NATURAL BORN HIKERS
The wonder of women on the Trail

The Biodiverse A.T. Landscape
A.T. Communities:
Delaware Water Gap
MISSION
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.
HOLD ME TO THIS: BY DECEMBER, I EXPECT TO have hiked the Appalachian Trail in each of the 14 states it passes through. And I expect to expand my collection of stories from the Trail.

Talking to people on the A.T. surely is one of the most gratifying and delightful elements of my new position with the Appalachian Trail Conservancy (ATC). At Cat Rocks in New York’s Harlem Valley, on a lovely spring morning, I met a father and son who were so inspired by the beauty of the Trail, they wanted to know how to join a work crew. In Pennsylvania, atop a ridge, I met two veterans who were hiking the Trail as a respite between the memories of battle and their future ahead. And, yes, I could go on.

In six months, I’ve traveled to 12 of the A.T.’s 14 states, some more than once. (Massachusetts and Tennessee here I come.) My opportunities to get on the A.T. have been associated with meetings with partners, clubs, allies, and friends of the ATC. Each of those opportunities to put boots on the ground has been the impetus and the inspiration for making certain the A.T. is managed responsibly now for the long-term future.

Just as every section of the A.T. is unique, the ATC’s forward-looking efforts to preserve and protect the entire Trail corridor are rooted in respect for each state and each community. Hundreds of communities benefit from proximity to the A.T. Forty-seven towns and cities have now identified themselves as an official A.T. Community. And just like the personal stories of the hikers I meet, the identity of each A.T. Community is unique, compelling, and memorable.

The way the ATC works with designated communities along the Trail purposefully avoids cookie-cutter tactics. We’re committed to helping communities promote their distinctive qualities — as we work to make certain the entire Trail is unified in inviting visitors from all over the world.

Delaware Water Gap’s Unique Appeal
In this issue, we feature the remarkable photographs of Jacob Bryant, who grew up in the unusual landscape near the Delaware Water Gap, a landscape initially formed 500 million years ago and then carved by a river. Jacob’s dazzling photographs tie into the inspired vision of community leaders who live and thrive in the area.

We also highlight the borough of Delaware Water Gap, a historic quaint town in northeastern Pennsylvania, located within a stone’s throw of Delaware Water Gap National Recreation Area. The small town — an A.T. Community for the past four years — offers multiple recreation options, including exceptional access to 28 miles of the A.T. The ATC, in close collaboration with town leaders, has recently ramped up efforts to examine how we assist in showcasing this community’s attributes while developing an overall brand for communities along the Trail.

In the Borough, it is our pleasure to work with people like Susan Cooper, owner of the charming Village Farmer and Bakery, and her son and daughter-in-law, Chuck and Rachele, who own Edge of the Woods Outfitters. Business owners like Susan, Chuck, and Rachele form the backbone of the A.T. Community program. What they provide is hospitality, commitment to the long-term future of the Trail, and their personal stories. Because personal connections are what the A.T. is all about.

Women with Deep Connections to the Trail
Also in this issue, author and legendary long-distance hiker, Jennifer Pharr Davis talks to three very different women about their varied approaches to hiking the Trail. In her feature, “Natural Born Hikers,” Jennifer teases out genuine and engaging stories that explore overcoming trepidation, shedding stereotypes, and finding empowerment through each new hiking experience. As Jennifer explains: “For women, the greatest fears about hiking are most often found to be misconceptions.”

In “Trail Stories,” check out the inspirational story of Anna Huthmaker — who describes her size and shape as “not your traditional thru-hiker.” Anna turned her initial hiking dream into a national movement that now has women of all shapes, sizes, and ages celebrating the outdoors and themselves.

In “As I See It,” you won’t want to miss the compelling commentary of Anne Schubert, who is setting out this summer to turn a decade-long lingering idea into a solid plan of hiking 50 miles of the Trail for her 50th birthday.

In these stories and others, there is a common thread about latching onto a goal and getting out there and doing it. These stories and my meetings with hikers along the Trail inspire me in my personal 14-state A.T. challenge. I encourage you to find your own part of the Trail, to stretch your legs and lungs, and to make certain you stop to enjoy the spectacular world-renowned Appalachian National Scenic Trail.

See Y’all on the Trail
Suzanne Dixon / President & CEO
Backpacking trips start with a recipe: this route, that camp, this many days, however many miles. While it might look good on paper, to taste its deliciousness you need a few key ingredients. Like the will to take the first step, a few friends to share the trail with and the right gear. So grab the most comfortable backpacking pack ever, start crafting your recipe and make it a good day.

The Good Days Are Made.

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osprey.com
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Photographer Jacob Bryant “chases the light” to share what is exceptional about the scenery just a short way from home.
Immerse yourself in the Trail experience with our new dynamic digital edition of *A.T. Journeys*

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Photo by Steven Yocom
THAT'S US ON THE COVER. WE ARE SO thrilled! [My husband and I] thru-hiked in 2016. Here is a short summary of our hike: Fourteen bears, charged by a moose, 90 mph winds on Mount Washington, lightning on Mount Moosilauke, and frozen hands on Roan Mountain. Best time of our lives. Thank you to all the volunteers and the ATC who work to keep the Trail what it is.

Lindsey “Charge” Loving and Nicholas “False Top” Bast
DEBARY, FLORIDA

I SAW THE “14 STATE CHALLENGE” article in the Winter 2018 issue and cheered. This is my journey. I have hiked in seven states: New Jersey and all states north. My requirement is a three-day-trip, minimum, with two nights on the Trail in each state. This year, I will be hiking from Snicker’s Gap into Harpers Ferry to cross off West Virginia as my eighth state. I fly from Alaska almost every year to hike in another state on the A.T. I am glad to see that my way of hiking the Trail is recognized.

Joan Travostino
ANCHORAGE, ALASKA

WE COMPLETED THE APPALACHIAN Trail “14-State Challenge” in June 2018. It was a perfect way for a couple in their late 70s to get back on the Trail after a cold winter. In the 1950s, as Scouts we hiked the Trail in Georgia and North Carolina. This hiking grew into a group called the Ancient Scouts of North Atlanta. Over the years, individuals and the group returned to the A.T. when we could. We had visited the Trail in ten states. So, this Spring, the two of us returned to the Trail at Mount Greylock in Massachusetts. There we watched the sun set into the clouds, walked a bit, and at night listened to winds howl outside Bascom Lodge. We also met a thru-hiker who had left Springer Mountain on March 15 (590 miles left to go). He shared his experiences with people he met about working with the elements. Next, we joined the Trail near Woodstock, Vermont crossing a creek and heading up through a peaceful pasture. The people we met here talked about connection, sustainability, and working with nature. On our return south, we simply put our feet on the A.T. east of Greenwood Lake in New York, and where it crossed highway 94 in New Jersey. In New Jersey, after crossing a sturdy stile into another peaceful cow pasture, we celebrated at Heaven Hill Farm just up the road. The parts of Trail visited were lovely and marked and maintained well. The fact that the Appalachian Trail extends from Maine south to Georgia through 14 states is stunning. Our planning was assisted excellently through the ATC’s website and the New York- New Jersey Trail Conference website. Thank you to all the individuals, past, present, and future who care for and support this amazing walking system.

Bruce Beveridge
CATONSVILLE, MARYLAND

LETTERS
Are funds tight? Are you between ages 18-30?

NEXT GENERATION MEMBERSHIP

As a NextGen Member, you can give back to the Trail without breaking the bank. When you join the Appalachian Trail Conservancy, you can now “Pay Your Age!”

FIND OUT MORE about membership benefits – including a subscription to the digital edition of A.T. Journeys – and become a NexGen member at:

appalachiantrail.org/NextGen
ON OR ABOUT 1987, MY HUSBAND — then friend — gave me a signed copy of Cindy Ross’s book, *A Women’s Journey*. I had found myself involved with the Potomac Appalachian Trail Club (PATC), somehow making my way onto council as the general secretary — with little knowledge and even less experience. But the Appalachian Trail, as I’ve shared before, had caught both my attention and my imagination. And I wanted to not just volunteer and manage the Trail — I wanted to learn to hike it.

Growing up in urban New Jersey, my family did not spend a lot of time out in the woods. Vacations were trips “back home” to Pennsylvania or “down the shore.” My first experiences with hiking were the day hikes in and out of work sites (the first project I worked on was the construction of Rod Hollow Shelter). But I wanted to know what it was like backpacking. As you can imagine, there was no shortage of gear advice as well as thoughts on where and when I should have my first experiences.

My first backpack was an external frame (red!) backpack. When you added in sleeping bag and Thermarest, packable pillow, food, stove, water bottles, too many changes of clothes, and heavy camp shoes, it was probably hovering around 45-plus pounds. But I was also in my mid-twenties, so what I lacked in sense I made up for in youth and energy. And I found I really loved the experience. I loved that everything I needed to take care of myself I could pack in this bag on my back. I loved that I could see things and go places that could only be accessed by helicopter or my own two feet. And I loved the community I found on not just the A.T., but all the trails I hiked.

In the 1980s, there were not a lot of women in that community. I had a group from PATC that hiked together. Trail Clubs have a long and rich history of women members working side-by-side the men making equal contributions. But in general, we girls were in the minority. That’s why, *A Women’s Journey* made such an impact on me. Here was a contemporary woman talking about not just hiking, but hiking the entire Appalachian Trail as a woman. Ross mentions the number one question asked of her is, “Aren’t you afraid?” How many times has a male hiker been asked that question? She explores loneliness and solitude. And she even talks honestly about how to manage menstruation and other “women hygiene” issues. It was revolutionary in so many ways.

