are the folks we usually picture. However, there are more than two million A.T. users in any given year, and most do not fall into this category.

My husband and I manage the Blackburn Trail Center for the Potomac Appalachian Trail Club. Located 12 miles south along the A.T. from Harpers Ferry, West Virginia, the center is a well-used Trail access point for many people from the Washington, D.C.

metro area. We were lucky enough to stay at the center for a few days this past Christmas season, and it was really remarkable to see the wide variety of people using and enjoying the Trail.

There were the families driving up from the local towns with their children and dogs. You hear the kids before you see them — something about bringing them to the mountains encourages them to run, jump, and laugh. Usually these groups will take a short one-mile loop up to the A.T. along to a panoramic viewpoint looking west and then back to the car. Then there were the men and women who see the Trail as an extension of their workout routines. One gentleman biked up to the center and then ran up to the Trail. Others dropped a car off at Blackburn and then drove to Route 7 or Route 9 and hiked or ran back. All talked about how much they needed to work off the holiday meals.

There were a few young people (they looked young to me anyway) who came up for an overnight at the campground that is halfway between the Trail and the center. They walked up with enough gear for an expedition, but as long as they pack it out we don't worry. These folks are not necessarily out for a night on the Trail so much

as looking to sit by a fire during an evening in the woods.

We also hosted a group of five young men from Pennsylvania out for a week-long hike. And then, of course, we also had a thru-hiker stopping in, having restarted her hike in Harpers Ferry that day. Arriving late with a friend, they had been hiking by headlamp — typical for winter hikes. She had “flip-flopped” and also had to leave the Trail for a while but was back hoping to finish her thru-hike at Atkins, Virginia. We hope she made it through the January snow storms and has reached her goal.

In February, the Appalachian Trail Conservancy (ATC) Board of Directors met to continue work on the A.T. Strategic Plan. How to ensure that the Trail remains relevant to a new and changing population was an important part of the discussion. The ATC will continue to strive toward more youth outreach and engagement as well as encourage those who live in more urban areas to become acquainted with the easy access to outdoor recreation and restorative qualities the A.T. has to offer to everyone.

Our holiday sojourn at Blackburn gave us a real-time appreciation of why people come to the Trail. It's a place near home where they can get outside with their children for a while. For dedicated exercise buffs, it offers much better views than an hour at the gym. And for some it is an opportunity to experience a night sleeping out in the woods while still feeling close to “civilization.” Some of these people will come back and expand their adventures outdoors on the A.T. and on other trails and parks. For others, this might be the extent of their outdoor experiences. Yet every experience is valid and worthwhile and qualifies as the Trail experience we are working to protect and perpetuate for generations to come. ⚡

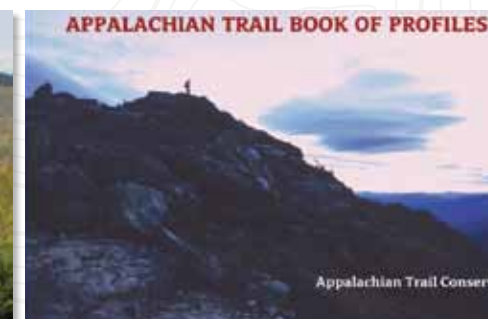
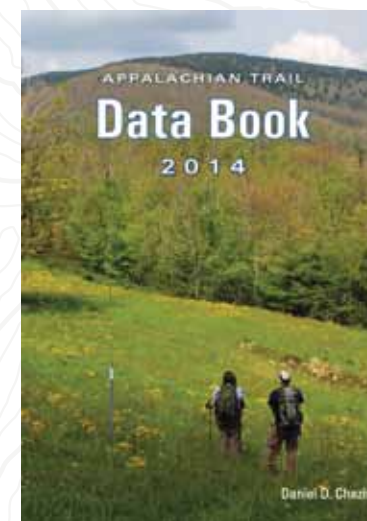
Sandra Marra | Chair



Trail maintainer Linda Bennett takes in the view on the one-mile loop trail connecting to the A.T. near Blackburn Trail Center — photo by Laurie Potteiger

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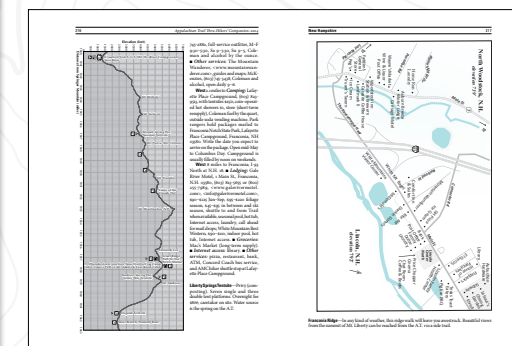
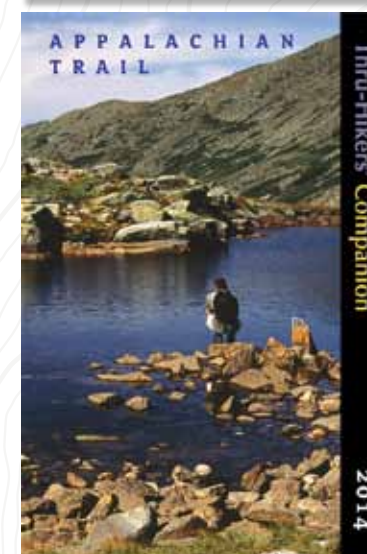
# NOW IN STOCK!



For many hikers, planning = profiles. The Ultimate Appalachian Trail Store has just the book for that: the first edition of the **Appalachian Trail Book of Profiles**. For \$8.95, ATC members get an entire elevation profile of the Trail in 23-mile segments. You can plan with it at home or, since the pages are perforated, pull out those you need for the weekend, the week, or longer.

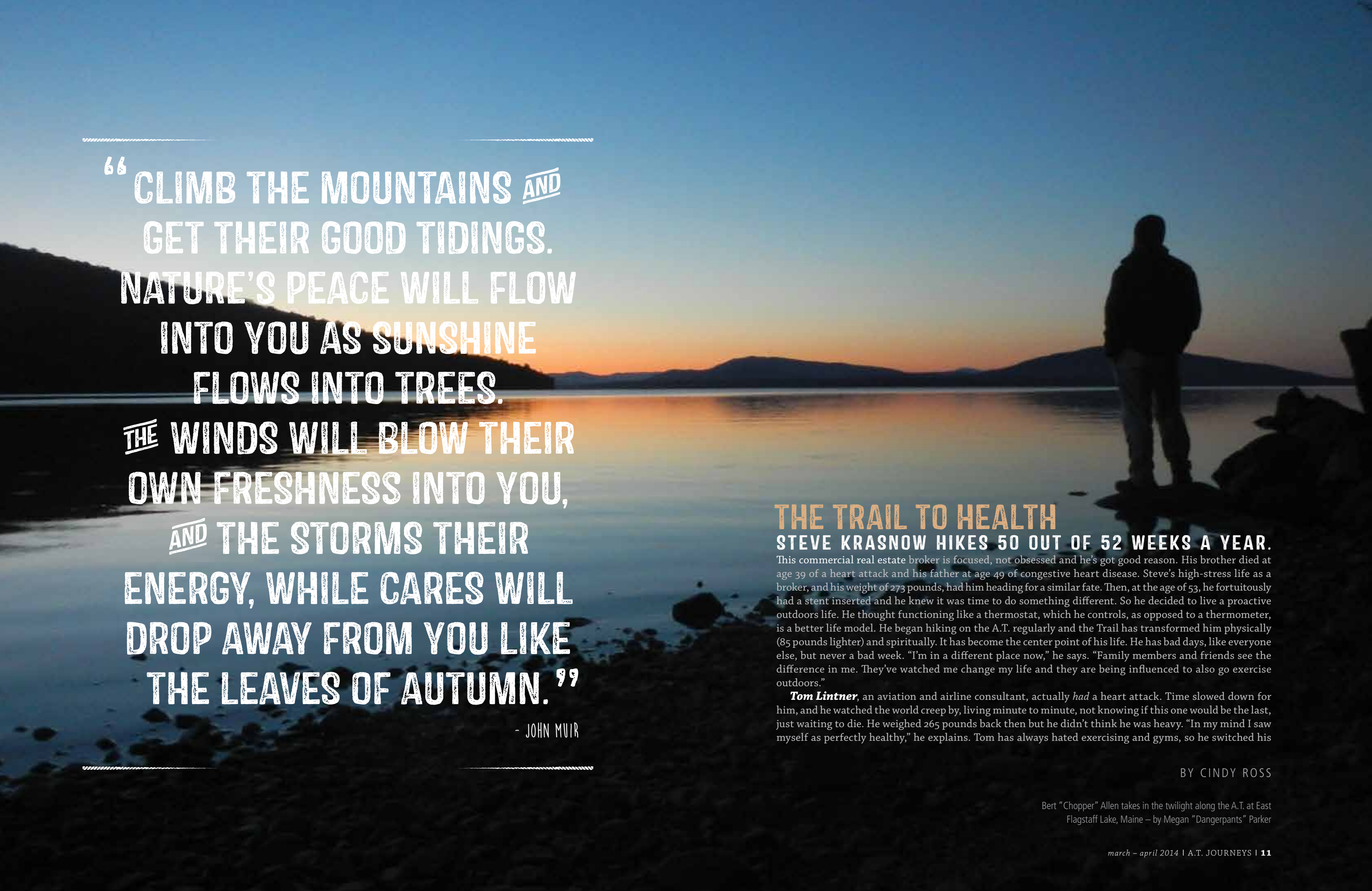
Need more comprehensive information about your surroundings - including towns? The 2014 **Appalachian Trail Thru-Hikers' Companion** includes all those professionally drafted profiles plus almost 50 town maps and detailed facts on water sources and other essential on-Trail needs, as well as where to go in towns — helpful for section hikers and thru-hikers.

For the much-needed basics, there is the 36th edition of the **Appalachian Trail Data Book** — a great buy at \$6.25 — the latest from Trail maintainers updating all 11 guidebook sections in 96 pages of compact, easy-to-read tables.



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A person stands on a rocky shore, looking out at a calm lake under a twilight sky. The sun is low on the horizon, casting a warm glow across the water and the distant mountains. The person's silhouette is visible against the bright sky.

“CLIMB THE MOUNTAINS AND  
GET THEIR GOOD TIDINGS.  
NATURE’S PEACE WILL FLOW  
INTO YOU AS SUNSHINE  
FLOWS INTO TREES.  
THE WINDS WILL BLOW THEIR  
OWN FRESHNESS INTO YOU,  
AND THE STORMS THEIR  
ENERGY, WHILE CARES WILL  
DROP AWAY FROM YOU LIKE  
THE LEAVES OF AUTUMN.”

- JOHN MUIR

## THE TRAIL TO HEALTH

STEVE KRASNOW HIKES 50 OUT OF 52 WEEKS A YEAR.

This commercial real estate broker is focused, not obsessed and he’s got good reason. His brother died at age 39 of a heart attack and his father at age 49 of congestive heart disease. Steve’s high-stress life as a broker, and his weight of 273 pounds, had him heading for a similar fate. Then, at the age of 53, he fortuitously had a stent inserted and he knew it was time to do something different. So he decided to live a proactive outdoors life. He thought functioning like a thermostat, which he controls, as opposed to a thermometer, is a better life model. He began hiking on the A.T. regularly and the Trail has transformed him physically (85 pounds lighter) and spiritually. It has become the center point of his life. He has bad days, like everyone else, but never a bad week. “I’m in a different place now,” he says. “Family members and friends see the difference in me. They’ve watched me change my life and they are being influenced to also go exercise outdoors.”

**Tom Lintner**, an aviation and airline consultant, actually *had* a heart attack. Time slowed down for him, and he watched the world creep by, living minute to minute, not knowing if this one would be the last, just waiting to die. He weighed 265 pounds back then but he didn’t think he was heavy. “In my mind I saw myself as perfectly healthy,” he explains. Tom has always hated exercising and gyms, so he switched his

BY CINDY ROSS

Bert “Chopper” Allen takes in the twilight along the A.T. at East Flagstaff Lake, Maine – by Megan “Dangerpants” Parker

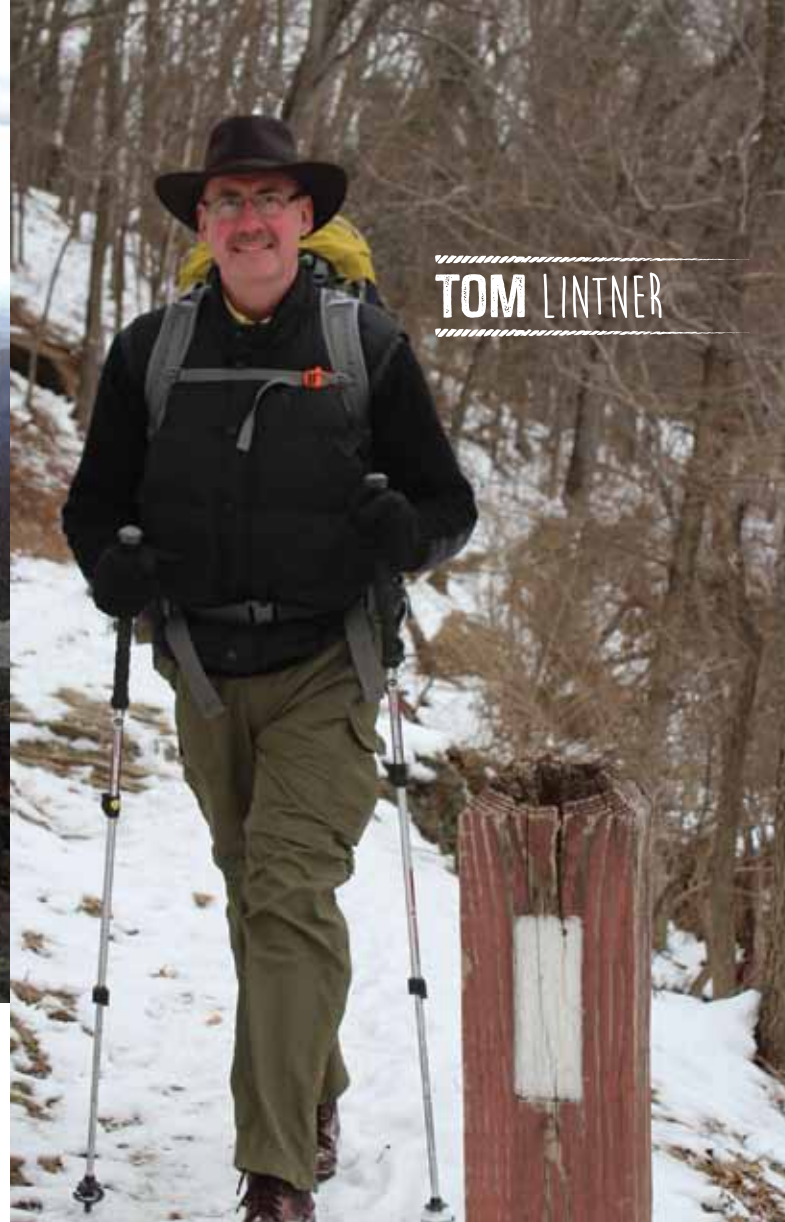


**BRIAN WING**

thinking and told himself, “increase your activity level.” “I finally had to do something,” he says. “I started with walking one block and then I had to stop.” Now, he is up to 15-mile hikes. He is the picture of health. He used to have a size 42 waist and a size 50 jacket. After hiking a few months, he was at a motel and when he put his belt on it fell down to his feet like a hula hoop. He now had a size 38 waist. “I laughed hysterically,” he says, “and threw it in the trash; but every day the maid would get it out and lay it on the dresser.” The Trail is a target — a mission for Tom. He too no longer wants to build a financial empire.

“I’ve never felt this good or healthy,” he comments. “Surviving the heart attack was the best thing that ever happened in my life,” he says. “It was a *successful* heart attack!” Big hiking is now on his radar — like completing the entire Appalachian Trail.

As a homicide police detective, a wilderness first responder and rescuer, a black water diver, and a man-tracker, **Brian Wing** has seen his share of death. He’s handled about 400 dead bodies over the course of his career, from which he recently retired. Brian responded to the World Trade Center attack in 2001 and was on-site for more than two months. During that time, he assisted at the site in recovery operations, scene security, and escorts of the debris to the Fresh Kills Landfill. Through it all, he was exposed to the toxic waste of Ground Zero and contracted cancer as a result. He also worked with the Coast Guard at Guantanamo Bay. “Murder, suicide, abductions, you name it, I’ve seen it,” he says. In doing this

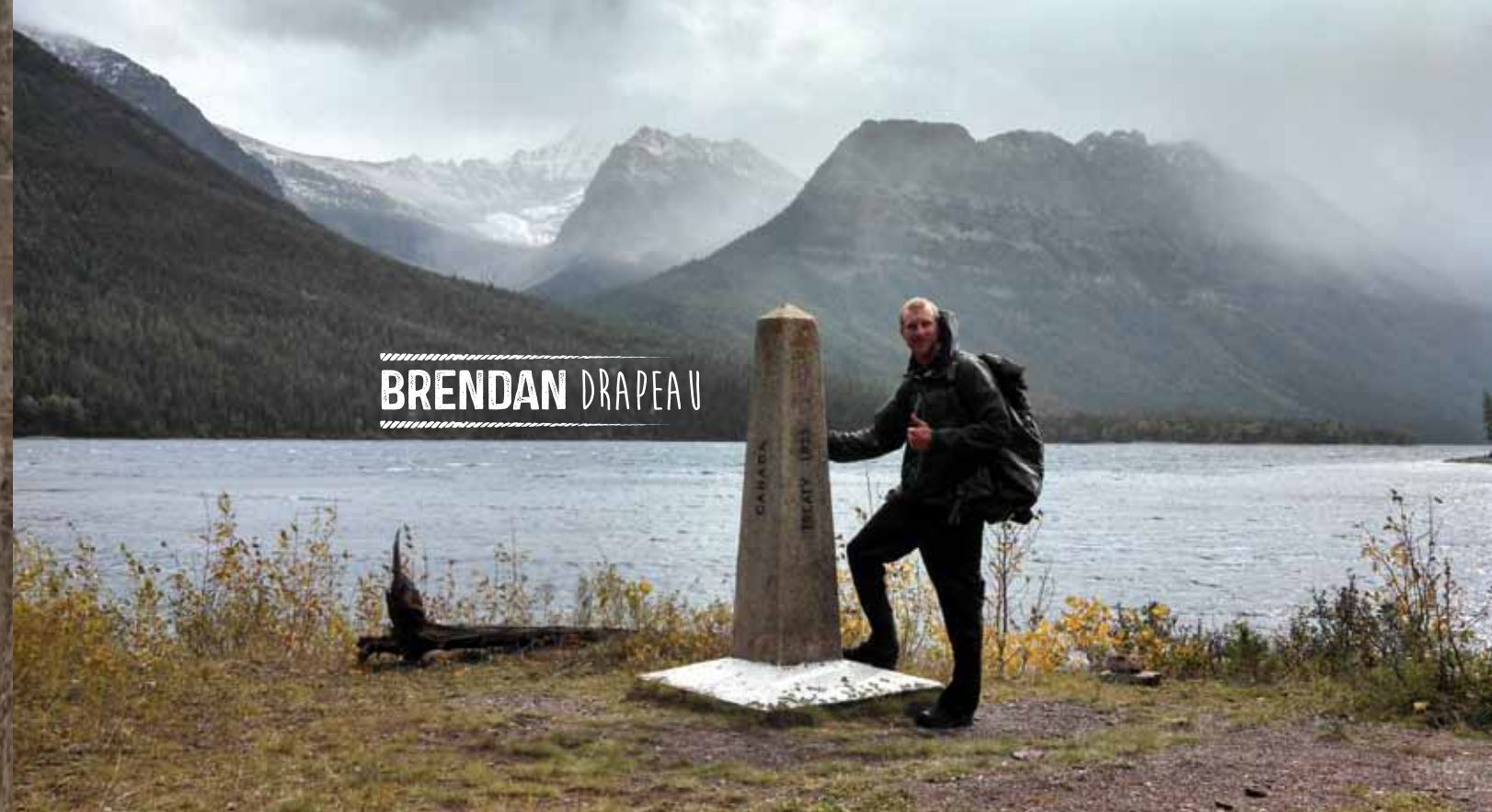


**TOM LINTNER**

work he faced his own mortality, and had to look closely at his life. Although he fought his way back to physical health, he was suffering emotionally. “I had had it,” he says. “I flipped the switch. I couldn’t take it anymore. All I saw was the vile side of life. I got to the point where I saw so much death, I thought, this can’t be what the human race is all about.”

