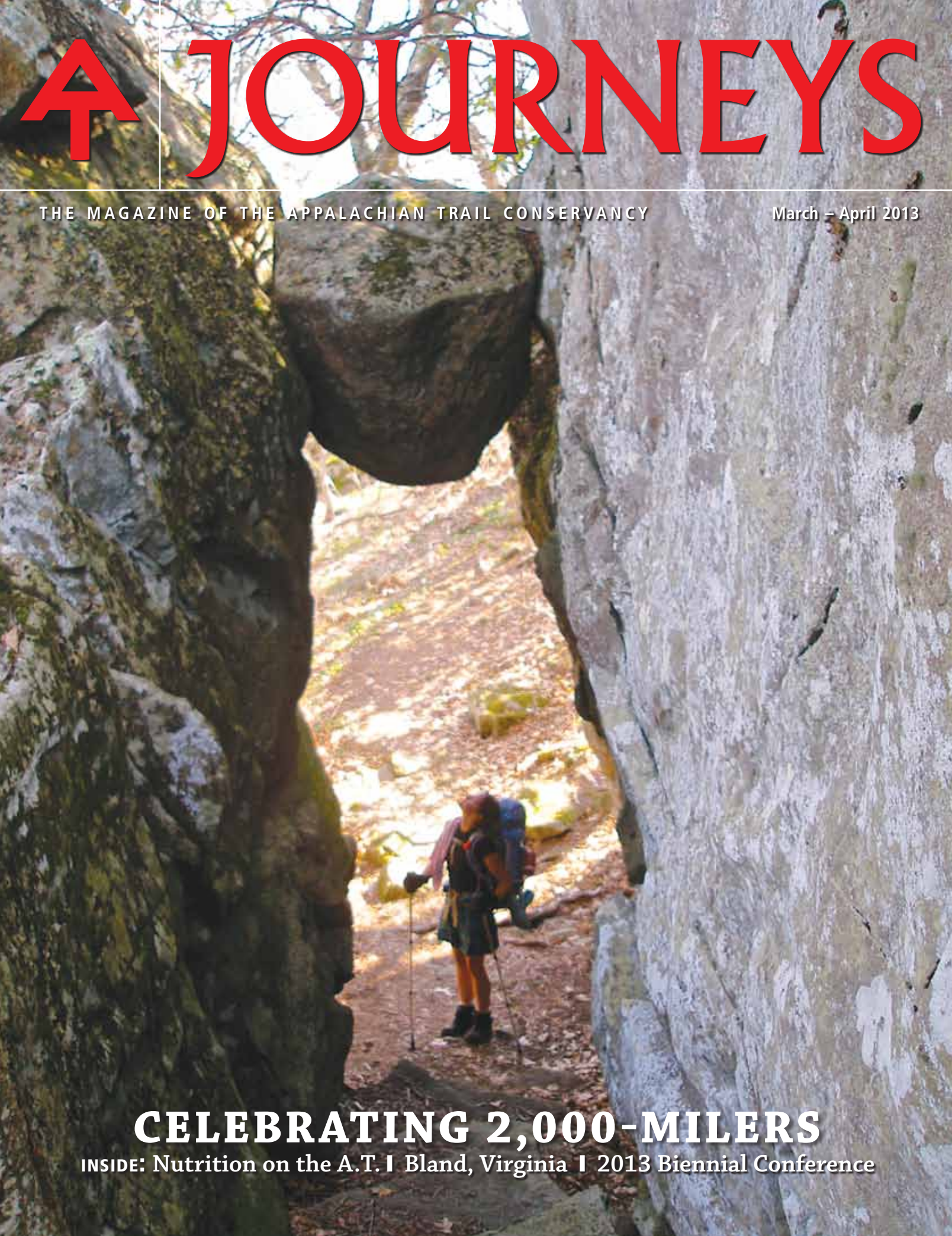


A JOURNEYS

THE MAGAZINE OF THE APPALACHIAN TRAIL CONSERVANCY

March – April 2013



CELEBRATING 2,000-MILERS

INSIDE: Nutrition on the A.T. | Bland, Virginia | 2013 Biennial Conference



On the Cover:

Suzy “Rummy” McKelvey stares up at “the Guillotine” on Apple Orchard Mountain in central Virginia during her 2012 thru-hike. Her hiking partner, Paul “Sharkey” Hudspeth, took the photo. The hiking duo is pictured above on the A.T. near Boiling Springs, Pennsylvania.

A JOURNEYS

THE MAGAZINE OF THE APPALACHIAN TRAIL CONSERVANCY

Volume 9, Number 2
March – April 2013

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The Appalachian Trail Conservancy’s mission is to preserve and manage the Appalachian Trail — ensuring that its vast natural beauty and priceless cultural heritage can be shared and enjoyed today, tomorrow, and for centuries to come.

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FROM THE EDITOR |

SOUL FOOD. LAST YEAR, THE COMPLETION OF THE ENTIRE APPALACHIAN

Trail was, once again, a key ingredient in the recipe for bliss for hundreds of official “2,000-milers.” If a thru-hike is a long — yet arduous — vacation of the mind, body, and soul, then a section hike is many mini-vacations of the very same combination. Either one satiates a desire — to explore, to improve one’s health, to reach a long-aspired goal, or simply to achieve a moment of pure contentment in the outdoors. To all those who placed their well-worn hiking shoes on the entire length of the A.T. — either in 2012 or since its creation — the Appalachian Trail Conservancy commends you (page 19).

Over the years, 2,000-milers have helped in the promotion of the Trail by submitting their lovingly written, humorous, and passionate stories as well as their photos, which illustrate the beauty and significance of the Trail and convey why it needs to be protected (and without which, this magazine would lack some serious luster). “We find 2,000-milers are often quite eager to give back to the Trail,” explains the Appalachian Trail Conservancy’s (ATC) information services manager, Laurie Potteiger (page 16). “Thru-hikers and section-hikers donate not only photographs of themselves on Katahdin and Springer, but also remarkable landscape shots and other valuable images. When they report their completions, they write inspiring quotes that are helpful to the ATC in many ways, and stories that are published in *A.T. Journeys*.” Many of the ATC’s volunteers, staff members, and board members have also hiked the Trail from Georgia to Maine, including our executive director and chief executive officer, Mark Wenger. “As a 2,000-miler and leader of the organization that is charged with keeping the Appalachian Trail secure and vibrant into the future, Wenger also understands that the A.T. becomes a part of the soul of all who have the good fortune and perseverance to walk it end to end.”

While the Trail may feed the spirit, hiking it has a tendency to work up a serious appetite in the body. The tremendous appetite of hikers is infamous in the A.T. community, and food does seem to be tastiest when one is famished by exercise; and is especially delicious when eaten in the open air. But physical exertion requires a balance of taste *and* nutrition, explains avid A.T. hiker and author, Leanna Joyner (page 10) — who recommends that hikers go with what they know when it comes to choosing backpacking food. She also shares some healthy and appetizing recipes from fellow backpackers. “Eating on the Trail the way you would at home makes hiking more sustainable since satisfaction with food means it will be eaten with gusto,” she says. And that is exactly how hikers approach the A.T. — with gusto. It creeps up from the Trail and into the souls (pun intended) of every person who sets foot on it, whether it is for one mile or thousands of miles. For those who have recently ventured onto the Trail, or those who are thinking of trying it out for the first time, a word of caution: it’s wonderfully addictive. ⚡

Wendy K. Probst | *Managing Editor*

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

2012 2,000-miler Arunas “Arius” Bartkus on Bigelow Mountain’s West Peak in Maine.

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2,000-milers, Christine "Bebop" Williams and Jonathan "Rock Steady" Eaton. Photo by Alex "Snowman" Dawson



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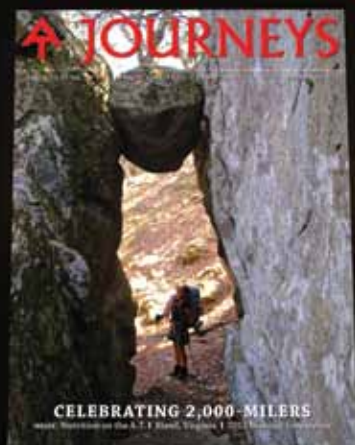
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I LETTERS

AS AN APPALACHIAN TRAIL Conservancy member for several years, a thru-hike never seemed like something I'd ever do. When I decided to go ahead and try I had no idea what an amazing and life-changing trip I had started. Thank you so much for all your effort to preserve this Trail — a piece of my life now and forever.

Jen Kelley "Sprinkles & NoKey"
 KNOXVILLE, TENNESSEE

ON MARCH 22, 2011 MY PARTNER "Lady" and I stood at the top of Springer Mountain for the beginning of my planned thru-hike of the A.T. At that time I had no idea of the love I would experience or of the many long lasting and special friendships that I would forge. My biggest concerns were how I would be accepted as an LGBT woman hiking and what issues I might face due to that.

Later that year [despite health problems that caused me to end my thru-hike attempt] I managed to complete Georgia, North Carolina, and Tennessee on my first try. Then, in a month, was able to go back and hike West Virginia, Maryland, and Pennsylvania to Duncannon. This past year, with my hiking partner "Roaming Gnome," saw completion of the section from Damascus to Pearisburg Virginia. I also hiked south from Vermont and completed Massachusetts, Connecticut, New York, New Jersey, and ended my hike with a very bad fall just past Wolf Rocks in Pennsylvania.

My goal in writing this is to say thank you to the many people who helped me try to achieve my goals, for being wonderful friends and hiking partners, and especially to the Volunteer Rescue Squad near Delaware Water Gap [who helped out due to my bad fall]. Though I was not able to complete my thru-hike in 2012, I hope to complete the Trail in the future and, with luck, finish the south in 2013. To hikers everywhere: The A.T. is rugged, difficult, and a true test of your abilities, both physical and mental. It constantly asks you to reach inside yourself and find the strength and determination to succeed. Along the way, it teaches you how much more real life can be. In our rush to live our lives we

have lost the appreciation of how much more there is out there. I hope everyone has the chance to hike on the A.T., be it a day, section, or thru- hike. In the process, open your senses to the true nature of our world and become part of a community which does not see orientation, gender, race, or economic position but rather values friendship, camaraderie, and honesty.

Debbie "Pippi Longstockings" Dunkle
 HOLDEN, MAINE

THE APPALACHIAN TRAIL: *Celebrating America's Hiking Trail* is a great book! Details of the history are well written and most interesting. Fine photos from Sarah Jones and others are included. Thanks to Brian King for all his research and editing. I highly recommend this outstanding book.

Gene Espy
 MACON, GEORGIA

FACEBOOK COMMENTS

Thank you for all your hard work and commitment. The time I've spent in and around Appalachia [has given me] memories I will always treasure, and I have only touched such a little area.

-Emily Kern

CORRECTIONS

Credit for the photo of the Walt Whitman statue in Bear Mountain State Park (As I See It, Janaury/February) is courtesy of Mike Adamovic/Trailside Museums and Zoo at Bear Mountain State Park. 🍌

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:
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Enjoy a spectacular hike on the A.T. to Max Patch Bald, in western North Carolina, during the ATC's 39th Biennial Conference this July. Photo by Brent McGuirt

THE NATIONAL PARK SERVICE HAS ANNOUNCED ITS SELECTION OF Wendy K. Janssen as the new superintendent of the Appalachian National Scenic Trail. She replaces Pam Underhill, who retired last year. Janssen is expected to start this March.

Janssen has served as superintendent of Hagerman Fossil Beds National Monument (HAFO) and Minidoka National Historic Site (MIIN) in Idaho, with a unit of MIIN in Bainbridge Island, Washington since 2008. She led extensive planning and implementation efforts, preservation of historic structures, and development of education programs. In those efforts, she worked with her staff to engage new audiences and involve partners to establish a cooperative and collaborative environment. She also worked on many external issues affecting both parks, including wind turbines and transmission lines.

Janssen has worked in management positions at other parks across the country, including Cabrillo National Monument, Santa Monica Mountains National Recreation Area, Martin Luther King, Jr. National Historic Site (NHS) and Preservation District, and Whiskeytown National Recreation Area. She also worked as a planner at the Park Service's Harpers Ferry Center and in park ranger positions at the USS Arizona Memorial, Natchez National Historical Park (NHP), Boston NHP, Lowell NHP, Saint-Gaudens NHS, and Lyndon B. Johnson NHP.

In Janssen's own words — "It is an honor to be selected as the superintendent of this much-loved national treasure and the first National Scenic Trail. This 'foot-path for the people' is a wonderful example of 'citizen action in the public interest' and I look forward to working with Trail staff, the Appalachian Trail Conservancy, Trail-maintaining clubs, volunteers, stakeholders, agency partners, neighbors, and communities to continue to protect this incredible trail system and its significant resources that are accessible to millions of residents in the eastern United States."

On behalf of the Appalachian Trail Conservancy staff and the thousands of A.T. volunteers, we welcome Janssen to the A.T. community. We look forward to working with you.

We hope you are all planning to attend our biennial meeting in Cullowhee, North Carolina on July 19 through 26, 2013. Five A.T. clubs from the southern region will be hosting the event. The meeting will be held on the campus of Western Carolina University. There will be hikes on to the Appalachian Trail, the Bartram Trail, and in the Great Smoky Mountains National Park and the Nantahala National Forest. Informative workshops and exciting excursions will be offered as well. Come join us for the Appalachian Trail Conservancy's 2013 Biennial. Registration begins April 15, 2013 (page 25). [↗](#)

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A MATTER OF TASTE

Hikers, notoriously, never stop thinking or talking about food. The borderline obsession is generally proportional to the distance of their hike. Regardless if it's a day hike or a 250-plus-mile backpacking trip, food matters.

Food's taste, calories, weight, volume, and ease to prepare on the Trail are generally top considerations for hikers. Prizing these qualities above all else often results in a calorie-dense diet of highly processed food full of salt and saturated fat. "If they're living on pepperoni and a highly saturated fat diet, that might be a concern," says Boston area nutritionist Nancy Clark, R.D., author of *Nancy Clark's Sports Nutrition Guidebook*. But she goes on to say that the exercise hikers are doing is probably more important than simply looking at diet alone. Living an active lifestyle and working muscles trumps poor dietary decisions for most hikers, assures Nancy, since most short-term failings in a diet

can be rectified post-hike, within reason. She emphasizes that people should eat on the Trail the way they want to live their lives, especially if they're concerned about health.

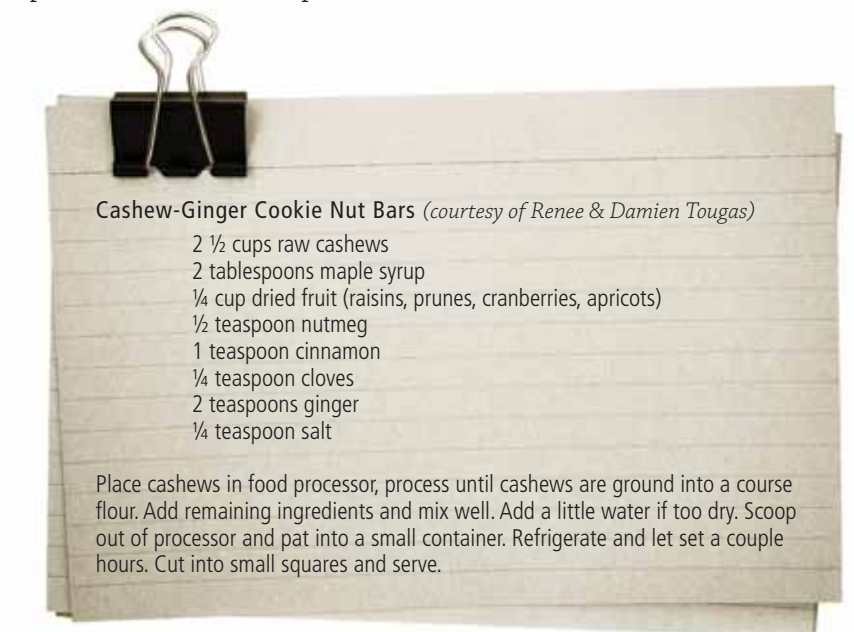
For hikers, the nutritional choices they make generally reflect their eating habits at home. Vegetarians plan snacks and meals that focus on soy protein and cheese. Vegans opt for plant-based diets, complemented with a spectrum of seeds and nuts. People with gluten intolerance avoid the easy and popular carbohydrates that are building blocks of Trail meals, like pastas and breads. For 2006 thru-hiking pair Jeanne Hergenrother and Lincoln Vannah, who don't typically eat processed foods, not many snack foods were carried on the Trail. "We had heavy packs. We pretty much carried whole food and not a whole lot of junk food. We carried more fresh produce, like apples, onions, garlic, and peppers," says Jeanne. "It was a health issue for me. If we had eaten the typical thru-hiker foods my blood pressure would have skyrocketed."

Similarly, Renee and Damien Tougas of Gaspé Peninsula, Canada, apply their at-home eating style of vegan, gluten-free food to their on-Trail meals for their family of five who hike every week as part of their training to thru-hike the Appalachian Trail in 2014. "There's this idea that you have to have special foods when hiking with children to placate them and keep them moving on the Trail. We haven't done that. The reward is being out together in beautiful places," says Renee who blogs about her family's adventures at Outside-Ways.com. Instead of using goodies as a treat, these parents focus on providing nutrient-dense, high-calorie foods that reflect how they eat at home. They've streamlined their meal-planning to eliminate the biggest deterrent to a family their size getting outside — preparation — by continually returning to what they know works for them. Among their favorite Trail foods is a raw ginger-cashew bar recipe, designed by their 13-year old daughter, and an Asian rice and green tea soup, ideal for cold weather, day hikes. "Everybody loves it because it's hot. You get hydration from the hot water, salt from miso and soy sauce, and caffeine and antioxidants from the green tea," says Damien. This recipe benefits the body with protein from the beans and rice, carbohydrates and nutrients from the fresh vegetables (remember, they are day hiking), and the anti-inflammatory properties of the antioxidants.

Eating on the Trail the way you would at home makes hiking more sustainable since satisfaction with food means it will be eaten with gusto. The

most important factor for any athlete is getting the necessary number of calories for the body's exertion. Depending on a hike's distance, difficulty, and exertion, hikers may need upwards of 3,000 to 4,000 calories per day, if not more.

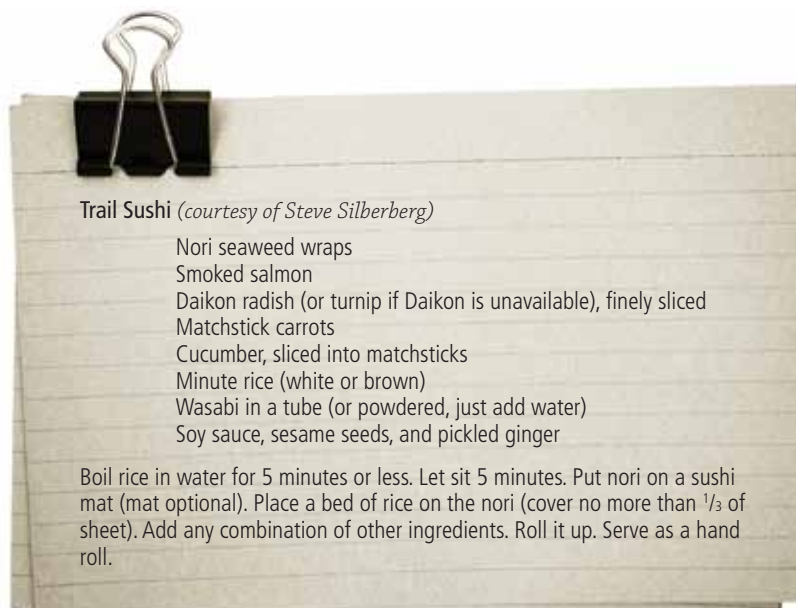
"The most important thing for a hiker to do is take in enough calories so they don't break down their muscles. If they're in a calorie deficit, they start breaking down muscles, and that's really counterproductive," says Nancy, who designs diets for athletes starting with protein needed for an individual's weight and activity. Once identified, she combines protein with a foundation of carbohydrates. Carbohydrates fuel the muscles while proteins build and repair muscles. But, she



cautions not to over-think the equation. "People eat food. They don't eat carbohydrates, proteins, and fats," says Nancy, to help keep the focus on what's important: flavor.

Steve Silberberg agrees that people should eat what they will enjoy. Steve's company, Fitpacking, guides people on backpacking trips to promote healthy lifestyles. "We don't want to starve people. If your authoritarian about it, you get a lot of unhappy people, so if there's something you're really going to enjoy, bring it," says Steve, emphasizing that the activity is as important as the food. For Jeanne and Lincoln, having fresh-baked sourdough bread for lunch daily suited their taste buds and their preferences for whole foods. They kept a thick liquid sourdough starter in a jar and added flour and water each evening. In the morning they separated a portion into a plastic bag and baked it at lunch, either in a greased pot on their

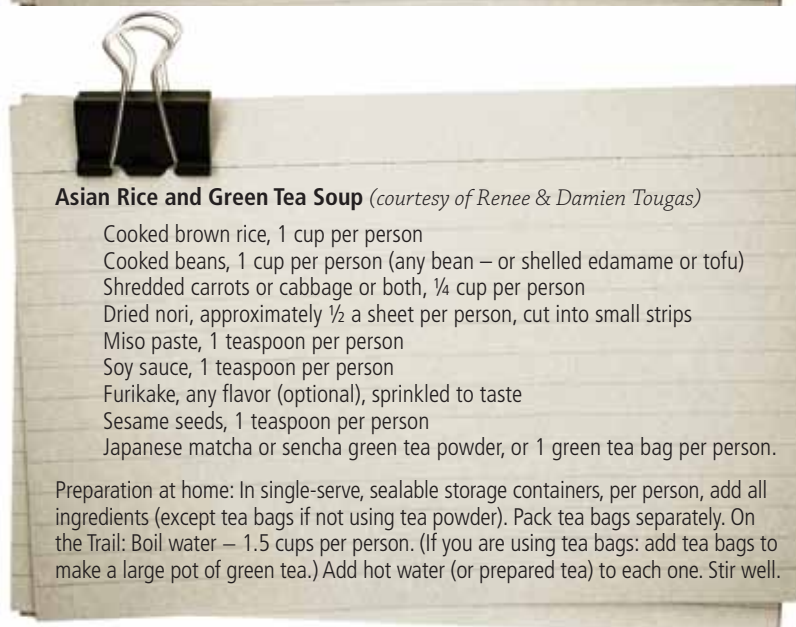
TEXT AND PHOTOS BY LEANNA JOYNER



Trail Sushi (courtesy of Steve Silberberg)

- Nori seaweed wraps
- Smoked salmon
- Daikon radish (or turnip if Daikon is unavailable), finely sliced
- Matchstick carrots
- Cucumber, sliced into matchsticks
- Minute rice (white or brown)
- Wasabi in a tube (or powdered, just add water)
- Soy sauce, sesame seeds, and pickled ginger

Boil rice in water for 5 minutes or less. Let sit 5 minutes. Put nori on a sushi mat (mat optional). Place a bed of rice on the nori (cover no more than 1/3 of sheet). Add any combination of other ingredients. Roll it up. Serve as a hand roll.



Asian Rice and Green Tea Soup (courtesy of Renee & Damien Tougas)

- Cooked brown rice, 1 cup per person
- Cooked beans, 1 cup per person (any bean – or shelled edamame or tofu)
- Shredded carrots or cabbage or both, 1/4 cup per person
- Dried nori, approximately 1/2 a sheet per person, cut into small strips
- Miso paste, 1 teaspoon per person
- Soy sauce, 1 teaspoon per person
- Furikake, any flavor (optional), sprinkled to taste
- Sesame seeds, 1 teaspoon per person
- Japanese matcha or sencha green tea powder, or 1 green tea bag per person.