As you read through this issue of *A.T. Journeys*, you’ll see that much has changed for women in the outdoors. We are there in greater numbers than ever across all wilderness recreation activities. We come in all shapes, sizes, ages, and colors; we come together with male and female partners or we tackle the experiences on our own. But, while much has changed, there is still a long way to go. Women and people of color are still in the minority on our trails. Staffs of conservation nonprofits (the Appalachian Trail Conservancy included) continue to be predominantly white and often predominately male. Board’s fare even worse, where older, white men still represent the majority of nonprofit leadership.

In so many ways, this is still a journey for all of us. Ensuring inclusivity is not a passive endeavor. We need to invite, encourage, and mentor everyone with the interest and desire to experience the outdoors as a whole and most especially our very special Trail.

Without even knowing it at the time, Cindy did just that for me (as did my dear husband in sharing her book with me — you can see why I married him). We all will have opportunities to do the same. And the Trail itself will be richer for it.

Sandra Marra / Chair
A.T. Journeys is looking for short video clips of your hiking experience on the Trail to highlight in our new dynamic digital edition of the magazine. Videos should be no longer than 5 minutes and sent via a linked/embedded format (e.g.; YouTube, Vimeo) or MP4 via file sharing. Don’t forget to send those high res photos (1MB or larger) too!

For more information contact: editor@appalachiantrail.org

Sitting around sharing Trail stories? Is that frosty mug leaving rings on the table?

A.T. COASTERS

These four-inch-square coasters can be purchased separately ($5.63) or as a set of four ($18.23). The neoprene-like material is absorbent but also dishwasher-safe.

Find them at the The Ultimate Appalachian Trail Store: atctrailstore.org by clicking on the “new” button near the top of the home page — where you can also find dozens of other new products.
Conservation biologist Pete McKinley of the Wilderness Society believes the best hope for maintaining the biological diversity of the eastern United States requires enhanced protection of the Appalachian Trail and its greater landscape. Pete maintains the A.T. landscape is playing — and will increasingly play — a prominent role in the protection and adaptation of the eastern forest and its plants, animals, waters, and soils in the face of habitat loss, fragmentation and, now, a rapidly changing climate.

“The Appalachian Trail landscape is a treasure trove of biological diversity,” he says. “The landscape will thrive and flourish best through conservation that maintains and enhances large-scale ecological connectivity among large contiguous forest blocks.” The ingredients for an unfragmented forest network that is resilient to climate change are in place along the Trail landscape, but much work remains. Large, biologically diverse and contiguous forest blocks exist along the extent of the entire A.T. — sometimes connected by protected landscapes in meaningful units, sometimes protected merely as a thread and sometimes not protected at all.
The Appalachian Trail Conservancy (ATC), in partnership with the National Park Service, continues to build a coalition of conservation partners under the umbrella of the A.T. Landscape Partnership. The coalition — made up of public and private groups — seeks to connect and conserve the values of the exceptional landscape associated with the Appalachian Outdoors, emphasizing the natural, ecological, cultural, historic, scenic, recreational, and community-oriented qualities that make the A.T. and its surrounding lands so unique. In particular, partners such as Pete and the Wilderness Society believe the A.T. and its ribbon of protected lands provide a significant backbone for maintaining this region’s wealth of ecological values and helping ensure its resilience in the face of climate change and other threats.

FULL CIRCLE

Pete, who has worked as a conservation biologist for 30 years, has personal ties to the A.T. landscape that have fed into his longstanding career. In the summer of 1977, in between sailing and fishing trips on the south shore of Cape Cod, Pete read the story of Steve Sherman’s and Julia Older’s walk of the A.T. in the book Appalachian Odyssey. He was still a few years away from his college search, but when the time came, Pete chose Colby College in Waterville, Maine for its biology department and, perhaps more importantly, the college’s active outing club and relationship to the A.T. in Maine.

A week-long hike during freshman orientation took Pete and a group of his new classmates along the first 17 miles of the Hundred Mile Wilderness, between Bodfish Intervale and Katahdin Iron Works State Historic Site. He chose this trip over other outdoor excursions because of the opportunity to hike and help maintain the section of Trail that was assigned to Colby College by the Maine Appalachian Trail Club. “I even brought my own Hudson’s Bay Cruising Axe lashed to my Kelty Tioga Three external frame pack,” Pete says.

Yet it wasn’t all hiking and Trail maintenance as a Colby student. As planned, Pete received a good education in ecology and went on to graduate school and to a career integrating bird ecology and conservation across the forests of New Hampshire and Maine, and in New Brunswick, Canada. He studied the habitat needs of bird species like the black-throated blue Warbler and the black-throated green Warbler. The field guide range maps for these two species always fascinated him: their breeding range in the northern states includes the wildest lands with the lowest human impact east of the Rocky Mountains. This wilderness and lack of impact is reflected in the region’s high “ecological integrity,” a measure of human modification used alongside other measures such as species diversity to identify lands with high conservation value. Ecological integrity is meant to gauge the “wholeness” of ecosystems and inform their resilience in the face of stressors such as habitat fragmentation and climate change. While the natural species diversity at the more northerly latitudes might not be as high as the diversity in the mid-Atlantic states or the southern Blue Ridge, the A.T. passes through a wide range of ecosystem types in every state. “A day’s hike along

INEXTRICABLY LINKED

Pete and his peers at the Wilderness Society have been conducting research that demonstrates the A.T. landscape is worthy of and requires a grand-scale conservation effort. Ecologists at the Wilderness Society recently completed an analysis of Trail conservation values and vulnerability. They measured biodiversity, ecological integrity, and protection status for every one-mile segment of the A.T. to identify priorities for protection or improved management. In partnership with both public and private conservation organizations, the Wilderness Society is promoting and supporting land protection and open-space planning efforts to build upon and connect the diversity of ecological values identified through their work.

Along the entire length of the A.T., habitats transition along a gradient between southern and northern latitudes. Within this large-scaled ecological gradient are smaller ecological gradients as the route of the Trail transitions from valley floors to mountain summits and back down again. The result is a Trail and a landscape that embodies incredible ecological diversity that is derived from the physical and biological conditions of the mountain topography running from Georgia to Maine. The southern Blue Ridge is among the most biologically diverse regions in the United States, possessing many species that occur nowhere else on the continent. This is particularly apparent along the elevational mountain gradients throughout the southern and central Blue Ridge Mountains.

The Hundred Mile Wilderness of Maine that is bracketed on one end by Katahdin — the Trail’s northern terminus — includes the wildest lands with the lowest human impact east of the Rocky Mountains. This wilderness and lack of impact is reflected in the region’s high “ecological integrity,” a measure of human modification used alongside other measures such as species diversity to identify lands with high conservation value. Ecological integrity is meant to gauge the “wholeness” of ecosystems and inform their resilience in the face of stressors such as habitat fragmentation and climate change. While the natural species diversity at the more northerly latitudes might not be as high as the diversity in the mid-Atlantic states or the southern Blue Ridge, the A.T. passes through a wide range of ecosystem types in every state. “A day’s hike along
"A DAY'S HIKE ALONG ALMOST ANY SECTION OF TRAIL TRAVERSES AN INCREDIBLE DIVERSITY OF LIFE, JUST AS THE TRAIL ITSELF TRAVERSES MUCH OF THE BIODIVERSITY OF EASTERN NORTH AMERICA."

1. Black-throated Blue Warbler, Adult Male.
2. Black-throated Blue Warbler, Adult Female.
4. Cerulean Warbler, Adult Male.
5. Cerulean Warbler, Adult Female.
6. Cerulean Warbler, Young Male.
almost any section of Trail traverses an incredible diversity of life, just as the Trail itself traverses much of the biodiversity of eastern North America,” Pete says. Similarly, while there are regions of the A.T. that possess large contiguous forest blocks of high ecological integrity in northern New England and the southern Blue Ridge, every section of Trail has areas of locally or regionally high ecological integrity vital to eastern forest conservation and resilience.

STRESS VERSUS ADAPTATION

The wilderness quality of the A.T. and its greater landscape are under increasing stress, including habitat loss and fragmentation, air and water pollution, regional development and land use, soil compaction, trampling, invasive species, and illegal collection of rare plants. Compounding the impacts of these threats is a changing climate. The Appalachian region is projected to experience increased temperature and moisture deficit, resulting in geographic shifts in species distributions as they track climate change. Research suggests the Appalachian mountain range may facilitate adaptive movements of animal species in response to climate change, and it has also been specifically suggested that the protected A.T. corridor may serve an important function in adaptation. But the protected A.T. corridor and many of the state, federal, and privately conserved easement lands are insufficient to protect the biological diversity of the great eastern forests dependent on the A.T. landscape. To put it simply, in the face of climate change, permanent protection of the Trail’s landscape well outside the National Park Service corridor will be vital to the continued survival and resilience of eastern forest ecosystems — including their biological diversity, ecosystem, and the recreational and psychological values that are so important to society.