So Brian will be joining the 2014 Warrior Hikers “Walk off The War” program, which supports veterans transitioning from their military service by thru-hiking the Appalachian National Scenic Trail. Brian has always enjoyed hiking and being in nature has served as a release from his challenging work. Hiking enables him to separate from his work and just be in the moment in the beauty of the natural world’s surroundings. “This Warrior Hike is my Walkabout, my spirit walk,” he says. “It is my reconnect with humanity. I need to meet good people, reassure myself there *are* good people. I am hoping this hike is redemptive for me. I am hoping to get rid of some baggage — become a better person.”

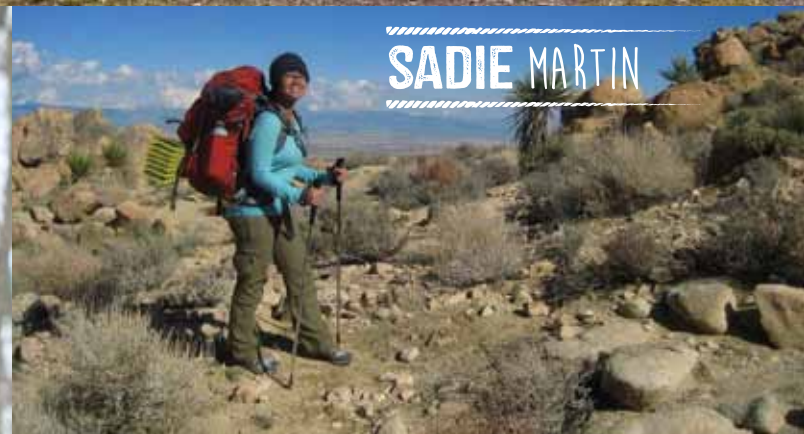
Socializing with other hikers and being in a small group can be hugely beneficial; and can allow the Trail to work its real magic. This is especially true of the Warrior hikers where



**BRENDAN DRAPEAU**



**STEVE KRASNOW**



**SADIE MARTIN**

Clockwise from top left: Brian Wing on the A.T at Hawksbill Summit; Tom Linter on the Trail in Harpers Ferry — by Cindy Ross; Brendan Drapeau at the northern terminus of the Continental Divide Trail in Canada; Sadie Martin in Joshua Tree National Park; Steve Krasnow along the A.T. in Harpers Ferry — by Cindy Ross

“FAMILY MEMBERS AND FRIENDS SEE THE DIFFERENCE IN ME. THEY’VE WATCHED ME CHANGE MY LIFE AND THEY ARE BEING INFLUENCED TO ALSO GO EXERCISE OUTDOORS.”

one of the main components of the program is to connect with not just other Warrior hikers, but fellow thru-hikers and also members of the Trail community at the nearly three dozen VFW/American Legion and community events scheduled along their journey. For many of the Warrior hikers, connecting to kind souls and the large tribe of hikers on the A.T. simply builds trust, faith, and love of humanity.

**Sadie Martin** suffered from depression and Post Traumatic Stress Disorder (PTSD) until she went for a night hike at Joshua Tree National Park in the Mojave Desert and discovered the stars and the Milky Way. “When I looked up at the night sky for the first time and saw that river of stars, distant galaxies, light traveling from years ago, the beauty floored me,” she explains. “This wonderful perspective reminded me that we are all made of the same elements and matter as the stars and we are all connected. I began to focus less on my pain and suffering and began to feel at peace and at home out in the natural world. I think about this connection and I am able to maintain it once I come back indoors. It is about self-reverence. Being in nature gives me a sense of love.” Sadie now nurtures her need and makes sure that she backpacks and hikes on a regular basis. Hiking has become a way of life for her. “It is exactly what I needed,” she admits.

Sadie also found the strength to create SHEhike, (Survive, Heal, Empower, Hike) a program designed to encourage women with PTSD from sexual violence/assault to try hiking as a way to heal and empower themselves while learning the skills necessary for backpacking. A relay on the Pacific Crest Trail (PCT) is scheduled for this year with plans to expand the program to the A.T. and Continental Divide Trail (CDT). Sean Gobin, CEO and founder of the Warrior Hike program, is guiding Sadie as she grows SHEhike and connects to women’s shelters along the trails to help with support and events similar to the VFW’s and American Legions along the A.T. in his “Walk Off the

War” program. Shorter excursions, day hikes, and workshops will evolve and expand into other outdoor activities.

The 2013 A.T. Warrior hikers have been home from Katahdin now for more than four months. Some have incorporated hiking into their lifestyle, like Sharon Smith, who hikes and backpacks a few times a month and has her sights set on the PCT next year, as does Rob Carmel. Tommy Gathman will be heading out to the CDT to thru-hike for Warrior Hike this year. Stephanie Cutts regularly attends her local gym and has continued to shed weight.

It’s interesting to note that one long distance hike on the A.T. may not be enough for our combat veterans. **Brendan Drapeau** is an Army Veteran with two tours to Iraq and one to Afghanistan. After he was discharged in 2007, he attended college and achieved a B.S. in Biology using the GI Bill. In 2011 he thru-hiked the A.T., and while on it, became aware of other long distance hiking trails. He enjoyed his A.T. experience so much he thru-hiked the PCT in 2012 and attended to complete a thru-hike on the CDT to earn the “Triple Crown” of hiking. Like many combat vets, Brendan has developed some PTSD. “War is a nasty thing,” he says “and I saw much death and destruction. But I felt peace while hiking ... more and more peace with each mile that I walked. I was able to meet complete strangers who wanted to know my stories and hear about my experiences. I have made amazing friendships that will last a lifetime. Most of all, I felt healthy and whole being in the wilderness.” Brenden believes healing is a slow process. “It takes time to walk off a war, but talking and sharing your story is one of the steps of the process. [Hiking] gave me faith in humanity the way complete strangers would help me.” He continues, “At one point in my A.T. hike, I remember stopping and looking out over the rolling valleys. I took a deep breath and felt chills through my body. It was a sunny day and not a soul was around. At that point I knew I was exactly where I was supposed to be, in the wilderness, on that journey.”

To find an A.T. hike that suits you visit: [appalachiantrail.org/findahike](http://appalachiantrail.org/findahike). For information about the Warrior Hike program visit: [warriorhike.com](http://warriorhike.com)

Connect with the A.T. and support the Appalachian Trail Conservancy by advertising in *A.T. Journeys*

For more information about advertising opportunities visit: [appalachiantrail.org/ATJadvertising](http://appalachiantrail.org/ATJadvertising)

*A.T. Journeys* is the official magazine of the A.T. and the membership magazine of the Appalachian Trail Conservancy — a national not-for-profit corporation with more than 43,000 members from all 50 U.S. states and more than 15 other countries. Our readers are adventurous, eco-friendly outdoor enthusiasts who understand the value in the protection and maintenance of the Trail and its surrounding communities.

*Advertising revenues directly support the publication and production of the magazine and help meet the ATC’s objectives.*

2013 2,000-miler Ryana “Acorn” Adra – A.T., Maine

**Don’t miss the fun!** Highlights include a hiker parade, educational programs, guest speakers, free gear repair, music, food, and more. Stop by the Appalachian Trail Conservancy booth in the town park to enter to win prizes.

For more information visit: [www.traildays.us](http://www.traildays.us)



# I TRAILHEAD I

PASTORAL VIEW ALONG THE ROAD UP TO BLACKBURN TRAIL CENTER, VIRGINIA — BY LAURIE POTTEIGER

## Tick-borne Diseases

Ticks, which carry Lyme disease and other serious illnesses, are a risk on any hike. The northeastern United States, from Maryland to Massachusetts, has the highest concentration of reported cases of Lyme disease. Although Lyme disease is the most common, there are six tick borne illnesses present on the A.T. The characteristic “bull’s eye” rash sometimes occurs with Lyme disease, but not always. Symptoms that may indicate tick-borne illnesses and a need for medical attention include: fever, chills, headache, and muscle aches. Most humans are infected by nymphs, which are about the size of a poppy seed and difficult to see. Check yourself for ticks daily. When hiking in prime tick habitat, (grassy, brushy, or woodland areas) your chances of being bitten by a tick can be decreased by taking these precautions:

### Prevention:

- Use insect repellent that contains 20 to 30 percent DEET on exposed skin
- Treat clothing with permethrin (kills ticks on contact) / wear light-colored clothing
- Perform daily tick checks; removing an embedded tick within 24 hours reduces risk of illness

### Removing embedded ticks:

- Use tweezers to grasp tick as close to skin as possible — pull away in an upward motion
- Disinfect site with soap and water, rubbing alcohol, or hydrogen peroxide

For more information about tick borne illnesses and symptoms visit: [www.cdc.gov/ticks/diseases/](http://www.cdc.gov/ticks/diseases/)

## ATC Earns Four Star Rating from Charity Navigator

**SOUND FISCAL MANAGEMENT PRACTICES AND COMMITMENT TO** accountability and transparency have earned the Appalachian Trail Conservancy (ATC) a 4-star rating from Charity Navigator, America’s largest independent charity evaluator. This is the second consecutive year that the ATC has earned this top distinction. “The Appalachian Trail Conservancy is proud to have Charity Navigator confirm we are using our funding wisely to preserve and manage the Appalachian Trail for the enjoyment of future generations,” said Ron Tipton, executive director and CEO of the ATC. “This rating demonstrates to our supporters that we take our fiduciary and governance responsibilities very seriously.”

Since 2002, using data-driven analysis, Charity Navigator has awarded only the most fiscally responsible organizations a 4-star rating, and of those organizations, only 18 percent receive at least two consecutive 4-star evaluations. In 2011, Charity Navigator added a second dimension of Accountability and Transparency (A&T) to its rating methodology, and now reviews 17 governance and ethical practices as well as measures of openness, providing information on its website for each of the charities it evaluates. The A&T metrics, which account for 50 percent of a charity’s overall rating, reveal which charities have “best practices” that minimize the chance of unethical activities and whether they freely share basic information about their organization with their donors and other stakeholders.

“The Appalachian Trail Conservancy’s coveted four-star rating puts it in a very select group of high-performing charities,” said Ken Berger, president and CEO of Charity Navigator. “Out of the thousands of nonprofits Charity Navigator evaluates, only one out of four earns four stars — a rating that, now, with our new Accountability and Transparency metrics, demands even greater rigor, responsibility, and commitment to openness. Appalachian Trail Conservancy supporters should feel much more confident that their hard-earned dollars are being used efficiently and responsibly when it acquires such a high rating.”

The ATC rating and other information about charitable giving are available at: [www.charitynavigator.org](http://www.charitynavigator.org).

More detailed information about the ATC’s rating is available to Charity Navigator site visitors who become registered users, which is a free service.

## Prevent Norovirus Infection

An outbreak of norovirus (a contagious stomach bug) occurred along the A.T. in Tennessee/North Carolina last spring. Help prevent one in 2014. Proper hygiene — especially hand washing with soap and water — is key to preventing the spread of the disease. (Hand sanitizers may not be effective against norovirus.) Most water filters do not filter viruses. Noroviruses can cause people to have gastroenteritis, an inflammation of the stomach and the intestines. This illness often begins suddenly and lasts about one to two days. Common symptoms include: vomiting, diarrhea, and some stomach cramping. Less common symptoms include: low-grade fever, chills, headache, muscle aches, nausea, and tiredness.

### How noroviruses are spread

- Found in the stool or vomit of infected people and on infected surfaces that have been touched by ill people. Outbreaks are more likely in areas with multiple people in small spaces like shelters and hostels.
- By eating food or drinking liquids that are contaminated with norovirus (untreated

water sources can be contaminated).

- By touching contaminated surfaces and then touching your mouth, nose, or eyes. Norovirus can stay on surfaces and objects and still infect people after days or weeks.
- By not washing hands after using the bathroom and before eating or preparing food.

## LEADERS in Conservation Awards Gala 2014

**THE APPALACHIAN TRAIL CONSERVANCY (ATC) HAS BEEN GEARING UP** for this year’s fifth annual Washington, D.C. Leaders in Conservation Awards Gala to be held on May 20. Each year we honor two members of Congress and present the Vanguard Award based on conservation efforts all along the Appalachian Trail, the A.T. corridor, and beyond.

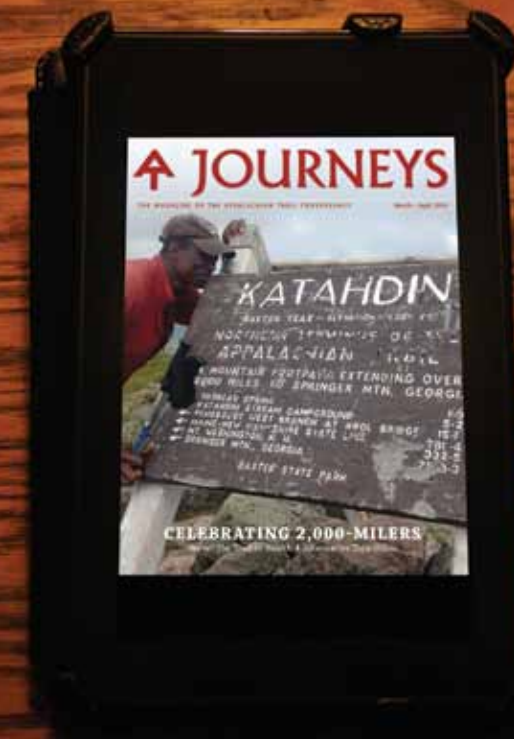
As we announced in January, we are proud to be presenting this year’s Vanguard Award to Secretary of the Interior Sally Jewell. The Secretary has worked tirelessly on preserving open spaces and creating the next generation of conservationists and outdoors enthusiasts, both in her former role as CEO at REI and now as a member of the President’s Cabinet.

Senator Richard Burr of North Carolina will be one of two Congressional Award recipients for his ongoing support of the protection of the world famous Appalachian National Scenic Trail in North Carolina and the other 13 states it traverses. Senator Burr is joined by fellow North Carolinian, longtime ATC member, hiker, and native to the officially designated Appalachian Trail Community of Unicoi County/Erwin, Tennessee, Congressman David Price. Congressman Price and Senator Burr were selected for their leadership in securing funding from the Land and Water Conservation Fund (LWCF) for Rocky Fork and other significant tracts of land that help protect the A.T. and for their support of conservation issues across our great country. Congressman Price will be the first member of the House of Representatives to be honored with the ATC’s Congressional Leadership Award in its five-year history.

This year’s Gala Honorary Congressional Hosts are Congressman Jim Moran and Congressman Tom Price. The Honorable Donald S. Beyer Jr. has agreed to serve as co-chair of the Honorary Host Committee for the Gala. Beyer, a Virginia business and community leader, is an avid A.T. hiker and advocate for the protection and preservation of the Trail. “I am delighted to be able to help celebrate the rich role the Appalachian Trail plays in American life,” Beyer says. “Section-hiking the Appalachian Trail has been an epic adventure of my own.” In addition to Beyer, the Honorable John Warner, Mrs. Jeanne Warner, the Honorable Tom Davis, and the ATC’s board member Terry Lierman will also serve as co-chairs of the Honorary Host Committee. Brent Thompson, of Expedia Inc., is also a member of the committee. Our Annual Gala serves as an opportunity not only to say thank you to these distinguished honorees but also an opportunity to showcase the work of the ATC and raise much needed support. All proceeds will benefit the ATC.

For more information or to learn about sponsorship opportunities, call Amy McCormick at (304) 535-2200 ext. 123 or email: [amccormick@appalachiantrail.org](mailto:amccormick@appalachiantrail.org).

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2013

2,000-MILERS

IN THE PAST YEAR A RECORD 948 2,000-MILER APPLICATIONS WERE RECEIVED. OF THIS OFFICIAL LISTING, 811 ARE FROM 2013; THE REST ARE FROM PREVIOUS YEARS GOING BACK TO 1976!