Preparation at home: In single-serve, sealable storage containers, per person, add all ingredients (except tea bags if not using tea powder). Pack tea bags separately. On the Trail: Boil water – 1.5 cups per person. (If you are using tea bags: add tea bags to make a large pot of green tea.) Add hot water (or prepared tea) to each one. Stir well.

camp stove or on a rock with a pot inverted over it. They paired their fresh-baked bread with butter or peanut butter. “Our favorite recipe was pizza. The first night out of town we tried to carry out stuff to make either tomato-based or pesto pizzas using olive oil, garlic, cheese, and the dough,” says Jeanne.

For a lot of other hikers, candy bars help satisfy the requirements of appetite, flavor, and caloric needs. Even though candy bars aren’t 100 percent quality calories, they’re still better than nothing, says Nancy. “Snickers was the energy food of choice that I ate and that everybody else ate,” says Charlie Duane a long-distance backpacker of the A.T., Long Trail, and Florida Trail. “It only worked if I’d had a decent meal beforehand because I didn’t have any resilience just eating Snickers alone.”



Anecdotally, Charlie experienced what Nancy advocates, consuming mostly healthy foods that provide vitamins, minerals, and proteins you need, and allowing the remaining 10 to 15 percent of food to be fats, in the form of cookies, chocolate, candy bars, and ice cream.

BALANCING LIGHTWEIGHT BACKPACKING & NUTRIENT DENSITY

Selecting nutrient-dense food that meets the requirements of hikers for lightweight, easy-to-prepare, tasty chow is the challenge best met by thinking in terms of food groups. Coupling different kinds of foods in one meal or snack allows hikers a complexity of flavors and body benefits. As an example, oatmeal alone it is just a grain, a carbohydrate, but add almonds, dried fruit, and dried milk to produce a meal that includes a larger spectrum of nutrients, protein, and carbohydrates.

Other ways to add more nutrient-dense foods into a hiking diet is to carry fresh fruits and vegetables. Apples, onions, peppers, garlic, and carrots are popular among hikers with Leave No Trace ethics because of their low-waste ratio for packing-it-out. Even still, the satisfaction of a juicy orange or an avocado a day or two after leaving town is a draw for many distance hikers, despite the peels and hull. A novel way to add fresh, crunchy vegetables is to grow them while you walk. “Sprouts themselves aren’t high in calories, but other qualities make them noble. They have calcium, vitamins A, E, and C, and all kinds of great enzymes, and phytonutrients, which help with digestion and our immune system,” says Kim Safdy, founder of Outdoor Herbivore, who researched and developed a method for growing sprouts while backpacking.

For backpackers who rely heavily on pre-prepared, dehydrated meals, it’s a good idea to look at other ways to incorporate healthful food choices since dehydrating food causes some amount of

vitamin loss. In some cases, for backpackers there are also ways to let Mother Nature help. “A few years ago I hiked the 100-mile Wilderness, and there were blueberries all along the way. It was so awesome,” said Steve about the benefits of recognizing locally-sourced foods en route. Naturally, hikers should be wary eating food from forage unless they can positively identify it. Even if correctly identified, it’s a good idea to be mindful of the resource by only collecting a small portion of what’s available, leaving most, if not all, to the woodland creatures that rely on it.

As hikers’ backpacks have reduced in size and weight over the last decade due to advances in gear technology, it’s resulted in their inclination to cut back on other necessities, like water. “Portioning is the thing most hikers do incorrectly; they tend to over carry food. Conversely, people underestimate the amount of water they need. It keeps so many ill at bay, like hypothermia, and aids in performance and digestion,” says Steve. Nancy agrees. Constantly being dehydrated is as bad as not eating enough for the activity. Being adequately hydrated actually helps the body incorporate the nutrients it’s being fed. It’s the key to the



Tasty foods like Trail sushi (left) and wild berries provide a balance between nutrition and flavor. – wild berries by Jimmie “Walk and Eat” Jackson

equation in a well-rounded diet, both on and off the Trail. Carrying more nutrient-dense foods isn’t just the domain of day hikers anymore. With the evolution of lightweight hiking gear, thru-hikers too can enjoy the foods that make them happy and healthy, even if it means an incremental load in their packs. As the essential part of every hiker’s existence, food will and should motivate, energize, and comfort. Mucho Gusto! 🍷

Leanna Joyner is a freelance writer and hiker living in Asheville, North Carolina. She writes more about hiking at leannalj.blogspot.com.

Do you want your photography published in A.T. Journeys?

Send photos (2MB or larger) of hikers, shelters, campsites, and scenic shots from Maine to Georgia to: editor@appalachiantrail.org.

2012 2,000-MILER CHRISTIAN “SONIC” JOBST IN PALMERTON, PENNSYLVANIA.

Step onto the A.T. with a limited edition print!



Ron Roman, photographer and A.T. thru-hiker, is offering a Limited Edition fine art print of the cover image for *The Appalachian Trail, Celebrating America's Hiking Trail*, recently published by the Appalachian Trail Conservancy. **Ten percent of the sales of this edition goes directly to support the ATC.** Available as 20x30" or 28x42" Archival Print on Hahnemühle watercolor paper. For more info and to purchase prints visit the website: www.ronromanphoto.com/atc

The ATC Visitor Center in Harpers Ferry, WV will host a photography show by Ron Roman during the Bolivar-Harpers Ferry Community Art Walk, April 27-28, 2013. Come meet Ron between the hours 12:00 and 3:00 and view the art in person!



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I TRAILHEAD I

PHOTO BY CHRISTIAN JOBST

ATC Stewardship Council Selections

The Appalachian Trail Conservancy (ATC) is calling for candidates for the 2013-2015 Stewardship Council. This special committee of the ATC board oversees policy development and programs related to stewardship of the A.T. and its surrounding lands and resources. Candidates should demonstrate skills and experience conducive to effective management of the A.T., a conservation mindset, a holistic view of Trail stewardship, and a commitment to volunteer leadership.

Please send recommendations by April 15, 2013 to:
council@appalachiantrail.org
or Stewardship Selections
PO Box 807, Harpers Ferry
West Virginia 25425.

New Backcountry Permit Fees in the Smokies

GREAT SMOKY MOUNTAINS NATIONAL PARK BY JOHN CAMMEROTA

AS OF FEBRUARY 13, 2013, A BACKCOUNTRY PERMIT MUST BE OBTAINED before entering the Great Smoky Mountains National Park and a \$4 per person fee will be required for each night in the backcountry. Hikers who meet the definition of an Appalachian Trail thru-hiker, (you must begin and end your hike at least 50 miles outside Great Smoky Mountains National Park and only travel on the A.T. in the park) are eligible for a thru-hiker permit of \$20 (valid for 38 days from the date issued for an up to eight-day hike through the Smokies). Thru-hikers will have eight days to pass through the park and thru-hiker permits will be available year-round. The permit can be obtained up to 30 days in advance. Each thru-hiker will have to carry their own paper permit and one half of the permit must be left in the trailhead permit receptacle at either Fontana Dam or Davenport Gap — they will also need to write their date of entry into the park on both halves of their permit. Four bunks will be reserved in each of the park's A.T. shelters for thru-hikers from March through May. Thru-hikers must always give up space in shelters to non-thru-hikers holding reservations. Ranger presence will be increased on the A.T. during thru-hiker season.

Permits are available at: www.smokiespermits.nps.gov. You may also obtain a permit in person at the park's Backcountry Office (at the Sugarlands Visitor Center near Gatlinburg) or over the phone; with permits issued by fax, mail, or email.

For more information, visit: www.nps.gov/grsm/planyourvisit/backcountry-camping.htm or call (865) 436-1297.

bear-resistant CANISTERS



THE U.S. FOREST SERVICE REPORTS THAT APPALACHIAN TRAIL HIKERS are experiencing fewer black bear conflicts along a five-mile section of Trail from Jarrard Gap to Neels Gap in the Chattahoochee National Forest after implementation of a seasonal requirement for all overnight campers to carry bear-resistant canisters to contain personal garbage, toiletries, and foods. The requirement goes into effect again this year beginning March 1 and ends June 1.

The regulation was first issued in 2012 by the Forest Service as an alternative to closing the area along the A.T. in the Blood Mountain Wilderness to camping. In previous years, concerns about hiker safety after repeated bear conflicts required temporary, seasonal camping closures for the area. Now, hikers have the option of camping in the area year-round as long as they carry and use a bear-resistant canister in the springtime. The requirement was developed in consultation with the Georgia Appalachian Trail Club, the Appalachian Trail Conservancy, and the Georgia Department of Natural Resources, Wildlife Resources Division. "We have worked closely with the Forest Service to find the best solution, and we support them in taking this measure to protect hikers," said Shelley Rose, president of the Georgia Appalachian Trail Club. "So far, we are seeing fewer bear-hiker interactions, and that's a good thing for both the hikers and the bears."

Bear-resistant canisters trap odors inside, eliminating the lure of food, and they are designed to be tamper-resistant against extreme force. The regulation requires that the canisters used must be solid and non-pliable. These canisters can be purchased or rented at most retail stores and online sellers that stock camping gear. "Any bear that associates people with food is a dangerous bear because it's going to be aggressive," said Andy Baker, Blue Ridge District Ranger for the Forest Service. "By removing the lure of foods and other odors, we stop giving bears a reason to approach a campsite."

The storage regulation is mandatory for all dispersed camping in the Blood Mountain Wilderness within a quarter mile of the Trail from Jarrard Gap to Neels Gap, which includes the Blood Mountain Shelter and Woods Hole Shelter. Hikers who choose not to camp along this section of Trail are not required to carry a canister. Traditional food storage methods in the wilderness, such as hanging food bags between trees, are not allowed as a substitute for using a bear-resistant canister under this regulation, but are still encouraged at other times and in other areas of the forest. However, these methods are not as effective as bear-resistant canisters at preventing bears from retrieving food. Forest officials say black bear encounters have increased significantly in recent years in the Blood Mountain Wilderness. Bears become more active as the seasons and weather change. They are particularly attracted to human food brought into wilderness in the early spring when natural food sources are not yet plentiful. This is also the peak season for northbound A.T. hikers to begin their journeys.

For more tips on how to protect yourself and also protect black bears when visiting the National Forest, visit: www.fs.usda.gov/conf or call (706) 745-6928.



APRIL FOOL'S TRAIL DAYS

A Celebration of the Appalachian Trail

Come to historic Franklin, North Carolina for April Fool's Trail Days and the annual Hiker Bash, which runs March 29 and 30, and celebrates our appreciation of the Appalachian Trail and A.T. hikers. As an official Appalachian Trail Community, Franklin opens the town to all hikers on their A.T. journeys.

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 town is an outdoor recreation hub with ready access to hiking, biking, and river sports. Visitors will find plenty of good food, great conversation, and lots to do during this weekend celebration.

The Hiker Bash, hosted by Ronnie Haven at Sapphire Inn on East Main Street, is a great place to connect and share stories and advice and fill up on some good eats; it will begin at 6:00 p.m. each evening. Then, on Saturday, the April Fool's Trail Days Festival gets underway with great entertainment, food, and special workshops, exhibits, and more. 🏕️

For more information visit:
www.aprilfoolstraildays.com
or call (828) 524-2516 ext 304.

.soulful journey

By Laurie Potteiger

“These stalwart souls who accept the Trail as a challenge and persevere to the end deserve some recognition.” Those were the words of the Appalachian Trail Conservancy’s (ATC) first executive director, Colonel Lester Holmes, in 1971. By favoring recognition, Colonel Holmes was in clear opposition to the views of Benton MacKaye, who had proposed the idea of the Appalachian Trail 50 years prior. MacKaye was in his 90s at the time, and still viewed thru-hikers as merely “stunt men” who missed the whole point of the Appalachian Trail experience in their rush to cover miles. ***The purpose of the A.T., MacKaye said, was “... to walk, to see, and to see what you see,” and to understand and appreciate nature.*** He envisioned enjoyment and exploration of the A.T. in a more contemplative, observant, and relaxed manner. Many shared MacKaye’s view, especially Jean Stephenson, the influential longtime editor of the ATC’s membership magazine, as well as guidebooks and other publications. It may come as quite a surprise to those not intimately familiar with MacKaye’s views, but he felt that a continuously connected Trail was not an especially important goal for the A.T.

In the early 70s, not long after the number of hike completions reported to the ATC had jumped from zero to five per year to a dozen or two, the ATC formed an accreditation committee to verify hike completion reports. Committee members reviewed the reports (sometimes simple postcards) and would often write to request more detailed information so they could be satisfied the individual applying for 2,000-miler status had hiked the entire Trail. The term “2,000-miler” came to prominence in about 1970 to describe anyone who had hiked the entire A.T., whether in one journey or in sections. The term was meant to give equal recognition to thru-hikers and section-hikers. Those who met the requirements received a personalized letter from Colonel Holmes and a plaque.

Three years later, after internal discussions and the canvassing of many recent 2,000-milers, a notice appeared in the *Appalachian Trailway News* (ATN) announcing that the ATC would cease to publish or maintain an official count of 2,000-mile hikers. The ATC would “no longer attempt to officially accredit or verify these hikes.” Although they would still send a certificate of congratulations and a 2,000-miler patch “rocker,” it would invest less time in the process and give less public attention to those who had walked the whole Trail. Few could argue that certification of thru-hikers was more important than protecting the Trail, and some felt that the emphasis on 2,000-milers took undue attention away from the work

of volunteers. Peter Dunning, a 1971 thru-hiker who served briefly as editor of the ATN and on the staff of the ATC, declared in an open letter to the ATN about this topic, “Most important to the Appalachian Trail Project is the long-standing voluntary commitment of the people who have built and maintained the Trail over the past 50 years.”

But, lo and behold, a listing of 2,000-milers surfaced in the ATN again five years later. Subsequently, a listing would appear every year or two until the listing became an annual tradition in 1978. Since 1974, the recognition policy has been based on the honor system but treatment of 2,000-miler reports in the early years of the Trail varied considerably. Much of that was determined by how closely the hiker had been in communication with the ATC before and during their hikes.

No fanfare heralded the first 2,000-miler, Myron Avery — the ATC’s first chairman, who is often considered the man most responsible for the initial building of the Trail. There is not even a file on Avery’s personal accomplishment in the ATC archives. In the very first issue of the ATN, published in 1939, a column on

Paul “Sharkey” Hudspeth gazes at overturned tree roots in the Smokies during his 2012 thru-hike. Photo by Suzy “Rummy” McKelvey



These stalwart men and women have seen first-hand the beauty, magnificence, and wonder of the entire Appalachian Trail.

“Appalachian Trail Records” includes mention of Avery, noting that his forays were primarily for Trail inspection and obtaining guidebook data. These trips “of short duration and facilitated in various ways” began in 1927 and were completed in the fall of 1935 on Saddleback Mountain in Maine, “where a snow storm almost blew the measuring wheel from the Trail.” When Jean Stephenson, known for her careful research and attention to detail, wrote Avery’s obituary, she noted that Avery by 1936 had “covered on foot all of the Appalachian Trail, the first person to do so.”

Earl Shaffer, the first thru-hiker to report a completion to the ATC, was met with skepticism. He writes in his memoir of his hike, *Walking With Spring*, that he learned Myron Avery had mused, “I wonder if he did it,” upon reading a newspaper article about Shaffer’s 1948 hike. Jean Stephenson, founding editor of the ATN who worked closely with Avery, had just written a piece in the magazine about how unlikely and undesirable a continuous hike of the entire A.T. would be. She subjected Earl to what he described as a “charming and thorough cross-examination.” His day-by-day account of his hike and numerous slides convinced her that his claim was legitimate. ATC also eventually received numerous reports from people who had seen him on the Trail during his groundbreaking hike.

When Gene Espy became the second thru-hiker in 1951, he received no such grilling. Before he attempted his thru-hike, Gene had written the ATC and Jean Stephenson had not only answered his questions, but had even loaned him her guidebooks. She asked him to make notations about any changes he found. He continued to correspond with her during his thru-hike, and as a result, she had no reason to doubt that he made the trip from Georgia to Maine.

The legendary Grandma Gatewood had no contact with the ATC before her first thru-hike attempt (which ended just days after leaving Katahdin) nor even after completing her first hike. After her third hike of the entire A.T., she sent a letter to the ATC in 1971 asking if she was the first to hike the A.T. three times. The letter was printed in the ATN, with the response from the editor, “Dear Grandma, We know of no one besides you who has hiked the A.T. three times.” To date, more than 60 people have completed the A.T. three times, and two people have reported ten completions (Ward Leonard and Greg “The Traveler” Key). Warren Doyle is renowned for his 16 hike completions, but has reported only seven of those to the ATC.

Up through the 60s, the ATN periodically contained reports about those who had contacted the ATC for information with plans for long-distance hikes and reports of thru-hikers seen on the Trail. Reports of Trail completions were infrequent. Prior to 1970, fewer than 50 people had reported Trail completions to the ATC. Thus, news of any hiker even with intentions to walk a large portion the Trail was cause for excitement and potentially a valuable resource for Trail reports.

The first real “how to” thru-hike book (Ed Garvey’s *Appalachian Hiker*), published in 1971, and a National Geographic book about the A.T. the following year stimulated a rapid rise in the number of thru-hikers. The 1,000th hike completion was received in 1981. More National Geographic releases—a magazine article in 1987, a second book in 1988, and a documentary in 2009—exposed the A.T. to an even wider audience. But perhaps the biggest spike of all came when popular travel writer Bill Bryson wrote a best-selling travelogue about his failed 1996 thru-hike attempt, *A Walk in The Woods*. By 1999, the total number of completed hikes reported reached 5,000, and by the beginning of 2013, the total is more than 13,500.

Certificates of congratulations have been issued since the late 70s. The ATC has provided these, along with a 2,000-miler “rocker” to accompany an A.T. patch

at no cost to anyone who submits a signed application stating that they have hiked the entire A.T. Dedicated volunteers eagerly do most of the time-consuming work (almost a thousand hours in 2012) of entering information from the forms into a database and preparing certificate packets.

The recognition program is re-evaluated from time to time. There are paper and postage costs and staff time, and philosophical and practical issues of how 2,000-miler recognition fits into the ATC’s mission. Since the 70s, the ATC has sometimes received complaints that there is too much emphasis on thru-hikers or 2,000-milers in the magazine, and not enough on day-hikers or shorter-term backpackers. Whether or not one believes “these stalwart souls deserve some recognition,” ultimately the consensus is the recognition program provides considerable value to the ATC and the Trail.

Two-thousand-milers are the only group of Trail users for whom the ATC has any comparative data over an extended period. Statistics on Trail users and thru-hikers in particular are useful to Trail managers and aid us in responding to media requests. They also bring people to the ATC’s web site. These numbers help establish the ATC as the source of authoritative information about the Appalachian Trail and its users. From this pool of hikers, the ATC recruits new members and new volunteers. We glean all sorts of information from their reports, and learn about trends and problems sooner than we might otherwise. Sometimes we tap a 2,000-miler for his or her expertise in a particular field. We find 2,000-milers are often quite eager to give back to the Trail — they may comprise only a fraction of Trail users, but they then also have a disproportionately high representation in the volunteer leadership of the Trail. Currently, at least two of the 31 trail-maintaining club presidents, four stewardship council members, and four ATC board members are 2,000-milers. Roughly half of the volunteers at the ATC headquarters — and a quarter of the ATC’s staff — are 2,000-milers.

A record 920 2,000-miler applications were received in the 12 months since the 2,000-miler listing in *A.T. Journeys* a year ago. (There is no time limit on reporting hikes; 768 of this year’s listing were from 2012, 92 were from 2011, and 60 were from 1973 through 2010). In the coming year, the ATC will explore ways to streamline the processing of these applications.

The ATC’s current executive director, Mark Wenger, relishes his role of signing 2,000-miler certificates and letters. Just a few months before he was hired, he received his own 2,000-miler certificate from the ATC in recognition of completing his eight-year section-hike. He was the former president of the Tidewater A.T. Club and the chair of the Virginia Regional Partnership Committee when he completed his hike. Wenger was given the Trail name “Animal” because he is so at home in the woods. As a recent volunteer Trail maintainer and a leader of an official volunteer Trail-maintaining organization, he fully understands and is dedicated to Benton MacKaye’s view that “volunteers are the soul of the Trail.”

As a 2,000-miler and leader of the organization that is charged with keeping the Appalachian Trail secure and vibrant into the future, Wenger also understands that the A.T. becomes a part of the soul of all who have the good fortune and perseverance to walk it end to end. These stalwart men and women have seen first-hand the beauty, magnificence, and wonder of the entire Appalachian Trail. Few groups have more potential to be invested in its future. The group’s numbers have grown to become sizeable and the group’s composition is exceptionally diverse. For the health of the Trail, it only makes sense to strengthen our ties and bring them into the fold. In the words of Mark Wenger, “not only do 2,000-milers deserve recognition, but it is squarely within the ATC’s mission to offer that recognition.” ▲

Laurie Potteiger is the ATC’s information services manager and became a 2,000-miler herself in 1992. For more information on 2,000-miler statistics, visit: appalachiantrail.org/about-the-trail/2000milers. ATC’s 2000-miler application can be found at: appalachiantrail.org/ATCCompletion.



2,000 MILERS REPORT

COMPILED BY APPALACHIAN TRAIL CONSERVANCY VOLUNTEERS WENDY PACEK AND DENNY LIBBY, WITH ASSISTANCE FROM JAN OVERCASHIER, SANDRA RAGSDALE, LAUREN REUS, ZEE SALINAS, AND GREG STOVER.