Higher elevation streams throughout the southern Blue Ridge Mountains and High Peaks of western Maine will likely serve as a refuge for species such as the brook trout and Atlantic salmon. High elevation forests throughout the Appalachians have provided refuge for cool temperate species such as spruce, fir, yellow birch, American beech, and sugar maple; songbirds such as the blackpoll warbler, black-throated blue and green warbler and golden-winged warbler; and at northern latitudes, the American marten and moose. Mechanisms of adaptation and resilience include population movements upslope and within complex mountain topography and northerly shifts of animal and plant species along the Appalachians to higher latitudes. These mechanisms often require the contiguous blocks of intact and connected forest found throughout the Appalachian landscape. These intact forests possess the kind of biological diversity that is associated with large-scale connectivity and, while some of those forests are protected from development, others are in danger of mismanagement or even permanent loss through land-use conversion.

THE BIGGER PICTURE

The ecological integrity and biological diversity values of the A.T. landscape are the beneficiaries of the work of the Wilderness Society and other conservation organizations and agencies that make up the A.T. Landscape Partnership. There has been a great deal of scientific research and data analysis focused on the great landscape surrounding the A.T. and, to advance that research, the ATC and the National Park Service are in the planning stages for a Science and Stewardship Summit for the A.T. Landscape Partnership. The goal for this gathering is to bring together leaders in the fields of science and ecology to share research and analysis and develop the tools needed to make data and analysis models accessible to those who are leading the on-the-ground conservation work across the A.T. landscape. The summit is planned for the spring of 2019. Although the summit participation will be limited based on funding and space, the outcome of the event will be shared with a broad audience of conservation partners. The resulting data models and scientific expertise will be incorporated into conservation planning work with the goal of educating and engaging those who live, work, and play within the Trail and its landscape. Hopefully, the summit will lend itself to a comprehensive action plan that A.T. communities can take ownership of as stakeholders continue to accelerate the pace of conservation in this cherished landscape.

Despite his vision, Benton MacKaye could not have foreseen the present day need and expectation that the A.T. and its associated landscape would serve in large-scale biological conservation. For its first 70 years, the Appalachian Trail Conservancy was known as the Appalachian Trail Conference, and it was dedicated primarily to mapping, blazing, building, and conserving the narrow footpath itself. Now — through the A.T. Landscape Partnership — the ATC, the National Park Service, and partners like the Wilderness Society are laying the foundation for the conservation of the wilderness and connectedness of the great eastern Appalachian Mountains that MacKaye prized for the Trail’s original purposes.

Thanks to research ecologists Greg Aplet, Travis Belote, and Pete McKinley for contributing to this article.

For more information about the A.T. Landscape Partnership visit: appalachiantrail.org/landscapepartnership
VOLUNTEER FOR AN APPALACHIAN TRAIL CREW THIS SEASON!

PHOTO COURTESY HORIZONLINE PICTURES

APPALACHIANTRAIL.ORG/CREWS
myATstory
Photo Contest Winners 2018

First Place – Shawn Osgood
“Step into the Unknown”

Second Place – Chelsea Fisher
“Tears of the Trail”

Third Place – Kirsten Fraude
“Sunset on Mt. Lafayette”
ATC ORGANIZES FIELD TRIP FOR CONGRESSIONAL STAFF

Fifteen staff members from key Congressional offices participated in a mid-May field trip to the Appalachian Trail Conservancy’s (ATC) headquarters in Harpers Ferry to learn more about the Appalachian Trail. Participants were transported from Capitol Hill to ATC Headquarters for briefings on the conservancy’s work and then were guided by National Park Service (NPS) Ranger David Fox through Harpers Ferry. Fox provided a compelling presentation on the national historical park at the confluence of the Potomac and Shenandoah Rivers, near the intersections of the Appalachian National Scenic Trail, the Potomac Heritage National Scenic Trail and the towpath of the C&O Canal National Historical Park. NPS Superintendents Wendy Janssen and Tryone Brandyburg, respectively from the Appalachian Trail and Harpers Ferry, provided briefings on park management and partnerships. A picnic lunch with additional briefings, followed by a hike on the A.T. rounded out the field trip. The ATC will host another staff field trip in October 2018.

PHOTO CONTEST WINNERS 2018

Congratulations to our winners in the myATstory Photo Contest, who featured jaw-dropping photos from the Appalachian Trail. Chosen by thousands of voters, Shawn Osgood’s “Step into the Unknown” took first place, showcasing the beauty of cloud-soaked Tuckerman Ravine in the White Mountains. Chelsea Fisher and Kirsten Fraude took second and third place respectively with photos featuring the simultaneous grandeur and intimacy of hiking on the A.T.

Find out more and watch all 9 myATstorys at: myATstory.org
Volunteers cleared portions of the A.T. in late May and early June during a historic clean-up effort. Severe storms and prolonged rains caused flooding and downed trees from northern Virginia to New York in mid-May. Sections of the A.T. in New York east of the Hudson River had intense damage with reports of microbursts and tornadoes; a couple areas for several miles were almost impassible. Heavy rains also caused road damage and mudslides on the Maryland side of the Potomac River, which necessitated closure of the Goodloe Byron Memorial Footbridge that connects Harpers Ferry and the C&O Towpath — temporarily closing four miles of the A.T. from Harpers Ferry north into Maryland, with no safe alternative other than to hire a shuttle during the peak of hiking season. The same storm system created dangerously high rivers in the southern region of the Trail.

In quick response, A.T. maintainers worked to clear several miles of Trail that were considered impassable — especially in the mid-Atlantic region. “In my 22 years walking the A.T. and 40 years maintaining it, I have never seen devastation like we fought through,” says New York A.T. maintainer Ralph Ferrusi. Two staff members from the Appalachian Trail Conservancy’s (ATC) Mid-Atlantic office traveled to the New York section of the Trail to help clear blow downs and the Mid-Atlantic office served as a clearing house to track the damage and provide a variety of support and important daily updated information for the ATC’s Trail Updates web page. Approximately 18 volunteers spent close to 500 hours clearing blow downs in New York. While the storms affected the Trail from the Hudson River to Connecticut, the worst damage occurred in three separate areas. Guesstimates of trees removed are in the hundreds, with numbers of separate branches cut in the thousands. All sections are passable now thanks to the hard work and coordination of our dedicated volunteers.

For current information and updates about all sections of the A.T. visit:
appalachiantrail.org/trailupdates
TAKE THE 50TH CHALLENGE
HIKE 50 OR VOLUNTEER 50

SIGN UP AT: appalachiantrail.org/NTSA50 to pledge to hike 50 miles or volunteer 50 hours in celebration of the Appalachian Trail's anniversary as one of the nation's first National Scenic Trails. Help us celebrate the 50th anniversary of the National Trails System Act and earn a commemorative certificate of your accomplishment.

For more information visit: appalachiantrail.org/NTSA50

BACKPACKING COURSES

The “How to Hike the A.T.” backpacking courses will help new hikers feel prepared to successfully hike the A.T., while gaining an appreciation for the outdoors, knowledge of the Trail, and long-distance hiking culture. Course graduates should leave as competent, responsible hikers prepared to accomplish their version of a successful long-distance hike.

This Summer and Fall the Appalachian Trail Conservancy (ATC) will offer courses throughout the southern region:

- July 27-29 (Pisgah National Forest)
- August 17-19 (Nantahala National Forest)
- September 14-16 (Great Smoky Mountains National Park)
- October 5-7 (Pisgah National Forest)

Note that participants will be spending the two nights/three-days backpacking, rain or shine. Courses are limited to six participants, and spots will be tentatively reserved on a first come, first serve basis. Pending review, applicants will be chosen by ATC staff. Cost of courses are $375 per person, which includes food.

For more information contact ATC Trail Education Specialist Chloé de Camara at: cdecamara@appalachiantrail.org

TICK-BORNE DISEASES

Ticks, which carry Lyme disease and other serious illnesses, are a risk on any hike. Taking the right precautions can decrease your chances of being bitten by a tick and awareness of symptoms can help to treat illnesses early.

For more information about tick-borne illness symptoms and preventing tick bites visit: cdc.gov/ticks/diseases
appalachiantrail.org/health

ATC 2017 ANNUAL REPORT

The 2017 Appalachian Trail Conservancy Annual Report was released this June. Find out more about some of the ATC’s major 2017 accomplishments at: appalachiantrail.org/annualreport
In its fourth year, the Flip Flop Festival kicked off the outdoor recreation season in Harpers Ferry and Bolivar, West Virginia. Event highlights included a festival quest, local vendors, live music, a craft beer tasting, a farmer’s market, a climbing wall, and a first-ever flip flopper reunion. Workshops and activities helped introduce festival-goers to the wide variety of outdoor pursuits available in Harpers Ferry, as well as prepare current and future flip floppers for sustainable thru-hikes beginning mid-Trail. These innovative thru-hikes not only offer benefits to hikers but help conserve the Trail by dispersing use and helping sustain local Trail-friendly businesses in their shoulder seasons.

Mark your calendar for April 27-28, 2019 for the 5th annual festival! Find more info at flipflopfestival.org

Photos courtesy Dan Innamorato, Uma Hiremagalur, and ATC staff
SPECIAL A.T. PHOTO EXHIBIT ON CAPITOL HILL

Fifteen striking photographs representing the Appalachian Trail will be displayed in the U.S. Senate Russell Rotunda the week of September 17-21, 2018. The exhibit will be open to the public. The exhibit — titled “United by the Appalachian Trail” — coincides with National Public Lands Day on Saturday, September 22, and the 50th anniversary of the National Trails System Act on Tuesday, October 2, 2018. Chairman Burr (R-NC) sponsored the exhibit and oversaw its approval for this rare opportunity on Capitol Hill.