Diana "Beast Cub" Elozory – by Ruth "Badonkadonk" Elozory



Brandon "Betterman" and Kristen "Smothers" Bundy, Waynesboro, Pennsylvania – by Elizabeth "EtchaSketch" Hutson



The "Over the Hill Gang": Frank Winn, Dennis Burkhalter, Mike Voynich, and Andy McClung – by Jim "Steps" Hoover

## 2013

Adams Mayce | *Honeysuckle*  
 ■ Adams Stephanie | *Honeybun*  
 ■ Adams Van C | *Passin' Through*  
 Adamson Zachary | *Shady*  
 ■ Adra Rayana | *Acorn*  
 Aguilar Preston | *Shadow Wolf*  
 ■ Alden John | *Long Trail*  
 ■ Allen William A. | *Chopper*  
 Alling Danielle | *Hoops*  
 ■ Amante Nicholas | *Apollo*  
 Andersen Jeff | *Gator*  
 Anderson David | *Giants Bane*  
 ■ Anderson Gerald L. | *Rosy Eagle*  
 Anderson Tim | *Lucky Strike*  
 Andrews Raymond | *Google*  
 ■ Ankabrandt Ryan | *RJ*  
 Ansell Kelly Rae | *Indigo*  
 Antal Mark | *Homeward Bound*  
 ■ Antoniono James R. | *Papa Jim*  
 Armstrong John | *The Garbage Man*  
 ■ Ashby Todd E  
 ■ Aspinall Simon | *Stink Bug*  
 Astling Ken | *Wolfman*  
 Athearn Mitch | *Bluegrass*  
 ■ Austin Chris | *Sky Pilot*  
 Badley Luke | *Wild Blue*  
 Baggett Judd | *Slips*  
 Baierlipp Hans | *Jitu*  
 Bailey Rick | *Rambo*  
 Baker David | *DOCintox*  
 Balint Robert | *The Friar*  
 Ballard Jacob D. | *Green Blaze*  
 ■ Banks Tom | *Cloudwalker*  
 ■ Bannierink Ludger | *Monster Cheese*  
 ■ Barkan Phoebe | *Whistle-Ralph*  
 Barnard Kerry L. | *S'Rocket*  
 Barnell Hunter | *Heart Rock*  
 ■ Bartholomew Deb | *Copperhead*  
 ■ Bateman David  
 Batterson Daniel | *D. B. Cooper*  
 Baumgaertel Veronika E. | *Pacemaker*  
 Baumgardner Alexander | *Mailman*  
 ■ Bear Sam | *Jayhawk*

Beaudet John | *Bodacious*  
 Beblowski Matthew R. | *Little Brother*  
 ■ Beblowski Michael J. | *Big Brother*  
 Becharas Nicholas | *Cool Blue*  
 ■ Beckham Greg | *Mr. Burns*  
 Bedwell Madeline | *Slyfox*  
 Beeler Andrew | *Twigs*  
 ■ Begansky Michael J. | *EagleRunner*  
 Bell Harrison | *Beacon*  
 Belshee Rob | *Steady*  
 Benham Matthew Sackett | *Fly Fisherman*  
 Berczel Jamie | *Dog Whisperer*  
 Berg Lauren | *Bergie*  
 Beringer Robert McGinnis | *Sailor*  
 Biever Jacob | *HappyBiever*  
 ■ Bigos Joseph | *Great Legs*  
 Bihl Cassandra | *Wide Load*  
 Bihl Chris | *Moose*  
 Bisher Miles | *Miles to Go*  
 ■ Bissonnette Chuck | *Woodchuck*  
 ■ Black James Greer | *Hog Greer*  
 ■ Blaher J. Andrew | *Dragonstick*  
 Blanchard Michael | *Dirty Mike*  
 Blanco Panchito  
 ■ Blanton Mary | *Tenderfoot*  
 ■ Bledsoe Jim | *Blitzo*  
 Bliss Terry | *Blue Moon*  
 Blosser Tosh | *Norseman*  
 Blouin Julie | *Sherpa*  
 Boardman Alex | *Two Ducks/Blimey*  
 Bon Anthony J. | *Mooch*  
 Borden Jon | *Snakebite*  
 ■ Borsky Alexander | *Squints*  
 Bostian Adam | *Zeus*  
 Bott Jack | *JackPot*  
 ■ Bottom Robert | *Black Hawk*  
 ■ Bowen II Paul | *Leg-It*  
 Bower Nick | *Schnitzle*  
 ■ Bowley Raymond J. | *Steamer*  
 ■ Boyd Richard | *Chuck Wagon*  
 Brackins Jacob | *Doc*  
 Breiten Kaityln | *Breitside*  
 ■ Brott David | *Early Fire*  
 ■ Brott Dorothy | *Pokey Dot*

Brown Hannah | *Predator*  
 ■ Brown Kate | *Saturday*  
 ■ Brown Michael Steven | *Wussman*  
 ■ Brown Steven C. | *Cash - The Man in Black*  
 ■ Brown Steven M. | *Java Man*  
 Brown Tyler | *Red Velvet*  
 Brownell Kyle | *Cascade*  
 ■ Brunault Cheri A. | *River Song*  
 ■ Bryant Lauren M. | *Cutie*  
 Bryant Sam | *Fiddlehead*  
 Buchanan Cody | *Code Walker*  
 Buckley Jillian | *Beer Goddess*  
 ■ Buettner Lyle N. | *No lines/Lit'le Bit*  
 Bunce Kara | *2-Speed*  
 Bundy Brandon | *Betterman*  
 Bundy Kristen | *Smothers*  
 ■ Burke Justin | *Teepee Tommy*  
 Burkett Richard | *Peaches*  
 ■ Burkhalter Dennis | *Over the Hill Gang*  
 Burley Nick | *The Phantom*  
 Raspberry Blower  
 Butcher William | *Buck*  
 Butler Amanda | *Button*  
 Butts Robert | *Mutts Butts*  
 Cage Christopher | *Smooth*  
 Caldwell David Lee | *Gravy*  
 Callinan John | *Raider Dawg*  
 ■ Cameron Margaret | *Moxie*  
 Campbell Caitlin | *Killer*

Caporale Clemencia C. | *Sky*  
 ■ Carmel Robert | *Rob*  
 Caron Eric | *Monkey*  
 ■ Carr Michael | *Yellowshirt*  
 Carr Orrin | *OZ*  
 ■ Cenci Rudolph | *Old Goat*  
 Cenci Susan W | *Check 6*  
 Cerday Hilda | *Red Tornado*  
 Chabot Matthew | *Ground Pounder*  
 ■ Chamberlain Tait | *Wolf Spider*  
 Chaplin Sam | *Skywalker*  
 Charbonneau Jordan Anne | *Weasel*  
 Charuhas Panos | *LongGone*  
 Chatfield Abigail | *SAGE*  
 Chidester Brian | *Fast Times*  
 Childers Brice | *Not A Bear*  
 Chiodo Mark | *Mudflap*  
 Clapper Craig | *Hoosier*  
 Clemens Phillip | *Groundhog*  
 Cochrane Patrick | *Napster*  
 ■ Cocker Brian | *Shadow*  
 Coffey Patrick | *Paddy Cakes*  
 ■ Cole Sheila | *earlyriser*  
 Collasius Kelsey Bergliot | *Oreo*  
 ■ Collier Jack | *Globe*  
 Collins Kristie | *Wander Woman*  
 Colton Brianne | *Freefall*  
 ■ Combs Brenda | *Trip*  
 ■ Combs Dale K. | *JD*  
 ■ Comerford J. Colin | *Colin*  
 Conrad Brian | *Seabiscuit*

This listing includes those who have reported hike completions of the entire Appalachian Trail to the Appalachian Trail Conservancy since the last listing in *A.T. Journeys* a year ago. There is no time limit on reporting a hike completion. The ATC extends a heartfelt thank you to the many dedicated volunteers who did the bulk of the work of processing the 2,000-mile applications, sending out certificates, and compiling this listing. More statistics on 2,000-milers can be found on the ATC's website at: [appalachiantrail.org/2000milers](http://appalachiantrail.org/2000milers).

■ **LIFE MEMBERS** / ■ **CURRENT MEMBERS** / We would like to express our appreciation for those 2,000-milers who have chosen to support the Appalachian Trail as Appalachian Trail Conservancy members.

Amy “Ninja” Leung, “Bluetick,” “Ado,” and Chris “Smooth” Cage, Harpers Ferry, West Virginia



“Foxye,” Collin “Clamy” Phillips, Mick “Brightside” Harrington, Brice “Not A Bear” Childers, “Rash,” Audrey “Lost N Found” Stoltzfus, Andrew “SnowFrog” Myers, and Larry “Bean” Pisani



Matt “Mouse” Koch, Ben “Nimbles” Bumsted, Tim “Saint Croix” Tabat, and Beth “Nutella” Spangler, Humpback Rocks, Virginia – by Nancy “Fancy Feet” McAllister



Cheryl “Clinker” McCormick and Maureen “GMA” Ellerton, Hundred Mile Wilderness, Maine – by Dan McCormick



Julie “Sherpa” Blouin, Springer Mountain, Georgia – by Mike Blouin

Cindi “Salsa” Mayo and Alexandra “Twix” Mayo Otis, Halfway Mile Marker, Pennsylvania – by Mitch “Bluegrass” Athearn



Cook Dianne | *Gummi Bear*  
■ Cooke Terry L. | *T*  
■ Corrigan Thomas J. | *Airborne*  
Costello Thomas L. | *Jackalope*  
Crago Greg | *Cleveland*  
Craig Jr. Robert T. | *Miller*  
■ Craigs Michael | *Salad Days*  
Crawford Bennett | *Crawfish*  
■ Crawford Hugh | *Tinman*  
Criddle Kent | *Breeze*  
Crispen Robert Shaw | *Bison*  
■ Crowder Deborah | *Landcruiser*  
Culton Jessica | *Stretch*  
■ Curiel Nora S. | *Unicoi Zoom*  
■ Curtin Bill | *Rock Lobster*  
Curtin Brendan | *K2*  
Cutter Timothy Hayes | *Señor*  
■ Cutts Stephanie | *Rosie*  
Dallas Joel | *Mr. Dallas*  
■ Daly Linda | *Karma*  
■ Davis Cater | *Rainbow Bright*  
Davis Ryan | *A-O*  
■ Davis Thomas H. | *Snacks*  
■ Day Christopher | *Critter*  
■ Day Robert | *Chin Strap*  
■ Dean Julian | *Firehands*  
■ Deebel Mark | *Clark Kent*  
DeHart Nathan M. | *Mudslide*  
■ DeLong Ray | *T*  
Demas Logan |  
Dembeck Alfred G. | *The Governor*  
Dembowski Stevie | *Prometheus*  
Denman Lyle | *Ambassador*  
DiCarlo Michael Wesley | *Patches*  
Dickson Jennifer C. | *Scout*  
■ Dickson Jessica P. | *Atlas*  
■ Dickson Scott L. | *Glover*  
Didorek Karen | *Dances with Slugs*  
Dietrick Blair | *Cat Lady*  
Dinsmore Jared | *Gravy*  
Ditmore Eli | *Canon*  
Dixon Shane W |  
Dohn Liv | *bluebird*  
Dostal Andrew | *Doodles*  
Douglas Jarred | *Muffins*  
Douma Douglas | *Banzai*  
Dow James | *Jim From Maine*  
Dragna Madison | *River*  
■ Duda Christopher | *Mr. Grinch*  
Dumas Bethany | *LadyMac*  
Dupuis Jonathan | *Fuel*  
Dyer Ricky | *Knight Rider*  
Eakins Brian | *Storytime*  
■ Eaton Kirk | *OB = Old & Busted*  
■ Eckenrode Jenny | *Breezy*  
Edwards Billy | *Nu-DeKnee*  
■ Edwards Sara | *Harpo*  
■ Eichelberger John | *Molar Man*  
■ Eisenhooth Alice | *Gran*  
■ Elliot Christian B. | *Bandana*  
Elliott Justin | *Carpenter*  
Elliott Michael | *Lucky*  
■ Ellis Daniel Dinsmore | *Biscuits & Gravy*  
■ Elozory Bonnie | *CoMOMdo of the Florida Flip Floppers*  
Elozory Diana | *Beast Cub*  
■ Elozory Ruth | *Badonkadonk*  
Eng Arthur | *glacier freeze*

Eshelman Anna | *Sprout*  
■ Evans Betty Sueko | *Hot Flash*  
Evans Greg | *Footloose*  
Evenson Laura | *Candyface*  
Ewing Tyler Geoffrey | *Garfunkel*  
■ Falcone Larry | *Birdman*  
Falkenburg Lindsey | *Pony Bear*  
Farrar Ann | *Data Queen*  
Farrell Benton | *Jukebox*  
Ferguson Sam | *Fiber 1*  
Ferry Jacob Michael | *Angus*  
Fersch Andrew Lapham | *Whiskers*  
■ Filliter Ken | *Newton*  
Fink Lloyd | *Uke*  
■ Finkbiner David | *Crank*  
■ Finn Jr George R | *Hawkeye*  
Fischer Kristina | *Giggles*  
Fisher Nathan | *Carbon*  
Fitch Matthew | *NORY*  
■ Fitzgibbons James | *Jim*  
■ Fitzwater Jennifer | *Dorothy-Anne Peach Pipes*  
Flaherty Jr. Michael J. |  
Fletcher Erica | *Yoooper*  
Fletcher George | *Bigred*  
■ Flodin Harrison | *Afternoon Delight*  
Foley James | *Uncorked*  
■ Folks Nathan | *Chaos*  
■ Fondoules Garrett | *Shepherd*  
Fontaine Thomas | *Crazy Horse*  
Forbes S Parker | *Klutz*  
■ Ford Karl | *Speed*  
Fortenberry Andrew | *Alpacka*  
Fowler Lauren | *Chickadee*  
Fox Kevin S. | *Cow's Head*  
Francis Micah | *Live Simply*  
Frassica Frank | *Smash*  
Free Sarah | *Tumbleweed*  
Friend Lily | *Green Bean*  
■ Gallagher Douglas | *Barter*  
Galloway Chris | *Frost*  
Galloway Gary | *Always Late*  
Garmon Josh | *Jericho*  
■ Garred Shawn | *The Photo Bomber*  
Garren William R. | *Baltimore*  
Gaudet Arthur D. | *RockDancer*  
■ Gaylord Jonathan | *Gospel*  
■ Gentry John | *Davy Crockett*  
Georgia Katherine | *Peaches/SassyPants*  
Gerharter Matt | *Goose*  
Gero Justin | *Goat*  
Gibson Molly | *Molly*  
Gilliland III Richard H. | *Moby's Dick*  
Gleneck Zac | *Jethro*  
Gloor James | *Jim*  
Glover Ry | *Fart Master*  
Golub Amitai | *Magic Scout*  
Gordon Lindsey C. | *Flash Gordon*  
■ Gorup Jayne Y. | *Stiff Sox*  
Grabowski Aaron | *Gilamesh*  
Granger Daniel | *OA*  
■ Graydon Donald Mark | *Gray Wolf*  
Graydon Jackson | *Redtail*  
Grazier Harry | *Butch*  
■ Green Dan | *Stripe*  
Green Ric | *Blacksquatch*  
Gregory Anthony Vincent | *Cheers!*  
■ Gregory-Duty Elaine | *Vagabond*  
Griffin III Joseph Mackereth | *Mack*

Growe Jill C. | *Gator*  
Grummon Tom | *Long Spoon*  
■ Gundal Linda | *Momo*  
Gustin Brittney | *F.I.G.*  
Haas Mackinley | *Fresh Prince*  
■ Hamakawa Eric | *Danno*  
Handelman Daniel | *Coolie McJetPack*  
■ Hannula Lloyd K | *Rip Van Winkle*  
■ Hansen Kristina | *Dragonfly*  
Hardick Jason Woodman | *Can't wait*  
Harlow Robin | *Violet Beauregarde*  
Harrington Mick | *Brightside*  
Harris Austin | *Tea Time*  
■ Harris Michael J. | *Chino*  
Harris Staci | *Hotshot*  
Harrison Trevor | *Road Runner*  
Hart Elliott | *Willow*  
Harvey Jonathon | *Mellow Jonny*  
Harvie Heather | *Wooden Spoon*  
■ Hatcher Rick L. | *Bearfoot*  
Hausy Mario | *Silent*  
Heath Jeremy | *Chuppacabra*  
Heathcott Cole | *Poptart/Balto*  
Hebert Jerry | *Sttetty Yetti*  
Hedin Ben | *Ice Pack*  
Hemmer Alex | *Bomber*  
Hennessee Zachary | *Mountain Goat*  
Henretta Jeremy | *Crazy Legs*  
Henshaw Connie | *Crazy Frogg*  
■ Hepler Bruce | *Boo Boo*  
Hessenius Brett | *M80*  
Hessenius Pattie | *Trooper*  
■ Hill Harvey | *Romulus*  
Hilliard Lexie | *Firefeet*  
■ Hipp Hayne | *Reboot*  
Hirayama Muraji | *Gump*  
Hobbs Hannah | *Garden Girl*  
■ Hodges Arthur | *Gaffer*  
Hoepker Jason | *Rabbit*  
■ Hoffman Samuel A. | *Blaze of Glory*  
Holbrook Angie | *LOL*  
■ Holland Dola | *Polechar*  
Holst Alex | *Clover*  
Hopkins Jared | *Bubble Boy*  
Horrocks E. J. | *Passover*  
Horseman Dan | *Pigpen*  
Horstman Christopher | *Indy*  
■ Horton Ken | *9/10ths*  
Horton Kevin M. | *Dude*  
■ Horton Ruth | *Hawkeye*  
Howell Rebecca | *Stub*  
■ Hubbard Aaron | *Chuckles*  
Hubbard Ryan | *Blue*  
■ Huber Nancy | *Why Not?!*  
Humenansky James | *HUMEN*  
■ Humeston David | *Danger Dave*  
■ Hus Amanda | *Rainbow*  
Huss Keith | *Doc*  
■ Hutchins Scott Thomas | *Mac and Cheese*  
Hutson Elizabeth | *EtchaSketch*  
Hyne Steven | *Mellow Steve*  
Infeld Friedrich | *Good Dog*  
Irwin Chris | *Sherwin*  
Jack Joshua | *Duffle Miner*  
Jackson Steve | *Oak*  
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■ Jones Kathleen L. | *The Vacationers*  
Jones Matthew D. | *Duff*  
Jones Miranda | *Fat Tootles*  
Joseph Ross Alexander | *Car Jacker*  
Jozsa Kyle | *Lil Buddy*  
■ Jurasius Michael J. | *Rock Steady*  
Kabel Jeffrey | *Spider Web*  
Kahle Sarah | *Poppins*  
Kamiya Travis | *Papaya or F-Bomb*  
Karp Ann | *Diddo*  
■ Katz Bruce | *Dad*  
Katz Steve A. |  
Kayes Greg | *Still Here*  
Keen Apache | *Apache*  
Keen Gary | *Freak*  
Kelley Patrick | *Barking Spider*  
Kelley Patrick | *Goat*  
Kelley Jr Thomas G | *Tommyhawk*  
Kempf Frank |  
■ Kennedy Kimberly | *Neema*  
Kent Samuel J. R. | *Yeah-Yeah*  
Kerback Robbie | *Sundance*  
Key Greg | *The Traveler*  
Kimmel Aaron | *White Flash*  
■ King Dwight E. | *All Night Log*  
■ King James J. | *Go Blue*  
Kinney Lucas | *Catch 22*  
Kirk Casey | *Arrow*  
Klebes Danielle | *Gypsy*  
Knos Tore | *Professor*  
Knudson Kyle | *Indy*  
Koch Matthew | *Mouse*  
Koehler David | *Starchild*  
■ Kolb Kaelin | *Shutterbug*  
Koll Eva | *Bunny*  
Kreuzberg Matthias | *Restless Cowboy*  
Kubinyak Marissa | *Risscuit*  
■ Labbe Douglas | *Rylu*  
Lackey Matthew | *Embassador*  
■ Laganos Chris | *Dip 'n Sip*  
Laliberte Benin | *Pumba*  
Lambert Jacqueline | *Chaser*  
Lambert Kevin | *BUB*  
LaMont Evan | *Warbler*  
■ Laney Heather P. | *Whirled Peas*  
Lanham Scott Dwight | *Zambian Squirrel*  
LaRosa Stephanie | *Lotus*  
Latham Kyle | *Earl Grey*  
Leader John M. | *Freaky John*  
Lee Nicholas | *Quahog*  
Leitner Max | *Vaz*  
■ Lenc Donald | *All The Way*  
Lenderking-Brill Nick | *Bootsy*  
Leung Amy | *Ninja*  
Lewis Catherine | *Hugs*  
Leydon Krispin | *Krispin*  
Liedle Ted | *Tedlie*  
■ Lightcap George | *Beatnik*  
Lincourt Andrew J. | *The Roost*  
Lipinski Kylie | *Face-Plant*  
Little Kyle | *Manchild*  
Livingston Brian | *Mister Frodo*