EVA “FOREVA” DONNELL BY MICHAEL “SHORT TERM” CREWS

2012

■ Abbott Janet G. | *Fancy Free*
■ Abbott John M. | *Rusty Bumper*
Abild Dustin | *Deeje*
■ Adams Bert | *B.A. Firewalker*
Adams Kenneth | *Witchdoctor*
■ Ainsworth Steve | *Solo*
Albers Stephen | *Quickstep*
■ Alexander Brooke
■ Allen Barbara J. | *Mamaw B*
Amat Brad | *Prana*
■ Amundson Mickie | *Mouse*
Andersen Eric | *Sherpa*
■ Arnold Philip | *Coach*
Ashworth Stephen | *Smiley the Champ*
■ Atkins Harold L. | *Harry*
Atwell Kevin | *Kdoe*
■ Austgen Edward R. | *Steady Eddy*
Ayoob Christian | *Jetboil*
Azriel Eric | *Merry*
■ Baars Shawn | *Kick'n Wing*
Baggett Kellen | *Golden*
■ Baird Bruce | *2:30*
Baker Steve | *Alder*
Baldacchino Joseph | *Hobo Joe*
Baldor Jocelyn | *Turtle*
Ball Blanton | *Spidderman*
Barczok Ralph | *Riff Ralph*
Barfod Claudia Marie | *Jean-Claudia van Dane*
Barnes Landon | *Butterbar*
Barnhart Tim | *2%*
■ Barone, III Samuel | *Broken Compass*
■ Bartkus Arunas | *Arius*
■ Barton Tim | *King of the Hill*
■ Bausmith Bert | *Pa Bert*
Belanger Joshua | *Lobster*
Bellant Tyler | *Tickle Monster*
■ Bennett Jacob | *Smiles*
■ Bennett Len | *Trog*
■ Bennett Michael | *Bojack*
Bernhardt Paul | *Parkside*
■ Berntsen Theresa | *Charisma*
Berrigan John | *Keepsmoving*
Beshara John | *Thirsty*
Betts Bryan | *Mercury*
■ Bianchi Paul | *Y's Guy*
Bidosky Joseph | *Count Chocula*
Blackburn Benjamin | *Bojangles*

Bland Mandy | *Purple Rain*
Blank Peter | *Fresh*
Blankley Brent | *Piedmont*
■ Blazek F. Douglas | *Cutman*
Blum, Jr. William | *Ranger Bill*
Book Chris | *Klipspringer*
■ Bordwell Ken | *Buckeye*
■ Boston Paul | *Tripping Yeti*
Boutwell Steve | *Steve-O, Hollywood*
Bowden Charles | *Chez 11*
■ Bowles Robert Lee | *Myakka Mules*
■ Bowles Suzanne | *Myakka Mules*
Boyle Autumn | *Rock Monkey*
■ Brenner James | *Cheesy Turtle*
Brewer Joseph | *Apache*
■ Brickley David | *Half Full*
Brockett Kevin | *Rainbow Eyes*
Brophy Raymond | *Sting Ray*
Brown Chris | *Waldo*
Brown Hunter | *Red Hair*
Brown Jeff | *Moon Man*
Brown Thomas Z. | *TZ*
Brown-Herlth Jared | *Scramblin' Man*
Browning David | *Bee Man*
Brunson Michael | *Guano*
Brush Benjamin R. M. | *Hot Sauce*
Burkhardt Chris | *Diode*
Burks Nathan | *UNO*
Burmeister David | *Rampage*
Burton Jr. James W. | *Lime Green*
■ Byers Samuel Fritz | *Voice of Reason*
■ Byrne Dan | *Bandana*
■ Cadwell Frank | *Sun Dog*
Cafro Kyler | *Billy Jack*
Callahan Amy | *Falling Turtle*
Callahan Benjamin | *Viking*
Calligas Stephanos | *GORP!!*
Campbell Matthew D. | *Hero Soles*
■ Campbell Michael | *All Smiles*
■ Capwell Al | *Boots*
■ Caris Kim | *BLT*
Carlone Roger W | *JR*
Carpenter Brian | *The Flash*
■ Carver Robert | *Carver*
■ Chadwick Emily | *Peach*
■ Charest Emile | *Frenchy*
Charon Gregory L. | *Tree Trunk*
Charon Mary Ann | *Manula*
Chaudhary Eric | *Switchback*

Chiappini Chris | *Juggles*
■ Christensen Zac | *Carpenter*
Chwasciak Katherine | *Drifter*
■ Clapp Cindi | *Rafiki*
Clark Christopher | *Foster*
■ Clay Alexander | *Scout*
■ Clemens Christopher | *Tarzan*
Clements Kelly | *Blue*
■ Clews Fred | *(Aloha) Granddad*
■ Clifton David | *Bahama Dave*
Coffey Chris | *Skrewloose*
Cohen Jon | *Zoso*
Colelli Phillip | *Lazagna*
■ Collins Glenn | *Lazerlegs*
■ Colvin Thomas | *Blue Sky*
Combs Casey | *Renaissance Man*
■ Compton Oliver | *Slammer*
■ Conaci Joseph | *Goat*
Conklin Brenda | *Leadfoot*
Conklin Ryan | *Rayo*
Conley, Jr. Kevin P. | *30 Pack*
Conner Geoffrey | *OCTO*
Conrad David | *Crawdad*
Cook Ben | *Socrates*
■ Cornell Pamela | *Corky*
Costlow Luke | *Gribley*
■ Cote Bruce R. | *Switchback*
Cote Paula | *S.I.D.*
Courtright Alice | *Alleycat*
Couture Amelia | *Songbird*
Crafton Brett | *Biscuits*
Crase Jesse | *Ogre*
Creecy Burke | *FM (FatherMan)*
■ Cremins Liam | *SNARF*
Crews Michael | *Short-Term*
Cummings Chris | *Roadhouse*
Cusimano Robert | *Alabama*
■ Dahm George M. | *MadHat*
Dailey Austin | *Seminole*
■ Dale Wesley | *Spider Monkey*
Dalton Clayton M | *Moses*
Dalton Samantha | *Ginger Snap*
Daniels Jonathan | *Sparky*
Danz Ben | *Froth*
■ Darko Kenneth | *Woodsmoke*
■ Dashiell James | *Funnybone*
■ Datsko David | *Torch*
■ Davidson Charles W | *Chase*

■ Davis Elizabeth | *Piper*
Davis Jonathan | *Talloaf the Trail Ent*
Davis Robert F. | *Santas Helper*
■ Day Jeremy T. | *Beowulf*
Dean Brian | *Olympus*
■ Dearmon Donna | *Eagle-Eye*
DeCarme Ashley | *Carrot Top*
Decker Gary | *Grin*
DellaCroce Daniel S. | *Uncle Oops!*
Den Herder-Thomas Timothy | *Raven*
■ DePaul Daniel Joseph | *Pedestrian*
■ DiFabio Willie | *Willie Boy*
Diles Jocelyn | *Steps*
Dill Alex | *Sasha*
Dill Maggie R. | *Miss Maggie*
■ Dink Thomas | *Silver Girl*
Dingle Robert | *LongStride*
■ Dixon Meagan | *Almost Awesome*
■ Dixon Thomas | *Possum*
Dohrn Christopher M. | *Casanova*
■ Dombrowski Rich | *Big Foot*
Donnelly Eva | *Evaforeva*
Donohue Matthew G. | *Honey Badger*
Doogan, Jr. James P. | *Perfect*
■ Dorsey Ryan Lee | *All Balls*
Doyle Terrence | *Koozie*
Dragovits John | *Johnny Rocket*
■ Draper Alan | *Goman*
■ Driggs Daniel | *Miller Time*
Drye Michael | *Groundhog*
■ DuBois Gordon | *Gorbo*
Dubois Hillary | *Chickadee*
Ducote Kern | *Wild Bill*
■ Dugan Shanelle | *#5 Applewood*
Duggar Allan McHenry | *Tolstoy, Toy Story*
■ Dunlap Douglas Allan | *Walkin' Home*
Dunn James | *J.D.*
■ Eakman Jonathan | *The Duke*
Eaton Jonathan | *Rocksteady*
■ Eddy Keith | *Stony Bologna*
Edinger Audrey | *Fudgie*
Edwards Trevelyan | *Walkabout*
Elliott Paul R. | *GEDI*
Engelken Eli | *Oak*
■ Entingh Yvonne | *Princess Doah*
Enzfelder Glen R. | *Sabi*
■ Erb Jr. Ray
Ercolani Alan | *Hawk*
Estes Ryan | *Peepshow*



MR. FABULOUS

■ Estock Emerald | *Oddbird*
■ Eury James | *Hopeful*
■ Fandal Randy | *Swampprat*
Farebaugh Merle J. | *No Problem*
■ Farmer Grant | *Reboot*
Farrell Joshua | *Fluttering Whisper Dick*
Feener Kori | *Rocket*
Ferdinand Louie | *Anchor*
Fisher Dan | *Dakota Dan*
Fisher Danielle | *Tater Tot*
Fisher Molly | *Bottlecaps*
Fleenor Scott | *Just Scott*
Flowers W. Kyle | *Flowers*
Flynn Ryan William | *NPR*
Flynn Tyler | *Dream Walker*
Fore Joseph | *Joe Fore*
■ Foskett Keith | *Fozzie*
Foster George | *El Bandito of Delish*
■ Griffiths Jann | *Brightflower*
Fotheringham James | *Lighthouse*
Fox Candice | *Spicy*
Fox Emilyn | *Roboticus*
Fox Robert | *Rocky*
■ Frater Martha | *Great Lakes*
Frater Paul | *Tall Grass*
Frazier Andrew A. | *Gritz*
Freedman Stephanie | *Knock on Wood*
Freeman Tommy | *Chatty Kathy*
■ French Lyn | *Wildflower*

■ French Matthew | *Frenchy*
Fykes Lucas | *All Good*
Gagnon David | *Dr. Dave*
Gaitan Novel | *Lone Star*
■ Gala Carl | *Yosemite*
Garcia Alan | *Sparky*
■ Garman Andrew L. | *Diesel*
Garvin Lori | *Webs*
■ Garvin Margaret | *M&M*
Gaudet Fred | *Fred G*
■ Gauger Christopher W. | *Movin'*
■ Geraghty Keith | *F100*
■ Geraghty Linda | *Steady*
■ Giarusso Richard | *2GO*
Gibson Kevin M. |
Gilbert Paulina | *Xena*
Gilbert Zack | *Hercules*
Gilpin Nicholas | *Stumbles*
Gilyard Keith | *Stonedance*
Ginten Thomas | *Euro*
Gjonnes Eric | *Balls*
■ Gjonnes Reed | *Sunshine*
■ Glaser Andy | *Kittens*
Gobin Sean | *Warrior Hike*
Goddard Simon | *slims*
■ Goldberg Micah | *ManCub*
■ Goodman Maxwell | *Mad Max*
Goodrich Joshua | *B1*
Goodrich III Perry | *Little Brother*
Gormley Ken | *Mr Breeze*
Graham Austin | *Caveman*
Grange William Justin | *Honest Abe*
■ Grant Malcolm | *Tortuga*
Gray Jeffrey | *Loner*
■ Gray Travis | *Nitrous Oxide*
Greeley Cody Breaze | *Atlas*
Greene David | *Crockett*
Grenier Kristin | *Rainbow Dash*
■ Griffiths Jann | *Brightflower*
Grudier Robert | *Muck Fichigan*
■ Guerrero William Joseph | *Wooly*
Gulbis Nathan | *Kazoo*
Gunn Joseph | *Shaggy*
■ Gurganus John | *Peppaboy*
Häsler Emanuel | *Knief*
Hafernik Eden | *Starfish*
■ Hahn John W. | *No Trace*
■ Hahn Susan M. | *Unbreakable*
Haines Rebecca | *Ripple*

■ Halfar Laurel | *Mountain Laurel*
■ Halfar Matt | *Soft Walker*
Halfpap William | *Bobber*
Hamel Derrick Joshua | *Tree Hugger*
Hammond Andrew | *Tuna*
Hansen Benjamin | *Brillo*
Hansen Shawn | *Zig Zag Aka Good Times*
Harper Anne Marie | *Golden*
Harper Caleb | *Teton*
■ Harrell Cynthia | *X. Trovert*
■ Harrell Woody | *N. Trovert*
Harris Geof | *Goat*
Harris Jenny L. |
Harris Kevin M. | *Thumper*
Harris Matthew D. | *Matt*
Harris Samuel | *George of the Jungle*
Harris Seth F. | *Seth*
■ Harry Chuck | *Steelman*
■ Hart Tim | *Camel*
Hatcher Jacob | *B.P. (Bottomless Pit)*
■ Hawley Jr. William H. | *Litefoot*
Hayden Matthew | *Turbo Zero*
■ Hayduk Ross | *DirtyGirl*
Haynam Becky | *Two Step*
Haynam Chris | *Split*
Heim Gayle | *Motown*
■ Heintzelman Paul | *Pap from PA*
Held Robert F. | *Old Bay*
■ Hellyar Alice T. | *Hippity-Hop*
■ Henderson Julie | *Desperado*
■ Henderson Robert M. | *One Speed*
Herche Jesse | *Roller*
Herrlich Stephan | *Roadside*
■ Hibbs John | *Big Naranja*
■ Hiemstra Michael | *Michigan Mike*
■ Higginbotham Ed | *Skytrekker*
■ Hines Jonathan | *DW (Dog Whisperer)*
■ Hiscock Meghan | *Terranauta*
Hix Kayla | *Chilly*
Hix Ryan | *Papa Bear*
Hix Valerie | *W.W.I.T.*
■ Hodge Sam | *Disco*
■ Hodge Tom | *nooga*
Hofmann Autumn | *Turtle*
Hofmann Michael | *Mule*
■ Holler William | *Stretch*
Holt Ryan M | *Yukon*
Holtzen Jessie | *Fievel*

Homan Christian Alexander | *Windscreen*
Hood Christopher | *Overdrive*
■ Hoover Jim | *Steps*
Horncastle Brad | *Chef Boyardee*
■ Horne Daniel T. | *Lt Dan*
■ Hostelley Sr. Richard E. | *Dr. Dick*
■ Houser Ryan | *Quicksilver*
■ Howard Barry | *Danger Foot*
■ Howard Matthew | *MMRF (pronounced 'murph')*
Howell J.T. | *Goose*
Howell Joe | *Porksteak*
Hudson Benjamin | *Tracks*
■ Hudson Chris | *Drop-Out*
■ Hudspeth Paul | *Sharkey!*
Hufford Peter | *Butterfingers*
■ Hughes Erick J. | *Ducky*
Hushagen Aaron | *Hoosh*
Hutson Rabon G. | *Tetris*
■ Ide Gary | *Expeditor*
■ Ide Karen | *Instigator*
Ingles Matthew | *Shipwreck*
■ Irish Brandon | *MEATS*
■ Isard Jeremy | *MetroNorth*
■ Jackson Joe | *Video*
■ Jackson III Jimmie L. | *Walk and Eat*
■ Janssen Charles | *Kansas Express*
Jeffreys Steven | *Beave*
■ Jenkins Scott G. | *Possible*
Jenness Sean | *Spam*
■ Jensen Dane | *Opie*
■ Jensen John W. | *Fish Man*
Jeschke Ralf | *Achy Breaky*
■ Jimenez Joseph | *Smilin' Joe*
■ Jobst Christian | *Sonic*
Johannsen Jane Ann | *Jane*
■ Johannsen Trevor | *Tarzan*
■ Johnsey Stanford W. | *Z*
■ Johnson Brandon | *SmokeHawk*
Johnson Brent | *Poncho*
■ Johnson Erik | *Iceman*
■ Johnson Kurt | *Rock Hopper*
Johnson Peter | *Nameless*
■ Johnson Wesley | *Sleepy*
Jones Jeremy | *Bam! Coleman*
■ Jones Mark S. | *Bug Bait*
Jones Morningstar | *Skinny Rambo*
■ Jorrey Adam | *Turtlebox*

KITFOX AND MANGUB



CARROT TOP



SICILIAN GYPSY



STEADY AND F100



METRIC AND GORP!!





TRIP



TREE TRUNK, LOG, AND MANULA



KNIEF



LONGSTRIDE AND SILVER GIRL



HIPPITY-HOP

Kaluzienski Lynn | *Phoenix*
■ Karastury Gary L. | *Hillbilly Barry*
Karim Kesandra | *Sandy Cheeks*
Karner Allison | *Tipsy*
Katcher Matthew | *Twocents*
■ Kavanagh Jill | *Pit Stop*
■ Kavanagh Joel | *Driver*
Keasler Paulette | *Spirit*
■ Keefe Justin | *Early Bird*
■ Keller David B. | *Conquered*



SPRITE

Keller Sally | *Butch*
Keller Shannon A. | *Jukebox Lion Killer*
■ Kelley Adam | *Maverick*
Kelley Evan | *Roadside*
■ Kelley Jen | *Sprinkles*
■ Kellogg Daniel | *½ Team Celery Efficient*
■ Kemp Jonathan | *Metric*
Kenison-Marvin Nathan | *Pony Love*
Kennedy Graham | *Yogi*
■ Kennedy Jr. Patrick J. | *Nokey*
Key Greg | *The Traveler*
Kichinko Catie | *Froot Loop*
■ King Clark S. | *Mr. Sunshine*
■ King Ephraim S. | *Duffer*
Kirksey Brandon | *Portable G*
■ Klinger Kylie | *4'10" to Maine*
■ Knoll John | *Johnny B.*
Kok Pieter | *Jiffy Pop*
Kolkebeck Kurtis | *Almost Eagle*
Kolkebeck LauraBeth | *The Birds*
Koll Paul | *Speedstick*
Konga Karri | *Dos*

■ Kredl Don | *Marketman*
Krug Brian | *Bullet*
■ Krumholz Molly | *Glide*
Kunz Peter | *candyman*
Lafferty Dale L. | *Castaway*
Lamphier Julie | *Gravity*
Lamphier Mark | *EZ*
■ Landau Dee | *Birdee*
Landon Nathaniel | *Salt Bomb*
■ Langford David N. | *Whitewater*
Lapointe Joshua M. | *Einstein*
■ LaRoche Christopher | *Sit-a-Bit*
LaRosa Stephen W. | *Falls*
■ Larson Nora | *Dora The Explora*
LaViolet Lucas | *Plus 3*
■ Law Allen G. | *Pacemakerman*
Lazarus Steven | *Lazarus*
■ LeBlanc Neil | *Bo Jangles*
Lee Jong Kwan | *Nyack*
■ Leith David | *Particle Man*
Lemley IV Charles Edward | *Nemo Hotpants*
LeMoine Tommy | *Easy*
Lenarz Matthew | *Rhymnocerus*
Leonard Samson Clyde | *Samson*
Leonard, Esq. Josiah D. | *Stilts*
Lewis Ellen | *"Stevie" | Peeper*
Lewis Eric C. | *Gumpy*
Lewis Melissa J. | *Desert Locks*
Ligon Brad | *Georgia Boy*
■ Lindquist Ed | *N?k*
Littlewood Lizzie | *Foot*
Livengood Rose | *Sunkist*
Lockhart Zack | *Franklinstein*
■ Longchamps Paul | *Orangelightening*
Lottes Matt | *Lotus*
■ Lucynski John A. | *Spice Man*
Lugo Derick | *Mr Fabulous*
■ Luna Dennis | *Flash*
Lunsford H. Charles | *Bugger*
■ Lutz Patrick | *Hambre*
■ Lyon Jamie | *Whip-poor-way Lion Killer*
■ Lyon John | *Bowler*
Mller Thomas | *Walkabout*
Mller-Schwenty Frauke | *Skipper*
Mbry Adam | *Leif*
Macfarland Lauren | *Sprite*
Maciejewski Joshua | *Hot Wheels*
MacMillan Patrick | *Mac*

■ Madigan Randall | *Solo*
Magyar Paul | *Shaky*
Mains Craig R. | *Hawk*
Malaney Luke | *Cheesewater*
■ Mallette Krista | *Speed Demon*
Manning Von | *Bird Kicker*
■ Markward Kathy | *Red Hat*
■ Marquardt Tyler | *Keeper*
Maskill, Jr. Dale | *MilkMan*
Mason Matthew | *Pretzel*
Mastors Nick | *Rat Bucket*
■ Matthews Alex | *squid WORD*
Maxwell Megan | *Hashbrown*
■ May Kristen | *Nutter Butter*
May Peter | *Canvas Pack*
Mazewski Jessica | *Connect 4*
■ McAdams Ronald K. | *Bucket*
McCarthy Christopher | *ETCHASKETCH*
■ McCarthy Tom | *Flat Lander*
McCarton Shawn | *Pace*
McConaghy Hannah | *Yoko*
■ McCormick Dianne | *Trip*
■ McCranie Will | *Tortoise*
McCullough Pamela Anne | *Lady Fish*
■ McDonald Michael | *Wiffle Chicken*
■ McElroy Ryan | *Sun Roof*
McGonagle Kathleen | *Somersault*
■ McGuire Bob | *Bob spelled backwards is still Bob*
McKelvey Suzy | *Rummy B.*
■ McKinley Eric | *Bomber*
McLaughlin D. Patrick | *Pants on Fire*
McLaughlin Michael | *Standing Bear*
■ McMillan Addison | *Croc Hunter*
McMullan Dennis M. | *Stormin' Mormon*
McNeill Samuel T. | *Knoxville*
McNulty Brendan | *Aspen*
■ McPherson Corey | *Frodo*
Meade Will | *Orion*
Mehlman Jacob | *Achilles*
Mehta Yash | *The Kid*
Melnykova Viktoriia | *Daisy*
■ Mertz Keith | *Frosty*
Metzger Joseph | *Dropout*
■ Meyer Sam | *Tamir*
■ Michaud William L. | *Backtrack*
Mignone Matt | *Veggie*
■ Miller Donnalee | *Down Hill*
Miller Eric J. | *Peach Fuzz*
■ Miller James D. | *Water Man*

Mitchell Nicole | *Peter Pan*
Moerstedt Manfred | *Manfred 46*
Moledzki Jason | *Jay-Bone*
Moon Steven P. | *DudeManBro*
Moore Daniel | *Pancake*
Moore Paul | *Pacer*
■ Moore Rory | *Masshole*
Morris Gary P. | *Mercury*
■ Morrone Adam | *Atom Bomb*
Mudd James | *Trailmix*
Mudge George E | *5:30*
Mueller Andre | *Nutella, Born Free, Mammut*
■ Murphy Grant William | *Roo*
Murphy Mason | *Free*
Murray William | *Broadsword*
Muscatello Anthony | *Professor Oak*
■ Muse Patrick | *Zephyr*
■ Nafzinger Hans | *Hansolo*
Najjar Joseph | *Loophole*
Nash Alex | *White Wolf*
■ Neitz Trevor E. | *Slim Pilgrim*
Nelson Douglas K. | *Hillhiker*
Nelson Tyler | *Mandela*
■ Neubauer Fernanda | *Tutti*
■ Neuburger Mark | *Parmesan*
Neufeld Renee | *Kleenex*
■ Nielsen Christopher | *Sleepwalker*
Nightingale, Jr David A. | *Animal*
North Eric | *Snag*
■ Norton Don | *Chicken Feathers*
Nourse Jr. Joseph M. | *Acid Glasses*
■ Nunnink Leo A. | *Freedom*
■ Nustvold Dallas | *Bush Goggles*
■ O'Brien Terri Abbott | *Five Pair*
■ Ogle Jerry | *T-bone*
■ Olson Michael | *Voltron*
O'Neil Jeff | *Floater*
■ Orzechowski Russell | *Rusty*
■ Osuch Alisande | *Sugar Plum*
Outten Stephen | *Meltdown*
Overman Will | *Six String*
Overton Lori | *Passion Flower*
Owens Jeremiah | *Foo Fighter*
Pak Kim Lee | *Loopy*
■ Palen Les | *Les*
■ Pangrace Kevin |
■ Parks Mackenzie Dickson | *Progress*
■ Pastuszak Mick | *The Mixer*
■ Pavent Joshua | *Boxhead*

Peeples Jordan | *Lobster*
Perkins Sarah | *Mountain Goat*
■ Peterson Chris | *Machine*
Peterson Mark | *Duck Soup*
Pfeiffer Norman | *Aqua Blaze*
Phemister Michael A | *Mulligan*
■ Pierson Tyler | *Hot Sauce*
■ Plaza Timothy | *Tribhu*
Pope Kimberly C. | *No Name > P Team*
Porch Brooke | *Spice Kit*
■ Posner Graham | *Blue Fox*
■ Potter Jon L. | *Dogger*
■ Potts Langdon | *Grey Goose*
■ Powers Kathryn | *Ultreia*
■ Preston Lorrie A. | *Shutterbug*
■ Preston Robert G. | *Sarge*
Propps Montana | *Big Sky*
■ Protasi Matt | *Chz - it*
Purcell Erich | *E-ticket*
Pylinski Aaron
Quave Chris | *Cloud Kicker*
Quin William | *Bluegrass*
■ Randall Joshua | *Zen Applewood*
Rankin Michael | *Catnap*
■ Rasche Joe D | *Mellow Beard*
Raszmann Zeb | *Amish*
Read Ben | *Fetch*
■ Reichelderfer Bridget | *Lady Forward*
Reid Joshua | *Peaceful Warrior*
Reist Steve | *Nomad R What*
■ Rice Craig W. | *Mr. Wizard*
■ Richards Paul | *P-Squared*
Richter Lee | *You Again*
■ Ritchey Wendy | *Dame Quixote*
■ Ritter Karl | *Bat*
■ Roberts Daniel Lawrence | *Wall St.*
Roberts Zachariah S. | *Q?Man*
■ Robertson David | *Spools*
■ Roche Jeremy | *Old Goose*
Roderick Bill A. | *Juma*
■ Roman Nicholas | *Lorax*
Roman Sean | *Gator*
■ Romans Bryce | *Miles*
Rose Charlie N. | *PaPa Rose*
■ Rose Michael W. | *Sherpa Mike*
Rose Mitchell | *Mange*
Rose Jr. Dennis Eugene | *SQUATCH*
■ Ross Katherine | *"Kacie" | Firefox*
Ross Marc | *Pep*
Rowe Eric | *Redman*