Information on how to view the exhibit as well as announcements on the selected photographers can be found at: appalachiantrail.org/art

BEAR CANISTERS AND BLACK BEAR AWARENESS

Due to an increasing number of serious human/bear interactions at many locations along the A.T., the Appalachian Trail Conservancy (ATC) continues to strongly recommend use of a bear canister by anyone staying overnight on the Trail.

For more information visit: appalachiantrail.org/bears

BOARD NOMINATIONS

Two returning directors and three newcomers have been nominated for open positions on the Appalachian Trail Conservancy (ATC) Board of Directors for 2018 to 2021, with elections scheduled prior to the organization’s annual meeting in Shepherdstown, West Virginia, on August 12. Edward Guyot, a principal in a Keene, New Hampshire, accounting firm and a director since 2013, was nominated to serve as secretary, and Shalin Desai of Hudson, Massachusetts, a director since 2017, was nominated to a new three-year term. Also nominated by a committee chaired by outgoing secretary Elizabeth P. Thompson to serve three-year terms were: Grant Davies of Chevy Chase, Maryland, and Charles Town, West Virginia; Thomas L. Gregg of the Washington, D.C., area; and James LaTorre of Potomac, Maryland.

Further information on the meeting, the new elections process, and the nominees can be found on page 37 or at: appalachiantrail.org.

Additional nominations may be made by petitions signed by at least 100 members of the ATC in good standing and sent prior to July 23, 2018, to Suzanne Dixon, president and CEO, at ATC headquarters in Harpers Ferry, West Virginia.
NATURAL BORN HIKERS

The wonder of women on the Trail
By Jennifer Pharr Davis
hen I reflect on my experience as a thru-hiker, record setter, and as a mother day hiking with her children, I can recall instances when I felt fully aware of my femininity and deeply connected to my sexual identity and, yet, at other times gender differences seemed nonexistent on the Appalachian Trail.

When I set out for my first thru-hike at the age of 21, I was bombarded with questions from friends and family concerning my safety as a single female. I wasn’t overly worried about my personal wellbeing before everyone else told me that I should be. My greatest worries going into the hike were how I would deal with being cold and wet or bored and lonely; but most of my loved ones worried about who I would meet on the
Trail. My father said, “People will be your biggest threat out there.” Then he continued, “But, there are people everywhere — and if this is something that you want to do, then you should do it.” He also told me when he dropped me off in Georgia that he would be more than happy to pick me up from the Trail — but only if I made it to Maine. Five months later I met my dad at Katahdin.

As soon as I left the Trail, I missed how beautiful and confident I felt when I was hiking. I had always thought that nature was beautiful, but I never saw myself as a part of nature — a part of all that beauty — until I started hiking. Plus, after hiking over two thousand miles, I based my self-worth less on how I looked and more on what I could do. There were times when I felt scared on the Trail, but it was never due to gender — or other people. Along the way, I realized that accepting fear and taking risks were an important part of life. The fact that my spine stiffened and my breath left at the shaking of a timber rattlesnake or that my heart rate increased as dark clouds gathered overhead made me realize that humans have hardwired physiological responses to danger that create healthy boundaries and help keep us safe.

When I asked my friend, Caet Cash, who also thru-hiked as a young female about whether or not she felt safe on the Appalachian Trail, she said, “I thought that I was going to die before I started.” Then she laughed. “I spent way too much time on the internet before I started. I read all the worst-case scenarios of what could happen and I started the Trail super paranoid. Then I got out there and after a certain amount of time just realized that nothing was going to happen — at least not the stuff I had been worried about.”

Instead of being worried about the people, Caet said, she wishes that she put a little more time planning her food through the Hundred Mile Wilderness. As a southbound hiker, she started at Katahdin and ran out of provisions a day before hitting Monson. “Did you ask other hikers for food?” I asked. “Oh, heck no!” She said. “I didn’t want to fulfill the stereotype of an unprepared female hiker. I thought, by hell and high water, I am not going to be that person. I am not going to be Cheryl Strayed.” Caet went on to explain that in her experience women are often sexualized or patronized on the Trail.

“One of the reasons I wanted to hike southbound is because I didn’t want to be in a big group of dudes telling me what I could or couldn’t do. I definitely think southbound or Flip-Flop is the way to go for a thru-hike. There’s more solitude and it’s easier to avoid stereotypes. People told me that I shouldn’t hike by myself, but I am so glad I did. When you are alone, you learn how you naturally act or react without other people watching. I never felt super confident out there; but I also never quit. I didn’t think I was going to make it to the end until I reached Springer Mountain.”

When I asked her how life has been different since hiking the A.T., she said, “Hiking the Appalachian Trail gave me more confidence. And it gave me a job. It has a great ROI (Return on Investment). The market is totally flooded with
college grads and masters students, but having a thru-hike on your resume proves that you can work hard and persevere.”

Then she added, “Now, my greatest fear associated with the Appalachian Trail is: What if I had never hiked it?! That’s a terrifying thought.”

For a number of hikers, the fear of regret outweighs all other fears. When I decided to test my limits and try for the overall unofficial speed record on the Trail, I was scared of failure but that didn’t compare to spending the rest of my life grappling with the weight of regret. On a particularly hot and humid evening on the rocks in Pennsylvania, I met another hiker and when he found out I was trying to set the record on the A.T. he quickly quipped, “You’re probably not even having fun out here.” To which I replied, “This is better than fun.”

I’m not a complete masochist (most of the time) and there were moments of lightheartedness and laughter that summer, but when I reached the end I felt reassured in my sentiment that I had experienced and discovered something more meaningful than fun. The moments that I am the proudest of in life are the ones that have been difficult and challenging. I am grateful for the circumstances that have forced me to grow.

But you don’t have to try for a record, or even attempt a thru-hike to find transformation on the Trail. Marcia Fairweather is a section hiker and, in her words, “proud of it!” When I asked her about her experience with fear on the Trail she said that hiking the Appalachian Trail helped make her fearless. “My friends and family were very fearful for me.” She said. “I was terrified on my first hike but then nothing happened. It felt so peaceful in the woods and I started to wonder why I was scared.” She continued, “Really, one of the scariest things that happened to me didn’t have anything to do with other people or even wildlife. I was hiking through a field of cattle all by myself. Here I am, this city girl, and I’m nervous because the cows are so close to the Trail. Then all of a sudden, a horse came over the hill. It was charging towards me and I was terrified, but I told myself I was fearless. I stuck my hand out just like Diana Ross and the Supremes and I shouted, ‘Stop.’ The horse came to a stop and I thought, ‘I have power now.’ Growing up, I was shy but the Trail gave me this attitude. Now when people start acting crazy at work, I put my hand up and say, ‘Stop.’ The Trail taught me how to be honest.”

Marcia started section hiking the A.T. when she was 35 years old and completed the footpath over a fifteen-year span. “The most I did at once was a full week,” she said. “But with the demands of work and parenting, usually I just went out for a few days. Every free weekend and holiday
I was on the Trail.” Five years into her section hike, Marcia went through a divorce. It would have been easy to make excuses after that or scale back her adventures, but instead she said that she became a hiking fool. “Every time I had a hike I was dealing with some problem on the home front, but on the Trail all the answers to the problems became clear. And a lot of the programs or ideas I implemented at my job came from the Trail. I always found what I needed on a hike.” She continued, “It put me in a place where I had to work things out. I had to figure out ways to get my work done, arrange childcare, and get my miles. It gave me the opportunity to think of myself as multifaceted.”

Marcia said she didn’t see or feel much of a gender distinction on the A.T., but she laughed when she remembered taking a new boyfriend on the Trail. “He nearly passed out trying to keep up with me!” she said. When I asked her what advice she would give to hikers or women in general, she said, “I wasn’t prepared for all the good things. When you go out there, be ready for the good.”

I’ve found that the good on the Trail comes at many different places and different paces. I deeply appreciated the fact that I was able to hike when I was pregnant, nursing, and as a mother of young children. Now I spend most of my time on the A.T. with my five-year-old daughter and my one-year-old son. I love watching my daughter marvel at plants and rocks that I have subconsciously labeled as commonplace. And, I’ve learned that when my son starts crying, touching tree bark can help calm him down. I don’t care if my children ever hike the entire Appalachian Trail, but I hope they learn to value and enjoy the outdoors.

At age 71, Danny Bernstein also wants to share her love of the outdoors with her two granddaughters. “Grandparents are always showing their kids what they’re interested in.” She said, “For me, that’s hiking.” Danny stresses that if you want to get more kids out then you have to get more adults out. “I take my granddaughters with me,” she said. “But really I’m focused on encouraging older people to get out there. Hiking is a life sport. It doesn’t have an age barrier.”

Danny spends most of her time now seeking out day hikes for the Trail guidebooks she authors or participating in outings with her local Trail clubs.

As a young newlywed and software developer living in New Jersey, Danny discovered hiking when her late husband Lenny found an ad in the newspaper for a local hiking club. “We went for our first hike and found ourselves in a group with people twice our age, she said. “They put us in our place. We could hardly keep up.” After her first hike, Danny claims she was hooked. She and her husband joined the local Trail club and attended as many outings as their full-time work — and later parenting — would afford. She said that when she started hiking she was more hesitant to hike alone and that initially Lenny carried more weight, but over time she said that everything became more equal. She suggested that the biggest obstacle preventing women from enjoying the outdoors might be as simple as having an honest conversation about hygiene and bathroom breaks on the Trail.