Long Corey | *Hobo Toes*  
■ Lorenz Chad  
Lorenz Darryl | *Motrin*  
Luskota Peter | *Minnesota Pete*  
■ Lowe David J. | *El Flaco*  
Lynn III Bruce | *L.T. Cookoo Bird*  
■ Macdonald Nancy | *Trudger*  
Mace Martin | *Raven*  
Machiela Benjamin | *Wrangler*  
Macklin Katherine | *Smiles*  
Maehler Jens | *nbc - no big climbs*  
■ Maes Sarah | *Nectar*  
Maher Collin | *Ash*  
Maidment Zach | *Who's Askin?*  
Maisano Victor | *Pundit*  
Manfred Alexander | *Ember*  
■ Marchiori Mark | *Punkin Pie*  
Marks Christian | *Ice-Tea*  
Martin Barbara | *B-Rocket*  
■ Martin Chase | *Sharpshin*  
Martin Donald | *Dundee*  
Martin Matthew | *Grey Cloud*  
■ Martin Tracy James | *Corona Sam*  
Maruska Michelle | *Handstand*  
Marx Silvio | *The Voice*  
Mast Joanna | *Fire Hazard*  
■ Masters Don | *Just Don*  
Maxey Bob | *Surefoot*  
Maynard Justin | *Heavyweight*  
Mayo Cindi L. | *Salsa*  
■ McAllister Nancy | *Fancy Feet*  
McCann Kimberley | *Midway*  
McCann Kit | *Clever Girl*  
McCarthy John | *Misery*  
■ McClellan Nancy | *Yellow Jacket*  
McClung Andy | *Over the Hill Gang*  
■ McCollough III Wilmot S. | *MOT*  
■ McCord Emmett | *Leapfrog*  
■ McCormick Cheryl Linker | *Clinker*  
McCormick Crystal | *Chiquita*  
McCooy Matt | *Funyuns*  
■ McCree Brenna | *Apple Butter*  
McDade Christopher | *Tyrone*  
McDonald Ben | *Blondie*  
McElhannon Tim | *Walker*  
McElwee Robert | *Johnny Walker*  
■ McGreevy Walter H. | *Chief*  
McIlvenna Patrick | *Kramers*  
McIntosh Robert | *Steady-State*  
McKay Anthony Thomas | *Hacksaw*  
McKay Sarah | *Scooter*  
McKenzie Alexis | *So Way*  
■ McKenzie Joel | *Thistle*  
McKinney Abraham | *Abraham*  
■ McLane Kristin | *Siren*  
McLaren Patrick Bruce | *Sleepwalker*  
McMichael Ian Harper | *Dayglo*  
■ McMurry Caleb | *Whiteout*  
McQuillen Andrew | *Mohawk*  
McRoberts Alexa | *Rise*  
McRoberts Kahla | *Shine*  
Meagher Jay | *Good Sam*  
■ Mendoza Allan | *Ketchup*  
Messer Brandon | *Messer*  
Messink Brett | *Smiley*  
■ Meyer Victoria | *Sunshine*  
Meyerhoffer Ryan K. | *Angry German (AG)*  
Miles Genevieve | *Sweetcheeks*  
Miller Elliot A. | *B-Line*  
Miller Erik | *Waffles*

■ Milligan Nicholas | *TOES*  
Mills Alexander B. | *Wild Reeves*  
Milner David A. | *ChinMusic*  
Mitchell David | *Keystone*  
Montsinger Liana | *Goldilocks*  
Moore Matthew | *Munchies*  
■ Moore Nancy E. | *Granny Gear*  
Moran Luke | *Greenlite*  
Mordensky II Stanley P. | *Dino DNA*  
Morgan Edward | *Ned*  
■ Morgan James P. | *Morgancreek*  
Mori Anneliese | *Butterfly*  
■ Morse Frederick R. | *Trainwreck*  
■ Moser Stephen | *Tin Cup*  
Mounie Matt | *Dozer*  
Mowchan Sara | *Saga*  
Moyer Joey | *Lighthouse*  
Mull Cory | *Wyoming*  
Murphy Kevin | *Flip*  
Murphy Michael | *The Principal*  
■ Muth Donald H. | *Pacemaker*  
■ Myers Andrew | *SnowFrog*  
Nagel Dominik | *Rolling R*  
Neary Bethany | *Snuggles*  
Neary Matt | *Lazy Boy*  
Nemecek Ryan | *Foxtrot*  
Neumann Justin Edward | *Tempo*  
■ Neumann Keith | *Kokopelli*  
Newhall Nathaniel A. | *Clark Kent*  
Newman John | *Moose*  
■ Newman Matthew | *One Eye*  
Newman Melissa Rae | *Wild-Rain*  
Nicolette JoDean | *Violet*  
Niven Joshua | *Still Don?*  
Nodding Jenna | *Fatty*  
Norman Matthew | *ODIE*  
North Steffan | *Mountain Goat*  
Norvell Eric | *Little Foot*  
Oakley Caroline M. | *Sweet Pea*  
Oakley Gregory J. | *Oaks*  
O'Connor Mike | *Skyline*  
Ogden Casey | *Earlybird*  
Ogden Megan | *Poptart*  
Oldham Mary | *Twix*  
■ Oldham Robin | *Paraguay*  
Oliver Diane Hawley | *High Tide*  
■ Oliver Sr James M | *Blockade Runner*  
O'Rourke Daniel | *Old Boy*  
Orr Brian | *Blitz*  
Otis Alexandra Mayo | *Twix*  
Owen Patrick Casey | *Aqua-Man*  
Owens Sheila | *Cheetah*  
Ownby Brock | *Badger*  
Pérez Sonia Ibáñez | *Chulapa*  
■ Pardee Abraham | *Memphis*  
Parker Andrew | *Mash*  
Parker James Sean | *Limey*  
Parker Jeremy | *Guru*  
Parker Kaley | *Goose*  
Parker Megan | *Dangerpants*  
Parsons Nicholas | *Maineiac*  
Parten Richard Mark | *Spanky*  
Patterson Jill | *Aviator*  
■ Patterson John | *Marathon John*  
Patterson Sarah | *Pearl*  
■ Pauley Philip | *Raider*  
■ Peabody Dennis | *mudmixer/*  
*P-Team*  
■ Pearce Eron S. | *Fozzy Bear*  
■ Peletz Cheryl A. | *Vegas*

Pennington Ashley | *Lady*  
Perez Ramon | *Turbo*  
Perloff Daniel | *Taxi*  
■ Perry Michael | *Fool*  
Perry Nathaniel P. | *ZIP*  
Peterson Joseph Matthew | *Kit Kat*  
Philipp Chris | *FLIP*  
Phillips Collin N. | *Clammy*  
Pickenpaugh Merrycline | *Puddin'*  
Pierce Kim  
Pinkham Sunny | *FireBird*  
■ Pisani Larry | *Bean*  
Plummer Carol E. | *Hush*  
■ Plummer Louis K. | *Lefty*  
Pohlen Ronald | *Spoon*  
Poirier Greg | *Sherpa*  
■ Polemis Katie | *Lobo*  
Polychronis Joseph | *Boomerang*  
■ Poole Jordan | *Rocky*  
Possin Charles | *Hedgehog*  
Potvin Eliot | *Rambler*  
■ Powell Don | *Lobsterman*  
Prendeville Paul | *Future*  
Prescott William | *Home Brew*  
■ Presler Christy | *Hiccup*  
Presler Jonathan | *Forge*  
■ Puslowski Marc | *Caterpillar*  
Pyke Trevor | *Crunchmaster*  
Pyle Christopher J. | *Meadow Flapjack*  
Rae Pat | *Pat-agonia*  
Raffenaud James | *Punk*  
Rainville David M. | *4-Mar*  
■ Randrup Claudia | *Stretch*  
Red Kelly | *SHELOB*  
Reed Caroline | *Littlefoot*  
Reed Jarryd | *Witchdoctor*  
Reggi Jared | *Slick*  
Reilly James | *Zippy*  
Reist John | *UNO*  
Remter Gregory | *Jolly Green Giant*  
Renken Erich | *Reboot*  
Rexroad Benjamin | *Sassy Bear*  
Rey NKO | *Groucho*  
Reyman Leslie | *Prairie Dog*  
■ Reynolds Bill | *Heart Walker*  
Ribey Neil | *Sundance*  
Rice Andrew | *Ayce*  
Rich Benjamin | *Nickelodeon*  
■ Rich Holly | *Ridge Runner*  
■ Richard Gary Urquhart | *Guiseppe*  
Richards Vanessa | *Finder*  
Richardson R. Brian | *Gumby*  
■ Richmond Gary L. | *Gator*  
■ Rigdon Tony | *Two Dogs*  
Roberge Emily | *Olive Oyl*  
Robertson Nicolas | *Rabbit*  
Robinson James | *Barbarosa*  
Robles Diane G. | *Icee*  
Rochow David | *Dave the Pirate*  
Roese Mariko | *Strawberry Donut*  
Roese Stefan | *Whistler*  
■ Rosales Rubin Alberto |  
*CHAPINLARA*  
Ross Marcus S. | *Bones*  
Rossettie Leah | *Cricket*  
Rossettie Tricia | *Pancakes*  
Rossi Brendan | *Delta*  
Royalty Ryan | *The King*  
Rubenstein Phyllis | *Groovy*  
*Ruby (VT'er)*

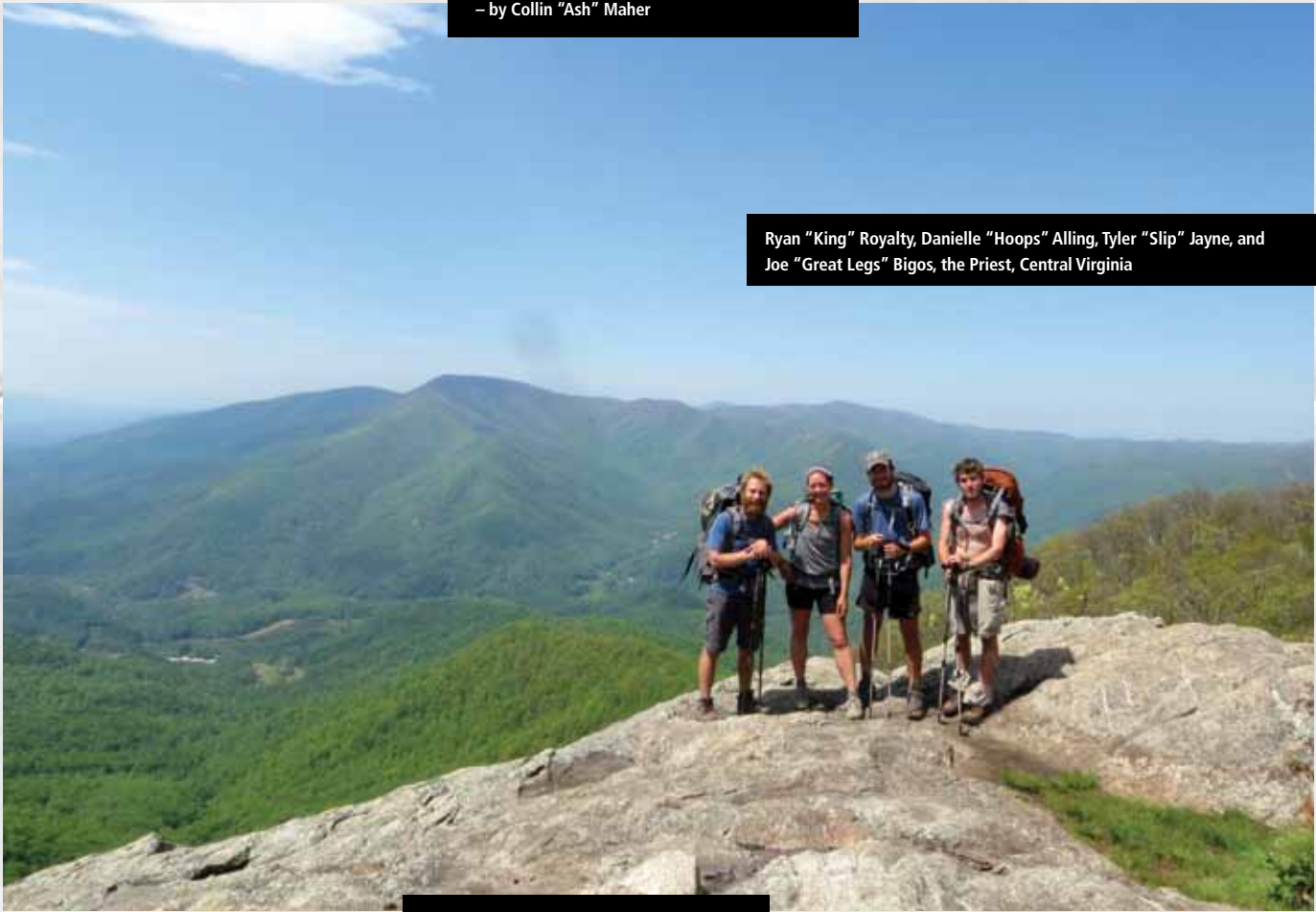
Sadler Andy | *Chipper*  
Sadlowski Adam | *Counselor*  
Saidi Assam | *ProTip*  
■ Sain James | *InSain*  
Salazar Deanna | *Hypsy-Gypsy*  
■ Sam William | *Saber*  
■ Sambenedetto Dan | *T-Bone*  
Sammataro Tiffany | *Peace*  
■ Sangrey Logan A. | *Braveheart*  
■ Santoski Mark | *Little Spoon*  
Sarnoski James | *Machine Gun Jim*  
Saunders Katherine | *Little SAS*  
■ Savery Joseph G. | *Mountain City*  
Savoy Murray | *Push-Up*  
Schaefer Aaron | *Seahawk*  
Schaffmeyer Britta | *Potato Shake*  
Schmitt William Borg | *Jungle Jym*  
Schoene Thomas | *Tank Engine*  
Schroeder Aaron | *Rooster*  
Schultz Nathan | *Bright Side*  
Scroggins Jacki | *Little Engine*  
■ Scroggins Jeremy | *Timber*  
Sebarajah Amiththan | *Swami*  
*BitterGoat*  
Selbo Keith | *Badger*  
Seribo Vernon | *Subaru*  
Serra Gary | *Ducky*  
Shafrath Ross | *Snickers*  
Shanley Ryan | *Beetle Juice*  
Shea Matthew | *Analog*  
Sherlock Mark | *Bike Hiker*  
Shirley Jefferson | *Numbers*  
Shmigel Tim | *Pyrogi*  
■ Shrum James W. | *HOB0*  
Silverstein Noah | *Waffles*  
Simon Joseph H. | *The Jesus*  
Simon Mardy | *Stream Walker*  
■ Simpson Jeffrey J. | *Steadfast*  
*(aka Little Steps)*  
■ Sirot Nicolas | *Bear Bell*  
Slappey Jeremy | *Slapp*  
■ Slocum Henry | *Righteous*  
Slovensky Donald R. | *Copper Top*  
■ Smelko Edward | *Mudbug*  
■ Smith Deirdre M. | *Beerdra*  
■ Smith Jeff | *Blazer*  
■ Smith Mark R. | *OUTBACK*  
■ Smith Matthew | *Sleeping Beauty*  
Smith Steven A. | *Skinny*  
Smokonich Rachael | *Lady*  
Smorado David | *Hump*  
Snapp Dylan | *Simba*  
Snider Robert N | *Fossil Phoenix*  
Snipes Brenton P | *Grim*  
Songer Jocelyn E. | *Patches*  
Sopko Nicole | *Argo*  
Soule Wyatt | *Side Show*  
Spangler Beth Ann | *Nutella*  
Spear Andrew | *Junco*  
■ Spencer Chris | *Slim Jim*  
■ Spiegel Robert | *Luscious (Lush)*  
■ Spillane Sean | *Patriot*  
■ Spoth James | *Sour-Kraut*  
■ Spoth Patricia | *Mary Poppins*  
■ Spraggins Eric | *ABE*  
Staie Brittany | *Smoky*  
■ Stanga Brittani | *SHUFFLE*  
Stangasser Louis | *Sonny*  
Steckler Mary Lou | *Evergreen*  
Stegeman Levi | *Hangman*

Nancy “Fancy Feet” McAllister – by Matt “Mouse” Koch



Katie “Lobo” Polemis, Baldpate Mountain, Maine  
– by Collin “Ash” Maher

Clemencia “Sky” Caporale – by Kate Ellison



Kristin “Siren” McLane, Bluemont, Virginia



Doug “Barter” Gallagher, Brian “Storytime” Eakins, and  
Genevieve “Sweetcheeks” Miles, Mount Madison, New  
Hampshire – by Andrea “Raven” Lehmann



Christopher “Moose” Bihl, Jarryd “Witchdoctor” Reed, Tom “Long  
Spoon” Grummon, Jack “Laser Death Kill” Crockett, and Kyle “Man  
Child” Little – by Cassandra “Wide Load” Bihl

Lou “Packman” and Joan “Detour” Terzo, Georgia



Eric “Wiz” Wilczynski, Jeff “Blood Orange” Nygren, Nancy “Fancy Feet” McAllister, and Jordan “Ishmael” Wood – by Matt “Mouse” Koch

Rayana “Acorn” Adra, ATC Headquarters



Andrew “Whiskers” Fersch – by Maddy “Rocket” Wendt



Mark “Outback” Smith and Vaughn “Half Life” Weiss, North Marshall Mountain, Virginia



The “Florida Flip-Flop” – by Daniel Elozory



Josh “Corndog” and Pamela “Cruise” Wolsey, Old Speck Mountain, Maine – by Brenna McCree

- Steiding Wayne | *SlingShot*
- Steinert Janet | *Slow n’ Steady*
- Steinert Patrick | *Snakefoot*
- Stephens Mike | *Don’s Brother*
- Stirling Nicholas | *Buffalo*
- Stoltzfus Audrey | *Lost N Found*
- Stoner Gregory | *Blues Man*
- Stout Jamie | *Lumber*
- Stratton Kasey | *Orange Peel*
- Stratton Rick | *Sparky*
- Strawn Andrew | *PaPa Bull*
- Stutesman Charlie | *Stilts*
- Sutphen Tyler | *PIVOT*
- Swain Chastan Taylor | *Kestrel*
- Sweet Amy | *Swell*
- Sweet Brian | *Movin On*
- Tabat Timothy | *Saint Croix*
- Tachon Dave | *Taco*
- Tarolli Sean Patrick | *Wonder Boy*
- Taylor Brandon | *Moose*
- Taylor Gil | *Count*
- Taylor, Jr. G. Don
- Telenson Nickolas | *Linus*
- Terzo Joan | *Detour*
- Terzo Lou | *Packman*
- Tholen Dina | *Canadian Bacon*
- Tholen Keith | *Zen Master*
- Thomas Brian | *Kemosabe*
- Thompson Bill | *NO DOUBT!*
- Thompson Bobby | *Kermit*
- Thompson Eddie | *Roswell*
- Thompson Lee | *Newton*
- Thompson Matthew M. | *Shweasle*
- Thornton Jay | *Lentil*
- Tillman Paul | *Steady Eddy*
- Tinsley Julie | *SugaRush*
- Titus Bryan | *Titus Ambiguous*
- Tobbe Sam | *T-1000*
- Toole Kaleigh | *Magnet*
- Treutlein Stefan | *BMW*
- Trimarchi Michael | *Doc Spice*
- Trimmer Russell | *Rusty Ramps*
- Trommer Uwe | *Roadrunner*
- Tucker Nicholas W. | *Wetbag*
- Tuers Teresa | *Mother Teresa*
- Underwood David | *Jabberwocky*
- Underwood Ryan | *Samba*
- Uribe Stevie | *Starfail*
- Usborne Elizabeth | *Ursa Major*
- Van Ekris John | *Jelly*
- Van Gorder Jake | *Ocean Spray*
- Van Horn Bill | *Dayglo*
- Van Horn Sharon | *Bluebird*
- Van Schaack Deb | *Lady Grey*
- Vaughan Ryan | *Uhaul*
- Vest Eugene | *Bulldog*
- Vignogna Joseph | *Solo*
- Volt John | *Grizzley*
- Voynich Mike | *Over The Hill Gang*
- Wade John | *Two Socks*
- Waite Kate | *First Gear*
- Wallace Don Bradley | *Hawk eye*
- Wallace Margaret | *Chuckles*
- Walsh Caitlin Brianna | *Trigz*
- Walters Kirt | *Fresh Step*
- Waring Bex | *Roadkill*
- Warren Neva | *Chipmunk*
- Wasser William B | *Samson*
- Waters Patrick
- Weber Jared M. | *Earlybird*