■ Ruiz-Holmes Nina | *Shenanigans*
Russell Jacob | *Trotter*
■ Russell Steve | *Squatch*
Sager Kari | *Snickers*
■ Sammut Richard S. | *Richard*
Samuels Michael | *Indiana*
■ Sardy T J
Sarta Michelle | *OWF*
Sartini Robert | *Bamboo Bob*
Schafer David | *Bread n' Butter*
Scharenberg Julian | *Coffee-to-go*
Schendel Emily | *Caboose*
■ Schlecht Paul C. | *Snorting Ox*
■ Schrade Breika | *Gumby*
■ Schubert Marcie | *Curley*
Schultze Lars | *Lost*
Schvaneveldt Josh | *Jaybird*
Schwehm Eric D. | *SANHICAN*
Sciambi Andrew | *Banjo*
■ Scott Alexandra | *Laces*
Sears Todd | *Nor'easter*
■ Sells Jim | *Sagebrush*
■ Selmer Christopher M. | *Glacier*
Semo Peter J. | *P.J.*
Serum Dana | *Lucky Charm*
Setubal Tomas Vellutini | *Lemmiwinks*
Shank Nathaniel Peter | *Angry Bird*
Shaw Daniel | *Beeker*
Shaw Peter David | *Peanut Eater*
Shellenberger Sharon L. S. | *Peanut Butter*
Shephard Taylor | *Domino*
■ Shober Seth | *Shorts*
■ Shorette Sally E. | *Talks A Lot*
Shrift Danielle | *Horizon*
Shrift Nathaniel J. | *Black Birch*
Siderits Jonathan | *Buzz Lightyear*
Siegel Jacob | *Sofar*
Silvers Mark Sullivan
Simko Ryan | *Meat*
■ Simmer Eli | *Patches*
■ Simpkins Jeffrey L. | *Jersey*
Simpson Gregory | *Peg Leg*
■ Siu Marcus | *Spoon*
■ Sivola Scott | *Roarshach*
Smith Alan David | *Rocketman*
Smith Andrew | *Dayglo*
■ Smith David | *Runner*
■ Smith David S. | *Short Stop*
Smith Donald | *Trapper*
■ Smith Janet I. | *Country Girl*

■ Smith Jeffrey Scott | *Comanche*
Smith Joey | *Daypack*
Snyder Blaine | *Squatch*
■ Sobus Jean | *Sicilian Gypsy*
Spencer Jaala | *Sacagawea*
■ St. Amour Mark | *Daddy-O*
St. John Chris | *EZ Nomad*
Stacy Joshua | *Bobcat*
Staley Andrew Blair | *No Cook*
■ Stansberry Craig | *Diesel*
■ Stansberry Hunter Trevor | *The Kid*
Stapledon Jacob | *Journeyman*
Stapledon Rebecca | *Trinket*
Stauffer Alyssa | *S.G.*
■ Stein Joseph | *The Dark Knight*
Stensgard Jonathan | *Mr. Bojangles*
Stephens Jeremy Lee | *GreyWolf*
■ Stickle Jacob W. | *Secret's*
■ Stobie Heather | *Gypsy Sole*
■ Stoddard Nat | *Bumpo*
■ Stoll Lane | *Sling Shot*
Stoneking Ryan | *Mary Poppins*
Straitiff John | *Ranger*
Streif Daniel | *Deep*
■ Strobel Dennis J | *Keystone*
Stroud Crystal M. | *M'ssippi*
■ Sullivan Jamie | *Sweet Tea*
Summa Matthew | *Truth*
■ Summers Roger C. | *SOS*
Sutherland Britt | *Perch*
Sutton Mike | *Cliff*
■ Swartz Bethann L. | *Patches*
Tait III David Harold | *Canecutter*
Taljaard Jani | *Corolla*
Tan Victor | *Far East Coast*
Tardiff Walter | *Tank*
Taylor Debra | *Dream Time*
■ Taylor Mathew D. | *Grok*
■ Taylor Pete | *Hardcharger*
■ Teany Valerie | *Teenie*
■ Teed Jeremy Orrin | *Teflon*
Tegeler Andrew D. | *Flapjack*
Tehee Duane | *Beacon*
■ Terry Marcia | *Tumbler*
■ Terry Winston | *Ratman*
Thies Ferdinand | *Hoppel*
■ Thiessen Jacob | *Medicine Man*
■ Thomas Anthony | *Jaws*
■ Thomas Samantha | *Owl*
Timmons Leslie | *BooBoo*

Tison Dan | *Late 4 Dinner*
■ Todd Holly | *Peppy*
Snyder Blaine | *Squatch*
Trine Kris | *Joshua*
■ Trudil David | *Catfish Hunter*
Trutiak Julia | *Lite Brite*
Tucker Anna | *KitFox*
■ Turk Alan Clifton | *Spider*
Tweel Patrick | *Chunder*
■ Tyler Anthony | *White Lightnin'*
Tyree Ryan | *Rolo*
■ Van Der Dijs Kurt | *Train Wreck*
■ Van Nest Tim | *Head-n-out*
Vandekerckhove Brennan | *Sparrow*
■ Vantrease Mark | *Dutchman*
■ Vaughn Larry | *DoubleBack*
■ Ventura Rick | *Rocket Rick*
■ Venturini Anthony Paul | *Old Tomato*
■ Viner Bart | *Hopalong*
Violette Phil | *Crooked Sticks*
Vorhes Traci | *Tumbleweed*
■ Vrana Ellen | *Zippy*
■ Vroman Doug | *Mace*
■ Wagner Justin | *Chiba*
Wagner William | *The Georgia Boys*
Waldron Bing | *Maverick*
■ Walsh Tim | *Canoeman*
■ Walters Doug | *Wiffle Ball*
■ Ward Jeffery Andrew | *Cheddar*
■ Warfield Justin | *Road Warrior*
Watson Jackson | *Southpaw Sparrow*
■ Weaver Maura | *Peanut*
■ Weiss Karl | *Hungus*
Welch Jonathan | *J-Dub*
■ Wells Seth | *Butcher*
Wendel Brett | *The Dude*
Wenner Lindy | *Gluten Puff*
■ West Joel | *Irish Charm*
■ Wetzel Peter | *J Seeks It*
Whalen Brian | *Flint*
Whalen Matthew | *Xango*
■ Wham S. Smith | *Whamo*
■ Whitney Scott | *Scotch Whiskey*
■ Wilber Eric | *Pacecar*
Wilcox Daniel | *Jack Rabbit*
Wilcox Kelly | *Frenchy*
■ Wilkinson Steve | *Salty*
Williams Christine | *Bebop*
Williams Kevin | *"L.C." (Last Call)*



PAPA BEAR, W.W.I.T., AND CHILLY

■ Williams Kyle | *Mr Wrong*
■ Williams Nevin | *Plus 2*
Wilson Lillian | *Sancho*
Wing Seth | *Roots*
Wingerter Michelle | *Sticks*
■ Winter Eric | *Bowser*
Wisecarver Elizabeth Ann | *Shanti*
■ Wolos Thomas J. | *Late Start*
Wood Emma | *Maine-iac*
■ Wu Christopher | *craisin*
Wunderle Johannes | *Johannes*
■ Wurm Kenneth J. | *Christian*
■ Yaniglos Dave | *ReTread*
York Macon | *daystar*
Zell Michael | *Pain*
Zeller Caitlin | *MRSA*

2011

Adkins II Norm | *Lo-Key*
■ Bell Wayne | *Rainmaker*
■ Berry Robert | *Muffin Man*
Bianculli Erik | *RiverDance*
Bissonho Elaine | *Brazil Nut*
■ Bonini Jonathan | *Sherpa*
■ Boothe C.Gene | *Jubilee*
Brooks Ian Patrick | *Mr. Aloha*
Butler Alwyne | *Goldfish*
Bynum Cameron Reed | *Nevada Bandanna*
Cadman Seth | *Strider*
Chadwell William Blair | *Moviefone*
Chappell Jason | *Bolt*
Chenier Jean-Mathieu | *Peter Pan*
Closser Derrick | *Penguin*
Cobb Marie | *Bobwhite*
Cohen Emily | *Rainbow*
Dunlap Gary | *Lil Drummer Boy*
Dunstan Jeffrey | *Grandpa*
Eskridge Michael | *BAM BAM*
Esparza Michael | *Bullwinkle*
■ Estrada L. Dave | *Chupa*

Etter Bruce | *Drumsolo*
Fonte Jason | *Jason*
Frappier Seth | *Green Man Cheddar*
Granade Clete | *Cope*
Grayson Ryan | *Cam*
Greene Brian | *Ona Ger*
Gwyn Charles | *Just Burly*
Hereth Clay | of *"The Brothers 3"*
Hereth Ryan | of *"The Brothers 3"*
■ Hereth Tyler | of *"The Brothers 3"*
■ Herrin Will | *Bone*
Hill Stephen | *Darvey Banana*
■ Hinman Ryan | *Express-o*
Hixson Daniel | *Green Mile*
Hurlburt Michael | *Pyrite*
■ Ingram-Edwards Elias | *Shirtless*
■ Jones Jason | *Arthur Dent*
Jones Lindsey E. | *Sanka*
Jones Maria Ann | *Lion Lilly*
Jordan Jonathan | *Apostle Jon*
Kinley Brent | *Spit Walker*
Kirkland Ian | *Spark*
Koziczowski Angela Clothier | *Mishka*
Koziczowski Mike D. | *Mr. M*
Lane Tommy | *Moose*
Leo James M. | *Bump*
Lockwood John | *Kozmiczian*
■ Longo Peter M. | *Brother of the Wind*
Lovell Genevieve | *Vievel Kenevel*
■ Madeiros Frank | *John Wayne*

Mapes Derek | *Free Radical*
Mapes Jeremiah | *Leak*
■ Martin Thomas E. | *High Top*
McCormick Alicia | *Eureka*
McCullough Tommy | *Phenix*
McGrath Michael T. | *Gator*
McKenzie Alexis | *So Way*
McNeal Stephen | *Youngin'*
McQuade Eric | *The Face*
Morse Benjamin | *Torch*
■ Patterson Kevin | *Frodo*
■ Redick Kip | *Hippy Kippy*

Reingardt Douglas | *Wrongway*
Robertson James T. | *Turtle*
■ Rodkey Gary | *Hobo*
Rose William J. | *Pepster*
Ross Frances | *Dacks*
Salas Michael | *Tag*
Saunders Kari | *Socks*
Schneider Carly | *Ohio*
■ Seehorn Joshua Ellison | *Amplexus*
Smith Clayton | *Forrest*
Smith Haleigh | *Goldilocks*
Spear Douglas | *Splake*
Stephens William | *Estero*
Stewart Jacob | *Coyote*
Stirbys Gintautas | *GPS*
Taylor Oliver | *Handstand*
Treadwell Bobby | *Sensei*
Tuhro Seth | *Plan B*
Vamvas Tyson | *Lando*
Vance Jennifer | *Yikes*
■ Vandergraaff Alan | *Goat*
VanLiere Shelly | *Gardener*
Vanmeerveld Joshua | *Spoons*
Walker Andrew M. | *Scraps*
Wenger Nathan | *Rumblestrip*
■ White Parker | *Timber*
Whitesell Emmilea | *Mouse*
Winningham Cheryl | *Questseeker*

2010

Bennett Aaron | *Hollywood*
Bonelli Jeffrey | *Bones*
■ Divelbliss E. Dave | *Cloudwalker*
Goth Andrea Lynn | *Kumquat*
Hannon Brian | *Tour Guide*
Jones Michael | *Dread*
Kossow Alysun | *Styx*
Leggett Corey | *Corndog*
Nichols Arlo | *Free Man*
■ Philbrick Kenneth | *Ken*
Randol Chris | *BISHOP*
Willis Greg | *Charm*
Willis Samantha | *Lucky*

2009

Christensen Shannon | *Luna Moth*
■ Cusic Mark David | *Strings*
Gale Thomas | *Bad Camper*
Morton Georganna | *BeefStick*
Pardi Frank | *Rael*
Seamon Logan | *Finger Mullet*

2008

Amato Jonathan | *Bear Magnet*
Caldwell Jeffrey | *Mr Breeze*
■ Christman Andi | *Blazing Star*
■ King Jim | *Terminal/Stride*
Tache' Tim | *Memphis Tim*

■ 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.

2007

Calliham Lisa | *Tenacious T(urtle)*
Dison Tennis D. | *Tennis*
Goodman Ray | *Skiptrace*

2005

Brooks Greyson | *Dildo Joe*
Gonias Jason | *Bricks*
Sartini Robert | *Bamboo Bob*

2003

Reiter Deanna | *SkeeKat*
■ Witt Arthur | *Double Dare*

2002

Corpora Hiroshi R. | *Schavez*
Houston Eric | *Sproutman / Snoozer*
Koeplin Marc | *Skeeter*

2001

Rosania John | *Camen*

2000

Belk M. Curry | *Surefire*
Lockwood John | *Kozmiczian*

1999

■ Landau Ken | *Walkabout*
Manninen Jared A. | *Schoolboy*

1994

■ Smith Arlene (Kip) | *Pink Panthers*
■ Smith Norman | *Pink Panthers*

1993

A'Hearn Patrick

1992

Caldwell Jeffrey | *Smokey*
Nottoli Chris | *Nomad Man*

1990

Baker Terrell T. "Red" | *Sundancer*
■ Leonard Ward

1987

■ Devlin Brad | *Foghorn*

1984

Higgins Glenn

1981

Whitcomb Norm | *Damm Yankee*

1980

Crary, Jr. David | *Ramblin' Guy*

1979

■ Sheffer Doug | *Woodstock*

1973

Elder Robert | *Hawk*
■ Judd Robert H.



ATC CULLOWHEE 2013

THE 39th BIENNIAL CONFERENCE OF THE
APPALACHIAN TRAIL CONSERVANCY
JULY 19-26, 2013 AT WESTERN CAROLINA UNIVERSITY
CULLOWHEE, NORTH CAROLINA

The five Trail-maintaining clubs of the Appalachian Trail Conservancy's (ATC) Deep South Region are pleased to invite all those interested in and committed to protecting America's hiking trails to the 39th biennial gathering of the Appalachian Trail community. The ATC Cullowhee 2013 will feature hikes, including more than 100 miles of the A.T., workshops on subjects related to the Trail and its volunteers, excursions to Western North Carolina attractions, the best of local entertainment, and opportunities to give back through trail maintenance and invasive exotic species control work trips.

- Carolina Mountain Club
- Georgia Appalachian Trail Club
- Nantahala Hiking Club
- Smoky Mountains Hiking Club
- Tennessee Eastman Hiking and Canoeing Club



APPALACHIAN TRAIL
CONSERVANCY®
www.appalachiantrail.org

SCHEDULE AT A GLANCE

Friday, July 19

- 2:00 p.m. Check-in, Registration, and Exhibits open
- 8:00 p.m. Opening Reception (free)

Saturday, July 20

- Daytime – Hikes, Exhibits, Excursions, and Workshops
- 5:00 p.m. ALDHA Reception (free)
- 6:00 p.m. Benton MacKaye Dinner (by invitation)
- 8:00 p.m. ATC Business Meeting (free)

Sunday, July 21

- Daytime – Hikes, Exhibits, Excursions, and Workshops
- 6:00 p.m. Life and Honorary Member Reception (by invitation)
- 8:00 p.m. Entertainment

Monday, July 22

- Daytime – Hikes, Exhibits, Excursions, and Workshops
- 6:00 p.m. Volunteer Recognition Reception (by invitation)
- 7:15 p.m. Workshops
- 8:00 p.m. Entertainment

Tuesday, July 23

- Daytime – Hikes and Excursions
- 7:15 p.m. Workshops
- 8:00 p.m. Entertainment

Wednesday, July 24

- Daytime – Hikes and Excursions
- 8:00 p.m. Entertainment

Thursday, July 25

- Daytime – Hikes
- 8:00 p.m. Entertainment

Friday, July 26

- Daytime – Hikes

IMPORTANT DATES

April 15 – Registration opens. Paper registration received before this date will be returned.

May 31 – Last day for early registration discounts. Paper registration forms received after this date will not receive a discount.

July 1 – Registrations received after this date will not be sent a written confirmation. Requests for hikes, excursions, and workshops received after this date will not be honored. Participants will have to sign up for these events on-site at the biennial.

REGISTRATION

You must be registered to participate in the ATC Cullowhee 2013 activities with the exception of evening entertainment. Registration will open on April 15, 2013 on-line at www.appalachiantrail.org/2013biennial or by mail using the attached Registration Form. Early registration is encouraged since hikes, excursions, and some work-shops have registration limits. Registrations received by May 31 will be eligible for an early registration discount. Register on-line for an additional discount. On-site registration will be available at Western Carolina University. The conference and all its activities are open to the public. However, registrants who are not members of the Appalachian Trail Conservancy or one of its Trail-maintaining clubs will be subject to a surcharge.

CHECK-IN AND ON-SITE REGISTRATION

Check-in and on-site registration will be available in the Grand Room of Western Carolina University's (WCU) Hinds University Center from 2:00 to 10:00 p.m. on Friday, July 19; from 8:00 a.m. to 7:00 p.m.; Saturday, July 20 and Sunday, July 21; and from 8:00 a.m. to noon on Monday, July 22. Late arrivals on those days should phone (828) 450-1325 for assistance. Starting at noon Monday, July 22, registration assistance will be available at WCU's Blue Ridge Conference Center.

GETTING TO WESTERN CAROLINA UNIVERSITY

BY CAR

From the North: Follow I-40 to Exit 27 (US 74 West). Follow US 74 West to Exit 85 in Sylva. From the South: Follow US 441 North to US 74 East. Follow US 74 East to Exit 85 in Sylva. From Exit 85 in Sylva: At the light, turn left onto NC 107 South. Follow NC 107 South for five miles to campus.

A CARPOOLING BOARD IS AVAILABLE ON THE 2013 BIENNIAL WEBSITE.

BY PUBLIC TRANSPORTATION:

The nearest airport is Asheville Regional (AVL), approximately 60 miles from campus. Jackson County runs a bus service weekdays 8:00 a.m.-5:00 p.m. The fare is \$25 each way, subject to change. Phone (828) 586-0233 for details. Greyhound runs bus service to Waynesville, NC, approximately 25 miles from campus. Phone (828) 926-2327 for details.

ON CAMPUS ACCOMMODATIONS

CAMPUS RESIDENCE HALLS

Double rooms with private bath and single rooms sharing a bath with another single room are available in modern air-conditioned residence halls opened in 2010. Refrigerators, microwaves and stoves are available in common areas on each floor. An optional linen package which contains a pillow and blanket, 2 sheets and a pillow case, 2 towels and a wash cloth, and soap is available for \$16.50, but attendees are encouraged to bring their own bedding and linens. Attendees are reminded to bring toiletries, cups, hangers, desk lamps, and trash containers, which will not be available in the residence hall rooms.

SWIPE CARD AND KEY CHECK-IN AND CHECK-OUT

Access to the residence halls is controlled by swipe card. Access to rooms is controlled by key. These will be issued by the housing desk in the registration area, and must be returned to that desk on check-out. Fees of \$15.00 for a lost swipe card and \$35.00 for a lost key will be charged. Rooms will be available from 2:00 p.m. Friday, July 19 and must be vacated by 10:00 a.m. on the day of your departure.

TENT CAMPING

Tent camping will be at WCU's Picnic Area. Campers will be assigned a 9' X 12' campsite. Toilets, water, tables, benches, barbeque stands, and a pavilion will be available. Campers are encouraged to bring their own camp stoves. Open fires are not permitted. Showers will be available at Reid Gym from 8:00 a.m. to 5:00 p.m. Children under 12 sleeping in their parents' tent will not be charged for camping. Camping check-in will be at the Picnic Area.

RV CAMPING

RV camping will be permitted on WCU's Lot 10. No hook-ups or electricity will be available. RV campers are requested to ensure that they leave the parking area as clean as they found it. RV check-in will be at the Registration Desk.

PETS/SERVICE ANIMALS

No pets are allowed in residence halls, in any other building on the WCU campus, or on any biennial activity. Pets are allowed on the campus grounds on a leash and their owners must have bags to pick up after them. Neither ATC nor WCU are liable if anything happens to pets on campus.

Service animals may be allowed in campus buildings if WCU is notified two months in advance. If you require a service animal, please send documentation to Lenny Bernstein (Lsberns@att.net).

OFF-CAMPUS ACCOMMODATIONS

Go to www.appalachiantrail.org/2013biennial and click on housing for a list of motels near the WCU campus.

MEALS

All on-campus meals will be served in Western Carolina University (WCU)'s Courtyard Dining Hall. Sandwiches and light meals are available a short distance from campus, but the closest full service restaurants are in Sylva, five miles from campus. Advanced registration and purchase of meal tickets are highly recommended. Vegetarian and vegan options will be available. Trail lunches must be ordered in advance and will be available for pick-up during breakfast starting on Saturday, July 20. Two sizes of trail lunch will be available: a standard lunch (one sandwich, fruit, dessert, and chips), and a large lunch (two sandwiches or a six inch sub, two fruits, dessert, and chips). All hikes and excursions are scheduled to be back on campus in time for dinner, but unexpected delays can occur.

OPENING RECEPTION

A free, informal opening reception will be held starting at 8:00 p.m. on Friday, July 19 in WCU's Blue Ridge Conference Center. Meet ATC's Executive Director, Mark Wenger, and other members of ATC's staff, as well as old and new friends. Drinks and snacks will be served.

ATC BUSINESS MEETING

The ATC Business Meeting will be held at 8:00 p.m. on Saturday, July 20 in WCU's John W. Bardo Fine and Performing Arts Center. Hear updates on ATC programs and accomplishments, elect a new ATC Board of Directors, vote on proposed resolutions, and congratulate maintainers who've provided 25 and 50 years of service.

ENTERTAINMENT

Two programs are scheduled for each night, Sunday, July 21 through Wednesday, July 24; a single program is scheduled for Thursday, July 25. Tickets for evening entertainment are \$5.00 per night or \$15 for the entire biennial. Your ticket entitles you to attend both programs. Children under 12 will be admitted free. Please purchase your tickets when you register.

YOUTH ACTIVITIES

There will be child-friendly activities throughout the week, including easy hikes and excursions suitable for families with children. These are indicated by FAM in the schedules. Children under the age of 18 must be accompanied by a parent, guardian or designated responsible adult.

ALDHA LONG DISTANCE HIKER RECEPTION

The Appalachian Long Distance Hikers Association (ALDHA) will host a reception at the North Carolina Center for the Advancement of Teaching (NCCAT) about a 15 minute walk from the WCU campus, from 5:00-7:00 p.m. on Saturday, July 20. Directions to NCCAT will be available at the registration desk. All A.T. long-distance hikers are welcome.

ATC LIFE AND HONORARY MEMBERS RECEPTION

The ATC will host a by-invitation-only reception in WCU's Blue Ridge Conference Center for Life and Honorary Members from 5:30-7:00 p.m. on Sunday, July 21.

ALCOHOL AND SMOKING

Alcohol may be consumed in rooms within WCU's residence halls by persons 21 years of age or older, and at scheduled events on campus. It may not be consumed outside the residence halls or in the dining hall. The ATC assumes that any biennial participants consuming alcohol will do so responsibly and in a manner that does not disturb other biennial participants.

Smoking is not permitted in or within 50 feet of any WCU building.