“As a trip leader, I always make sure to talk about using the bathroom before we get started,” she said. Since Lenny was a list maker, he tracked all their miles and soon the couple decided to try to summit all the 4,000-foot peaks in New Hampshire. After reaching every peak — and after raising their son — they turned their attention to the Appalachian Trail. After technically starting their section hike in 1973, they spent five years (between 1993 and 1998) completing the bulk of the path by piecing together day hikes and overnights. In 2001, the couple moved to Asheville and joined the Carolina Mountain Club. “We actually went on several outings with the club before moving because we wanted to be sure it was an active club and a good fit for us,” she said. As soon as they moved to town they became Trail maintainers and with time they were assigned to oversee a segment of the Appalachian Trail on the North Carolina – Tennessee border.

When Lenny died, Danny gained permission from the Forest Service to scatter a handful of his ashes on the section they maintained. But she also filled out paperwork for the Great Smoky Mountains National Park so she could scatter a few of his ashes on the part of the Appalachian Trail that coincides with the Mountains to Sea Trail (MST). “I love the A.T., the MST, and the Smokies,” she said. “That’s where I want a portion of my ashes scattered.”

Danny says that going on day hikes with the local Trail club means even more to her now that she is on her own. “It’s my social life.” She said. “There is a lot more going on than just putting one foot in front of the other. It’s people taking care of each other: sharing ideas and conversation. It’s my tribe.” And the reason Danny isn’t concerned about hiking alone is the same reason she prefers to be a part of a group. “I have never found anything but kindness and helpfulness on the Trail,” she said.

The A.T. is a place for everyone at every phase of life. For women, the greatest fears about hik-
ing are most often found to be misconceptions. Coming from a culture that differentiates sport by gender, women are often surprised at how well suited they are for the physical demands of the Trail. Women have a higher Body Mass Index than men, we require lower daily caloric and hydration intake, and we have evolved to carry the weight of pregnancy (not to mention give birth). Those physiological traits make us very successful at carrying a pack up and down mountains for an extended period of time.

There are times on the Appalachian Trail when the gender gap disappears, but it doesn’t result in a state of forced androgyny. Instead, it provides women the feeling of being fearless, multifaceted, supported individuals who are fully aware of their sexual identity, their value, and their capabilities.

FROM INSET: THE AUTHOR NEAR HER HOME IN MASSACHUSETTS; TRILLIUM FOUND DURING A HIKE – PHOTO BY HANNAH FRIES
Root Your Spirit
BASKING IN THE BENEFITS OF THE FOREST EXPERIENCE

Rustling leaves. Creaking trunks. The green smell of the earth after a light rain. Sunlight falling through the lacework of leaves.

Just reading a description of being in the forest might make you pause, take a deep breath, and feel the soft edge of peace that comes from spending time outdoors. You remember that feeling. Perhaps it’s been a while; or perhaps just yesterday you gave yourself a few minutes on a mossy rock. Either way, it tugs at you, asks you to return.

Being in the woods doesn’t just feel good, but is, in fact, good for you. If you’ve ever spent time in the forest yourself, you probably don’t need a scientist to tell you that. I grew up exploring the woods and climbing the trees of New Hampshire, and the idea seems, well, natural to me. My first climbing trees, the crabapple in our front yard and the red maple in our backyard, were like old friends. Depending on my mood, they offered comfort, exhilaration, or peace. I spent a good piece of every summer in the White Mountains hiking the trails, camping, and feeling utterly at home.

I heard the term “forest bathing” for the first time just a couple of years ago. It made me smile to think that something that felt so second-nature to me now seemed to have a new name, and that name was becoming a buzz word.

The Japanese government coined the term “forest bathing” (shinrin-yoku in Japanese) in the 1980s to describe the practice of spending time in the woods to soak up its health benefits. It does not involve water (unless you feel inclined to dip yourself in a stream or pond, in which case, by all means!), and it does not require strenuous exercise (we don’t all have to be thru-hikers or peak-baggers). Think, rather, of a slow, leisurely stroll, a pace that gives you time to notice small things, like a caterpillar crawling across a leaf or the unique scent of a pine forest — time to open your senses to the world around you. As John Muir wrote more than a century ago, “Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home. Wilderness is a necessity.” And as Ralph Waldo Emerson wrote, “In the woods we return to reason and to faith.” It seems, according to recent scientific studies, that we return to health, too, as blood pressure and stress hormones fall and the immune system gets a boost. And then there’s that general feeling of wellbeing that has the power to lift your mood for days.

If you have spent some time wandering the Appalachian Trail, you have probably, like me, gotten a taste of what it means to be a forest bather without even knowing it. Next time you hit the Trail, give yourself a little extra time to wander — and to accept with deeper gratitude all the gifts our trails, trees, forests, and wildlands offer us, if only we’ll take the time. These gifts are pure grace.

As a poet, when I am struck by something, I try to turn it into words — and so the book Forest Bathing Retreat was born. Its impulse is not far from the sentiment expressed by Benton MacKaye when he articulated the purpose of

BY HANNAH FRIES
the Appalachian Trail: “To walk. To see. To see what you see.” That last part is important: to really see the things around us. This is a large part of what forest bathing is all about — and what filled my soul long before I ever heard the term. As a kid of eleven or twelve, I invented a solitary game for myself, the “noticing game.” The object was simply to wander around outdoors and see how many things I could find and truly see in an intentional way, with all of my senses. If you come along with me, I’ll try and show you what I mean.

Pause
Before you enter the woods, before you take another step, take a moment to scan your body and mind. Take a slow, deep breath. Then, begin with your toes. Wiggle them. Feel the soles of your feet pressing against the ground. Work your way up your body, letting your attention rest a moment on each part of you, noting where you feel tightness, tension, or stress. When you do, pause to take a few extra breaths. Imagine your muscles relaxing with each exhale. Unclench your hands. Bring your shoulders up to your ears, and then let them drop. Imagine a weight dropping with them, falling down your arms and flowing off your fingertips.

What sort of chatter is running through your head? Tell yourself you are going to focus on something else now. For a moment, just listen to yourself breathe. Put your hand on your belly and begin your breath there. Feel your chest expand and contract. Visualize your lungs inside your ribcage, filling with fresh air. Your lungs are filling with the breath of trees. As the trees breathe out, you breathe in; as the trees breathe in, you breathe out.

Open Up
Trees “breathe” in carbon dioxide and release oxygen and water vapor through tiny holes in their leaves called stomata, a word that comes from the Greek word meaning “mouth.” On one square millimeter of a leaf, there are 100 to 1,000 of these little mouths, all breathing. One mature tree breathes in 48 pounds of carbon dioxide each year — and the exhalations of two mature trees provide enough oxygen for you to breathe for more than a year. As you stand beneath the trees and breathe, imagine your own pores softening and opening, making you more permeable to the natural world around you.

Turn to the Wind
Turn now from your own breath, from the trees’ breath, to the breath of the wind — the little puffs and eddies, heaving storms and flowing currents that move in the ocean of our atmosphere. What does the wind carry with it today? A change in the weather? A bit of sweetness, or a wet chill? A puff of cottonwood seed, a swirl of dust, laughter from a nearby playground?

Reach Out
Now that you have found your center — your own breath — and let the forest puff its green breath across your skin, it is time to turn further outward, to send out your tendrils and roots and search for connection. As you walk through the forest, feel your own body react and respond. Invite the forest in through your senses. Pretend you have just been granted the gift of sight. Instead of looking at things, look for things. Play the noticing game — seek out small details that might otherwise escape your attention. Take delight in discovering them: The play of light through leaves or on water. Patterns in bark. Delicate plants growing close to the ground. The silhouette of a bird against the sky. The intricate shapes that ice makes. The winding work of insects. Bursts of lichen on rocks.

Listen
Get your other senses working now. Stop walking, close your eyes, and listen. You are not in a hurry. Do you hear rustling leaves or the creak of branches rubbing together? Birds? Scurrying animals? Trickling water? If it is very cold, you might hear popping sounds a tree’s sap freezes, creating frost cracks. As you listen, try to separate the layers of sound in your mind. Follow them to their source.

Smell
Have you ever said that the air smells “like fall” or “like spring”? What are you smelling? Dry leaves? Honeysuckle? Thawing snow? Wet earth and fresh green leaves? Get closer. Scratch a twig with your nail and smell the damp wood beneath. Crush a leaf of wintergreen and hold it to your nose.

Touch
The forest is full of textures — the soft fronds of ferns or mosses, the smooth bark of a birch or rough bark of a pine, an ice-cold stream, a slick stone. What does the ground feel like beneath your feet? Hard and rocky? Soft and needle-strewn? Perhaps you feel some mud suck at a shoe. Perhaps you take
your shoes off — let your feet get in contact with the ground beneath them, skin to earth. Get a little risky. Nature is nothing if not sensual.

**Taste, If You Dare**
If you know what you’ve found is wild blueberry or blackberry. If a broken sugar maple bough is dripping sap. If you like the sour pucker of wood sorrel. Or just taste the air — the senses of smell and taste are closely connected. If you are near the ocean, you might detect salt on the breeze. If you are in a pine forest, you might feel as though you can taste the sun-warmed resin. If it is raining or snowing, stick out your tongue.

**Look Again**
Now pause and look at the trees again, at the plants and birds, squirrels and insects, and other living things around you. Remember that you are not the only one doing the sensing. You are being heard, seen, felt — sensed in ways you cannot understand.