- Weber Wendell Chad | *Avocado!!!*
- Wehlmann Frank | *Runner Up*
- Weinstein Ben | *Crush*
- Weiss Jordana | *Pfeiffer*
- Weist Chris | *Thumper*
- Wells Tucker | *Tucker*
- Wendt Maddy | *Rocket*
- Wentzel Jennifer | *Carrot*
- Wernstedt-Lynch Claire | *Eleven*
- Whalen Michael | *Angry Bird*
- Whipps Adele | *Sriracha*
- White William | *Little Bear*
- Whiteside Dustin | *Grits*
- Whiteside Margaret | *Sweets*
- Whittaker Ryan | *Crush*
- Whyte Pat | *Steady*
- Wiedenhoef Daniel | *Skybreaker*
- Wightman John | *Zook*
- Wildmann Christopher | *Not Yet*
- Wildmann Heather | *Sunshine*
- Wilkinson David | *Red Knees*
- Williams Matt | *Coups*
- Williford Billy | *Silent One*
- Willson Kurt | *Rocket*
- Wilson Michael | *Dumptruck*
- Wilson Nick | *Biscuits*
- Wilson Trevor | *Cat Nap*
- Winborne David B. | *Busch*
- Winn Frank | *Over the Hill Gang*
- Wirth Natalie | *Sprouts*
- Wittman Patrick | *Stonewall*
- Wolsey Josh | *Corn Dog*
- Wolsey Pamela White | *Cruise*
- Wood Jonathan | *Sandman*
- Woodbury Amanda | *Coach*
- Woodbury Philip A. | *Navigator*
- Woodward Katherine | *Stumbles*
- Worrell Sherri | *Tails*
- Wray III Robert | *Jolly Rancher*
- Wuestefeld Jeremy | *Howdy man*
- Yoder Grant | *Sooty*
- Yost Kathryn | *Nuge*
- Zamfir Harrison | *lebo*
- Zielinski Catherine | *Pippin*
- Zimmerman Carl D. | *Z-man*
- Zink Jason | *Triceratops*
- Zink Max | *Smiley Virgin*
- Zukas Alison | *Twilight*
- Zukas Olivia | *Umble*

2012

- Balchik Alex | *Pocahontas*
- Beal Nicholas | *Indie*
- Beaman Jonathan | *Gravy*
- Belger Beau | *Boyfriend*
- Berger Matt | *Sheriff Woody*
- Bruce Shilo | *Mtn HopR*
- Burklow Matt | *Fancy*
- Casler Sean | *Tantrum*
- Crofton Colin | *The Sour Patch Kid*
- DiCola Brandon | *Banjo*
- Ducote Kern | *Wild Bill*
- Dunn Joshua | *Dunn*
- Early Lane | *Bearhat*
- Eason Bill | *Memento*
- Elkins Christopher Ray | *Switchback*
- Finn Jonathan | *Wounded Knee*
- Flynn Emily | *Yellow Tail*
- Gallagher Joshua | *PJs*
- Gavasto Matthew J. | *Yoda*

- Gilbert Lisa | *Blis*
- Gwozd Ryszard | *Nail*
- Heal Paisley | *Little Foot*
- Hess Matthew | *Easy Rider*
- Hightree Kevin | *Toto*
- Hill Phillip Michael | *Zen*
- Hixson Kristina | *Tea Bean*
- Hoeh Julia | *Slingblade*
- Johnson Christopher | *Miles Supertramp*
- Kelly Dylan | *Snake Eyes*
- Kessler David | *Saunter*
- Kiel Julius Allan | *Java Man*
- Laurensen Tanya | *gipc girl*
- Leitch Zach | *Rebound*
- Lovelady Clark | *Vicegrip*
- Lovelady Sheila Sheppard | *Sap*
- Magri Jonathan | *Johnnie Walker Red*
- Maude Louis | *Erbal ‘The Mayor’ B.*
- McDonnell Jackie | *Yogi*
- McLevaine Kristopher S. | *Chesty*
- Meengs Mark | *Boomer*
- Mellor Timothy | *Crush*
- Millard Tyler | *Holey Heels*
- Moore Chip | *PACE*
- Moy-Borgen Alli | *Whoop*
- Moynihan Brian | *Cheetah*
- Navis Cameron | *Misery*
- Nicolaides Rob | *Spiderman*
- Nolfi Steven Thomas | *Cheese Wiz*
- O’Keefe Kenzie | *Ken Doll*
- Olkuski Alex | *Sir Towelie*
- Plante Stephen | *Boston*
- Renninger Warren | *Lakeland Nidhatak*
- Richardson Kevin | *Smiley*
- Roberts Michelle A. | *Red Fury*
- Roderer Anita | *Melody*
- Rogosheske Philip R. | *Willing*
- Rogosheske Val | *Abal*
- Rowlands David | *Overload*
- Rowlands David | *Tarpwater*
- Rutherford Ryan | *Rhyno*
- Samaniuk Joseph Reese | *Reese*
- Sanchez Matthew | *Sleeping Beauty*
- Schudt Daniel | *Boots*
- Sears Jeffery | *THEFLYING-HOUSEOFSTEVE*
- Seely Jay | *Gray Jay*
- Simple Scott | *Semplesee*
- Speakman Randal McDonald | *Teddy Bear*
- St. Onge Jacques Hubert | *Servant*
- “Brawny”
- Stephens Robert | *Band Aid*
- Tallman Nick | *U-Turn*
- Tolsma Zachary B. | *High Water*
- Webb Samantha | *Bunny*
- Weisbecker Katrina Ester | *Resource*
- Zaremba Gavin | *High Life*
- Zerwick Robert | *Dickel*

2011

- Healy Mike | *The Real Hospital Hiker #1*
- Hecker Christopher | *Checker*
- Johnston Craig | *High Life*
- Mayfield Rich | *Key West*
- Michaud Samantha | *Fuzzy Navel*
- Owens Doug | *Country Gold*
- Roberts Austin R. | *Patches*
- Schelby Ted | *Hollywood*
- Wright Randall | *Terminator*

2010

- Bohnett Jeremy | *Sonic*
- Busch Lonnie | *Cheese Meyer*
- Coffey John Benjamin | *Hatteras Jack*
- Drag Jennie | *Dances with Wolfie*
- Engelsen Benjamin | *Wandering Foot*
- Hall Kevin | *AquaMan*
- Lowe Peter | *Black + Tan*
- Reeder Nancy | *Twisted Hair*

2008

- Beckham Jon | *Pipper*

2007

- Krein Amanda | *Monk / Redo*
- Miars Wally | *Silver Streak*
- Michel Derek | *Katter-pillar*

2006

- Holmquist Steve | *Pacer*

2005

- Brooks Ryland | *Celine Dion Sanders*
- O’Brien Matthew T. | *Stinger*

2003

- Kirby Stacey | *Timber*
- Rudolph Nick | *Medicine Man*

2001

- Ciolkosz Jr Theodore D | *Long Stride*
- Whitney Michael | *Debate*

2000

- Leger Marc | *Fundy*
- Rouner David | *Sampson*

1999

- Costanzo Joseph | *Walking Man*
- Klein Jeffrey | *Grendel*

1998

- Arnold Jeffrey R. | *Longhaul*
- Dunn Tommy | *Soren*

1996

- Hague Art | *Late Flyer*
- Humphrey Stephan | *Wild Turkey 107*

1994

- Otto Ryan S. | *Crazy Otto*

1991

- Schaefer Len | *Bed*

1990

- Young Larry | *Pro-Lifer*

1989

- Shimek David A. | *Gingerbread Man*

1986

- Beltman Doug | *Flying Dutchman*

1980

- Harris Kirk | *Florida Hobo*

1979

- Kowalski Jr. Joseph S.
- Kowalski Peter J.

1978

- Muir Fred | *Buck Surefoot*

1977

- Carter Paul G | *Orange Shorts*

1976

- Gilliland Richard
- Roth Joseph F. ♡

## ALTERNATIVE THRU-HIKES

BY MICHAEL JOHNSON

"TWO ROADS DIVERGED IN A WOOD, AND  
I — I TOOK THE ONE LESS TRAVELED BY,  
AND THAT HAS MADE ALL THE DIFFERENCE"  
—THE ROAD NOT TAKEN, ROBERT FROST

**HE HAD A HUNCH, A GUESS REALLY. SOMETHING FAIRLY SUBTLE WAS CHANGING** within the culture of Appalachian Trail hikers. As the chief ranger for the A.T. unit of the National Park Service, Todd Remaley had seen changes — some good, some not — over his 23 years in uniform. "A few hikers were starting to talk about thru-hikes that didn't always have to start at Springer, compete with all the other hundreds of hikers for shelters and hostels, and beat up the first 300 miles of the Trail. I had a feeling something was changing."

That was more than a decade ago, and the years since show Ranger Remaley's hunch was actually perception. Today, alternative thru-hikes are offering options to hikers, are the passionate subject of blogs and websites, are supported by every friend-of-the-Trail organization, and are indeed taking some of the overuse pressure off the first 300 miles north of Springer.

In the most common version, a "flip-flop," hikers start somewhere mid-Trail, head north to Katahdin, then return to their departure point and hike south to Springer. But there are many others, each with a colorful name — leapfrogs, head starts, wraparounds, cool breeze. And each year hikers create new strategies for an alternative thru-hike that completes the entire Trail in 12 months. Says Shanelle "No. 5" Dugan, who completed a flip-flop last year: alternative thru-hikes "are an example of actually living the hiker motto of 'hike your own hike'."

The continuous hike from Georgia to Maine (nobo — short for northbound) is still the king, to be certain. And the numbers are pretty clear: about 2,500 hikers start from the southern terminus at Springer and 80 percent of the hikers who complete the Trail in 12 months are nobo hikers. But those same numbers also suggest another story, one that Ranger Remaley would appreciate. Until about 1999, alternative thru-hikes were almost unknown; today they are eight percent and climbing. While only eight successful alternative "thrus" were recorded in 1993, when the Appalachian Trail Conservancy (ATC) started keeping count, last year there were 52.

By choosing a "flip-flop" hike, Joshua Stacy enjoys the perfect weather at Franconia Ridge in New Hampshire.

# ALTERNATIVE NOMENCLATURE

"YOU MAY THINK I'M AS MAD AS A HATTER WHEN I TELL YOU,  
A CAT MUST HAVE THREE DIFFERENT NAMES."

— THE NAMING OF CATS, BY T.S. ELIOT

**OF COURSE, NEW IDEAS NEED NEW NAMES, AND** there are some who view a continuous hike north from Springer or south from Katahdin as the only “true” thru-hike. About a decade ago the ATC proposed a practical compromise: a thru-



Shanelle Dugan “hikes her own hike” with hiking partner Josh Randall.

hike is a completely hiked Trail — done in 12 months — regardless of direction or starting point. “Marmot” — “just Marmot, please” — hiked the A.T. northbound in 1991, and then went on to hike the Continental Divide Trail and the Pacific Crest Trail. “I got on the Trail and headed in one direction until I got to the end,” she remembers. “That was the right thru-hike for me at that time. What’s right for you, or right for me now, may be different.”

Says veteran A.T. hiker, Joe “Cool Breeze” Fennelly: “There are pros and cons to each hiking [strategy] and

what I tell people is, think about what’s right for you.” In fact, one of those strategies is credited to Cool Breeze — a three-part thru-hike that optimizes the chance of good weather. “With the web and blogs there’s just much more information about flip-flops and leapfrogs and all that,” observes Laurel Drake, owner of the Teahorse Hostel in Harpers Ferry, West Virginia, where she sees about 1,000 hikers each season. “There’s more and more interest in and acceptance of non-traditional hikes.”

Indeed, the future of the Trail itself may rest in part with acceptance of alternate thru-hikes, suggests Morgan Sommerville, the ATC’s southern regional director and a 1977 thru-hiker. “We’re asking hikers to just think about other starting points or other starting times,” he says, pointing out that half of the Trail through Georgia passes through federally designated wilderness. “The Trail in Georgia north from Springer during March and early April is overcrowded and sort of loved to death. Shelters get full, people spread out, the surrounding area gets trampled down, and we have a management problem.” The idea of a quota system comes up occasionally, he notes, but is contrary to the A.T. value of voluntary stewardship.



Bart Viner approaches the middle of his thru-hike in Maine.

A sense of responsibility motivated another veteran hiker and Trail volunteer, Bart “Hopalong” Viner. He chose a flip-flop hike in part to “give back to the Trail” by not adding to the crowds leaving from Springer. “For me, I would never ever do anything but a flip-flop,” he says. “I think a lot of hikers who really think about it would do the same. That’s not to say there’s anything wrong with the nobo from Springer, it’s just that [an alternative thru-hike] helps in so many ways for the hiker and for the Trail.” Viner is proud of his volunteer work — repairing Trail and constructing shelters — and is equally proud of hiking his own hike by starting from mid-Trail and saving southern Georgia for later in the season. “I made a wise choice,” he says.

## OPEN ROAD

"HEALTHY, FREE, THE WORLD BEFORE ME, THE LONG BROWN  
PATH BEFORE ME LEADING WHEREVER I CHOOSE."

— SONG OF THE OPEN ROAD, WALT WHITMAN

**APPROPRIATELY, THE IDEA OF AN ALTERNATIVE** thru-hike has alternatives of its own: seven general variations of alternative thru-hikes have become recognized by the hiking community and recorded in some detail on the ATC’s website ([appalachiantrail.org/hiking](http://appalachiantrail.org/hiking)). The most common, as mentioned earlier, is unglamorously called a “flip-flop” — the approximate 2,185-miles of the full Trail is broken into two or more stretches and walked in different directions. The advantages are significant. For example, a northbound hiker starting mid-Trail in late spring may be able to skip the cold weeks along the high southern mountains, take more time getting Trail conditioned and sorting out equipment, hike through New Hampshire and Maine when they are most likely to have good weather, and not constantly worry about reaching Katahdin before its official closing on October 15. That hiker then returns to Harpers

Ferry and starts south, hiking through fall color and reaching Springer in October, November, or early December. An alternative thru-hiking strategy allows the hiker, as one put it, “to hike north with the spring and south with the autumn.”

Perhaps the biggest advantage is the gift of time. Records kept by the ATC show alternative thru-hikers take 207 days to finish the entire Trail, compared to 172 days for north bound hikers who often have to rush in the last month or two to get to Katahdin before the October 15 closure. A nearly universal comment from alternative thru-hikers is: “It allowed me to slow down and smell the roses.” One example among many is from Glen “Sabi” Enzfelder and his hiking partner Rebecca “Ripple” Haines, who used an alternative thru-hike strategy to see the Trail through more than nine months and all four seasons.



Bobby and Lee Thompson are in top shape as they near the last part of their hike.

Alternative thru-hikes can also allow for an easier and safer introduction to Trail life. Starting in Wingdale, New York, and hiking north “definitely, definitely made our hike better,” notes Bobby “Kermit” Thompson. He and his father, Lee, were both fit, but not Trail tough. Even with the relatively easy hiking in New York their early days sometimes stopped at eight miles. However, by the time they had summited Katahdin and were moving south from Wingdale they were averaging more than 20 miles a day.

This style of hiking creates a more custom-tailored journey. “I wanted to see the whole Trail in all its ways,” says Avery “3Hats” Forbes, who had been dreaming of hiking the A.T. since she was nine. This led to starting at Springer, jumping ahead to Katahdin from Harpers Ferry and then hiking back to Harpers Ferry in late October. “I got the unique experience of being a north bounder at the peak of the season and hiking with the pack, and then being a south bounder and having a lot of the Trail to myself and seeing what the off season felt like.” And there is more flexibility. In their early 50s, with extensive family responsibilities, Laura “Freethinker” Kasko



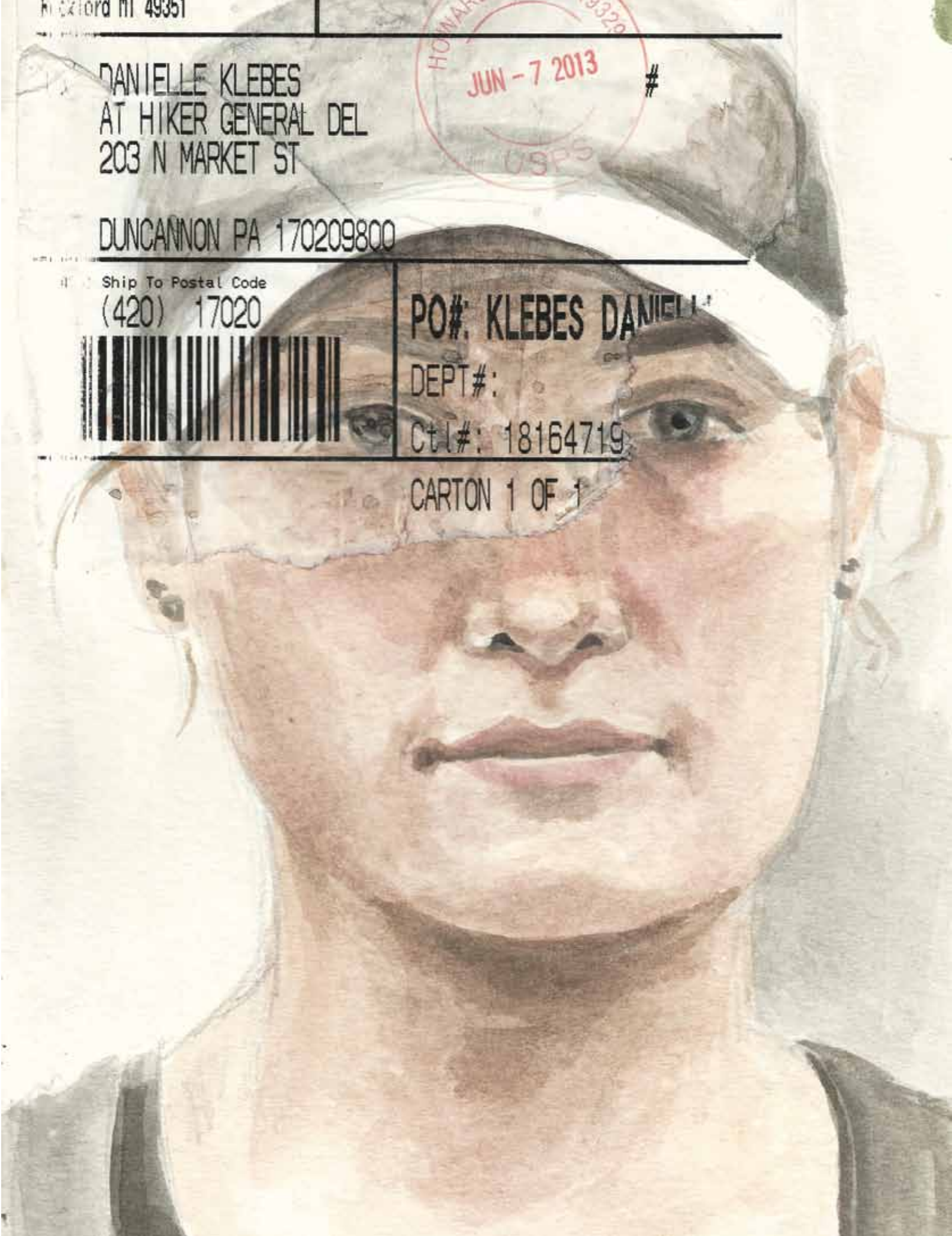
Avery Forbes — at the Vermont and New Hampshire border — enjoyed the best of both worlds.

and Bruce “Firehawk” Illausky, chose a complicated flip-flop that allowed them to conveniently get off the Trail to attend a college graduation and other family events.