BIENNIAL T-SHIRTS

Custom-designed biennial t-shirts may be ordered for \$15.00 before the biennial and picked up during check in. A limited number of t-shirts may be available for sale at the biennial.

A.T. ART EXHIBIT

Blue Spiral 1 Gallery (38 Biltmore Ave., Asheville, NC) will hold an exhibit of original art by Southern Appalachian artists inspired by the A.T. from June 1 to July 27, 2013. All works are for sale and 10% of the proceeds will be donated to the biennial. The Asheville Arts and Crafts excursions will visit the Gallery, but if you are in Asheville while the exhibit is open, please visit it.

ATC CULLOWHEE 2013 PHOTO CONTEST

Winning photos from the contest will be displayed in the biennial exhibit area. After the exhibits close they will be displayed in the Blue Ridge Conference Center.

REGISTER ON-LINE AND SAVE \$10

www.appalachiantrail.org/2013biennial

EVENING PROGRAMS

All Programs are at 8:00 p.m.

Friday, July 19

Opening Reception

Saturday, July 20

ATC Business Meeting

Sunday, July 21

Music: Contra Dancing
Band: Appalachian Storm
Caller: Delia Clark
(Beginners - please come at 7:40)

Slide Show: Setting the A.T. Speed Record – Jennifer Pharr Davis

Monday, July 22

Music: Southern Exposure – Southern folk

Slide Show: Hiking NC's Mountains-to-Sea Trail – Danny Bernstein

Tuesday, July 23

Music: Buncombe Turnpike – Bluegrass

Slide Show: Founding the Florida Trail and the American Hiking Society – Jim Kerr, Sr.

Wednesday, July 24

Music: Joe Pye – Contemporary Acoustic

Slide Show: The Benton MacKaye Trail – Darcy Douglas

Thursday, July 25

Cherokee Storyteller – Eddie Swimmer

OTHER INFORMATION

Wireless is available campus-wide. A password will be provided at registration. Computers are available in WCU's Hunter Library, and laptops can be rented from WCU's University Center.

Registrants will have use of the pool and exercise equipment in Reid Gym from 8:00 a.m. to 5:00 p.m.

In case of emergency, contact University Police at (828) 227-7301

Background photo courtesy: Brent McGurt Photography

HIKES

The Hiking Subcommittee has provided 66 different guided hikes to interesting and scenic areas in the Appalachian Mountains of North Carolina, Tennessee, and Georgia. Most hikes are offered several times during the week to allow greater flexibility in choosing your favorites. Hikes are available for all abilities, from easy to very strenuous. Most hikes will depart between 7:30 and 9:00 a.m., but at least two hikes will depart at 1:00 p.m. each day, to allow participation in a morning workshop or other activity. At least two short hikes, with relatively short driving distances, will be offered each morning, returning to campus by noon to allow participation in an afternoon activity.

THE PROGRAM FEATURES:

- 114 miles of the Appalachian Trail in a series of section hikes from Deep Gap/Standing Indian Mountain in North Carolina to Mt. Cammerer in Tennessee
- Spectacular Max Patch, a heath bald on the A.T.
- 14 hikes in Great Smoky Mountains National Park
- 5 hikes along the Blue Ridge Parkway
- 8 hikes to waterfalls and beautiful vistas in the Cashiers/Highlands area
- 3 hikes in Panthertown Valley, a unique area of mountains and waterfalls near Cashiers, NC
- Tallulah Gorge in Georgia, the deepest gorge east of the Mississippi

HIKE DESK: Hike Desk volunteers will be ready to answer your questions, help you choose or change hikes, and provide you with local hiking information for self-guided, independent outings. Hike descriptions, maps, and guidebooks will be available for your review.

DEPARTURE TIME AND PLACE: Hikes will leave from the Hikes Departure Area in Parking Lot 25 near the Field House. Please arrive at least 15 minutes before the scheduled departure time for your hike to meet your hike leaders and arrange car pools. Most Appalachian Trail trailheads are at least an hour’s drive from the WCU campus. All hikes are expected to return in time for dinner, but unexpected delays can occur.

DRIVERS ARE NEEDED FOR ALL HIKES: Carpools will be formed to minimize traffic and help reduce the biennial’s carbon footprint. Many trailheads have limited parking so it is important to fully utilize carpools. Indicate your willingness to drive when you register or stop by the Hike Desk when you check in at the conference. If a hike has insufficient drivers, it will be canceled. Mountain roads in North Carolina and Tennessee are narrow and winding, which makes for longer driving times than you may expect. Many trailheads are on paved roads and most of the others just have short segments of gravel roads near the end of the route. However, a few trailhead access roads are narrow, steep, winding gravel roads (9 miles to Albert Mt., 6 miles to Tellico Gap, and 6 miles to Deep Gap on gravel).

The cost of gas and other auto operating expenses should be shared. Suggested contribution for drivers from each passenger is:

- less than 30 miles round trip (MRT) - \$2.00
- 30-60 MRT - \$3.00
- 61-80 MRT - \$4.00
- 81-100 MRT - \$5.00
- 101-120 MRT - \$6.00
- 121-150 MRT - \$7.00

Some trailheads have parking fees, which should be shared by the driver and passengers. Please try to have a spare key for your vehicle for hikes designated as key swaps.

CHILDREN: Children under 18 accompanied by a responsible adult are welcome on any hike that they are capable of doing and for which they are properly equipped. There is at least one hike each day suitable for families with young children. These are indicated by the FAM abbreviation in the table below.

PETS: No pets are permitted on guided hikes.

Hikes on Friday, July 26, will not return to campus before check-out time. Hikers need to checkout of rooms and the camping and RV parking areas and pack their belongings before hiking on Friday. This will limit the number of cars that can be used for carpooling on Friday, but our agreement with WCU requires us to vacate these areas before hikers can return.

SELF-GUIDED HIKES: If the scheduled hikes do not meet your needs, volunteers at the Hikes Desk will have maps, guidebooks, and other information and can assist you in planning your own hike.

FIRST AID: Hike Leaders will carry first-aid kits, but everyone is responsible for his/her own safety and first aid. Please bring your own supplies, including any medicines you are taking. Do not underestimate the difficulty of the mountains and the effect of the hot, humid weather. Please study the hike information carefully considering these conditions to select hikes suitable to your abilities. Take and drink plenty of water.

COME PREPARED: Although summer in the Southern Appalachians is usually very warm, the weather can quickly change to rain and much cooler temperature, particularly at higher elevation. Ensure that you have rain gear and the proper clothing in layers for a range of temperatures and conditions.

QUESTIONS: E-mail gaillehman@excite.com or bbente@bellsouth.net.

READING THE HIKES TABLE

HIKE TITLE
A.T. hikes have been grouped from south to north in three continuous sections, each of which can be covered in a week or less. The south section is from Deep Gap to Nantahala Outdoor Center (NOC) and includes Hikes 1,3,4,6,7,10, and 14. The middle section, NOC to Shuckstack Tower in Great Smoky Mountains National Park, includes hike 17, 18, 19, and 20. The north section, Silers Bald to Charlies Bunion includes Hikes 22, 23, and 24. Other A.T. hikes access parts of the continuous sections. Mt. Cammerer and Max Patch, both of which are on the A.T., involve long drives but provide spectacular views. The Great Smoky Mountains National Park and the Blue Ridge Parkway offer vistas beyond description, and the Cashiers-Highlands area has many waterfalls and creeks/rivers to enjoy.

ESTIMATED TOTAL TIME
This is the estimated total time from the departure from campus to return. It includes hiking, driving, and car shuttle time.

GROUP SIZE
Each hike has a group size limit. Please register early to reserve a space on the hikes you want.

CMC NUMBER:
Carolina Mountain Club maintains a hike database on its website with maps, elevation profiles, and descriptions of nearly 800 hikes. If the hike you have chosen has a CMC number, go to www.carolinamountainclub.org. On the webpage, click on Hike Finder on the right side of the home page. Then enter your hike number in the box that will appear on your screen and click on Search by Hike Number.

These ratings should be used only as a guideline. Hikers should note the distance and elevation gain to select a hike suited to their abilities.

DISTANCES IN MILES

- Hike = estimated hiking distance
- Drive = estimated round-trip driving distance
- Shuttle = estimated shuttle distance

ELEVATION GAIN
Estimated elevation gain
(NB = northbound; SB = southbound)

TYPE OF HIKE

- Shuttle = a one-way hike in which cars need to be shuttled to return group to starting point
- Key Swap = a one way hike where groups of hikers start at each end of the section and drivers exchange keys
- In & Out = hike retraces its path on the way out
- Loop = hike returns to trailhead by another path

RATINGS

- E = Easy
- M = Moderate
- S = Strenuous
- VS = Very Strenuous
- FAM = Suitable for families with young children

HIKE NUMBERS AND STARTING TIME
Each scheduled hike has a unique number that you will need when you register for the hike.

WORK TRIPS
A.T. maintenance work trips have been planned for Monday, July 22, and Wednesday, July 24, near Wesser, North Carolina, 80 miles round trip from WCU. The trips will leave at 8:30 a.m. and return well before dinner. These trips will be limited to 15 people each.

An invasive exotic species identification and control work trip to the Fontana Dam area,



130 miles round trip from WCU, has been planned for Tuesday, July 23. This trip will be limited to 20 people.

Tools and safety equipment will be supplied for all three work trips, but participants should bring their own work gloves, and wear boots, long pants, and a long sleeve shirt. They should have lunch, adequate water, and snacks for the day.

PLEASE SIGN UP FOR THESE WORK TRIPS ON THE REGISTRATION FORM.

#	Hike Title, Estimated Total Time, Group Size. Description, (CMC Number)	Hike Type & Rating	Miles	Elevation Gain, Feet	Sat. 7/20	Sun. 7/21	Mon. 7/22	Tues. 7/23	Wed. 7/24	Thur. 7/25	Fri. 7/26
APPALACHIAN TRAIL											
1	Deep Gap to Raven Rock, 7 hrs., limit 18. 4.5 miles SB on the A.T. to Raven Rock. Views of Shooting Creek, Lake Chatuge at Hiawasee, GA, and Brasstown Bald.	In & Out M – S	Hike 9 Drive 95	500	H2001 8:00				H2401 8:00		
2	Deep Gap To Standing Indian Mtn., 5 hrs., limit 8. NB on the A.T 2.4 miles. Good views west and south to Georgia.	In & Out M – S	Hike 4.8 Drive 95	1159		H2102 1:00		H2302 1:00		H2502 9:00	
3	Deep Gap to Timber Ridge Wilderness Area, 8 hrs., limit 16. Hike to Standing Indian Mountain with great views west of Lake Chatuge and Brasstown Bald.	Key Swap M – S	Hike 10.5 Drive 95	NB 1500 SB 2000		H2103 7:30		H2303 7:30		H2503 7:30	
4	Albert Mtn. to Timber Ridge, 6 hrs., limit 8. SB on the A.T. Views of Coweeta Hydrological Lab, Fishhawk Mtns., Pickens Nose, and Rabun Gap, Georgia.	Shuttle M	Hike 9 Drive 100 Shuttle 5	700			H2204 8:30		H2404 9:00		H2604 9:00
5	Betty Creek to Albert Mtn., 6 hrs., limit 18. NB on A.T. Renovated fire tower. 360 degree views of Whiteside Mtn., Coweeta, Fishhawk Mtns. and Rabun Bald.	In & Out M	Hike 5 Drive 90	880	H2005 1:00		H2205 1:00			H2505 1:00	
6	Albert Mtn. to Winding Stair Gap. 7 hrs., limit 36. Moderate walk NB; strenuous SB to Albert Mtn. 360 degree views of Coweeta, Fishhawk Mtns. Whiteside Mtn., and Rabun Bald.	Key Swap SB S NB M	Hike 9.8 Drive 100	NB 800 SB 1500	H2006 8:00			H2306 8:00		H2506 8:00	
7	Winding Stair Gap to Wayah Bald, 7 hrs., limit 36. Ascend to Siler Bald from either direction with 360 degree view of surrounding mountains. NB ascends to Wayah Bald.	Key Swap S	Hike 10.1 Drive 80	NB 1376 SB 1036		H2107 8:00			H2407 8:00		
8	Wayah Gap to Siler Bald, 5 hrs., limit 18. 360 degree view of Nantahala Lake, Standing Indian, Cheoah Bald, Franklin, Albert Mt., Smoky Mts., and Blue Ridge Parkway. (CMC # 61)	In & Out M FAM	Hike 4.4 Drive 80	1000	H2008 1:00		H2208 1:00		H2408 1:00		H2608 9:00

Background photo courtesy: Brent McGuirt Photography

#	Hike Title, Estimated Total Time, Group Size. Description, (CMC Number)	Hike Type & Rating	Miles	Elevation Gain, Feet	Sat. 7/20	Sun. 7/21	Mon. 7/22	Tues. 7/23	Wed. 7/24	Thur. 7/25	Fri. 7/26
9	Wayah Gap to Wayah Bald , 7 hrs., limit 18. 360 degree view of Standing Indian, Cheoah Bald, Franklin, Albert Mtn., Smoky Mtns., and Blue Ridge Parkway.	In & Out M	Hike 8.4 Drive 80	1173	H2009 8:30		H2209 8:30				H2609 8:30
10	Wayah Bald to Tellico Gap , 8 hrs., limit 36. 360 degree views from Wayah Bald of Franklin, Albert Mt., Siler Bald and the Blue Ridge Parkway. (CMC # 674)	keySwap VS	Hike 9.4 Drive 120	NB 1200 SB 2200	H2010 8:00		H2210 8:00			H2510 8:00	
11	Wayah Gap to Burningtown Gap , 7 hrs., limit 36. Ascend in both directions to Wayah Bald with great views, then gradual descent.	keySwap M – S	Hike 9 Drive 110	NB 1162 SB 1106		H2111 8:30		H2311 8:30	H2411 8:30		
12	Burningtown Gap to Tellico Gap , 6 hrs., limit 36. Pass Cold Springs Shelter (oldest A.T. shelter). Vistas from Copper Bald Ridge and Rocky Bald via side trail. NOTE: add 3 miles for in & out to Wesser Bald Tower. (CMC #771)	keySwap M - S	Hike 4.8 Drive 110	NB 1020 SB 1400			H2212 9:00		H2412 9:00		
13	Tellico Gap to Wesser Tower , 6 hrs., limit 18. NB 360 de-grees views from the tower of Fontana Lake, Smoky Mts., and Blue Ridge Parkway. (Part of CMC #674)	In & Out M FAM	Hike 3 Drive 80	777		H2113 1:00		H2313 1:00	H2413 9:00	H2513 1:00	
14	Tellico Gap to Nantahala Outdoor Center (Wesser) , 8 hrs., limit 18. Great views from Wesser Tower and the Jump Up.	shuttle S	Hike 8 Drive 80 Shuttle 17	777		H2114 7:30		H2314 8:00			H2614 8:00
15	Wesser Creek - Wesser Bald – Nantahala Outdoor Center , 8 hrs., limit 18. Follow old A.T. S to Wesser Bald Tower for great views, then return on present A.T. (CMC # 542)	shuttle VS	Hike 10.8 Drive 80 Shuttle 3	2760	H2015 8:00		H2215 8:00		H2415 8:00		
16	Stecoah Gap to Cheoah Bald. 9 hrs. , limit 18. SB. Great panorama views of Smokies. (CMC # 614)	In & Out S	Hike 11 Drive 105	1900		H2116 7:30		H2316 7:30		H2516 7:30	
17	Stecoah Gap to Nantahala Outdoor Center (Wesser) , 10 hrs., limit 18. SB over Cheoah Bald. Great views from Cheoah Bald. (Part of CMC #100)	shuttle VS	Hike 13.6 Drive 120 shuttle 18	2000	H2017 7:30		H2217 7:30		H2417 7:30		
18	Stecoah Gap to Yellow Creek , 8 hrs., limit 36. Pass Wauche-cha Bald. (CMC # 456)	Key Swap M	Hike 7.6 Drive 105	NB 800 SB 1000		H2118 8:00		H2318 8:00		H2518 8:00	
19	Yellow Creek Gap to Fontana Dam , 9 hrs., limit 18. NB across High Top and Fontana Dam. (CMC # 497)	shuttle M	Hike 8.2 Drive 120 Shuttle 15	900	H2019 7:30		H2219 7:30		H2419 7:30		
20	Fontana Dam to Shuckstack Fire Tower , 9 hrs., limit 18. Very steep climb but beautiful 360 degree views of Fontana Lake and surrounding area. (CMC # 302)	In & Out VS	Hike 7 Drive 130	2200	H2020 7:30			H2320 7:30		H2520 7:30	
21	Fontana Dam - Shuckstack - Lost Cove - Lakeshore Trail , 10 hrs., limit 18. Great views from Shuckstack fire tower. Old, rusted, 1930s cars along trail. (CMC # 495)	loop VS	Hike 11.6 Drive 130	2600		H2121 7:30			H2421 7:30		
22	Clingmans Dome to Silers Bald , 8 hrs., limit 18. SB descend from 6643 ft. to 5607 ft. on very narrow trail along TN/NC border. Great views.	In & Out S	Hike 10 Drive 115	1036		H2122 8:00			H2422 8:00		H2622 8:00
23	Clingmans Dome to Newfound Gap , 7 hrs., limit 18. NB descend through spruce and fir trees, with ascent of Mt. Collins. (CMC # 110)	shuttle S	Hike 8 Drive 115 shuttle 8	1200	H2023 8:00		H2223 8:00			H2523 8:00	
24	Newfound Gap to Charlies Bunion , 7 hrs., limit 18. NB Spectacular views north and south, to Mt. Le Conte, Gatlinburg, and Cherokee. (CMC # 119)	In & Out S	Hike 8 Drive 95	1100		H2124 8:30		H2324 8:30			H2624 8:00
25	Newfound Gap - Charlies Bunion - Kephart Prong Trail , 8 hrs., limit 18. Good views from Charlies Bunion. Long downhill hike. (CMC #120)	shuttle M	Hike 10.5 Drive 120 shuttle 9	1000		H2125 8:00		H2325 8:00	H2425 8:00		
26	Davenport Gap to Mt. Cammerer , 9 hrs., limit 18. A.T. SB to the fire tower. Views of the Pigeon River, east and north into TN, west to Mt. Guyot in the Great Smoky Mountain National Park, and south to the NC side of the Park. (CMC # 762)	In & Out VS	Hike 12 Drive 140	3000	H2026 7:30		H2226 7:30			H2526 7:30	
27	Max Patch , 7 hrs., limit 18. NB hike around a grassy bald with spectacular views east to Mt. Mitchell and south to the Smoky Mts. (CMC # 453)	loop E FAM	Hike 4 Drive 130	500		H2127 8:30		H2227 8:30	H2327 8:30	H2427 8:30	



REGISTRATION FORM

Registration Number: ATC Use Only

Complete a separate form for each adult and child. Make copies (both sides) as needed. Please print neatly or type. Note that all costs are per person. Forms received after July 1 will not receive a written confirmation. You are encouraged to register on-line at www.appalachiantrail.org/2013biennial to save money.

Name: _____

Address: _____

City: _____

State: _____ ZIP Code: _____ Country: _____

Telephone: (day) _____

(cell) _____ (emergency) _____

E-mail Address: _____

Gender: Male ☐ Female ☐ Age: _____

Name Tag: Write the exact information you want on your name tag:

Name: _____

Affiliation: _____

☐ Check if wheelchair access is required. Please describe any physical or medical conditions that will require special accommodations (for example, room on ground floor):

LODGING: Place an “X” in the appropriate box for the date and type of lodging desired. Enter the total cost in the Total Cost column. If you have a preference for a roommate, enter the name(s) in the spaces provided. If you have a preference for suite-mates, such as others from the same club, enter the appropriate information. If you select a double room and do not specify a roommate (please indicate your gender above), a roommate will be as-signed. If camping, specify tent-mate if you are sharing your tent with another registrant.

	Fri. 7/19	Sat. 7/20	Sun. 7/21	Mon. 7/22	Tues. 7/23	Wed. 7/24	Thurs. 7/25	Cost / Person / Night	Total
Single Room								\$45.00	
Double Room								\$35.00	
Tenting								\$10.00	
RV								\$10.00	
Child 12 and under, no bed or tent site required								No Charge	
Optional Linen Package								\$16.50	
								LODGING TOTAL:	
Room-mate/tent-mate request:								<input type="checkbox"/> No on-campus lodging requested	
Special request:									

MEALS: Each meal may be ordered separately. Place an “X” in the box for the date and type of meal ordered. Enter the Total Cost for each type of meal and then the sum for the Meals Total. Children’s rates are for ages 5 and younger.

	Fri. 7/19	Sat. 7/20	Sun. 7/21	Mon. 7/22	Tues. 7/23	Wed. 7/24	Thurs. 7/25	Fri. 7/26	Cost / Meal / Person Adult / Child under 10	Total
Breakfast									\$8.50 / \$5.00	
Lunch									\$9.50 / \$5.00	
Trail Lunch - Regular									\$9.50 / \$5.00	
Trail Lunch - Large									\$11.50 / \$5.00	
Dinner									\$12.50 / \$5.00	
									MEAL TOTAL:	

ENTERTAINMENT: A fee of \$5.00/person/night, or \$15/person for the whole biennial will be charged to defray the cost of entertainment. Children, 12 and under, will be admitted free. A ticket entitles you to attend either or both of the entertainment events each evening.

	Sun. 7/21	Mon. 7/22	Tues. 7/23	Wed. 7/24	Thurs. 7/25	Total
Single night \$5.00 / person / night (Children, 12 and under, free)						
Whole Biennial \$15 / person (Children, 12 and under, free)						

ACTIVITIES: Enter the activity code in the box. If registering for a hike, work trip, or excursion and are willing to drive, please note how many passengers you can take ____ and place a “D” next to the activity code (s) below.

Workshops	Sat. 7/20	Sun. 7/21	Mon. 7/22	Tues. 7/23			
8:15 am							
10:15 am							
1:15 pm							
3:15 pm							
7:15 pm							
Other Times							
Hikes	Sat. 7/20	Sun. 7/21	Mon. 7/22	Tues. 7/23	Wed. 7/24	Thurs. 7/25	Fri. 7/26
First Choice							
Second Choice							
Work Trips			Mon. 7/22	Tues. 7/23	Wed. 7/24		
Code:							
Excursions	Sat. 7/20	Sun. 7/21	Mon. 7/22	Tues. 7/23	Wed. 7/24		
Code:							
Excursion Fee, if required	\$	\$	\$	\$	\$		
						EXCURSIONS TOTAL:	

Release Form: Participation in the ATC’s 2013 Biennial Conference is voluntary. In consideration of permitting me to participate in these activities, and fully recognizing that these activities are potentially hazardous, by registering, I for myself and for anyone entitled to act on my behalf, hereby waive and release all claims or liabilities of any kind against the Appalachian Trail Conservancy, its affiliated clubs and members coordinating this conference, Western Carolina University, and the activity leaders, their representatives and successors, for any personal injury, death or property damage arising out of or in any way connected with such activities, including without limitation any acts or omissions caused in whole or part by negligence. This applies to activities both on and off campus.

Signed:_____Date:_____

If registrant is under 18 years of age, parent or guardian must indicate their consent to the release by signing below:

Signed:_____Date:_____

Costs: Enter costs below for lodging, meals, and activities. One check or money order may be used to pay for more than one registration, but please send the individual forms and checks together.				
	Registrations postmarked by May 31, 2013		Registrations postmarked June 1, 2013 and later	
Full Registration (Adult/Child)	\$80.00/25.00	\$	\$100.00/30.00	\$
Single Day Registration Date: (Adult/Child)	\$40.00/14.00	\$	\$50.00/14.00	\$
Lodging total		\$		\$
Meals total		\$		\$
Excursion total		\$		\$
Entertainment		\$		\$
T-shirts: indicate size <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL	\$15.00	\$	\$15.00	\$
Non-member fee (for individuals who are not members of either ATC or an affiliated trail-maintaining club)	\$35.00	\$	\$35.00	\$
		TOTAL:	\$	TOTAL: \$

Make check or money order payable to the ATC and mail to the ATC 2013 Biennial, P.O. Box 807, Harpers Ferry, West Virginia, 25425.