**Dissolve**
As you take in the trees and all the life that revolves around them, as you begin to sense their intelligence, as you breathe their breath and touch their bark and listen to their clacking branches, you might start to feel the boundaries between you and them grow softer. Let it happen.

*The mountains, I become part of it …
The herbs, the fir tree, I become part of it.
The morning mists, the clouds, the gathering waters, I become part of it.
The wilderness, the dew drops, the pollen … I become part of it.*

~Navajo chant

As you watch a tree sway in the wind, let your knees and shoulders relax. Sway a little on your own stem. Let your imagination leap into another body. The body of a beetle. The body of a tree. What do you feel?

**Root Your Spirit**
Once you become practiced at being more physically connected to the world through your senses, you will likely find that something deeper inside you is reaching out for connection, too. Perhaps this is partly because your growing awareness causes you also to recognize your smallness. Your spirit, looking to re-root itself, sends out its feelers into the largeness of the world. It is an ongoing journey, this reaching out, and out again. And the universe, with all of its patterns and chaos and myriad threads of connection, is both terrifying and wondrous. Take a page from the trees: focus on being both rooted in the earth and searching among the stars.
A Career Beyond Description

By Brian B. King

THE INITIAL JOB DESCRIPTION FOR “MID-ATLANTIC FIELD representative” 30 years ago probably was a bit incomplete, if not deceptive, as perhaps most such documents are. It would have focused on “serving as liaison” between the Appalachian Trail Conservancy (ATC) and agencies at the federal level – and in the region’s six states and between the ATC and the region’s 12 Trail-maintaining organizations, bookended by the relatively large New York-New Jersey Trail conference and the Potomac Appalachian Trail Club.

Helping presidents, testifying against murderers, rebuilding the first A.T. section, developing a mutually beneficial agricultural program near where huge warehouses were overtaking other fertile land, serving as local liaison for four ATC biennial conferences, dealing with the Trail’s two Superfund sites — none of that would be mentioned.

It then would have pointed to planning for Trail-corridor design, acquisi-
tions of land for the permanent route, and the subsequent footpath relocations — in this case in particular, the 15-mile relocation across Pennsylvania’s Cumberland Valley, site of the most contentious valley relocation in Appalachian Trail history — its route finally selected by the National Park Service (NPS) in December 1985. Some legal battles were at hand, too. But, when Karen Lutz came to the job in July 1988, that particular relocation was in her blood, after more than a decade as an activist with the local PRO-TRAIL Coalition. The coalition was working to replace a roadwalk, where residential and commercial development was blossoming, with a scenic trail route through farmland and woodlands.

Karen is retiring this fall and looking forward to “some hard-core outdoor stuff.” One of 106 successful 1978 thru-hikers, Lutz then went on to graduate work in recreation and parks at Pennsylvania State University, where researchers had supplied pivotal documents for Trail protection during Congress’ consideration of 1978 amendments to the National Trails System Act, specifically to help the A.T. Her thesis adviser, David Raphael, happened to be a new member of the ATC board, and her thesis happened to focus on A.T. hikers’ dietary needs and nutritional status during thru-hikes.

Raphael quickly introduced her to banker Craig Dunn, a longtime Trail volunteer in the valley then leading the coalition against CANT (Citizens Against the New Trail). Lutz helped with Washington trips to educate the state’s congressional delegation and spoke at often-raucous local public hearings on the routes under consideration. Later, she went on work trips, after the first tract was purchased in 1984, with the Mountain Club of Maryland and the Cumberland Valley A.T. Management Committee (later club, with the management assignment). “That was fun,” she says — not a common view among that battle’s alumni today but a signature of Lutz’s view of her 30-year career with the ATC. Meeting highly unusual challenges within the spiderweb of A.T. management gave her a lift — so maybe add “have fun” in that mythical job description.

Since late 1982, Lutz had been assistant parks superintendent for the York, Pennsylvania, city bureau of parks and forestry, supervising seven fulltime and 20 seasonal employees managing 23 parks, 11 softball fields, and an ice-skating rink. Soon after she joined the ATC staff, she and one part-time secretary moved into an antique resort cottage next to Children’s Lake in Boiling Springs, Pennsylvania — part of a major acquisition through the town the previous year by NPS and the ATC land trust. Today, that cottage is filled to the gills with staff members and files, and the A.T. route and its management are considered one of the valley’s jewels by local tourism authorities.

“I am incredibly proud of our staff at the mid-Atlantic office,” Lutz said recently while reminiscing about those early days of enough open space inside to hold receptions for the neighbors, and of redoing the floors that today can barely be seen in the center area. “Across the arc of my career, I’ve tried to concentrate on the planning, the politics, the fund-raising, and agency compliance, and then hand it off to them” and Trail clubs. In that spirit, she retained such work as a two-year struggle to secure precedent-setting Pennsylvania Act 24, zoning legislation that protects the Trail after a hard, 10-year battle to prevent a sports car racing resort atop the A.T. in a
northeastern township; an Earth Day 1998 spent at Harpers Ferry, guiding Vice President Al Gore and President Bill Clinton in a little Trail work before the speeches; and working behind the scenes to secure a Pennsylvania A.T. license plate that would benefit the ATC.

Some of those “hands off” situations consisted of: remediation of the denuded Trail above Lehigh Gap, a Superfund site in Pennsylvania; a technically complex one-and-a-half mile boardwalk and 110-foot suspension bridge across Pochuck Creek near Vernon, New Jersey; a 12-year, multimillion-dollar rehabilitation of the Trail on Bear Mountain in New York; a special bridge at Pa. Route 225; and a safety underpass where the A.T. crosses Pa. 944. That is her idea of fun — how else to describe figuring how to get 8,000 feet of a Trail meant for hiking, not wading, across a swamp?

Bridges have been a recurring feature in Lutz’s ATC career, including its most horrific chapter. In late September 1990, federal, state, and Trail officials dedicated one of her projects, a pedestrian bridge over busy five-lane U.S. 11 at the top of the valley, with only a handful of tracts still needed to complete the relocation off roads. A day earlier, Paul David Crews had been captured on the Trail, eight days after killing a young couple in a shelter on Cove Mountain, just a few miles north of the valley. The day the bodies were found, Lutz invited herself into the nearby state police barracks to offer her and the ATC’s assistance. She was not to be refused and for the next eight months worked hand-in-glove with investigators and prosecutors. It set a precedent for ATC assistance to law enforcement.

Thomas Coury was the barracks commander. He went on to become deputy state police commissioner, lead investigator at the September 11, 2001, crash of United Flight 93, lifelong ATC supporter, and later a top official in the first Homeland Security Department and Transportation Safety Administration. He recalled recently: “Karen quickly became a key member of the investigative team and provided extremely invaluable information based on her unique experience and knowledge of the A.T. and hikers. With great confidence, I can tell you that Karen’s expertise, knowledge, and dedication ultimately lead to the capture of a most dangerous killer.” Karen’s actions delivered a clear message to those who would consider crime on the A.T. and helped regain a sense of safety and security for those hiking the Trail. One of the things that immediately struck me about her was her truly deep concern and caring for the families and her passion for the sanctity of the A.T.”

The mid-Atlantic Trail weaves through the heaviest of all Trailside development and a web of interstates. “Incidents” are a part of the weekly work for all the staff there. Yet that built-in situation was far overshadowed itself by the satisfaction of dealing with the challenges, often unconventional ones. It is organizing and working with coalitions of state and local agencies, Trail club leaders, local activists, and others — often named after a mountain range or a particular preservation project along the region’s 594 miles — that Lutz spoke of, proudly, most often in a recent conversation. “The fun stuff has mostly been working with some incredible colleagues, some wonderful volunteers, and more than a handful of dedicated think-outside-the-box agency folks,” she said. And that has dominated her time in Boiling Springs.

“The Pochuck and the big bridge (and pedestrian underpass) projects are all things that I’ve loved doing,” she added, “and I really loved working with the Trail to Every Classroom program — and working with educators to use the A.T. as a teaching resource.” When she thru-hiked, the A.T. was 2,135 miles long and not worth the word “trail” through the Cumberland Valley. Until she retires, Karen Lutz can look out her office window at a 2,190-mile Trail just a few feet away, with a bucolic, duck-populated lake beyond it, and hikers passing most hours of most days, along an intact Cumberland Valley route worthy of the National Trails System Act. “It’s been an interesting career,” she observes.
PLEASE JOIN US FOR OUR
ANNUAL MEMBERSHIP MEETING
IN-PERSON OR ONLINE

SUNDAY, AUGUST 12, 2018
1:30 P.M. – 3:30 P.M.
At the National Conservation Training Center in Shepherdstown, West Virginia

THERE IS NO COST TO ATTEND – AND IT’S OPEN TO THE PUBLIC. However, you must register in advance to enter the secure government facility and attend the meeting in-person. A photo ID will be required to enter the grounds.

We’ll be adding more information including the agenda, bios of our board candidates, and other updates — so check back frequently as we get closer to the meeting.

Your membership must be current to vote for our board of directors. To check on your membership status, contact us at: 304.535.6331 or email: membership@appalachiantrail.org

Election of the Appalachian Trail Conservancy (ATC) Board of Directors will now occur online. Online voting will open on July 23, 2018 and continue until noon on August 12, 2018. There will be an opportunity for members attending the annual meeting to vote in-person, but all votes must be cast by noon on August 12. All members in good standing will receive an email with voting instructions in July.