Solitude is yet another perk of alternative thru-hikes. With 35 hikers per day leaving Springer, the north bound “bubbles” of hiking groups become a significant part of the hiking experience. “I like people and hiked a few miles with other hikers now and then,” Charles Chandler recalls. “But that’s not what I was on the Trail for.” Chandler started in the middle of July and the middle of Connecticut, hiked north to Katahdin, then back to Connecticut and south to Springer. He often hiked 17-mile days and spent 156 days by himself as part of what he refers to as a spiritual journey. “I needed the Trail to just listen to my own voice,” he explains.

And then there is the allowance for better weather. Alternative thru-hikes can be structured to work around the cold of winter and heat of summer. Joshua Stacy’s experience, hiking a flip-flop, is one example: “I had great weather in both New England and the South,” he says. “The fall colors in Virginia, North Carolina, and Tennessee were incredible! The finish [at Springer] also fit the seasons ... it felt right to be alone and introspective at the end of a long journey.”

Many years ago the ATC advocated toward traveling the Trail a section at a time, leisurely, and with ample time for enjoyment. Then, over time, the ATC took the best from the debate between advocating short or long-distance hikes — and what actually defined a thru-hike — and developed a reasonable compromise: anyone who hiked the entire Trail, no matter how long it took, would earn the title of 2,000-miler, and the definition of a thru-hike would be a completely hiked Trail done in 12 months. Straight forward, simple to apply, and inclusive; thus capturing the generosity, open-mindedness, and supportive character of the hiking community itself. 🏔️

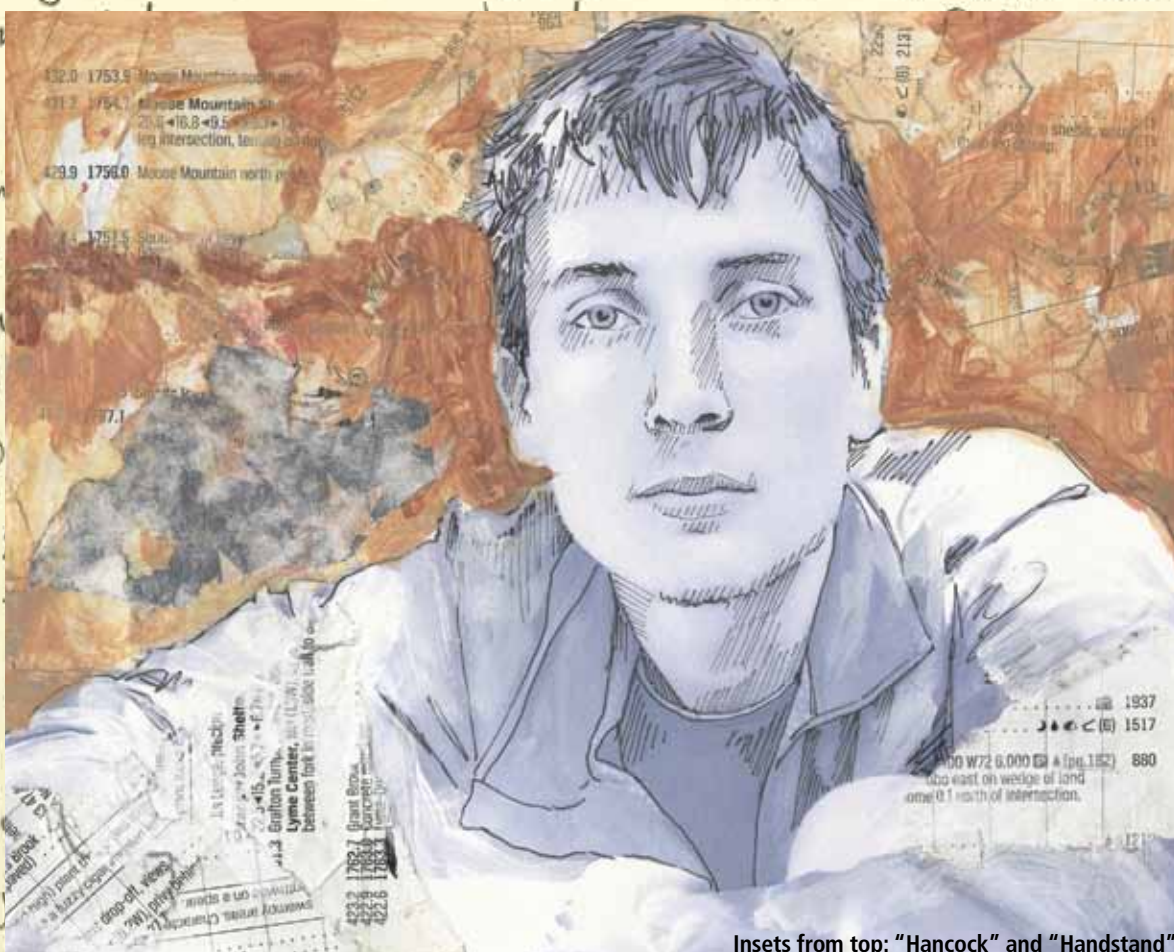


## Purposeful Expression

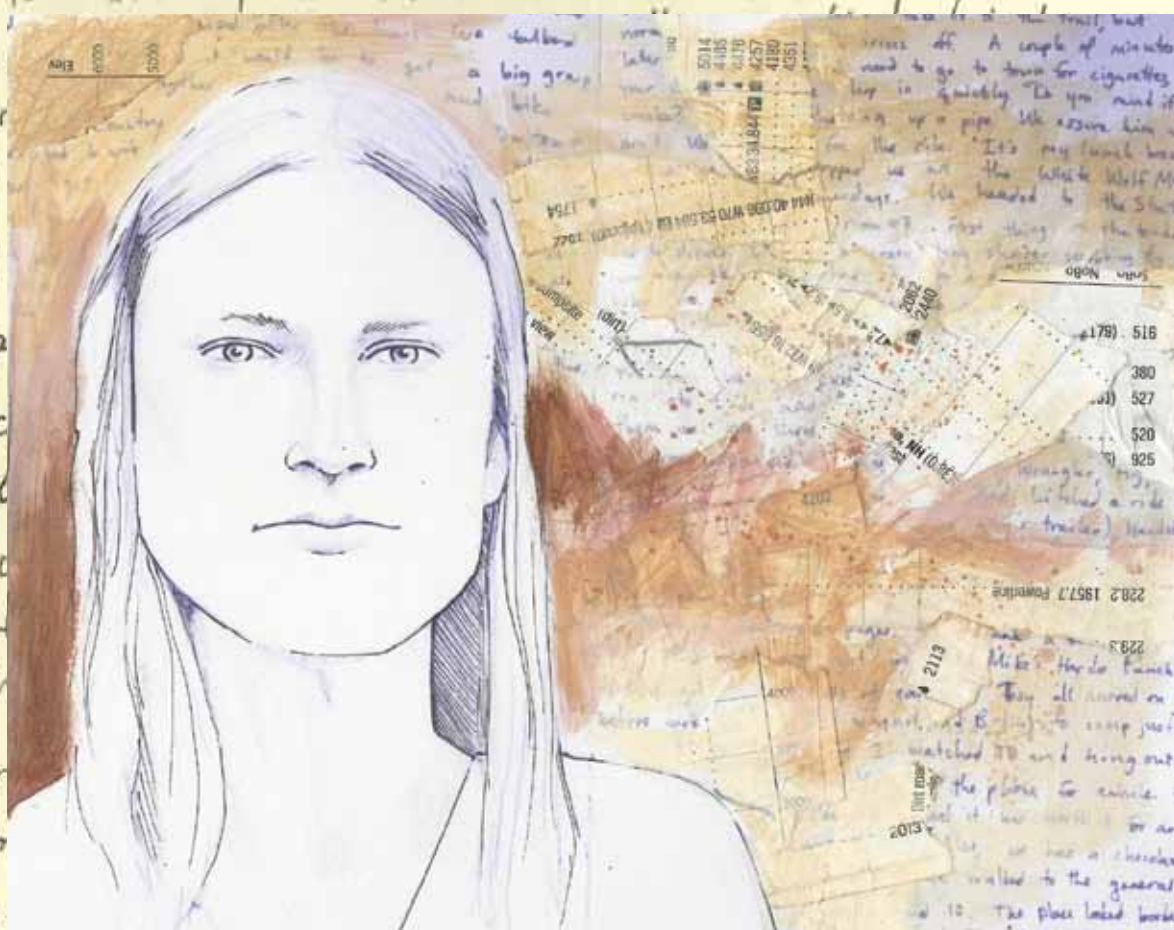
Danielle "Gypsy" Klebes has been creating art and going on adventures since early in her childhood, and these two pursuits have grown into her biggest passions. She took a cross country road trip while completing her undergraduate degree in art, visiting all of the National Parks between Florida and California. When she received her Bachelors in Fine Art from the University of North Florida in 2012, the only thing on her mind was the Appalachian Trail. She began her thru-hike on March 6, 2013 in Georgia, during which she kept detailed journals and sketches of the entire journey, documenting the amazing people she met along the way. "I loved the way the Trail community seemed purposeful and excited about life," she explains. "It was in the air, and it was in everyone's demeanor — hikers, sharing the hardship, beauty, and joy of the Trail bonded into a tight-knit family." After her hike, Danielle focused on her fellow hikers in her artwork, through prints of her sketchbook pages, drawings, paintings, and collages, to produce a series of thru-hiker mixed media pieces.

Above: Sketches from Danielle's Trail sketchbook; Right: Self portrait of Danielle "Gypsy" Klebes

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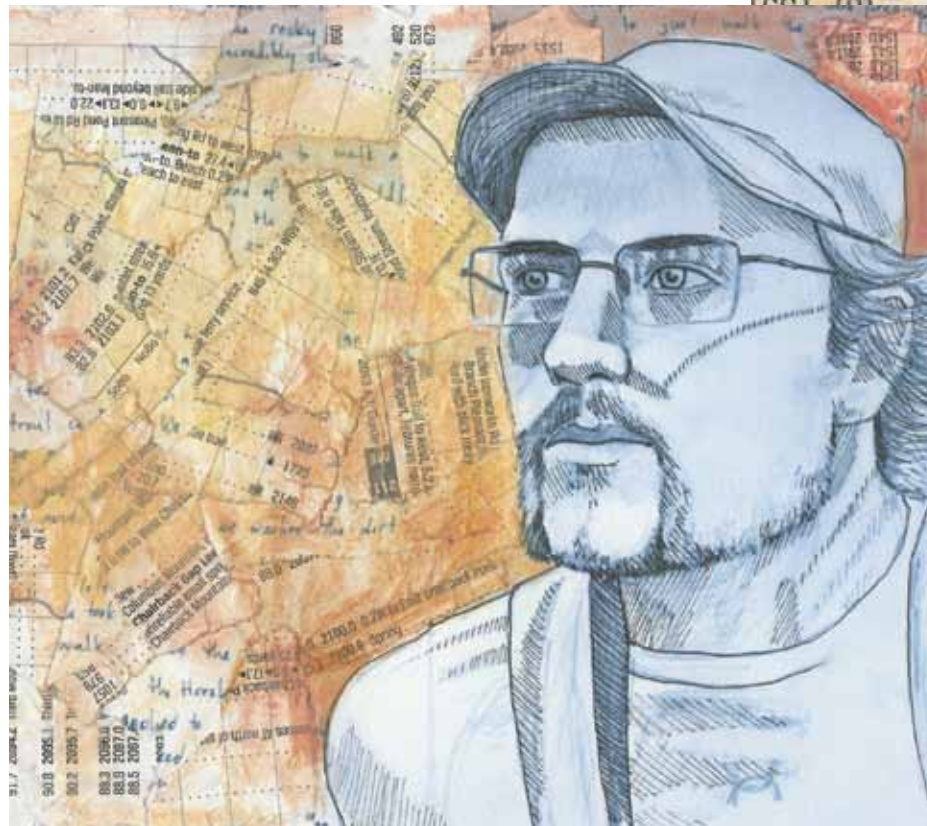


Insets from top: "Hancock" and "Handstand"

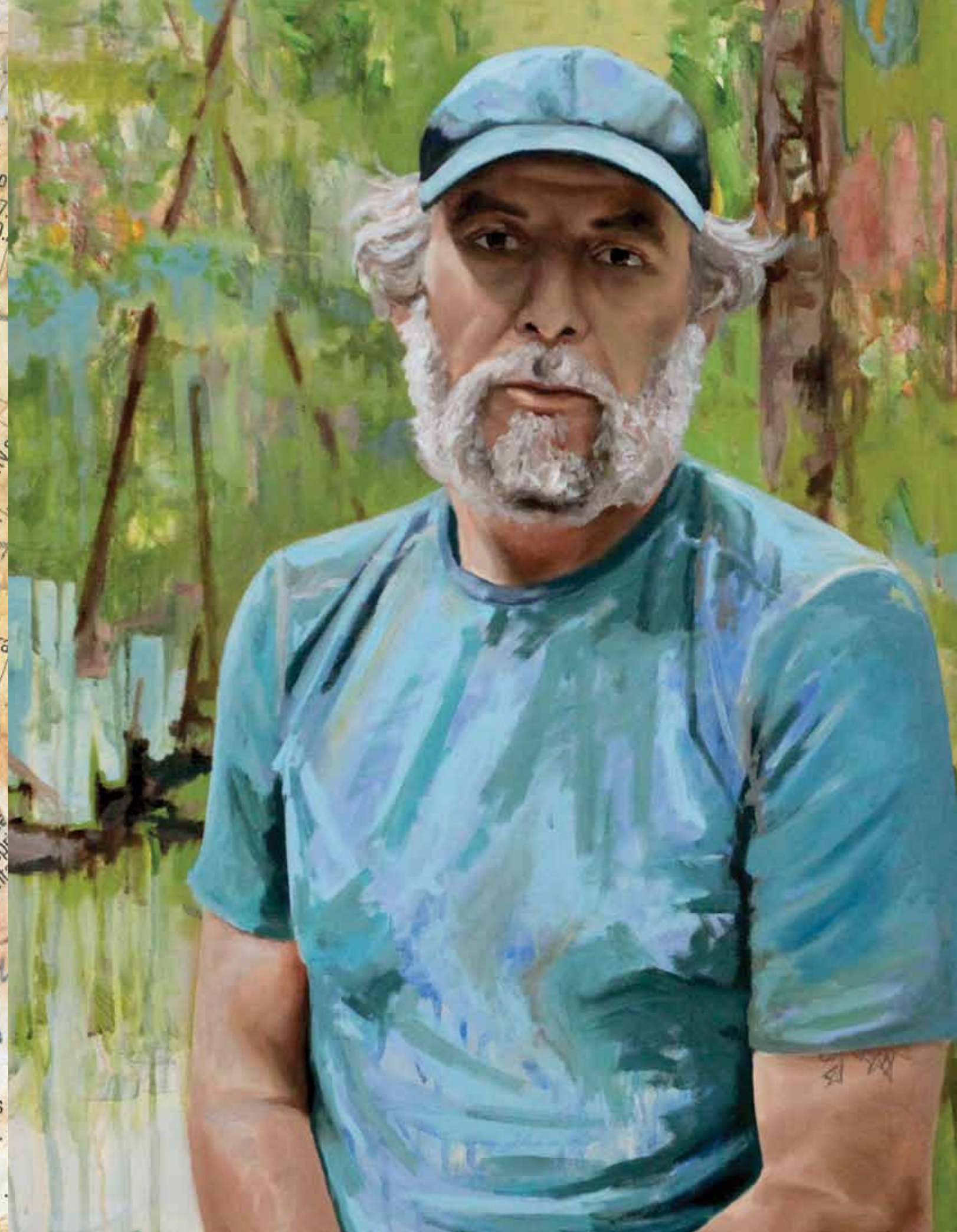


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# Resolved Refuse Removal

BAG BY BAG, LOAD BY LOAD, TONS OF TRASH SUCCUMBED TO PERSISTENCE, DETERMINATION, AND THE PASSING HELP OF MORE THAN A THOUSAND A.T. HIKERS — RESULTING IN A NEWLY PRISTINE EXPERIENCE IN THE BIGELOW MOUNTAIN RANGE. BY DANIEL SIMONDS

**APPALACHIAN TRAIL LEGEND MYRON AVERY**, writing in 1949, described Mount Bigelow as: “Maine’s Second Mountain — Distinctive from all points of view, Mount Bigelow’s location affords an unparalleled outlook ... wild, rugged, possessed of an extensive trail and shelter system, Mount Bigelow well deserves the esteem in which it is held as the premier of the four-thousand-foot peaks of the mountains of western Maine, and may justly be considered second only to Katahdin in the entire state.”

This remarkable 10-mile-long ridge is the centerpiece of the Bigelow Preserve, which was established in 1976 as the first land in the United States to be set aside for preservation by public referendum. Managed by Maine’s Bureau of Public Lands, the 10,000-acre preserve includes 17.6 miles of the A.T., two of Maine’s 14 4,000-footers (including one named for Avery), and two of the highest and most remote campsites in the state. Southbound A.T. hikers remember Bigelow as the first in a long series of grueling ascents that make up Maine’s High Peaks region. For northbounders, Bigelow can offer a panoramic view that includes both Katahdin and New Hampshire’s Mount Washington.

Bigelow’s remarkable and unique landscape position — standing 3,000 feet proud over the Dead River valley and overlooking a vast stretch of forest to the north and east — made it an attractive location during the development of a forest-fire suppression network early in the last century. A fire tower (only the third in the U.S.) was built on Avery Peak in 1905. It was replaced eventually by a wooden cabin on a stone foundation. This fire lookout station was maintained in regular use until 1976 — a total of 71 years in operation.

After it was taken out of service, the Avery Peak lookout station fell swiftly into disrepair. In spite of occasional efforts at maintainance, it became both an eyesore and a hazard. In 2011 the state removed the immediate problem by burning the structure, but this left the foundation packed with charred wood, nails, glass, and other unsightly debris. This unfortunate and unappealing situation was the state of affairs on Bigelow at the start of the 2013 hiking season. It sets the stage for the remarkable story to follow.

For many years the Maine Appalachian Trail Club (MATC) has staffed Bigelow Mountain with a caretaker based at Horns Pond campsite. The MATC caretakers are tasked with a challenging job of Leave No Trace education, outreach, and communication with the hiker community on the Trail. They propagate Trail ethics and encourage users to respect and protect the wild environment



around them. As a high-use area with unique and fragile ecosystems, the Bigelow Ridge has always been a high priority for the MATC and a challenging position for its caretakers.

In 2013, MATC was fortunate to recruit Ian Fitzmorris to fill the caretaker position on Bigelow. A native of Pittsford, New York and 2012 graduate of Boston College, Ian came to MATC with an impressive resume of skills and experience, having spent much of his youth hiking in the Adirondacks and two seasons employed by the Appalachian Mountain Club (AMC) as a remote site caretaker in New Hampshire’s White Mountains.

The MATC volunteers who hired, trained, and supported Ian knew that they were fortunate to have him. Ian’s friendly smile and passion for backcountry ethics made it clear that he was a natural for the job. His easy competence in coping with a Memorial Day snowfall on his very first day demonstrated that he could handle himself in the woods. They knew from the start that the Bigelow Ridge was in good hands. They did not realize, however, just what Ian would manage to accomplish in the next five months. But, of course, neither did he.