If paying by credit card: ☐ Amex ☐ Visa ☐ Discover Card Number:_____

Expiration Date:_____Total Amt:_____Signature:_____

Refund Policy: Cancellations and request for refunds must be made in writing. Cancellation requests received before June 30, 2013 will be refunded in full less a \$10.00 handling fee.

#	Hike Title, Estimated Total Time, Group Size. Description, (CMC Number)	Hike Type & Rating	Miles	Elevation Gain, Feet	Sat. 7/20	Sun. 7/21	Mon. 7/22	Tues. 7/23	Wed. 7/24	Thur. 7/25	Fri. 7/26
BARTRAM TRAIL											
28	Bartram Trail from Jones Gap to Whiterock Mountain, 7 hrs., limit 18. Vistas from Jones Knob and Whiterock of the Tes-sentee Valley, west to the Nantahala Mts., south to Scaly Mt.	In & Out M	Hike 7 Drive 80	500	H2028 9:00						
29	Rabun Bald, 5 hrs., limit 18. Second highest mountain in Geor-gia. 360 degree views to Nantahala Mtns. and SC.	In & Out M	Hike 5 Drive 90	500		H2129 9:00					
30	Osage Mt. Overlook to Big Scaly Mt. 5 hrs., limit 18. Great views west to the Nantahala Mts. and Rabun Bald, and south to Georgia.	In & Out M – S	Hike 3 Drive 75	900			H2230 9:00				
BLUE RIDGE PARKWAY AND THE MOUNTAINS TO SEA TRAIL (MST)											
31	Black Balsam Knob to Tennent Mt., 6 hrs., limit 18. Cross heath balds with 360 degree views of Shining Rock Wilderness and Cold Mtn. (CMC # 615)	loop M	Hike 6 Drive 90	1200				H2331 9:00			H2631 9:00
32	Graveyard Fields to Yellowstone Falls, 6 hrs., limit 18. 1925 fire swept 25,000 acres to give fields their name. Yellowstone and Second Falls. (CMC # 478)	loop M	Hike 5 Drive 90	1000			H2232 9:00		H2432 8:30		
33	Mount Pisgah from Pisgah Inn. 7 hrs., limit 18. Part of George Vanderbilt’s estate sold in 1914 to become Pisgah Natl. Forest. 5,721 ft. 360 degree view of the land of milk and honey. Lunch at Pisgah Inn. (CMC # 436)	In & Out M	Hike 6 Drive 110	1000						H2533 8:30	
34	Sam Knob Loop, 8 hrs., limit 18. Hike loop off MST over 6000 ft. Sams Knob to Devil’s Courthouse. 360 degree view of Pisgah Natl. Forest. (CMC # 242)	loop M	Hike 9 Drive 90	1500	H2034 8:30						H2634 8:30
35	Waterrock Knob to Balsam Gap. 6 hrs. limit 18 Hike new stretch of MST recently completed by CMC. Great views. (CMC # 547)	shuttle M	Hike 8 Drive 55 Shuttle 8	500		H2135 9:00				H2535 9:00	
CASHIERS-HIGHLANDS AREA											
36	Whiteside Mountain and Devils Courthouse, 5 hrs., limit 18. Between Cashiers and Highlands 4,930 ft. views of the Chat-tooga River valley. Fee area. (CMC # 267)	loop M FAM	Hike 4 Drive 60	500	H2036 1:00		H2236 8:30				
37	Horsepasture Wild and Scenic River, 7 hrs., limit 18. See Drift, Turtleback, Rainbow, and Stairstep Falls. Swimming holes.	In & Out M	Hike 5.5 Drive 65	720	H2037 9:00			H2337 9:00			
38	Chinquapin Mountain and Glen Falls Highlands, 5 hrs., limit 18. 4,160 ft. view of Blue Valley from Chinquapin Mtn. Return and descend 300 ft. to view the falls.	In & Out M – S	Hike 6 Drive 70	600			H2238 1:00		H2438 9:00		
39	Ranger Falls and Cliffside Lake, 6 hrs., limit 18. New trail to the falls, and path around the lake. Swimming and fishing permit-ted. Fee area.	loop M	Hike 3.5 Drive 75	600				H2339 1:00		H2539 1:00	
40	Yellow Mountain, 7 hrs., limit 18. Very up and down to an old fire tower with views of Standing Indian, Whiterock Mt., and Albert Mt. Side trail to Shortoff Mtn. to view Highlands. (CMC # 373)	In & Out S	Hike 9.5 Drive 62	2900					H2440 8:30		
41	Chimneytop, 5 hrs., limit 18. A scrambling climb with spectacu-lar views of NC, SC, GA.	In & Out M	Hike 4 Drive 50	1180			H2241 9:00				
42	Ellicott Rock, 7 hrs., limit 8. Bad Creek to the Chattooga River to the boundaries of NC/GA/SC. (CMC # 527)	In & Out M - S	Hike 8.5 Drive 60	500				H2342 9:00			
43	Whiteside Cove to The Narrows, 5hrs. limit 18. Near the head waters of the Chattooga River. 2.5 miles to The Narrows. Opportunity to swim.	In & Out M	Hike 5 Drive 60	500		H2143 9:00			H2443 9:00		
GEORGIA											
44	Tallulah Gorge, 7 hrs., limit 18. Visit the deepest gorge east of the Mississippi and the Jane Hurt Yarn Interpretive Center for its history. Hike around the gorge and cross it on a suspension bridge.	loop S	Hike 5 Drive 120	1000				H2344 9:00		H2544 9:00	
45	Black Rock Mt. State Park - James Edmonds Backcoun-try Trail, 8 hrs., limit 18. Great view of Wolf Fork Valley from Lookoff Mtn.	loop M – S	Hike 7.2 Drive 90	1600		H2145 8:00					
GREAT SMOKY MOUNTAINS NATIONAL PARK (GSMNP)											
46	Smokemont Loop, 6 hrs., limit 18. At the end of Smokemont Campground follow Bradley Fork then cross it and go along the south slope of Richland Mt. (CMC # 642)	loop M – S	Hike 6 Drive 70	1260							H2646 8:30
47	Deep Creek to Indian Creek Falls, 6 hrs. limit 18. See Juney Whank, Toms Branch, Indian Creek Falls. Tubing available.	loop M FAM	Hike 5.5 Drive 60	420		H2147 8:30				H2547 8:30	



#	Hike Title, Estimated Total Time, Group Size, Description, (CMC Number)	Hike Type & Rating	Miles	Elevation Gain, Feet	Sat. 7/20	Sun. 7/21	Mon. 7/22	Tues. 7/23	Wed. 7/24	Thur. 7/25	Fri. 7/26
48	Deep Creek and Thomas Divide , 8 hrs., limit 18. Deep Creek, Indian Creek, Deeplow Gap, Motor Trail to Thomas Divide, down Stone Pile to Indian Creek and back via Deep Creek.	loop S	Hike 10 Drive 60	1700			H2248 8:00				
49	Noland Creek , 6 hrs., limit 18. Walk up Noland Creek. See box-wood and roses, evidence of homeplaces. Turn around at Spring House Branch picnic area.	In & Out M	Hike 8 Drive 75	420				H2349 8:30			
50	Noland Creek to Fontana Lake , 5 hrs., limit 18. Swimming available.	In & Out E FAM	Hike 3 Drive 75	300			H2250 1:00		H2450 1:00		
51	Lakeshore Loop , 8 hrs., limit 18. Learn some GSMNP history, drive the road-to-nowhere, hike through a tunnel and visit an old cemetery. (CMC # 516)	loop M	Hike 10 Drive 80	1600						H2551 8:30	
52	Sunkota Ridge in Deep Creek , 9 hrs., limit 18. Hike up Deep Creek to Martins Gap Trail, and up it to the ridge, then down on Sunkota Ridge Trail. (CMC # 502)	loop VS	Hike 13 Drive 60	2640	H2052 7:30						
53	Andrews Bald /Clingmans Dome , 7 hrs., limit 18. A loop hike to Andrews Bald and on the A.T. to Clingmans Dome tower with great views.	loop M	Hike 7 Drive 115	1000		H2153 8:30					
54	Mingus Creek , 5 hrs., limit 18. ee old homestead remains along the creek. Go up Madcap Branch to an old cemetery and return to visit the grist mill.	In & Out E FAM	Hike 4 Drive 50	730			H2254 9:00				
55	Smokemont to Mingus Mill via Newton Bald , 9 hrs., limit 18. Visit grist mill near end of hike. (CMC # 644)	shuttle VS	Hike 10.5 Drive 55 shuttle 3	2900				H2355 8:00			
56	Noland Divide Trail - Deep Creek Campground to Lonesome Pine Overlook , 6 hrs., limit 18. Spectacular views along Beauregard Ridge. (CMC Part of # 737)	In & Out S	Hike 7 Drive 60	2200					H2456 8:30		
57	Boogerman Trail , 7 hrs., limit 18. See historic houses and elk in the Cataloochee Valley. (CMC # 273)	loop M	Hike 8 Drive 95	1000			H2257 8:00			H2557 8:00	
58	Big Creek Trail to Mouse Creek Falls via Midnight Hole , 8 hrs., limit 18. Good swimming location. (CMC Part of # 49)	In & Out E FAM	Hike 4.4 Drive 130	500	H2058 8:30						
59	Oconaluftee River Walk & Visitor Center , 5 hrs., limit 18. Visit the Visitors Center, mountain farm museum, and shops in Cherokee.	In & Out E FAM	Hike 3 Drive 50	100				H2359 9:00			

PANTHERTOWN VALLEY											
60	Blackrock Mountain , Carleton’s Way, Wilderness Falls; 5 hrs., limit 18. Climb Blackrock, descend into the valley to see three waterfalls.	loop M	Hike 5 Drive 58	800	H2060 9:00						H2660 8:30
61	Schoolhouse Falls, Little and Big Green Mountains , 7 hrs., limit 18. Four waterfalls. (CMC # 265).	loop M – S	Hike 9 Drive 58	1200		H2161 9:00		H2361 8:30			
62	Great Wall , 5 hrs., limit 18. Roam the valley below Big Green Mt., cross Panthertown Creek, and see several waterfalls	loop M	Hike 5 Drive 58	400						H2562 9:00	

SYLVA - FRANKLIN AREA											
63	Fisher Creek Rec. Area , 9 hrs., limit 18. Steep uphill to Blackrock Mtn., then challenging rock scrambling on trail over Yellowface Mtn to Blue Ridge Parkway. Great views.	shuttle VS	Hike 12 Drive 18 shuttle 17	3200					H2463 7:30		
64	Pinnacle Park , 6 hrs., limit 18. 270 degree view of Cullowhee, Sylva & Webster.	Loop S	Hike 7 Drive 18	2100						H2564 8:30	
65	Rufus Morgan Falls , 4 hrs., limit 15. Beautiful Falls named for Nantahala Hiking Club’s founder.	loop E FAM	Hike 1.5 Drive 80	100		H2165 1:00			H2465 1:00		
66	Little Tennessee River Greenway in Franklin , 5 hours, limit 18. Walk along old railroad bed and visit Frog Quarters.	In & Out E	Hike 4 Drive 50	Little			H2266 8:30				

WORKSHOPS

Seventy workshops have been scheduled for Saturday, July 20 to Tuesday, July 23. Workshops are being held in seven tracks:

- HBS – Hiking and Backpacking Skills
- NW – Natural Wonders
- TM – Trail Management
- OUT – Outreach and Education
- VLD – Volunteer Leadership Development
- EI – Environmental Issues for the A.T.
- CH – Cultural History along the A.T.

Current and future Club leaders should find the Volunteer Leadership Development (VLD) track useful.

Please preregister for workshops. It will help us match room size to expected attendance. However, even if you haven’t preregistered for a workshop, you are welcome to attend. Please give those who have pre-registered preference for seating.

SATURDAY, JULY 20

8:00 AM – Noon

W2001 A Visit to the Cashiers Summit School (OUT) *Janis Brannon, Science Coordinator, Summit Charter School.* Summit Charter School first participated in the Trail to Every Classroom program in 2007. That experience and continued participation have led to integration of place-based education into the North Carolina state curriculum, service learning activities for every grade level, an outdoor classroom that includes a scale model of the A.T. with an amphitheater, and educational gardens. Spend the morning learning about the school and touring the campus.

8:15 AM - 10:00 AM

W2002 The Gentle Art of Wandering (HBS) *David Ryan, A.T. 2000 miler, Author, and Archaeologist.* Learn how to have an amazing adventure every time you go outdoors by adopting the mindset of wandering. You will see how the same wandering basics that work in the backcountry apply to other settings and activities. The result is that you will always find something every time you go out and will never run out of adventures.

W2003 Birding by Ear Along the A.T. (NW) *Heather Nagy, Birder.* Have you ever wondered what bird is singing from a treetop or chirping from the underbrush along the Trail? Learn to identify the most common bird songs heard along the A.T. Find out about mnemonic tricks, electronic aids, and field guides to birds and their songs. Practice your skills at the Sunday morning bird walk workshop.

W2004 Better Photography: On and Off the Trail (NW) *Van Hill, GATC and Photographer of A.T. icons from Georgia to Maine.* This workshop will discuss the fundamental concepts for making beautiful photos. Other topics include choosing the right digital cameras and equipment. This workshop is appropriate for all skill levels from beginners to advanced photographers.

W2005 Introduction to the Exterior Corridor Boundary: Compasses, Maps, What We Do With Them and Why (TM) *Alison Scheiderer, Land Protection Associate, Appalachian Trail Conservancy.* Come learn orienteering skills volunteers employ in monitoring and maintaining the Trail corridor’s exterior boundaries. After practicing map and compass navigation outdoors, we will return to the classroom to learn the ATC’s Corridor Monitoring and Maintenance (Boundary) Program and about use of these techniques to protect the Trail. If you have a compass, bring it!

W2006 Engaging Youth, Families and Communities along the Appalachian Trail: The 2014 Millennial Youth-Led Expeditions Relay Thru-Hike (OUT) *Tara Arthur & Matthew Browning, Project Leads, MYLE.* In 2014, Millennial Youth-Led Expeditions (MYLE) will coordinate a relay thru-hike of the Appalachian Trail. As a project of the Children & Nature Network and its Legacy Initiative, learn how MYLE will promote diverse groups of children, youth and communities who normally do not go hiking to experience the Trail through day and overnight trips, stewardship, blogs and media postings, and environmental education.

W2007 Club Leaders and the Three Legged Stool - What Can You, ATC, and Your Club Do (VLD) *Cosmo Catalano, Volunteer Coordinator AMC Berkshire Chapter, Past Chair of the New England RPC; Karen Lutz, Regional Director, ATC Mid-Atlantic Region; Morgan Sommerville, Regional Director, ATC Southern Region.* How do you get 6 National Parks, 8 National Forests, 14 States, 250 counties and towns and 10,000 volunteers to play well together? The Cooperative Management System has been in place for over 30 years. How does it work? How can clubs continue to grow within it?

W2008 Cherokee Geography of Western North Carolina (CH) *Lamar Marshall, Wild South; Don Wells, Mountain Stewards.* In this presentation of Cherokee Heritage, learn about mapping of the Cherokee trails system of Western North Carolina, based on historical maps, early land records, and other archives. Products will include an interactive Google Earth Atlas of Cherokee Geography. Discover the Mystery of the Trees, some found along the Appalachian Trail, developed through interviews with tribal elders and research.

10:15 AM – Noon

W2009 Prehab for Health (HBS) *Sue Williams, Founder, www.fiftysense.com, Common*

Sense Ideas for Thriving After Fifty. Learn about the importance of physically preparing for a hike, hydration, electrolyte balance, first aid on the trail and off, and keeping your feet happy to stay healthy on the trail. Did you know there are correct ways to walk and techniques to help you go uphill and down? Learn ways to prevent blisters and hot spots and how to pick out the right shoe.

W2010 Geologic History of the A.T. (NW) *Collins Chew, TEHCC, Author, Amateur Geologist, and 2000 Miler.* Review the history of the buildup of the rocks on the A.T. comparing current scenes with those at the time of the rock’s formation. The workshop is based on the author’s evidence of oceans, volcanoes, earthquakes, strange animals, and more.

W2011 Chainsaw and Crosscut Saw Forum (TM) *Andrew Downs, ATC Southern Regional Trail Resources Manager.* Review the current requirements for A.T. club sawyers, the reasons behind the rules and why it’s important to abide by them, followed by an open Q&A opportunity.

W2012 Happy Hiking with Kids - Tried and True Tips for Hiking with Kids Ages 5 to 17 (HBS) *Barbara Duerk, Adelaide Lee & Jennifer Pfister, The Great Girl Scout Hike.* Though adults know that hiking is fun, serene, and beautiful, a hike in the woods may not be all that enticing to kids of today. So how can you get them excited to go hiking? Learn the tricks of the trade from the experience of taking Girl Scouts hiking on the Appalachian Trail - from easy trails to more advance terrain, from scenic spots to a wall of woods, from day hiking to backpacking overnight.

W2013 Environmental Monitoring on the A.T. (EI) *John Odell, Southern Resource Management Coordinator, ATC; Marian Orlousky, Northern Resource Management Coordinator, ATC.* Learn how the Appalachian Trail Conservancy is engaging volunteers to monitor environmental indicators in the A.T. corridor. Current initiatives, including rare plant monitoring, phenology monitoring, and invasive exotic plant monitoring, offer opportunities for everyone from children to retirees, novices, experts, and everyone in between.

W2014 Wilderness Trail Stewardship (OUT) *Bill Hodge, Director, S. A. W. S., a program of The Wilderness Society.* The Southern Appalachian Wilderness Stewards (S. A. W. S.) is building capability for trail work in federally designated Wilderness area. Learn about recruiting, training, and case studies of specific best practices to build the next generation of Wilderness trail stewards.

W2015 In the Spirit of Adventure: Hikes in the Appalachians in 1913-1915 (CH) *Charles Maynard, Author, Storyteller, Ordained United Methodist Minister, and ATC Board of Directors.* Two men made four long hikes in the early 1900’s through the mountains of Tennessee, North Carolina and Virginia with a camera

and notebook recording their observations and thoughts. The presenter will bring their adventure back to life with their own photos and words.

1:15 PM – 3:00 PM

W2016 Common Sense Ideas for Backpacking after Fifty (HBS) *Sue Williams, Founder, www.fiftysense.com, Common Sense Ideas for Thriving after Fifty.* When Sue started backpacking at 48, she could not find any information about older backpackers, especially for women. She has since learned that there are tons of over-fifty backpackers out there having a ball. Learn how to pack light, walk smart, take care of your body, prepare for any kind of weather, and adapt for your own style.

W2017 Leave No Trace from a Frontcountry Perspective (EI) *Mairi Padgett, Landmark Learning, an approved Master Course Provider for the Leave No Trace Center for Outdoor Ethics.* As the Seven Principles of Leave No Trace have become as well-known in the backcountry as catholes and bear bags, backcountry users are interfacing more and more frequently with Frontcountry users. Understand the Frontcountry perspective on the same principles that the Leave No Trace Center is forging, to educate all users of their potential impacts and to behavioral changes that help maintain our public spaces.

W2018 The Naturalist's Journal (NW) *Tom Hovick, Director of Education, Chattahoochee Nature Center.* This hands-on session is for all hikers interested in learning more about the naturalist journal. The journal can help you become more actively connected to and engaged with nature as a reflective piece of your experiences in the natural world.

W2019 Aiding Emergency Response Along the A.T. (TM) *Piet Bodenhorst, Carolina Mountain Club.* In an emergency, search and rescue and law enforcement officials should know the most efficient access routes to the relevant section of Trail. Come see how one club has addressed this need and how their efforts have improved emergency response. Share your club's activities and exchange ideas you can implement.

W2020 Appalachian Trail Community™ Overview (OUT) *Julie Judkins, ATC Community Program Manager.* Learn about the ATC's program to engage trailside communities and the benefits it provides back to the Trail, maintaining clubs and the communities themselves. This session will provide details and strategies of the program, success stories from the 30+ designated communities, an overview of A.T. Ambassadors, and information on how your community can apply and participate.

W2021 Open Area Management (EI) *David Reus, Project Coordinator, Appalachian Trail Park Office; Gary Kauffman, Biologist, National Forests in North Carolina.* Open areas along

the A.T. provide not only a visual treat to hikers but also represent natural diversity and cultural heritage along the Trail. A panel of managers and experts will describe practices and challenges to preserving these special places.

W2022 Hiking through History (CH) *Leanna Joyner, Joyus Consulting.* Explore the Civil War history found along the Appalachian Trail. Stories of tactical maneuvers, turns of fate, and lingering mysteries from 150 years ago are revived in this engaging presentation.

3:15 PM – 5:00 PM

W2023 Common Medical Issues (HBS) *Justin Padgett, Landmark Learning, an affiliate of the National Outdoor Leadership School Wilderness Medicine Institute based in Cullowhee, NC.* Learn about recognition, prevention, and treatment of common medical problems that may accompany outdoor excursions. Such problems include small wounds, flu-like symptoms, dental emergencies, solar injuries, headaches, blister care, illness and injury of the eye, and others. Visit with Landmark Learning instructors as they share pertinent stories and skills in wilderness medicine.

W2024 Tips and Techniques for Shooting Good Photos on the Trail (NW) *Dorothy Tepper, Advanced Amateur Photographer.* Discuss how to compose and shoot interesting photos of scenery and landscapes, people, wildlife, and other natural objects. Learn how to take close-up photographs of living things such as flowers and butterflies, and of non-living things such as rocks and fossils. This workshop will cover shooting with a "point-and-shoot" digital camera, a "bridge" camera, and a digital SLR camera.

W2025 Corridor Monitors' Forum (TM) *Alison Scheiderer, Land Protection Associate, Appalachian Trail Conservancy.* This workshop will be an opportunity for current and aspiring volunteer corridor monitors to interact with each other and to learn more about the current efforts of the Corridor Monitoring and Maintenance program. Please come to discuss reporting, encroachment follow-up, maintenance of overgrown lines or any other Boundary matter with the ATC staff and other Corridor Monitors.

W2026 Risk Management - Keeping Everyone Safe (VLD) *Michelle Mitchell, Appalachian Trail Liaison, USDA Forest Service Region 8; Bob Proudman, ATC Director of Conservation Operations.* How can we conduct Trail maintenance safely? What do we need to know before an incident occurs, and what actions do we need to do when it does? Join the ATC and USFS Staff for this discussion of safety policies and practices for Trail maintainers.

W2027 A Trail to Every Classroom Update - Connecting Youth and Clubs Along the A.T. (OUT) *Rita Hennessy, Assistant Park*

Manager, Appalachian Trail Park Office. The TTEC Program is in its eighth year, with 300 teachers trained and more than 25,000 students engaged. Listen to updates of teachers' projects, evaluation outcomes, discussions of club and teacher partnerships, and the future of the TTEC program.

W2028 Public Relations and Working with the Media (VLD) *Javier Folgar, Director of Marketing and Communications, ATC.* This is a beginners' presentation on public relations and how to work with the media. During this presentation you will learn tips on how to develop and execute a media plan, how to write a press release and a public service announcement, how to conduct an interview with reporters, and how to measure your success.