HOW TO PARTICIPATE:
View the meeting: Facebook Live – Facebook.com/ATHike
View the meeting and submit questions during the event: nctc.fws.gov/broadcasts
Renew your membership: AppalachianTrail.org/renew
Learn more: appalachiantrail.org/MembershipMeeting2018

If you plan to attend the meeting in-person, you must register in advance.
To register visit: AppalachianTrail.org/register2018meeting
HOMETOWN SPIRIT

Jacob F. Bryant is no stranger to the Appalachian Trail. His hometown of Hardwick, New Jersey was the first Appalachian Trail Community in the state. Jacob fell in love with the outdoors and the A.T. from his time in the Boy Scouts and, as an Eagle Scout, countless nights were spent on the Trail. He says that picking up a camera for the first time was his way of capturing the essence of the Trail. “My crazy obsession with photography has since forced me to wake up at obscure hours, and hike miles in the dark, all to chase the light and capture the beautiful scenery at its peak,” he says. “Although exotic, far-off places are undoubtedly inspiring, I have actually found most of my inspiration in my small hometown and the nearby Delaware Water Gap area — and am a firm believer in taking advantage of and mastering what you have at home before taking on the next challenge.”

Jacob’s photography business is actually a side pursuit as he serves active duty as a 2nd Lieutenant in the Air Force. One day, he plans on taking his camera up and down various parts of the Appalachians, across the country, and around the world, capturing images full time. But, while travelling is no doubt exciting, there will always be something special about those hikes just a short way from home.

jacobfbryant.com
THE BOROUGH OF DELAWARE WATER GAP

Gap might be called a triple threat for its recreational appeal, its natural and cultural attributes, and the fact it is easily accessed from several major cities. Within a couple hours’ drive, millions of residents in the New York-Philadelphia area can find themselves in one of the most picturesque locations in the eastern United States, surrounded by a multitude of leisure options. ¶ Residents of the borough, the 800 people who live here, know they have a good thing going. Located on the Pennsylvania side of Delaware Water Gap National Recreation Area, the small historic town benefits from recreation seekers and those who travel along the Lackawanna Corridor and Interstate 80. ¶ Last year, nearly 3.5 million people visited the national recreation area — thousands of whom hike the area’s 28-mile stretch of Appalachian Trail. ¶ Recognizing the A.T.’s importance and the need to build stewardship along the Trail, the hiker-friendly borough of Delaware Water Gap was designated as an official A.T. Community four years ago. Located in a valley below the ridges of the Appalachians, the town is surrounded by spectacular views of steep mountainsides covered with oaks, maples, hickories, and a variety of pines. A distinctive notch — known as “the Gap” — carves deep into the nearby Kittatinny Ridge as Mount Tammany and Mount Minsi, both named after Native American chiefs, rise stately above the river valley.
WHAT TO SEE AND DO IN AND AROUND DELAWARE WATER GAP:

- First — before you do anything else — make your way to Edge of the Woods Outfitters to plan your day. Sign up for full- or half-day adventures. Then work out the rest of your schedule.

- Factor in the Pocono Pony — free bus shuttle service for hikers, bikers, and paddlers to get to and from trailheads and launch points. Provided by the Monroe County Transit Authority.

- Bike along the McDade Trail — a 30-mile, well-maintained, and mostly flat gravel path that parallels and crosses the scenic Delaware River.

- Canoe or kayak for a cool couple of hours on the Delaware River, beginning at Kittatinny Point.

- Or indulge in a full-day raft trip on the Middle Delaware, a recognized National Recreation River Trail. One stretch of the Middle Delaware wends through a big lazy “S” turn called Wallpack Bend where sightings of nesting bald eagles and other wildlife — raccoons, red fox, coyotes, and white-tailed deer — are common.

- Make certain you stop at the Village Farmer and Bakery — a do-not-miss eatery with a variety of homemade pies and doughnuts, freshly baked breads, and hot-from-the-oven pot pies. Daily specials are outlined on the restaurant’s big chalkboard.

- Stroll through the Antoine Dutot Museum and Gallery to check out new exhibitions.

- Immerse yourself in learning blacksmithing, printmaking, basketry, weaving, and ceramics at the Peters Valley School of Craft. The much-admired school offers two- to five-day adult workshops.

- Throw out a fishing line. Fly-fishing, trolling, bait-casting, and spin-casting are all part of the area’s fishing scene.

- Grab your ropes to test your climbing skills on quartzite cliffs that attract climbers from all over the world.

- Chill at the Deer Head Inn, the oldest jazz club in the Poconos made famous with the popular COTA jazz festival each September. Thursday night jam sessions at the inn are free.

- Take a drive to the northern end of the national recreation area to cascading Dingmans Falls, one of the most photographed waterfalls in Pennsylvania.

- And, get your heartrate up on the southbound part of the A.T. as you summit Mt. Minsi. Views of the river valley are well worth the climb. 🏔
“I MARRIED INTO A FAMILY OF HIKERS and trail seekers,” says Stephanie Martz, the new co-chair of the Appalachian Trail Conservancy’s (ATC) President’s Advisory Circle. Stephanie and her father-in-law Grant Davies, who is anticipated to join the conservancy’s board in August, have stepped into two important roles with the ATC, adding high energy, enthusiasm, and their professional experience. Grant and his wife Carole-Ann have generously funded the ATC’s opportunity to host a special photo-art exhibit in the U.S. Senate Rotunda in September and the corresponding expenses for a congressional reception and a commemorative booklet.

“I have a history with trails and I’ve witnessed how trails can be lost,” says Grant. Originally from Montreal, Quebec, Grant hiked and cross-country skied the Laurentian Mountains. As newlyweds, Grant and Carole-Ann talked about raising a family of outdoor enthusiasts – and stewards. And they’ve done just that. Their children — Chris, Ryan, and Brooke, all adults now — spent a good part of their childhood outdoors. Now they are following in their parents’ steps. Grant proudly points out that his 16-year-old grandson Kyle (the son of Stephanie and husband, Chris) has summited more than 20 of the 46 Adirondack High Peaks, over 4,000-feet in elevation.

Soft-spoken and clearly a tactician, Grant built a successful risk-management business, which he recently sold to Accenture, a global professional services company. He currently serves as a risk and crisis management consultant for Accenture. In addition to his new board role with the ATC, Grant serves on the board of strategic advisors for the Yale School of Nursing. The couple lives in Chevy Chase, Maryland and Charles Town, West Virginia. “Spending time together with family is so important,” he says. “And it is a much richer experience when you get outside.”

Stephanie says she had little hiking experience when she joined the Davies family. “I well recall my introduction to hiking — a long, six-hour day hike, which was a 15-mile slog for me,” she says. “I’m certain I complained all the way but it hooked me.”

Poised and polished in her position as senior vice president and general counsel for the National Retail Federation, Stephanie served as senior counsel and special assistant to President Barack Obama, chief counsel to Senator Chuck Schumer, and for the National Association of Criminal Defense Lawyers. Her husband, Chris Davies, is a senior vice chair of the securities department at Wilmer Hale, one of D.C.’s foremost law firms. The couple have three children – Penelope (10) who is called “Pip;” Nora (14); and 16-year-old Kyle who is well on his way to achieving the prestigious status of a “46-er.”

Both Grant and Stephanie hold similar interests in engaging with the ATC. Both would like to see more people experience the Appalachian Trail and both support the conservancy’s work to protect the Trail and surrounding landscape. “Grant and I hold a similar perspective of trails,” Stephanie says. “We have witnessed how small towns like Shepherdstown and Harpers Ferry (in West Virginia) survive because of visitors. The Appalachian Trail is important on many collective levels. But it’s also important for personal reasons. When you’re on the Trail, when you’re alone with your thoughts, there is a spirit that is found in putting one foot in front of the other.”

By Lynn Davis
A.T. Camp was designed to help groups plan their hikes while avoiding overcrowding and related natural and social impacts at camping areas. Register your hiking group and receive an immediate notifications.

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We rely on the generosity of donors like you to help us fulfill our mission and vision of protecting the Appalachian Trail. Membership benefits include: an oversized Appalachian Trail strip map, four issues of A.T. Journeys, discounts at the Ultimate Appalachian Trail Store and other select retailers, volunteer opportunities, and invitations to special events. Best of all, you’ll help us protect an irreplaceable American treasure!
And they will take you places that you never dreamed.

It was 2003 before my dream grew into a reality and I found myself standing on Springer Mountain. At five feet tall and 262 pounds, I was definitely not your traditional thru-hiker. However, I was determined to make my mark on this amazing trail. Six months, 700 miles, and a million experiences later, I left the Appalachian Trail, having done exactly that. During my season on the A.T., it didn’t take long to notice that no one out there looked like me. I ignored the curious looks that I got, and the feeling of not quite being “right” for the job. I was a bit of an anomaly, but that didn’t stop me from huffing and puffing my way up mountains and enjoying every experience that the Trail had to offer. It also didn’t stop the history and allure of the A.T. from climbing into my heart and taking up permanent residence. Somewhere in the middle of the months of hiking, climbing, and camping, I found a new dream. I knew that one day I had to find a way for other women like me to fall in love with this trail.

Returning home, I found that I had acquired a few extra things in my months of hiking. Of course, I had stronger legs, bug-bite scars, and a pack steeped in hiker funk that never did end up going away. But I also had a new-found bravery and confidence that was overwhelming. Now, when a dream whispered in my ear, I jumped into action buying plane tickets to Africa and booking hostel stays in the Arctic Circle. The next three years flew by as I merged my regular life of career, friends, and family with exotic travel and volunteer work. All the while, my idea for helping other women fall in love with the Trail waited patiently until one spring morning, I woke knowing that the time had come to make good on this goal.