Ian first encountered the mess in the fire tower foundation in the course of his regular ridge-running duties. With spring snow still clinging to the mountain, Ian began by removing debris from the tower foundation on his own and carrying bucketfuls to the campsite at nearby Bigelow Col for sorting, bagging, and eventually packing off the ridge. In his spare time, between groups of spring hikers, Ian worked steadily at emptying the debris from the tower foundation. Hikers naturally began to

inquire about just what he was doing, and many of them offered to help. Soon, there was an informal bucket brigade of volunteers carrying junk down the one-third mile trail to Bigelow Col.

Before long, Ian discovered another site that was even more disturbing. Near the old tower location, there was a debris field containing hundreds of old batteries, glass soda bottles, wood, shingles, paint cans, wires, and even some old parachutes. Most of this material had been there for decades and had attracted attention for years. A 1981 entry in a MATC caretaker’s log noted:

“All the trash behind the rock ... looks pretty bad, but it doesn’t look like the kind that can just be stuck in our packs and carried down. That could possibly be a future project for a group of workers.”

That caretaker had seen the summit dump as a frustrating problem without a solution. But Ian just saw a problem. He didn’t have “a group of workers” but he did have some buckets, a backpack, and a bunch of friendly hikers. After cleaning up the fire tower foundation, he just kept on working. Bucketloads of old trash flowed to Bigelow Col, where they were sorted, bagged, and carried out to the roadside. Ian did much of the work



himself, mixing it into his regular duties on the ridge and trips up and down the mountain. He also became good at soliciting help from passing hikers, who were surprisingly cheerful about pitching in on such a challenging project.

For much of the 71 years of fire watch on Bigelow, the wardens lived in a small cabin located in the narrow fold of the ridge, Bigelow Col — between West and Avery Peaks — today the site of a MATC campsite. This was a time before “carry in — carry out,” when backcountry ethics were different than they are today. The warden’s household trash and other unwanted junk was disposed of in the usual way for the time — in a nearby dump. These dumps were left behind when the wardens left, and before long (like the mess on Avery Peak) began to attract attention and concern. This 1979

Caretakers’ log entry is a good example: “A Question: Can anything be done about the mound of junk in front of the old cabin. The dump is an eyesore, despite the stumps over it, and the junk unfortunately is not biodegradable and will last for years. We’ll pack some stuff out, but something more drastic should be done — like all caretakers packing out as much as possible.”

Ian found a way to get it done. Having just completed “something more drastic” at Avery Peak, he began to tackle the mess at Bigelow Col. Earlier Caretakers and maintainers had made

an effort to cover and contain the trash dumps using brush, tarpaulins, and stumps. Ian removed all this and dove right in. Thousands of intact bottles were dug from the dumps and regularly stacked on the tiny porch of the warden’s cabin, with a sign asking passing hikers to please take some down with them. Ian estimates that 6,000 to 8,000 bottles were disposed of this way. Most of the glass, however, was broken and required more careful handling. The solution was a 100-liter heavy vinyl “dry bag” (itself ironically salvaged from the dump) which fit inside Ian’s backpack. Glass could be compacted with a sledge hammer until the bag was full and weighed 100 lbs; then Ian would pack it out on his next trip.

The warden’s camp also had a woodshed. Originally, it must have been used to store and dry firewood. After the end of the fire warden’s tenure, however, the shed became a convenient place to store (or perhaps hide) trash. By 2013, the shed held an alarming accumulation of trash collected and piled over many, many years — including three mattresses, 12 windows, a pile of old shingles the size of a sofa, and three oil drums packed

full of broken glass, iron, and nails. The ground nearby held an ugly collection of oversized junk like propane tanks, wood stoves, and fuel cans.

Bag by bag, load by load, over the course of nearly five months, tons of trash succumbed to persistence, determination, and hard work. Ian and his volunteers bagged up thousands of loads and handed them out to willing hikers headed to the trailhead. He saved the most awkward loads for his own shoulders and never allowed himself the luxury of a trip off the mountain without a very heavy pack. In the end, the woodshed and the nearby dump sites were emptied. The shed’s rotten structure was dismantled and scattered in the forest, and the unsightly mess was reduced to three patches of bare ground that will soon revegetate, disappear, and be forgotten.

In addition to the continuous and informal assistance of more

*Continued on page 44*

# Q&A with WENDY JANSSEN

“THE A.T. IS A SYMBOL OF PERSONAL ACTION FOR A  
SHARED VISION — THE POWER OF ONE AND MANY.”



**IN JANUARY 2013, THE NATIONAL PARK SERVICE** announced their selection of Wendy K. Janssen as the new superintendent of the Appalachian National Scenic Trail. Starting this March, Janssen will celebrate her first year in this pivotal partnership position of cooperation with the Appalachian Trail Conservancy (ATC) and its affiliated Trail clubs and volunteers, and federal, state, local and private partners to protect and manage the A.T.

## *What are some of your favorite outdoor activities?*

Hiking, camping, canoeing, and photography.

## *Have you or do you plan on hiking some sections or maybe even all of the A.T. at some point? Do you currently have a favorite section?*

I began hiking portions of the A.T. when I was young while camping with my family in northern New Jersey, New England, and national parks such as the Great Smoky Mountains and Shenandoah. After college I was a seasonal park ranger at Saint-Gaudens National Historic Site near Hanover, New Hampshire and explored the A.T. in New Hampshire and Vermont. Also, having lived in Maryland 10 years ago, I've hiked many portions of the A.T. in this area. In the year that I've been superintendent, I've tried to get out on the A.T. whenever attending a regional partnership meeting or A.T. Community designation event and on the weekends (when not working on my house), and plan to hike as much of it as my schedule allows.

## *What are some of your key aspirations for the A.T. and the Trail community?*

It is said that the soul of the A.T. is found in its volunteers. To soul, I would add heart, for there is nothing stronger than the heart of a volunteer — a spirit of service and generosity. I'm dedicated to working with our partners to continue to expand the A.T. community and keep the idea of a “pathway to discovery” very much alive and well.

## *What do you currently perceive as challenges or obstacles for the A.T.?*

I like to think of challenges as opportunities, so at this juncture in the Trail's history, it is an opportune time to not only re-affirm what is most important about the Appalachian National Scenic Trail, but also look forward and think about the future. The history of the A.T. is a collection of stories, as many as there are miles of Trail, and as varied as the changing landscape from Georgia to Maine. I'm working with all of our partners to think about “the next chapter for the A.T.” What are our next compelling stories, and who will write them? How can we share our passion with diverse groups, build new relationships, and continue to nurture and strengthen our existing partnerships?

It's said that two-thirds of the American population is within a day's drive of some portion of the Appalachian Trail. To be able to engage so many is an incredible opportunity. The A.T. is a symbol of personal action for a shared vision — the power of one and many. Access to such a broad spectrum of individuals enables us to facilitate different experiences — those seeking solitude or camaraderie, a thru-hike, day hike, or weekend backpacking trip a few hours from home, or to be a Trail maintainer for 25 years, a college student on an alternate spring break, or a young person completing a service learning project. That is the wonder and excitement of the experience — it is for the individual to create.

But in order for the A.T. and the National Park Service to remain relevant in a changing world, it is important to recognize that the demographics in our country have changed and engage groups and individuals who may not know about the A.T. and whose only outdoor experience may be at the local park, or those who have a disinterest in or fear of the outdoors only because they have never had an opportunity to be in nature. How can we connect young people to the landscape in different ways? Have we asked adjacent communities their thoughts for the future of the A.T.? For those not currently engaged with us, have we asked why? The immersive experience that the Trail provides can be transformative, and we continue to build and strengthen the many partnerships — from Trail Communities, to the Trail to Every Classroom teachers and students, to the local Trail maintaining club members, to youth organizations, to wellness advocates — that foster that connection.

In addition to relevancy and the visitor experience, the foundation of stewardship success lies in collaborating with myriad communities, states, nonprofit organizations, and private citizens in support of land conservation and habitat preservation, among other critical resource issues. The numbers for the A.T. are staggering — more than 250,000 acres of publicly protected land, traversing 14 states, six other National Park Service units, eight National Forests, two National Wildlife Refuges, more than 70 state parks, forests, gamelands, and wildlife management areas, 88 counties, and 168 townships. Continuing to nurture and expand the relationships found up and down the Trail and beyond is so important to our collective work. The A.T. corridor is an outdoor laboratory for scientific study and we can focus on monitoring climate change at a large landscape scale. For example, the A.T. has more than 2,000 occurrences of rare plants and exemplary natural communities. Research and monitoring will address issues such as species migration and the impacts of habitat loss. By looking at conservation as a whole, not segments fragmented by state boundaries or local jurisdictions, we can help understand the broader context of landscapes. How can we do more than react to external threats? How can we help guide the national discourse of how to support a sustainable future in a world of climate change while preserving the values, resources, and visitor experience of the A.T.?

## *What drew or inspired you to pursue this particular type of complex conservation work (your past work and now the A.T.)?*

I have been with the National Park Service for 25 years now and what inspires and sustains me is our mission to preserve and protect irreplaceable natural and cultural resources in perpetuity for all to enjoy, understand, learn from, and explore. I have worked at many different sites across the country — from historic sites in New England to the southern U.S. to Hawaii — that remind us of the complexity of our collective American history, in urban and rural areas, and sites with such incredible natural beauty that inspire awe and connectedness to a landscape and meaning larger than ourselves. These sites belong to the American people and we are their caretakers. It is work that is inherent to my being and I strive every day to contribute to that mission and affect positive change.

The Appalachian Trail is an incredible story — as author and conservationist Wallace Stegner said about our national parks — “absolutely American, absolutely democratic.” It possesses the power of place, the power of people, and the power of partnership. The A.T. is a model for partnership and collaboration, so there is much that we can offer concerning the cooperative management system, and also much we can learn from other conservation partners both in the United States and around the world. The opportunity to be a part of this incredible partnership is one of the reasons that I applied for this position.

## *You clearly have a firm grasp on fostering partnerships, and interacting with agencies and communities in your past work. In brief, what are some ways you plan to embrace these concepts in connection with the Appalachian Trail?*

As the National Park Service moves towards its 100th anniversary in 2016, the partnership and community engagement foundation of the A.T. is a model, one that links our past to the present and guides our future. The National Park Service's “Call to Action” identifies not only how we are preparing for the anniversary, but for a second century of stewardship and engagement. The collective vision outlined in that document and the efforts led by our director, Jon Jarvis, are in sync with that of the Appalachian National Scenic

Trail and our partners, the ATC (and its developing strategic plan), the 31 Trail maintaining clubs (and their local management plans), National Forests, communities, and so many more. This shared vision entails nurturing a lifelong connection to the Trail that strengthens the body and fortifies the soul; continuing to support the amazing and knowledgeable volunteers who are the heart, soul, boots, and expert hands of the Trail; utilizing the A.T. as an outdoor classroom and providing more opportunities for teachers, students, families, and service learning organizations; protecting the A.T. and not only its fragile and varied ecosystems from Georgia to Maine, but the unparalleled viewshed, and the cultural resources associated with it that are of national significance; and better aligning, targeting, and leveraging our collective resources to ensure long term sustainability.

**THE NUMBERS FOR THE A.T. ARE  
STAGGERING — MORE THAN 250,000  
ACRES OF PUBLICLY PROTECTED  
LAND, TRAVERSING 14 STATES, SIX  
OTHER NATIONAL PARK SERVICE UNITS,  
EIGHT NATIONAL FORESTS, TWO  
NATIONAL WILDLIFE REFUGES, MORE  
THAN 70 STATE PARKS, FORESTS,  
GAMELANDS, AND WILDLIFE  
MANAGEMENT AREAS, 88 COUNTIES,  
AND 168 TOWNSHIPS.**

## *Is there any particular message you would like to send to the ATC's membership?*

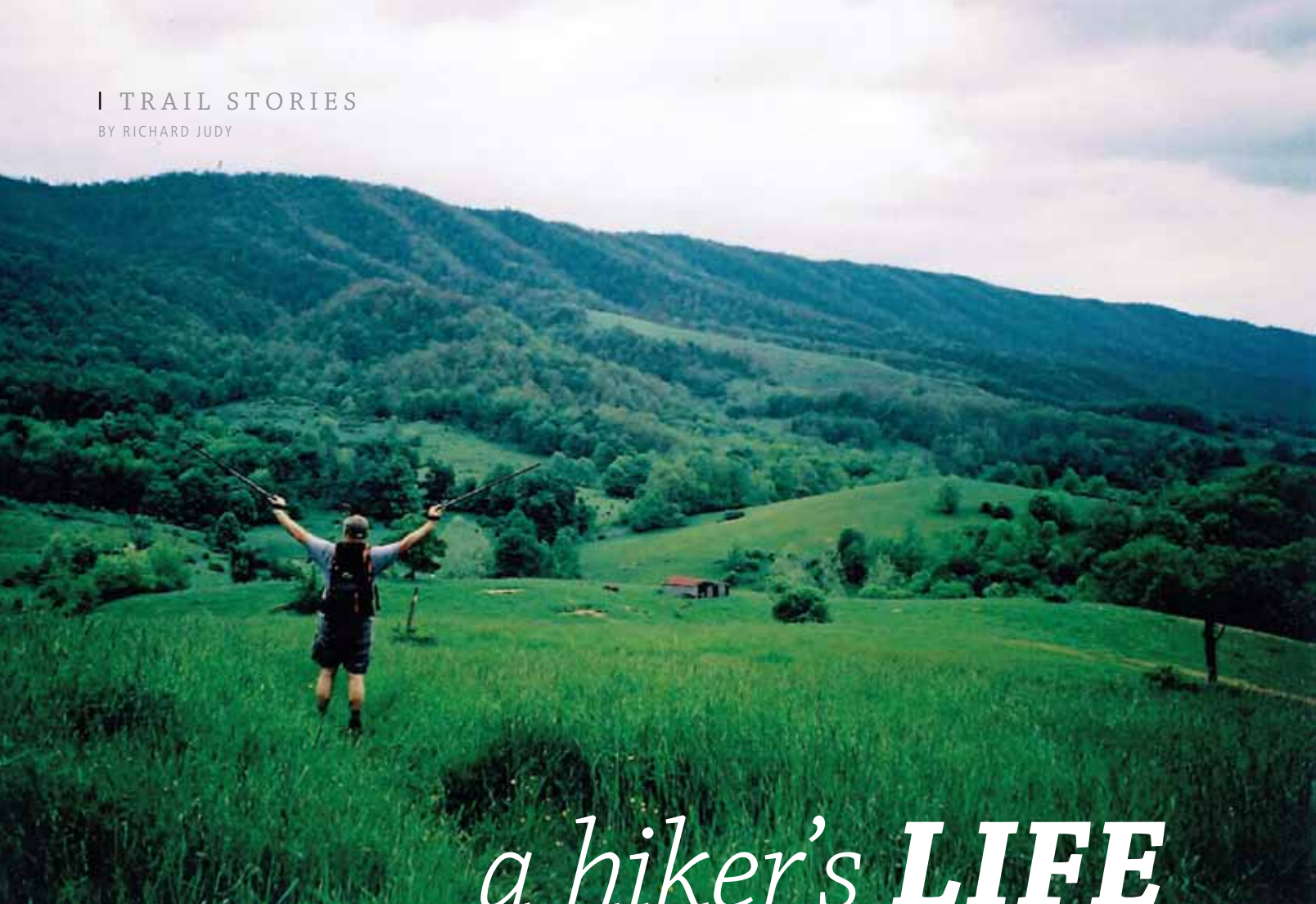
Our work would not be possible without the passion, engagement, and support of all of you. It is through your continued stewardship that the international treasure that is the A.T. will be protected for future generations. This is work that we share, for it's about heart and soul. Thank you for your commitment with us to preserve and protect the Appalachian Trail and share the A.T. experience with all.

## *It sounds like you and your husband, Steve Floray, are both dedicated to the outdoors, conservation, and national parks — you in your current and past positions, and he as a museum curator with the National Park Service. Is this shared passion how you met?*

Yes, we met in 1991 when we both worked at Natchez National Historical Park in Mississippi, then a recently established unit of the National Park System.

## *What are you and your family enjoying the most about living in the West Virginia/D.C. Metropolitan area?*

Having lived in the area 10 years ago it is wonderful to return to an area so rich in natural and cultural history. Readily accessible are the mountains, ocean, incredible scenery, and a host of historic sites and arts institutions — all the things that we love. Being born and raised in New Jersey, I'm also closer to family and friends, which has not always been the case in my career, so we're treasuring that time together. ⬆



# a hiker's LIFE

## I'VE BEEN ATOP SPRINGER MOUNTAIN

countless times, but my favorite trip to Katahdin's modest southern counterpart was 40 years ago when I completed a 140-day southbound thru-hike. On that gleaming October afternoon in 1973, I felt a bittersweet sentiment of triumph combined with the angst of hunting for a job and staving off a lifetime of quiet desperation.

When I left Springer the next morning, a desire smoldered within me to convey on the printed page some sense of what makes a thru-hike the quintessential great American adventure. Soon, I began writing a book, but it stalled after a few fits and starts. I was not capturing anything new. The half-finished manuscript had gathered dust in a drawer for decades. My dream waited until well into the next century to be realized. Since then, like most baby boomers, I've had a great life. So much of what has mattered most to me has been away from the manic hum of normal social interaction and resided in that alternate dimension otherwise known as the Appalachian Trail. When I had the privilege of interacting with some "elders of the Trail tribe" years ago — people such as Gene Espy, Ed Garvey, and Benton MacKaye — it never occurred

to me that I would one day be an old guy myself.

At last fall's Appalachian Long Distance Hikers Association (ALDHA) conference, when they had the annual countdown of the years people had completed their thru-hikes, the last ones standing were myself and my old friend Erich "Bustace" Shellenberger who also hiked southbound in 1973. Now we are the old guys, and aside from a few aches and pains, we're still in the game. What Ed Garvey once told me is true: "All you have to do to be an elder statesman is to get old."

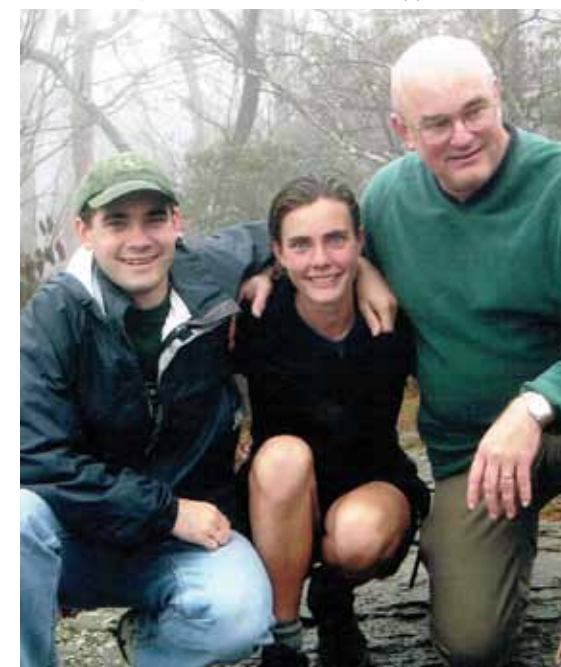
A thru-hike is a watershed, a life-altering experience that feeds into your every fiber. Forever after, no day will pass when you don't gaze into space remembering a sparkling recollection of what it was like out there. You are bedeviled by an obsessive compulsive urge to pursue adventure. So, despite marriage, kids, career, and community commitments, I still schemed one adventure after another. I'm no athlete, just a Trail-hardened pack mule refusing to give in, ever ready to slog out another mile or two.