W2029 The Smoky Beginnings of The Wilderness Society (CH) *Charles Maynard, Author, Storyteller, Ordained United Methodist Minister, and ATC Board of Directors.* Benton MacKaye and Harvey Broome, along with a few others, while driving in the Tennessee mountains, argued The Wilderness Society into existence. This is the story of how the beginnings of the Appalachian Trail were intertwined with the birth of The Wilderness Society.

SUNDAY JULY 21

6:00 AM – 7:30 AM

W2130 Morning Bird Walk (NW) *Heather Nagy, Birder.* Learn common bird songs at the Saturday "Birding by Ear Along the A.T." workshop and then try your new skills during a short walk on campus in this early morning workshop. Bring binoculars if you have them.

8:15 – 10:00 AM

W2131 Backpacking for Women (HBS) *Leanna Joyner, Joyus Consulting, Moderator.* Join accomplished female backpackers and hike leaders for this workshop intended for women. The discussion includes how to get started, safety, clothing, and gear, as well as practical tips for nutrition and self-care. Bring your questions; get answers.

W2132 Wildflowers of the A.T.: A 2000 Mile Floral Parade (NW) *Leonard M. Adkins, RATC, ODATC, 5 Time 2000 Miler, Author, and Trail Maintainer.* Accompanied by folk, classical, and new age music, and featuring professional photography, this multi-media presentation follows the progression of the flowers from spring to fall and from Georgia to Maine along the A.T. Participate in a question and answer period.

W2133 Recreation Liability and the A.T. (VLD) *Bob Proudman, ATC Director of Conservation Operations; Chuck Sloan, PATC Attorney and A.T. Hiker.* What is your "duty of care" as a trail maintainer? Can you or your club be sued for a

real or alleged failure in maintaining the Trail to suitable standards? Learn about the principles of negligence, existing protections for volunteer trail maintainers, and several real lawsuits.

W2134 Questing - Creating Community Treasure Hunts (OUT) *Delia Clark, Trainer, Speaker, Facilitator; Member, ATC Stewardship Council.* Quests are playful and informative installed treasure hunts that encourage people, young and old, to actively explore the natural and cultural heritage of special places, make exciting discoveries, build strong connections, and become stewards in the process. Learn how Questing can be used as an attractive tool for building family, school, and hiker engagement in the Appalachian Trail.

W2136 The American Chestnut Project: Tracking the Remnants of an Appalachian Forest Giant (NW) *Paul Franklin, Director of Communications, American Chestnut Foundation.* 2013 marks the sixth year of data collection for the Chestnut Project. Find out what has been learned about American chestnut trees growing along the A.T. as well as strategies and priorities for future data collection.

W2137 Regional Partnership Committees (RPCs): Your Link to the ATC (VLD) *Barb Wiemann, Chair, RPC Subcommittee of ATC's Stewardship Council, member, Mid-Atlantic RPC.* Come learn how RPCs fit into the ATC's organizational structure and what are their roles and responsibilities. Discuss how you and your A.T. maintaining club can use your RPC to communicate issues to the ATC leadership for resolution. Bring your questions and comments.

10:15 AM – Noon

W2138 The Unbearable Being of Lightness (HBS) *Gary Eblen, Diamond Brand Asheville.* Diamond Brand Outdoors has been outfitting A.T. hikers for 50 years. In that time the definition of lightweight has gone through some heavy changes. Review how gear has changed from the thru-hike of Branley Owen of 1970 to Jennifer Pharr Davis' speed hike of 2010.

W2139 Section Hiking the Appalachian Trail (HBS) *Bill and Sharon Van Horn, Nantahala Hiking Club.* Bill and Sharon Van Horn will share their lessons and experiences on section hiking the A.T. Since 2005 they have hiked over 1900 miles of the A.T. They will cover topic such as transportation, resupply, trip planning, equipment and off Trail experiences.

W2140 A Geologic History of the North Carolina Blue Ridge (NW) *Collins Chew, TEHCC, Author, Amateur Geologist, and 2000 Miler.* The North Carolina Blue Ridge with the highest mountains in the East is a very complex range with a long history. In recent years, this history has been revealed. Slides of

scenery and rocks will be used to explain the geologic story in a clear and simple manner.

W2141 Privy Design and Construction (TM) *Howard McDonald, CMC; Ed Fleming, SMHC; Don Hicks, GATC.* Join a panel discussion of different design and operating methods for moldering privies. Volunteers from southern clubs will share their practices and experiences.

W2142 Interpretive Walks and Talks (OUT) *Clare Long, Conservation Education Specialist, White Mountain National Forest, National Park Service Liaison for the ANST.* Looking for ways to reach out to your local community and schools that highlight the great work you're doing and why? Offer interpretive walks/talks along the trails and byways! Come learn the basics of how to present an interpretive walk/talk including group dynamics, presentation techniques, and tricks up your sleeve to take advantage of those "teachable moments".

W2143 A.T. Natural Resource Priority Mapping - The Rarest of Rare (EI) *Casey Reese, Natural Resource Manager, Appalachian Trail Park Office.* Rare plants and exemplary natural communities form an emerald necklace of biodiversity along the Appalachian Trail. To protect this biodiversity and ensure responsible management, a set of natural resource priority zoning maps is deployed to direct monitoring and management of the Trail's most delicate and fragile ecosystems. The A.T.'s rich assemblage of rare plants will be highlighted while providing an overview of this prioritization system.

W2144 Putting Social Media to Work for your Club/Organization (VLD) *Javier Folgar, Director of Marketing and Communications, ATC.* This is an intermediate workshop on how to take advantage of the benefits that social media can provide for your club/organization. During this workshop, we will review the different social media platforms that you can use to help with your membership goals and managing/recruiting volunteers. We will also review tips and best practices for each social media network. Learn how one club is using Meetup to recruit volunteers and publicize club activities.

W2145 The Appalachian Trail Museum: A Progress Report (CH) *Larry Luxenberg, President, Appalachian Trail Museum Society.* Since opening in 2010, the Museum has been growing and adding new programs, such as the A.T. Hall of Fame. Learn about progress to date and volunteer opportunities as well as current plans for renovating the remaining floors of the Old Mill.

1:15 – 3:00 PM

W2146 Feasting in the Wild Country (HBS) *Mary Holmes, Avid Backpacker and Long Distance Hiker.* Learn how to make delicious home-cooked meals for a long hike by preparing and packaging breakfast, lunch, dinner, and tasty desserts to sus-



tain a hearty appetite. Learn how to adapt some favorite recipes to hiking fare. Food tasting and/or meal preparation demonstration included.

W2147 Bring Back the Monarchs (NW) *Ina Warren, Naturalist, Lecturer, and Educator.* This program will cover basics of the monarch's life cycle and annual migration, threats these butterflies face in central Mexico in the winter as well as their summer breeding habitat in the US, and the importance of their sole larval food source, the milkweeds for which free samples will be provided. Discussions will include the technique of tagging monarchs, sharing ideas for raising monarchs, and ways to grow milkweeds and other native nectar-rich plant species for establishing Monarch Waystations vital to their survival.

W2148 Appalachian Trail Project Management (TM) *David Reus, Project Coordinator, Appalachian Trail Park Office.* From concept to completion, this workshop will provide an overview of the project management cycle. The concept begins with project identification through the Trail Assessment process. Planning progresses with information gathering, consultation, and design refining. Project execution involves funding, safety, and mobilization. Finally, project completion takes place with evaluation, record keeping, and reporting.

W2149 Land Protection - the Rocky Fork Story (TM) *Carl Silverstein, Executive Director, the Southern Appalachian Highlands Conservancy; David Ramsey; Rex Boner, The Conservation Fund.* This workshop will explore the decades-long effort to protect the 10,000-acre Rocky Fork tract in Tennessee. After reviewing the conservation values of Rocky Fork, learn how a consortium of non-profit organizations partnered together and with federal and state government to raise \$40 million in public and private funds to secure its permanent protection, and how the partners have worked with community leaders to ensure that protection of Rocky Fork is a positive outcome for local residents.

W2150 Club Outreach to Local Communities and School Systems (OUT) *Moderator - Bill Van Horn, ATC Stewardship Council and NHC.* Bill Van Horn from the Nantahala Hiking Club, Franklin, North Carolina will share the Club's successes in outreach to their local community (Franklin is a designated A.T. Community™) and school system. These outreach initiatives have increased club membership and awareness/support for the Appalachian Trail.



W2151 Walking the Camino de Santiago (HBS) *Bob Peoples, Owner, Kincora Hiker Hostel.* The Camino de Santiago, or Way of St. James, has been a pilgrimage for over 1000 years. It's also a long distance hiking trail running 500 miles from the Pyrenees across northern Spain. Hear travelers share their experiences along this unique route.

W2152 The Essentials of A.T. Cooperative Management (VLD) *Bob Almand, Chair; ATC Board of Directors; Mark Wenger, Executive Director, ATC; TBD, Appalachian Trail Park Office Superintendent.* Join the ATC and NPS Leadership in a discussion of significant management challenges and trends confronting the Trail. Learn about the importance of the Cooperative Management System to its many partners and the A.T.

3:15 – 5:00 PM

W2153 Backpacking for Families (HBS) *Jeff Haas, Naturalist.* Have you dreamed of backpacking with your children, but have concerns about how to do it? This workshop will introduce families to the world of backpacking. Areas covered include trip planning (gear, food, where to go); safety (things to avoid and things to bring); and execution (walking pace, planning breaks and fun activities).

W2154 A Natural History of the Southern Appalachians (NW) *Dr. J. Dan Pittillo, Professor Emeritus, Western Carolina University.* Dr. Pittillo will use the theory of plate tectonics to consider how the process has influenced our highly diverse flora and fauna, with connections to Eurasia. More recent vegetational patterns will be explained using current distributions after glaciation. Studies at Flat Laurel Gap at Pisgah, in Craggy Gardens and at Roan Mt. help with our understanding.

W2155 Threats to Forest Health (EI) *Rusty Rhea, Entomologist, USDA National Forest Southern Research Station.* Many of our familiar trees and other forest plants are at risk due to exotic and invasive species, habitat loss, disease, and pests such as the hemlock woolly adelgid. Learn some of the factors behind these risks, what treatments are being applied to mitigate them, and what the consequences to forest communities might be.

W2156 Integrating Youth Outreach, Trails to Every Classroom, and Trail Communities Programs (OUT) *Donnie Kelley, GATC and Principal, Union County (GA) Middle School, and Dayton Miller, GATC.* Hear how a Trail club has established a youth outreach program and integrated it with a school with deep involvement in the Trails to Every Classroom program. Together these efforts have bolstered engagement with the A.T. Community program. Come prepared to share your club's experiences and take home some you can use.

W2157 Trail Maintainers' Forum (TM), TBD *Moderator.* Join fellow maintainers and Trail managers to discuss safety considerations, Trail construction and maintenance in wet areas, and other issues we regularly face.

W2158 A Pictorial History of the A.T. in Georgia, North Carolina, and Tennessee (CH) *Leonard M. Adkins, RATC, ODATC, 5 Time 2000 Miler, Author, and Trail Maintainer.* See over 200 vintage photographs (accompanied by folk music) that provide a look at life in the mountains before and after the Trail's creation. Learn how it came into being, who its early champions were, about the many relocations it has experienced, and the volunteers who constructed and maintained it.

W2159 Appalachian Trail Researchers' Roundtable (CH) *Moderator- Tom Johnson, Potomac Appalachian Trail Club.* Whether you are casually studying the history of the Appalachian Trail or involved in a scholarly research project, this workshop offers a time to share your research experiences, hear what others are studying, and learn more about the resources available for research such as the ATC and maintaining clubs' archives, university collections, etc.

MONDAY JULY 22

8:00 AM – 5:00 PM

W2260 Sustainable Trail Reconstruction in High Use Areas (TM) *Christine Hoyer, Park-wide VIP Coordinator, Great Smoky Mountains National Park.* The Trails Forever program is a partnership between Great Smoky Mountains National Park and the Friends of the Smokies which enables volunteers to work alongside a professional trail crew staff to perform needed and lasting trail reconstruction projects. This all-day field workshop will take participants along the Forney Ridge Trail to see and discuss many reconstruction techniques that were utilized to make the Trail sustainable and enhance the visitor's experience. Bring lunch and water.

7:15 – 9:00 PM

W2261 External Threats to the A.T. (EI) *Hawk Metheny, Regional Director, ATC New England Region; Bob Proudman, the ATC Director of Conservation Operations.* Listen to a panel of knowledgeable speakers summarize the current

status of power lines, wind energy developments, road crossings, telecommunications towers, and natural gas lines that are potential threats to the A.T. Come listen and share your opinions on the positions that should be taken by the ATC.

W2262 The Great Eastern Trail: Present and Prospects (HBS) *Tom Johnson, President, Great Eastern Trail Association.* What is this new trail? Where is it and how did it just suddenly appear? Can I thru-hike it yet? How about a long section hike? Where can I go for good views? Does it have water? Or shelters? Or maps? Lots of questions –we'll provide some answers.

W2263 Hiking: The Path to a Healthy Mind and Body (HBS) *Dr. Mark Ellison, Educator, Researcher, Author, and Founder of hikingresearch.com.* Scientific research indicates hiking enhances both physical and mental health. In this workshop, we will explore the latest studies and learn how to gain the greatest benefit from time spent in nature. We will also discuss current research and ways you can participate at the conference.

W2264 Inn-to-Inn Hikes (HBS) *Laurie Potteiger, Information Services Manager, ATC.* Have you ever wanted to experience the A.T. for more than a day at a time, but have no desire to carry a full backpack, pitch a tent, or sleep in a shelter? There are some options for you. Learn what areas along the A.T. offer opportunities for multi-day hikes where you can stay at a lodge, B&B, or inn; and hear about the nuts and bolts needed to create a destination plan.

W2265 Fire Towers and Their Preservation (CH) *Peter Barr, CMC; Deputy Chair South and Director North Carolina Chapter, Forest Fire Lookout Association.* The Forest Fire Lookout Association (FFLA), founded in 1990, is an organization involved in research of former forest fire lookout sites, ground cabins and early forest fire detection methods. Learn about some of the current and former towers that once dotted the route of the A.T., and about efforts to preserve them.

W2266 Bird Monitoring on the Appalachian Trail (NW) *Mark Hopey, Southern Appalachian Raptor Research.* Southern Appalachian Raptor Research operates Big Bald Banding Station (BBBS) on the A.T., a volunteer-staffed project gathering data on bird population health and migration patterns. BBBS supports visiting school groups and bird monitoring research high in the Southern Appalachian grassy bald ecosystems, an important stopover habitat for many neotropical songbirds that breed in the northern boreal forests and migrate to Central and South America.

TUESDAY JULY 23

7:00 AM – Noon

W2367 Bird Banding Field Trip (NW) *Mark Hopey, Southern Appalachian Raptor Research.*

Southern Appalachian Raptor Research operates a bird monitoring station approximately 35 minutes drive from the WCU campus which is comparable to the bird monitoring work conducted at Big Bald on the A.T. Spend a morning visiting the local station and the natural resources it helps to protect.

7:15 PM – 9:00 PM

W2369 PMW2369 Energy Needs While Hiking (HBS) *Dr. Maurice Phipps, Professor, Health, Physical Education, and Recreation, and Dr. Maridy Troy, Assistant Professor, Health and Physical Education, Western Carolina University.* In 1976 Paul Petzoldt proposed a theory to help backpackers plan trips and calculate energy needs, defining one energy mile as the energy required to walk one mile on flat terrain and proposing

EXCURSIONS

Twenty-three excursions have been scheduled to highlight the beauty, culture, and opportunities for adventure that abound in Western North Carolina.

All excursions require advanced registration. A few excursions require that fees be paid in advance (PIA) as part of your biennial registration; please note these excursions require that registrations be received by June 30, 2013. Other excursions require that participants make their payments at the excursion site (PAS) directly to the vendor (PAS). Please be prepared to make the necessary payments. For small amounts, please have cash on hand. Amounts listed are subject to change. For water activities, participants must be able to swim.

#	Excursion Title, Driving Distance, Group Size and Description	Fees and Other Info	Depart	Return	Sat 20-Jul	Sun 21-Jul	Mon 22-Jul	Tue 23-Jul	Wed 24-Jul
1	Asheville Art Walk - 105 miles RT. Limit 19. Asheville is full of high-quality art and crafts galleries. Enjoy the art deco buildings and choose among the many restaurants and cafes for lunch.	Lunch costs FAM	9:00 AM	5:00 PM	E2001			E2301	
2	Cradle of Forestry - 100 miles RT. Limit 19. See where forestry began with hands-on exhibits, a movie, and two one-mile paved walks past the first school of forestry, a sawmill and a 1915 locomotive.	\$5 PAS Bring lunch FAM	9:00 AM	5:00 PM	E2002				
3	A day out in Franklin - 50 miles RT. Limit 19. A visit to Franklin, an A.T. community™, on the day of a fair (how lucky is that?), the Nikwasi Indian Mound, one of the largest intact mounds remaining in WNC and much more led by a town resident.	Lunch costs FAM	9:30 am	4:00 pm	E2003				
4	Birding trip - 30 RT. Limit 19. Alarka Laurel contains the southernmost stand of red spruce in the US, and the southernmost spruce bog. We will be birding along the easy two-mile Walton Smith Trail.		7:30 AM	Noon		E2104			
5	Wheels through Time - 65 miles RT. Limit 19. Stroll through American vintage motorcycles and motor bikes from the start of the era until the present. The bikes all work. A fascinating place even if you don't own a motor bike.	\$12/adults PAS FAM	1:00 PM	5:00 PM		E2105			

that two energy miles should be added for every 1000 feet of elevation gain. Petzoldt's theory had never been tested until a recent study at Western Carolina University's Exercise Physiology Laboratory. Professors Troy and Phipps will present the results of their study.

W2370 2000-Milers Share Secrets of Success (HBS) *Laurie Potteiger, Information Services Manager, ATC.* Hear from a variety of A.T. thru-hikers and section-hikers about their tips on gear, food, resupply, health, safety, how to lighten pack weight, and mental attitude. Basic Leave No Trace principles and practices will also be covered. Come prepared with questions.

W2371 Finding and Photographing the Waterfalls of Western North Carolina (NW) *Kevin Adams, Photographer; Author, and Teacher.*

Group Size: Each excursion has a group size limit; early registration is encouraged. Carpooling: Please read the information on driving provided under Hikes. Indicate your willingness to drive when registering.

Children: Children under 18 who are accompanied by a responsible adult are welcome on any excursion that they are capable of doing and for which they are properly equipped. Families with young children are encouraged to look for the FAM designation.

Advanced registration for excursions closes on June 30, 2013. Conference attendees whose

Western North Carolina is a treasure trove of waterfalls, many within an hour of the WCU campus. Join noted photographer and author of North Carolina Waterfalls and other nature photography books Kevin Adams as he describes some of the region's outstanding waterfalls and presents tips for photographing them.

W2372 The International Appalachian Trail (HBS) *Dick Anderson and Don Hudson, Founders, IAT.* The International Appalachian Trail (IAT) was proposed by Maine Gov. Joe Brennan, Don Hudson and Dick Anderson on Earth Day 1994 as a connecting trail to the A.T. The IAT is based on the fact that the Appalachian Mountains were formed 300 million years ago and broke apart when Pangaea divided, with parts rimming the North Atlantic. Many countries have formed chapters and designated IAT trail routes.

registrations are processed after that date will need to sign up for these activities in person at the Excursion Desk upon arrival at the conference.

Departure time and place: Excursions will leave from the Excursion Departure Area in Parking Lot 25 near the Field House. Please arrive at least 15 minutes before the scheduled departure time for your excursion to meet your leaders and arrange car pools. Excursions will leave on time. All excursions are expected to return in time for dinner, but unexpected delays can occur. Please note that for certain excursions, you should bring your lunch and water since there will be no place to buy lunch.

#	Excursion Title, Driving Distance, Group Size and Description	Fees and Other Info	Depart	Return	Sat 20-Jul	Sun 21-Jul	Mon 22-Jul	Tue 23-Jul	Wed 24-Jul
6	Tubing on the Tuckaseegee River - 28 miles RT. Limit 19. You paddle with your hands and kick off rocks as you float down the river. Must be at least 90 lbs. Max weight 225 lbs.	\$10 PIA FAM	12:30 pm	5:00 pm		E2106			
7	Blue Ridge Parkway Discovery - 120 miles RT. Limit 19. Drive a while, stop a while on America's most visited National Park unit. You'll stop at several overlooks and attractions and end up at the Parkway Visitor Center.	Bring your lunch FAM	8:30 AM	5:00 PM		E2107			
8	Cataloochee Discovery - 100 miles RT. Limit 19. Cataloochee was the largest community before the area became part of Great Smoky Mountains National Park. A church, school, and homes are still open for visitors. A discussion about the return of the elk will be included.	Bring your lunch FAM	8:30 am	5:00 pm		E2108			
9	Biking the Blue Ridge Parkway - 50 miles RT. Limit 18. A moderate 25 mile bike ride on the Blue Ridge Parkway ending in the Smokies. You must have your own bike and helmet.	\$5 PIA Bring your lunch	8:00 AM	5:00 PM		E2109			
10	NC Arboretum - 100 miles RT. Limit 19. Visit 65 acres of cultivated gardens with wonderful outdoor sculpture, a bonsai collection, and an education building with intriguing special exhibits.	Cars share parking fee. PAS FAM	8:00 am	Noon			E2210		
11	Mountain Biking at Tsali Recreation Area - 70 miles RT. Limit 12. Bike an 8-mile loop on a single-track trail designed for mountain biking. Your leader is an excellent instructor and guidebook writer. You must provide your own bike or rent one locally.	\$5 PAS	12:00 PM	5:00 PM			E2211		
12	Horseback riding at Smokemont - 60 miles RT. Limit 12. A 2.5-hour ride in Great Smoky Mountains National Park on mountain trails with outstanding scenery and a waterfall. Appropriate for beginner riders, ages 8+.Max. weight 225 lbs. Enjoy the history museum at Oconaluftee Visitor Center afterwards.	\$70 PIA Bring your lunch FAM	10:30 AM	5:00 PM			E2212		
13	Cowee Historic District - 75 miles RT. Limit 19. Cowee was the principal diplomatic and commercial center of the 18th century Middle Town Cherokees. You'll take a short walk to the Cowee mound, visit the fully restored 19th century Pleasant Hill African Methodist Episcopal Church, eat lunch at the Rickman General Store, and see the state champion White Oak.	Lunch costs FAM	8:30 AM	5:00 PM			E2213		
14	Carl Sandburg Home National Historic Site - 140 miles RT. Limit 19. Visit Carl Sandburg's home and estate where the poet of the people spent 22 very productive years. Lillian Sandburg's goats will delight the whole family.	\$10 PAS Bring lunch FAM	8:00 AM	5:00 PM			E2214		
15	Rafting the Nantahala River - 80 miles RT. Limit 19. Raft eight miles with mild but exciting Class II rapids and one Class III.	\$48 PIA Bring lunch	8:30 AM	3:00 PM			E2215		
16	Smoky Mountain Railroad - 50 miles RT. Limit 21. Ride a historic train through the Nantahala Gorge, where scenes from the movie The Fugitive were filmed.	\$51 adults/\$29 children ages 2-12 PIA Lunch costs FAM	8:30 AM	4:00 PM			E2216		
17	Ziplining - 80 miles RT. Limit 19. Zipline over the Nantahala Gorge with mountain and waterfall views and a look at Fontana Lake.	\$62 PIA	8:00 AM	4:00 PM				E2317	
18	A day in Cherokee - 50 miles RT. Limit 19. Visit the home of the Eastern Band of Cherokees. Highlights are the museum, art and craft galleries, bookstore, Mingo Falls, and optional lunch in a diner with an authentic Cherokee atmosphere.	\$10 PAS Lunch costs FAM	9:00 AM	5:00 PM				E2318	
19	Biltmore Estate - 115 miles RT. Limit 19. Explore America's largest private home, exquisite gardens and lakes and the Biltmore winery.	\$44 adults/\$20 for children 10-16 PIA Lunch costs or bring your own lunch FAM	8:00 AM	5:00 PM				E2319	E2419
20	Unto These Hills - 50 miles RT. Limit 19. Cherokee history is told in this colorful and exciting outdoor drama, one of the longest running outdoor spectacle in the U.S.	\$20 adults/\$12 children (6 to 12) PIA FAM	6:00 PM	11:00 PM				E2320	
21	Tuckaseegee rafting trip - 28 miles RT. Limit 19. Family friendly rafting on the Tuckaseegee River. The minimum requirement for rafts is 40 lbs or 4 years of age.	\$25 for adults/\$20 children under 12 PIA FAM	8:30 AM	2:00 PM					E2421
22	Wildcrafting - 20 miles RT. Limit 19. Go on a forest walk with Ila, known as The Lady of the Forest, an interpretive naturalist, artist and wildcrafter, who teaches the culinary and medicinal use of native plants.	\$20 for adults/\$10 for children (6 to 12) PIA FAM	8:30 am	12:30 pm					E2422
23	Visiting the Smokies - 100 miles RT. Limit 19. Visit iconic attractions in Great Smoky Mountains National Park. These may include the outdoor Mountain Farm Museum, Oconaluftee Visitor Center, and Mingus Mill. You'll drive up to Clingmans Dome, on top of "old Smoky."	Bring lunch FAM	8:30 AM	5:00 PM					E2423

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Show your appreciation and support for the Trail each and every day with an Appalachian Trail (A.T.) license plate. A portion of all proceeds will help manage and protect the A.T.