I can tell you that I had zero experience in starting any kind of a club, much less a non-profit or a national movement. However, one of my overwhelming personality traits is the ability to jump into a dream with little to no regard for its accessibility or my level of preparedness. And it was with this naivete (a.k.a., cluelessness) that one April morning, I found myself and 20 other women, standing on top of Springer Mountain. It was the Spring of 2007 and Trail Dames was born.

That day, I discovered that my favorite sound in the world is the sound of women laughing up and down the Trail. And since then, not a month has gone by without that laughter and joy happening somewhere on a Trail Dames hike. That was also the day that it all began. Word started to spread, chapters sprang up and Trail Dames grew. And grew. And grew! We started with several chapters scattered around the East Coast, and then we became a national non-profit. More chapters followed, bringing with them the creation of a board of directors, by-laws,
policies, procedures, handbooks, and a hike-leading curriculum. The memory of those days is still every bit as exhausting as living them was. The learning curve was steep, but the women who joined us had a world of talent and were not afraid of the hard work that it took to make all of this happen.

During those first ten years, we also started the Summit, the country’s first hiking and backpacking conference for women. Through this, not only could we offer all kinds of specialized education, but we could foster the sense of community that the Trail offers to us all. From that first Summit, the classes, seminars, guest speakers, vendors, and attendees have all been amazing; and this summer we will continue that tradition by meeting in North Carolina and once again having a truly magical time.

My favorite part of the Summit is the awards ceremony. While hiking, I may have noticed that there were no women that looked like me on the Trail, but it was after I got off the Trail that I noticed that there didn’t seem to be any recognition for the women out there that were doing extraordinary things. So, we decided to do just that. We began awarding women for advocacy, adventure, and over-all excellence. Women like Laurie Potteiger of the Appalachian Trail Conservancy (ATC), Sanne “Ready” Larsen, Susan “Hammock Hanger” Turner, and “The Great Old Broads” (a national grassroots organization, led by women that engages and inspires activism to protect wilderness and wild lands). All of these women, as well as the other award recipients, deserve to be applauded and recognized for their contributions.

Somewhere in the midst of all of this, we realized that we were missing something. All our focus was on motivating, serving, and inspiring. We wanted to show women that they belonged on the Trail and that we could help even the most inexperienced one find her place and feel comfortable in the outdoors. But we also wanted to make a difference by providing outdoor education for women and supporting other like-minded organizations. Thus, the Trail Dames Charitable Foundation was born. We had been given so much, and it was time to give back.

You know that old saying “you gotta dance with the one that brung you?” Well, the foundation gave us that opportunity. And as for “who brung me” to the dance? Well, that would be the ATC. Where would I be without this amazing organization? So, when we got the official paperwork for the Trail Dames Charitable Foundation, I knew exactly who was getting our first donation. Tears rolled down my cheeks as I made out a check to the ATC. It was small, but I felt like I was finally able to come full circle and say thank you for bringing the Appalachian Trail to us all.

Another wonderful thing that Trail Dames offers is the chance to make connections. We introduce beginning hikers to experienced ones, avid readers to new outdoor writers, and arm chair travelers to world-wide trekkers. Nothing is more fun than introducing these women to each other and this spring, Steve Adams and the Hiking Radio Network offered us a chance to do that on a larger scale with a new Trail Dames podcast. We are now several episodes in and have had the opportunity to give voice to amazing women like Carla “Zipper” Robertson of Living Wild and Precious, Summer of Fat Girl’s Hiking, Sue of FiftySense and Bunny Kramer of the Appalachian Trails Women’s Group. The future line-up of guests is so exciting, and I can’t wait to see who else we are going to get to meet.

From the very beginning, it was important to me that all “Dames” not only knew about the Appalachian Trail, but that they wholly embraced their place on it. Because the A.T. is a place for everyone. This amazing Trail can be enjoyed in a million ways, and I wanted women everywhere to be able to experience that.

And that is why every spring, the Georgia chapter makes its way up to Springer Mountain for our birthday hike. When you think about it, Springer Mountain is not the greatest place for a day hike. We have a long drive, followed by a slow, dusty trek up Forest Service road 42. Being April, the parking lot is normally packed with aspiring thru-hikers, and

That day, I discovered that my favorite sound in the world is the sound of women laughing up and down the Trail.
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HIKING PARTNERS
Planning to hike the Pacific Crest Trail in 2019 and am interested in meeting fellow hikers considering the same. I hiked the A.T. in 2016 and have considerable experience in high altitude mountaineering. Please contact me at: drolsten@neo.rr.com or 419-989-0126.

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FOR YOUR INFORMATION
The 37th annual Gathering of long-distance hikers, friends, and A.T. dreamers will convene the weekend after Columbus Day, Oct. 12-14, 2018, at Shippensburg University in Shippensburg, Pennsylvania. Come for workshops on hiking the A.T. and long-distance trails around the world, the hiker fair, entertainment, and to meet hiker friends old and new. For more info visit: aldha.org/gathering.

Intro to Hiking the Appalachian Trail Workshop - August 25 at 11:00 am, Harpers Ferry, West Virginia. This 90-minute class offered by the Appalachian Trail Conservancy (ATC) at their Harpers Ferry Visitor Center is for those considering a section or thru-hike of the Appalachian Trail. It will cover how to access and navigate the Trail, what to pack, permits, how to store food in the backcountry, and other essential skills. Part of the class will be held outdoors. The class is open to the general public and is free. Advance registration is recommended. Visit: appalachiantrail.org/events for more details and a registration link.

Two Sister Trails — One Celebration.
Tuesday, October 2, 2018. Virtual Event: ATPCT50.org. With the passage of the National Trails System Act in 1968, America was given a gift — the creation and protection of some of Americans’ favorite places to discover the great outdoors. Trails that celebrate outdoor adventure and recreational opportunities are paramount to helping individuals live happy, healthy, and fulfilled lives. In 2018, the U.S. will be celebrating the 50th anniversary of the National Trails System Act and the creation of the first two national scenic trails. Join an online celebration as we honor the creation of both the Appalachian Trail and the Pacific Crest Trail. Celebration includes: Captivating stories covering the history, challenges, and future of our Trails; Special guests including authors Bill Bryson and Cheryl Strayed; Suzanne Dixon, President of the ATC; and Liz Bergeron, Executive Director and CEO of the PCTA; Online auction featuring Trail memorabilia and exclusive vacation experiences, and a Ceremonial Toast. This event is hosted by the Appalachian Trail Conservancy (ATC) and the Pacific Crest Trail Association (PCTA). For more information visit ATPCT50.org.

Public Notices may be edited for clarity and length.

Join our Leadership Circle!
For more information, contact:
Beth Griffin at 828.357.4698 or bgriffin@appalachiantrail.org

www.appalachiantrail.org/annualfund
As I See It

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

Could never having spent the night in the woods by myself, yet having the strong call to backpack be a problem solved this year?

The A.T. — quite literally my backyard — has been a wonderfully rewarding and therapeutic respite for the past two decades I’ve lived in Maryland. It has been a training ground for walks and trail runs and innumerable dog walks. We’re on our fourth dog since moving close to the Trail and the section we call home holds memories of each of those fur babies. There’s been many tree, wildflower, and bird identification hikes with my husband; him the patient teacher, me trying hard to remember. In 2015, my girlfriend and I completed the Maryland miles over several day-hikes and shuttle set ups together. I always enjoy dishing up Trail magic to the thru-hikers, things like rides to town or hiking in treats to give out at the nearby shelter. As you can tell, my love for the A.T. and the hiking community is strong.

When the idea to do my 50-mile section hike came to mind, I kept it to myself for a few weeks, to see how it felt. When I dared to utter it out loud to a few Trail running buddies, they said, “Yes, you have to do it! It will be great! You’ll be amazing!” I mentioned it to some not-so-outdoorsy friends who said things like, “My idea of a bucket list birthday is more spa and Botox than bears and snakes and sleeping in tents,” and, “Oh my, the A.T. alone? Aren’t you afraid?” I kept mentioning it, and mentioning it, until it sounded real. Then I started proclaiming it, and it felt great.

The first five months of 2018 have been full of planning, gear acquisition, and training. One could use the word obsessed. Following five or six 2018 thru-hikers on YouTube, talking to the local outfitter, and picking the brains of other hikers has proven to be empowering; and my confidence is building. I’m training on my little backyard section of the A.T. with a loaded pack and intentionally going southbound to run into as many thru-hikers as I can. They inspire me with their trek and I still pinch myself that I am out there with them.

Spending this training time on the Trail, watching the season unfold, and showing me a different view on every hike of the same 20-mile section has me counting my blessings that the Trail is so close. It never under-delivers. The section I’ve chosen for my 50-for-50 hike is the northernmost 50 miles of Virginia from Front Royal to Harpers Ferry. I’ll go through the section referred to as the Roller Coaster. I feel like that is appropriate for the ride I’ve been on for the first 50 years. They will be new miles for me, and that’s exactly how I want it to be. Who knows what will follow? As I see it, the Trail will let me know, and that’s exactly how I want it to be. Who knows what will follow?

Anne Shubert, her husband Jim, and dog Ollie
LIVE IN FOXVILLE, MARYLAND.
HELP PRESERVE AND PROTECT THE A.T.