Thanks to this blessed obsessive compulsive disorder, I've bicycled across the United States and hiked on several continents — including my first trip to the Himalayas last April. I even managed a few years ago to deposit my AARP-eligible hindquarters

into an icy glacial river in Alaska with my buddy, Steve, when we overturned our canoe. We might have been better off sipping vodka martinis and golfing at some cushy country club, but floating along like chunks of pulpwood made more sense. I keep hanging around men and women who have a similar obsession for adventure. It started more than half a century ago when my Boy Scout troop camped at the base of Tray Mountain, right next to the A.T. in north Georgia. I asked an adult leader what the white paint marks on the trees were all about. "Well," he answered, "if you head north, you better carry a lot of pork and beans, because that path heads all the way to Maine." A hiker's life began.

Adventure is contagious. I schlepped my wife, Patsy, and the kids, Dan and Laura, to all 48 contiguous states on vacations, mostly camping at national parks. Dan and Laura — who seemed profoundly bored when I expounded about the magnificence of the A.T. — both ended up taking southbound thru-hikes themselves. A hiker's life rubs off, I guess. A few years back, I decided to reimagine the dream. When my kids thru-hiked in 2000 and 2004, I fell in love with the Trail for a second time. I will likely finish a section hike of the A.T. yet again sometime soon. During this episode of my hiker's life, the dream of capturing the essence of the thru-hiker's world has finally taken wing as a novel told through Trail journals, shelter log entries, emails and letters of a diverse group of hikers who meet at Springer and head northbound for Katahdin.

The completed book, *THRU: An Appalachian Trail*



The Appalachian Trail Museum receives all proceeds of sales for *THRU: An Appalachian Trail Love Story*.



*Love Story*, has just been published by the Appalachian Trail Museum with the enthusiastic support of A.T. Museum Board president Larry Luxenberg (who is also a thru-hiker and author of a classic A.T. account titled *Walking the Appalachian Trail*). The museum, located at Pine Grove Furnace State Park, is in a historic grist mill near the halfway point of the A.T. in Pennsylvania. The museum is a repository of artifacts and stories portraying the people and places of the Trail. The sagas of Benton MacKaye, Myron Avery, Grandma Gatewood, Earl Shaffer, and dozens of other A.T. icons come alive for thousands of museum visitors.

As I stay in touch with other thru-hikers, old and young, I note that many of them keep giving back. I see them doing so both monetarily, by maintaining sections of the Trail, taking kids on hikes, and using the A.T. as a classroom in nature. For me, giving back has been an enriching aspect of my life. My favorite gig has been as board president of Appalachian Education and Recreation Services (AERS), which runs the Len Foote Hike Inn, a not-for-profit backcountry lodge deep in north Georgia's Chattahoochee National Forest near the southern terminus of the Trail. The inn is a sustainably designed Georgia State Park facility, and AERS is dedicated to providing education and outdoor recreation opportunities to its visitors with a special focus on youth outreach, often working in coordination with the Georgia Appalachian Trail Club.

The characters in my book, along with many others, make it a sentimental journey for veteran A.T. hikers. It also takes a stab at showing those who have pondered what it must be like to hike more than 2,000 miles the personal side of thru-hiking, the day-by-day agony, delight, monotony, and transcendent joy of living in the wilderness. ⬆

Clockwise from above: Richard with his Mom during a visit from his parents in Port Clinton in '73; Dan Judy, Laura Judy, and Richard atop Springer Mountain in November 2004 when Laura completed her southbound thru-hike — by Patsy Judy; Richard on the A.T. in Southwest Virginia in 2009 — by Tom LeVert

Christi “Deva” Holmes just north of Boiling Springs, Pennsylvania — by Michael “Crop Duster” West



*Our corporate partners play a significant role in our fundraising efforts throughout the year — by contributing to the diverse programs and projects underway all along the Appalachian Trail or by giving a portion of their sales to the ATC .*

**IN THE LAST ISSUE I WROTE THAT WE WERE WELL ON OUR WAY TO** achieving our year-end giving goal of \$773,000 and we came very close. Thank you again for all the generous support. We raised a total of \$704,000 before the end of the year! If we would have had one more day, we would have exceeded our goal — but those gifts that came in on January 2 of this year gave us a great kick start for 2014.

Please remember to check with your employer or former employer if you are retired. Many companies match their employees’ charitable giving as an added benefit. If you are giving from a joint account, check your spouse’s employer too. The Appalachian Trail Conservancy (ATC) will do the paperwork for you if you let us know. You can look up your company on our website at: [appalachiantrail.org/matching](http://appalachiantrail.org/matching).

Beyond matching gifts, the ATC’s corporate partners play a significant role in our fundraising efforts throughout the year. Many are sponsors of our D.C. Gala and the special recognition that it allows. Many more contribute to the diverse programs and projects underway all along the Appalachian Trail. Still others contribute by giving a portion of their sales to the ATC. The ATC encourages you to consider those who are giving back when you have a purchasing need. To see a full list of our corporate partners visit: [appalachiantrail.org/partners](http://appalachiantrail.org/partners).

Recently, the ATC’s director of marketing, Javier Folgar and our assistant director of development, Amy McCormick attended the Winter Market Outdoor Retailer Show in Salt Lake City. This provided an opportunity to meet with some of our corporate partners, showcase the work of the ATC, and participate in fundraising events. Eagle’s Nest Outfitters (ENO) hosted a week-long fundraising effort for the ATC and the Pacific Crest Trail Association (PCTA). Both organizations now have a co-branded hammock through ENO and a portion of sales are donated back to the respective organizations. Thanks ENO! Other ATC corporate partners Gregory, Mountain Khakis, and American Backcountry, to name a few, renewed their support for 2014 and we were able to spend time connecting with previous and new supporters.

In the next issue of this magazine we begin profiling donors at the Leadership Circle giving level. The ATC is fortunate to have donors at all levels of the giving spectrum that are truly dedicated, and we’d love to be able to tell others why you give. If you want to share your personal reason(s) for supporting the ATC then send us an email to: [membership@appalachiantrail.org](mailto:membership@appalachiantrail.org). When all is said and done, people give to people and are inspired to give because of other people. Your story could inspire the next million-dollar gift to the ATC, no matter how many digits are on your personal check. ⚡

Best wishes,  
**Royce W. Gibson** | *Director of Membership & Development*



NOVEMBER – DECEMBER 2013

RAYANA “ACORN” ADRA IN THE WHITE MOUNTAINS, NEW HAMPSHIRE

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than 1,500 hikers, without whom this project could never have succeeded, Ian had some help from other sources. The most important of these, by far, was the active collaboration of another energetic and enthusiastic young man named Mike McDonald. Mike was an AmeriCorps intern, working for the Maine Conservation Corps as an environmental steward assigned to the Bigelow Preserve. His duties allowed him to use a state-owned pickup truck to collect the thousands of bags of trash that volunteers left at the trailheads and transport it to local municipal transfer stations — often on a daily basis. Without Mike’s tireless support, much of the material so laboriously lugged off the Bigelow ridge would still be sitting at the base of the mountain.

Ian and Mike’s efforts inevitably drew outside attention — including an enouraging write-up in the local press, which led, in part, to discussion about the possibility of arranging for a helicopter airlift to remove the last oversized pieces of junk too big to be carried out. This took a bit of arranging, of course, but in the end a helicopter operated by the Maine Forest Service lifted four cargo nets full of junk, prepared for them by Ian and MATC volunteers. The excitement and spectacle of a helicopter even brought out the media and a short piece appeared on a local outdoors television show.

The real lesson in this story doesn’t really have much to do with removing trash from a beautiful mountaintop. Instead it has to do with what any of us do when we’re faced with a difficult problem. The trash on Bigelow had been there for a long time. But the problem of removing it seemed just too big. Then along came a determined young man named Ian Fitzmorris, who simply picked up a bucket and got to work. The result was five tons of litter — a mountain of trash — removed from one of the most beautiful places on the A.T. If you ask Ian about all this, he’ll just laugh and say, “I’m just glad the trash is gone.” If you press him, though, he’ll tell you about the other 141 fire tower sites in Maine. Stay tuned. This story is not over. ⚡

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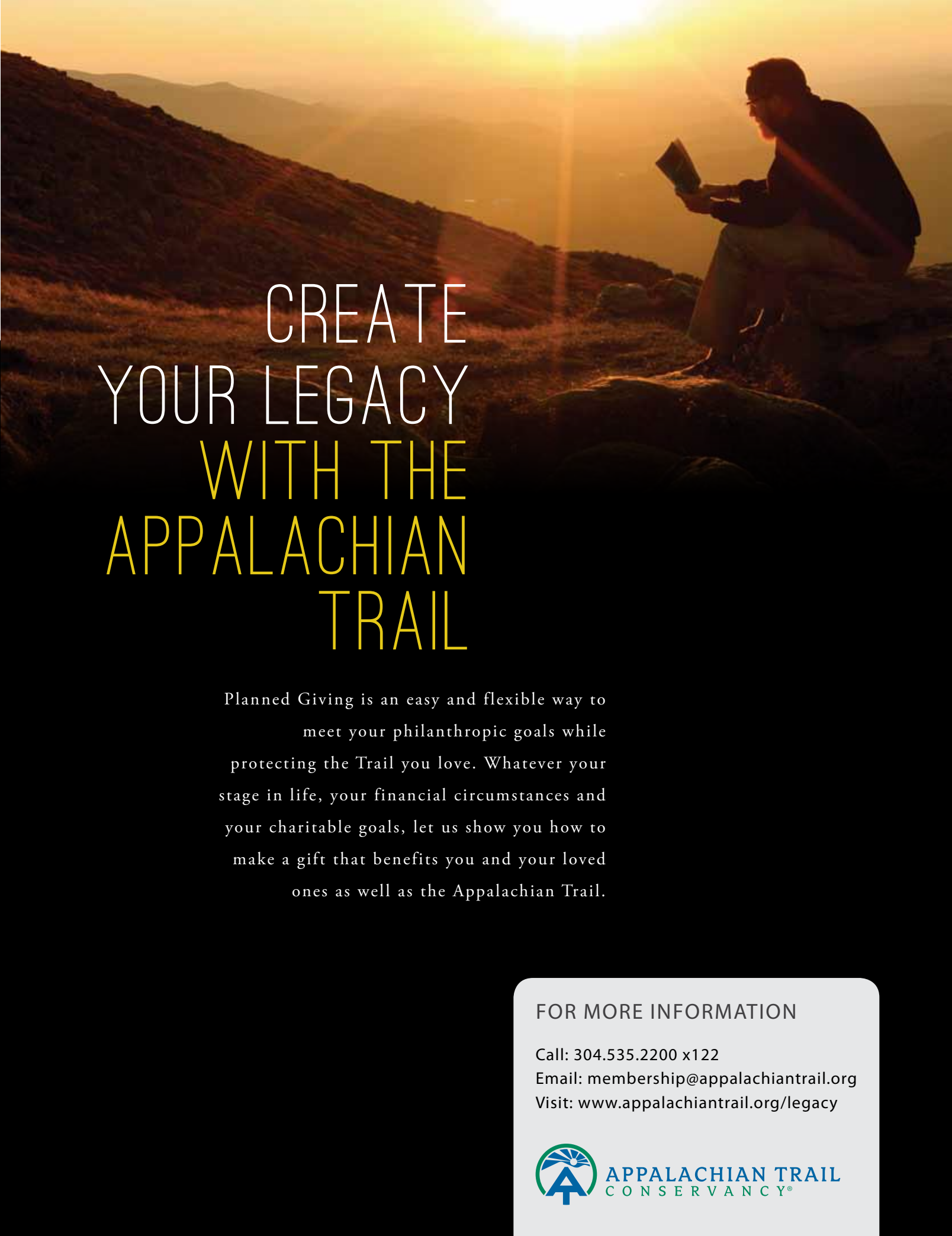
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### Hiking Partners

Looking for **A.T. section hiking partners**. For Connecticut, Massachusetts, Vermont, New Hampshire, and Maine sections. Very flexible with hike times. Been doing four 80-100 mile hikes a season. Located in Ohio. Contact: Kevin (Rockstar) at kzz1@aol.com.

Male 43 years old, looking for hiking partner(s), male or female, to hike a challenging **section of the A.T. in Maine's 100 Mile wildeness**. This will be a south bound hike form Abol Bridge to the 100 Mile Wilderness Adventure and Outfitters. All the details have been arranged. Hiking Starts on September 10, 2014. Contact: dpk126@gmail.com.

### For Sale

1/3-acre level **lot in the town of Damascus, Virginia** within sight of the Appalachian Trail and the

Virginia Creeper Trail. Perfect place to build a hiker home.Contact: johnpound1970@gmail.com.

Mens Western Mountaineering Summerlite **down sleeping bag**, 32 degree rating, LH zipper, long, used one week, \$230.00. Contact: mike58fire@gmail.com.

**Dixon Rollerpack**. Includes extra set of handles (for long-legged folk) and two kinds of harnesses (Y-and H-style). Repair kit, extra pockets, duffle bag. \$260 plus shipping. Contact: Lynne at lwgear@juno.com.

MSR **DragonFly Stove**. Brand new upgraded pump; Coleman/K1/ Auto/Stoddard/AvGas/Naptha/ Diesel; Dual fuel controls and will simmer; wide, stable pot supports; choice of fuel bottle size: 22 or 33oz (worth \$20–22); Stuffsak, windscreen, instructions, spare

parts kit. Retail \$140 / asking \$70. Contact: DanFoto@me.com.

### For Your Information

100 Mile **Wilderness Adventures and Outfitters** in Monson, Maine provides shuttles, accommodations, information and logistical support for long distance hikers and cyclists. Our private campground is trailside on the historic Appalachian Trail” (Mile 117.8) and features twin bunkhouses, private cabins, tenting, showers, and laundry. Long term parking and mid-wilderness resupply for our guests. Phil Pepin, Registered Maine Guide. For more information visit: [www.100milewilderness.info](http://www.100milewilderness.info).

The **Sixth Annual April Fool's Trail Days** will take place in historic downtown Franklin, North Carolina on Saturday, March 29.

Come to Franklin, as we celebrate our appreciation of the Appalachian Trail and its hikers. An official Appalachian Trail Community, Franklin is located 11 miles from the A.T. and is considered a welcome respite from the cold, and usually wet, early spring weather. The event will include workshops, conservation displays, and local hikes. You'll find plenty of good food, great conversation and lots to do. For more information visit: [www.aprilfoolstraildays.com](http://www.aprilfoolstraildays.com). ⚡

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**I DIDN'T FEEL ANY REGRETS IN MY CHOICE TO FLIP-FLOP. I WAS VERY EXCITED BY THE REALIZATION THAT I STILL HAD 1,000 MILES TO CHASE NEW ADVENTURES AND PROCESS THE LESSONS I WAS ALREADY STARTING TO LEARN.**

Joshua's non-traditional thru-hike comes to a close as the leaves finish falling at Springer Mountain.

**IN 2012, I FINALLY HAD THE TIME OFF FROM WORK I NEEDED TO PURSUE A** goal I had dreamed of since I was 10 years old. The only problem was that my year of teaching didn't end until June. After looking at the option of hiking southbound on the Appalachian Trail, I eventually decided to hike a “flip-flop” thru-hike of the A.T. My itinerary would allow me to experience both the feeling of a northbound and southbound journey and follow spectacular weather throughout my hike, as well as organically mesh with a summer schedule that included three weddings in the northern half of the Trail.

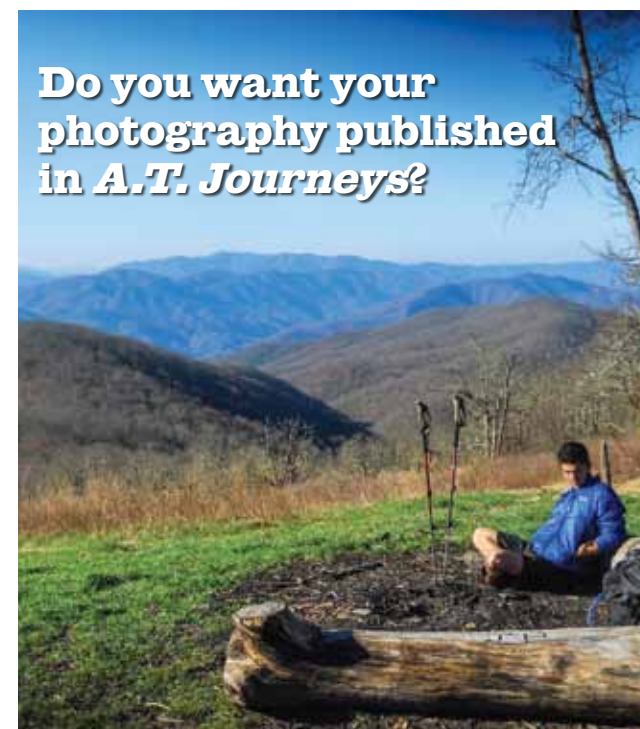
I left Harpers Ferry, West Virginia heading north along the C&O Canal, on June 8. It was a typical hot humid Mid-Atlantic summer day. I quickly connected with other northbound A.T. hikers and loved every minute of the social scene. Some incredible friendships were made between West Virginia and Maine. A New England summer is a glorious thing, and I couldn't have asked for a more perfect sunny clear day on August 19 when I summited Katahdin with five incredible hiker friends. Even though this wasn't the end of my adventure, it was still a very special day. I didn't feel any regrets in my choice to flip-flop. I was very excited by the realization that I still had 1,000 miles to chase new adventures and process the lessons I was already starting to learn.

Another benefit to my schedule was that my parents live in Baltimore, Maryland, a fantastic staging ground for starting a hike in Harpers Ferry. My incredibly supportive mother and father dropped me off at the Appalachian Trail Conservancy headquarters once again, this time to hike south to Springer. What a gift it was to experience both finishes.

The introspective nature of an approaching winter was a perfect frame and mirror for my thoughts. My adventures came to a close with the cycles of the earth. I had followed autumn and its radiant colors through the Grayson and Roan Highlands. I had watched the leaves fall and turn brown. And when I stood on Springer Mountain on October 28 it was time for rest. “The Frankenstorm” hit the next day, marking the beginning of winter. It was a perfect finish in the way that no finish truly captures the journey. It was a perfect journey in that it was meaningful, joyful, and perspective shifting.

As an outdoor educator I am very sensitive to the impact humans have on the planet. I couldn't help but notice the growing piles of garbage as I walked closer and closer to Springer. I imagined the crowds of smiling hikers piling into shelters in April. I was happy for all of them for taking a chance and pursuing the adventure of a lifetime. I also thanked every hiker who took a chance and hiked their own hike, breaking from tradition and lightening the load on the land and Trail that we love so much. ⚡


*Joshua “Bobcat” Stacy*  
LIVES IN LOMA MAR, CALIFORNIA.



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PHOTO BY KEN HAWKINS



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“As I See It” is a monthly column from guest contributors representing the full range of ATC partners, members, and volunteers. To submit a column (700 words or under) for consideration, please email [journeys@appalachiantrail.org](mailto:journeys@appalachiantrail.org) or write to Editor/As I See It, Appalachian Trail Conservancy, P.O. Box 807, Harpers Ferry, WV 25425.



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