For more information visit appalachiantrail.org/PLATES

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PASTORAL PARADISE

BLAND, VIRGINIA



The Appalachian Trail has always captured the American landscape, from forests to farms. Its route, woven through mostly rural communities since it was first built in the 1930s, has evolved, and so have many of the communities, growing with the pace of our time. Other communities, like Bland County, have managed to retain the quintessential experience of agricultural America. Due in part to its geography, bound by high ridges and large holdings of U.S. Forest Service lands, the county's population and industrial growth has been slow. The result is a quiet community that's rich in farms and recreational opportunities.

Seventy-seven percent of Bland County is made up of Forest Service lands that include four wilderness areas, hiking trails, horseback riding trails, campgrounds, and 23 miles of new mountain bike trails at Round Mountain. For northbound Appalachian Trail thru-hikers, entering Bland County marks the comple-

tion of a quarter of their journey. In the next 36 miles of Trail, they'll walk the rim of Burke's Garden along Chestnut Knob, ease over Brushy Mountain, and crisscross Little Wolf Creek. They'll enjoy a meal by the rushing water of Dismal Falls. They'll admire the design of the suspension bridge of Kimberling Creek, and most of them will leave Bland County with a bellyful of ice cream and a pack full of candy bars, according to Jimmy Miller who owns Trent's Grocery.

Hikers near Virginia Route 42 are also near Nature Way Country Store and the Amish community of White Gate whose simple living reflects some similarities to backpackers' streamlined experience with just the essentials. In the two or three days they traverse this

county on foot, hikers walking the narrow corridor of the Trail can chose to resupply at Trent's, Nature Way, or in Bland or Bastian, 2.5 or 1.8 miles, respectively.

Bland residents know when hiker season begins, and they're on the lookout to give hikers rides. "For eleven years we've been taking them to the post office and motels, and we do a weekly breakfast meal for any people who want to come to the church," says Alan Ashworth, Minister of New Hope Union Church. Anne Beardshall with the Bland Historical Society says she frequently runs into hikers, either at the post office or over breakfast at the Bland Square Citgo. With her encounters, she gets the chance to educate hikers on the history of Bland's namesake, Richard Bland of Jordan's Point, a colonial Virginian who led the resistance against Great Britain's taxation without representation in the 1760s and 1770s leading up to the Revolutionary War.

Bland's history is rooted in independence. The county was

TEXT BY LEANNA JOYNER

established because residents were no longer willing to cross the mountains to pay taxes that benefited other towns instead of their own. Bland continues to be an independent locale, with hardly any chain stores in any of the unincorporated towns of Bland, Bastian, or Rocky Gap. The community celebrates its scenery and recreational opportunities, with seasonal fairs. The town hosted an inaugural Festival of Trails last May that coincided with its designation as an Appalachian Trail Community. The event included a charity bike ride of two of Bland's Signature Road Bike Trails and several hikes on the A.T. The grand opening of the mountain bike trails on Round Mountain in the fall of 2012 may be a signal that future festival schedules will include rides there as well.

In October, the annual Festival of Leaves takes place at the fairgrounds. The event has live music, hayrides, local artists,

FOR NORTHBOUND APPALACHIAN TRAIL THRU-HIKERS, ENTERING BLAND COUNTY MARKS THE COMPLETION OF A QUARTER OF THEIR JOURNEY.

resident, PATH member, and the area's A.T. Community Ambassador. "I had an older fellow call — he's about 70 — and he wanted to explore the Trail. He'd never been out on the A.T. before; now he's a repeat customer."

PATH's outreach in the community has also included hosting SummerFest at the 260-acre Tilson Farm in June of 2012. This was the first year the event was held in Bland, and served as a way for the club to encourage the use of the Trail among local residents. "We invited the community to participate. We had a

have the option of several area day-hikes, which vary in length from 1.7-miles on trails at the Wolf Creek Picnic Area to a seven-mile A.T. loop hike of Little Wolf Creek, and include a 4.3-mile hike to Dismal Falls.

The Wolf Creek Indian Village and Museum in Bastian also has plans to expand the trails at its facility. April to November, visitors can explore a re-creation of the Native American village that was at the site 500 years ago. Protected at the time Interstate Highway 77 was cut through this mountainous terrain, the



exhibits of school students' work, and booths of community groups, including the Piedmont Appalachian Trail Hikers (PATH), an official A.T. maintaining club.

PATH's tent always includes information on the location of the A.T. in Bland County, education on Leave No Trace, the history of the Trail, and ways to get involved in hiking or maintenance. "There are a lot of people here who have forgotten what's in their own back yard. I like to introduce getting out on the Trail to people, because as they become more familiar with what's here, it builds their interest," said Diana Billips a county

community night, just like an old-fashioned community picnic, with hotdogs, hamburgers, and games. We had s'mores to celebrate the 75th Anniversary of the A.T., and a bunch of people camped out with us. Some thru-hikers camped with us, too," says Diana.

This year the Appalachian Trail Conservancy and PATH are working with the Forest Service on a project to enhance the habitat for wildlife diversity at the Tilson Farm. As part of the project, partners hope that a loop trail can be added to the property for birding, recreation, and exercise. Residents already

museum has been serving visitors and school children since 1992.


For visitors exploring the area's history, beauty, trails, Amish country, or artists of the Mountain Crossroads Heritage Trail, overnight accommodations are found at the quaint Old Log House behind the courthouse and the Big Walker Motel in Bland. In getting to know A.T. hikers, Alan Ashworth observes that the Trail calls everybody. He says, "the thing that makes good people good people, makes good hikers good hikers," as he cheerily waits to greet the next season of good people to visit his town. [A](#)



2012 2,000-milers and Appalachian Trail Conservancy members Cynthia “X. Trovert” and Woody “N. Trovert” Harrell at Bigelow Mountain – Avery Peak, Maine.

CONGRATULATIONS TO ALL THE 2,000-MILERS LISTED IN this issue! Thank you to those 2,000-milers who are paying your experience forward by being members of the Appalachian Trail Conservancy (ATC). Your membership dues and extra gifts throughout the year ensure that the milestone you are celebrating will be one that others can celebrate in the future.

Additionally, in this issue is the registration package for our 2013 Biennial Conference and membership meeting. I hope many of you will be able to join us in Cullowhee, North Carolina this summer to catch up on all the great things that are happening at the ATC and exercise your right as a member to vote on our Board of Directors. The biennial committee has worked behind the scenes for several years to put together a week of hikes, excursions, workshops, entertainment, and a bit of business you will enjoy.

Online and mail registration opens on April 15 and continues through July 1. The ATC’s Membership and Development department is here to assist you. 

See you in Cullowhee,
Royce W. Gibson | *Director of Membership & Development*

Individual Gifts

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\$1,000 to \$2,499

Robert & Lynn Almand
Anonymous (4)
Bernard & Holly Arghiere
Ron & Jill Balistreri
John R. Ball
Mary Blanton
Kurt A. Bodling
Walter M. Burnett
Ron & Cathy Butler
Goodloe E. Byron, Jr.
John & Cecilia Carey
Rob Cleveland
Walter & Ursula Cliff
Bennett & Anne Cowan
Beth Bryan Critton
Lucy R. Deyerle
John Edwards
Kathleen Etherington
Mark & Lisa Gerchick
Barry Glenn
Sara Godwin & Patricia Dunleavy
Brian Fitzgerald & Brenda Clarkson
Zeb & Jan Gray

John W. Grumm
Cathy Heberding
Samuel & Cari Henegar
Arthur & Eloise Hodges
Fred M. Hughson
Miles Hurley
Kurt & Donna Johnson
Julie E. Judkins
Gary & Barbara Karastury
Catherine Kelleher
Peter & Cynthia Kellogg
Donald H. Kirkland
Ned Kuhns
Mary Lambert & David Litwack
Dan Leshner
Douglas & Marie Liu
Robert Lovisa
Gayle Maslow
Charles Maynard
Vernon McMinn
Preston & Christy Mitchell
Richard M. Morten
Alan & Janet Nye
Peter & Sally Parsonson
Chad Pfrommer
William Plouffe
Tip & Ann Ray
Peter & Mary Rentz
Laura & Jeff Schwennesen
Judith L. Seay
Kimball Simpson & Kathleen Donaghue
Tonia Sledd & Steven Miller
Neil Smith
Brian Soucy
Rodney & Sarah Stewart
Robert & Carol Wolf
Stephanie Young & Robert Fowner

Benton MacKaye Society

\$500 to \$999

John D. Adams
Jeremy S. Anderson
Anonymous (2)
Nancy D. Anthony
Bill & Liz Armstrong
Marian & Henry Baker
Laura & Buzz Belleville
Lynn Beville
Robert H. Breakfield
Jamie D. Bristol
Matthew & Julianne Brott
Bill & Marlene Bryan
Russell Cannizzaro & Margaret Lango-Cannizzaro
Melissa & James Cardon

Renate Chapman
Diana K. Christopulos
Judson Andy Church
Arthur L. Clayton
Harvey & Naomi Cohen
Bryan J. Collier
Michael Conn
Mark D. Connolly
John L. Cromartie, Jr.
Wade C. Crow
George & Elizabeth Danis
Joe DeLoach
Marc DeLuca
Jeff DeTroye
Robert T. Dennis
Dolly Dieter
Bob & Sarah Douthitt
Joseph Downing
Roy A. Dray
Jason & Darci Duelle
David Eddy
Diana R. Ellsworth
Charles & Shirley Feaux
David & Sally Field
Norman P. Findley
Fred & Joanne Firman
Robert Fisher
Rob Walker Freer
Patricia Freysinger
Tommy Funderburk
Michael & Margaret Garvin
James Glenn
Elizabeth Graham
Jeffrey Gump & Maureen Kinevey
Carl Hagelin
Robert & Nancy Harvey
Ray M. Hawkins
Eli V. Hestermann
David C. Heston
Ted Houser
Ruth & Bob Justice
Ed Klint
John & Junith Koon
Donna Lawson
Jim LeClare
Robert Lee & Sue Kellon
Bruce Lightsey
Tom Ligan
Teresa Macpherson & C. Hutto
James Martineau
Jane Mattlin
Russell & Sandi McKnight
Chris McMaster
Sam Molinari
Kristina & Erik Mollenhauer
Gary Moran
Brian & Leah Moser

Mr. & Mrs. George Ohrstrom
Thomas Owens & Kimberly Smith
V. A. Parsegian
David C. Phillips
E. Kemp Prugh
David Quave
Richard & Anna Reller
Maurice Roberts
Bart D. Rohrer
Ann Satterthwaite
Henry R. Schaefer
Linda A. Schlueter
Brent N. Senseny
Dr. Douglas R. Shanklin
Jody Sindelar & Roger Ibbotson
Charles W. Sloan
Douglas V. Smith
John Stolzenberg
Dwayne Stutzman & Sara Davis
Rosalind Suit
Peter Talluto
Stewart Taylor
Steuart H. Thomsen
James Tyson
Bill & Sharon Van Horn
David & Chris Wallace
William A. Weary
Michele Whitham
A. Brian Wilcox, Jr.
Dr. Steve & Jill Wilson
Melissa Wohlgemuth & Matt Howard
Ed & Sandy Wood
Edward Wood
Christina L. Wtulich Christine Yates

In Honor Of

Cliff Andrew by Daniel Crowley
Harold Arnovitz by Morton Berenson
ATC Staff by Richard Hillman
Dr. John Ball by Barbara Ball
Louise & Bill Basemore by Donna Torreyson
Sharon Brandt by Samuel & Sylvia Klick
Tom Coffey by Calvin Sossoman
Brewer Davis by Jean Stewart
Andy Deekens by Calvin Sossoman
Kay Dotson by Ron & Barry Meade
Wayne Giese by Calvin Sossoman
GSEM Great Escape by Peter & Laura Lane
Martha Harper by Donna Torreyson
Kathryn Herndon by Joseph Frisina, Anne Herndon, Rosalind Reid
Micah Hoffman by Donald & Clara Hoyer

Pastor John by John Cromartie, Jr.
Leonard Keifer by Gwenn Keifer
Bob Kilpatrick by Calvin Sossoman
Robert & Robin Lahranann by John Fletcher
Mary Lou Lee by Donna Torreyson
Ed, Kathleen, Elizabeth & Patrick Link by Calvin Sossoman
Larry Mah by Evelyn Clark
Glenn Martin by Janice Powell
Steve & Sarah McClennan by Priscilla McDonnell
Ron & Julia Meade by John & Kay Dotson
Eric Medina by Charles & Harriet Lightner
Our Sons Birthday by Sharon & Michael Shaffer
Raul Read by R. M. Read, Jr.
Mark Saari by Mark Saari
Christopher Selmer by Kathleen Selmer
Dick & Yolanda Swope by Cheryl Sparks
Harper Thayer by Calvin Sossoman
Marsha Thrift by Donna Torreyson
Ned Ueling by Leslie & Jeanne Werner
Doug Veazey by Calvin Sossoman
Terry & Randy Welfare by Donna Torreyson
Ken Whitley by Calvin Sossoman

In Memory Of

Micah Arrants by Frank & Barbara Krause
Martin Bender by Jane Black, Marjorie & Israel Goldberg, Arthur & Harriet Goodman, Eli Lesser, Etta & Julius Levin, Barry Meltzer, Joel & Carol Miller, Judy Proietti, Deborah Rutter, Jerry Saroken, Judith Shapiro, Victoria Weiss
David Bennie by Mark Connolly
Michael Bequaert by William Kingery, Jr.
Robert Bruce McCallum by Laura Gorgus, Robert McCallum
Richard Buchholz by Peggy Buchholz
Peter Busher by Mr. S. A. Stroff
Paul Buswell by Samuel Knowles, Jr.
Jeff Carter by Morgan County R-11 Elementary Teachers & Staff
Gary Childress by Stuart Smith
Pierce Cline by John Edwards
Chris Deffler by Margaret Deffler
Edwin Deffler by Margaret Deffler

Peter Desrochers by David Olmstead
Roger “Straight Talk” Dixon by Charles & Jill Dixon
William Dunklee by Brox Industries, Inc., Robert & Karen Wolkovich, Steven & Monica Prevost
David Finney, Jr. by Andrea Martin
Tom Fiore by Sharon Fiore
Martin Fossett by Paul & Sue Fossett
John Gudenick by B. Paul & Mary Roper
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Shane Jenkins by Fraternal Order of Police Auxiliary
Norm Johnson by Ian Mercer
Robert Joyroe by Katherine Armitage, Jack Jones
Andrew Kingery by William Kingery, Jr.
Sterling Kreider by Mr. & Mrs. Richard Yost
Judith Leever by Judy & Bruce Leever
Barbara & William Lubar by Anonymous
Michael Manes by Kevin Burd
Michael Marziale by Steve Paradisi
George Matthews by Col. & Mrs. Bill Davis USA (Ret)
Robert McClelland by Lou May
Grace Moore by Mr. & Mrs. Jeffrey Mintz
Bill Murray by Carolyn Murray, Douglas Murray
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John “Butch” O’Meara by Beverly O’Meara
Randy Osburn by Barry & Kathy Drogan
Ray Owen by Benjamin Kennedy
Donald Raven by Linda Hickey
Steve Reed by Ralph Scott

Membership dues and additional donations are tax-deductible as a charitable contribution. The ATC is a Section 501(c)(3) educational organization. To make a contribution or renew your membership, call (304) 535-6331 ext 119, or visit: [appalachiantrail.org/donate](#)

For Sale
Women’s Vasque Gore-Tex Mantra 2.0 low **hiking boots**, Size 8.5, light use, \$40. Bought as extras for my thru-hike, but not used. Contact: njmamita78@hotmail.com.

Lodge and Hostel for sale: **White Mountains Lodge and Hostel** directly on the A.T. in Shelburne, New Hampshire. See it on [www.whitemountainslodgeandhostel.com](#). For information, including asking price and financials, contact: [rgsomerville@gmail.com](#).

For Your Information
Second Annual **Bolivar-Harpers Ferry Community Art Walk**, Harpers Ferry, West Virginia, April 27 – 28, 9 a.m. – 5 p.m. The ATC Visitor Center will host photographer Ron Roman. Local businesses will display artists’ work during the event. Ron’s photographs from the A.T., as well as others taken in the backcountry, will be on display in the ATC’s visitor center. A 1987 A.T. thru-hiker, Ron’s photographs have been published in numerous publications including: *National Geographic Adventure*, *Outside*, *Backpacker*, and others. His image also graces the cover of *The Appalachian Trail: Celebrating America’s Hiking Trail* by the ATC’s Brian King. For more information visit: [appalachiantrail.org/events](#) and [www.ronromanphoto.com](#).

Trail Days, Damascus, Virginia: May 17-19. 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](#).

Help Wanted
ATC Headquarters in Harpers Ferry is looking for volunteers: **Visitor Center Volunteer:** If you love helping people and making them feel welcome and are passionate about the A.T. and the ATC, consider volunteering in our HQ Visitor Center. Hikers who are outgoing and friendly with a customer service or related background would enjoy this most. Volunteers need to be available for a minimum of three months, on a weekly or bi-weekly basis (with flexibility in scheduling). **Hiker photo database Volunteer:** If you are detail oriented and take pride in your work, enjoy looking at pictures of hikers, and are comfortable using a computer, this is the opportunity for you. To apply to apply visit: [appalachiantrail.org/volunteer](#).

The **Appalachian Trail Conservancy** currently has **several internships** open this summer, including: Public Relations Internship; Marketing Assistant Internship; Event Planning Internship; Visitor Services Internship; and Membership and Development Internship. For more information or to apply visit: [appalachiantrail.org/jobs](#).

Blue Mountain Eagle Climbing Club is **seeking a caretaker** of Route 501 shelter near Pine Grove, Pennsylvania. Must have long-distance A.T. hiking experience and knowledge of general maintenance and Trail work. For more information visit: [www.bmecc.org/](#) or contact Larry Kramer at: [kramer@ihts2000.com](#). ⬆

Public Notices may be edited for clarity and length. Please send them to: **[editor@appalachiantrail.org](#)**
Public Notices
P.O. Box 807
Harpers Ferry, WV 25425-0807



A FRIEND OF MINE RECENTLY ASKED ME how I first learned about the Appalachian Trail. This was my response.
Back in the early 1990s a friend of the family told me about the two local hiking clubs, the Blue Mountain Eagle Climbing Club (BMECC) and the Berks Community Hiking Club. Hiking wasn’t for me. Hiking is walking and walking is boring. I wasn’t interested at all in walking anywhere because when I was little my parents did not have a car; since they did not drive we walked everywhere we had to go.
Then a couple years later I ran into a friend from high school and she looked great. I asked her what she was doing and she said all she did was walk. Wow, how easy was that – to lose weight and inches just from walking? That’s simple; I could do that. In 1996, after a traumatic event in my life, I realized I needed to do something positive and encouraging for myself. I was going to walk every day in 1997.
So on January 1, 1997, I began walking. Saturday, June 14, 1997 came around and there were two hikes listed in the local newspaper for that day. I thought I would give one of them a try. The Community Hiking Club always hiked on a Saturday. BMECC always hiked on a Sunday, but for some reason they also picked Saturday and both hikes were on the A.T. BMECC was going to Rausch Gap, wherever that was, and the Community Hiking Club was going to do a section of the A.T. near Duncannon, wherever Duncannon was. When I heard that the Duncannon hike was over an hour’s drive away, I thought, that’s crazy to drive that distance to go for a walk. But I thought, what else

Rita Floriani has been a member of the Blue Mountain Eagle Climbing Club since 1997, served on its Board of Directors, is the current archives chairperson and was honored with the 2012 Distinguished Service Award. She is a life-long resident of Reading, Pennsylvania and writes articles about the A.T. for the Reading Eagle.

“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 for consideration, please email [journeys@appalachiantrail.org](#) or write to Editor/As I See It, Appalachian Trail Conservancy, P.O. Box 807, Harpers Ferry, WV 25425.

Rita (left) and her friend Sandy Leibolt stand above the Bear Mountain Bridge on an A.T. hike during the 2007 ATC Biennial Conference.

was I going to do that Saturday, stay home and watch TV? I told myself, why not do it.
So I picked the Duncannon hike because it sounded more challenging and after six months of walking every day, I was in great shape. I remember starting in the field on Route 850 wondering where the climb was going to be, but soon we were in the trees and going uphill. I remember stopping at Hawk Rock and seeing how incredibly awesome it was to see the Juniata River flowing into the Susquehanna River. I remember the steep downhill and heading into Duncannon. But mostly I remember when we stopped to eat at a restaurant on the drive back to Reading, everyone was pleasant and laughing and we had all shared a great time on the hike. And that was when I knew I liked hiking and the A.T.
One of the first things I did when I started hiking the Appalachian Trail was to buy the A.T. maps for the state of Pennsylvania and little by little I kept doing sections until I had the A.T. in Pennsylvania completed. I marked on the maps where and when I did which sections. I then bought the maps for Maryland and New Jersey and got those states done. I bought New York maps for the Appalachian Trail Conservancy (ATC) Biennial Conference in Mahwah back in 2007 and hiked from Graymoor Friary on the eastern side of the Hudson River to the New Jersey state line. I bought Vermont maps for the ATC Biennial Conference at Castleton in 2009. Every time there is an ATC Biennial Conference I buy the maps for that state and mark the sections I have hiked. I have now marked sections on the Trail maps from the states of North Carolina, Tennessee, Virginia, West Virginia and Vermont. Perhaps one day I will fill in the gaps and complete everything from Georgia to Maine. And that’s how I first learned about the A.T. ⬆

Rita Floriani
LIVES IN READING, PENNSYLVANIA



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Help to preserve and protect the A.T.
Become a part of the A.T. community. Volunteer with a Trail Club or Trail Crew. Encourage your family and friends to get involved by giving them a gift membership.



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2,000-MILERS AT THE APPALACHIAN TRAIL CONSERVANCY VISITOR CENTER – FROM LEFT: "THE DUDE," "PHILLY BEN," "WHITEWATER," "UNO," AND "SKETCH." PHOTO BY DAVID "WHITEWATER" LANGFORD