

# A JOURNEYS

THE OFFICIAL MAGAZINE OF THE APPALACHIAN TRAIL CONSERVANCY / SPRING 2019

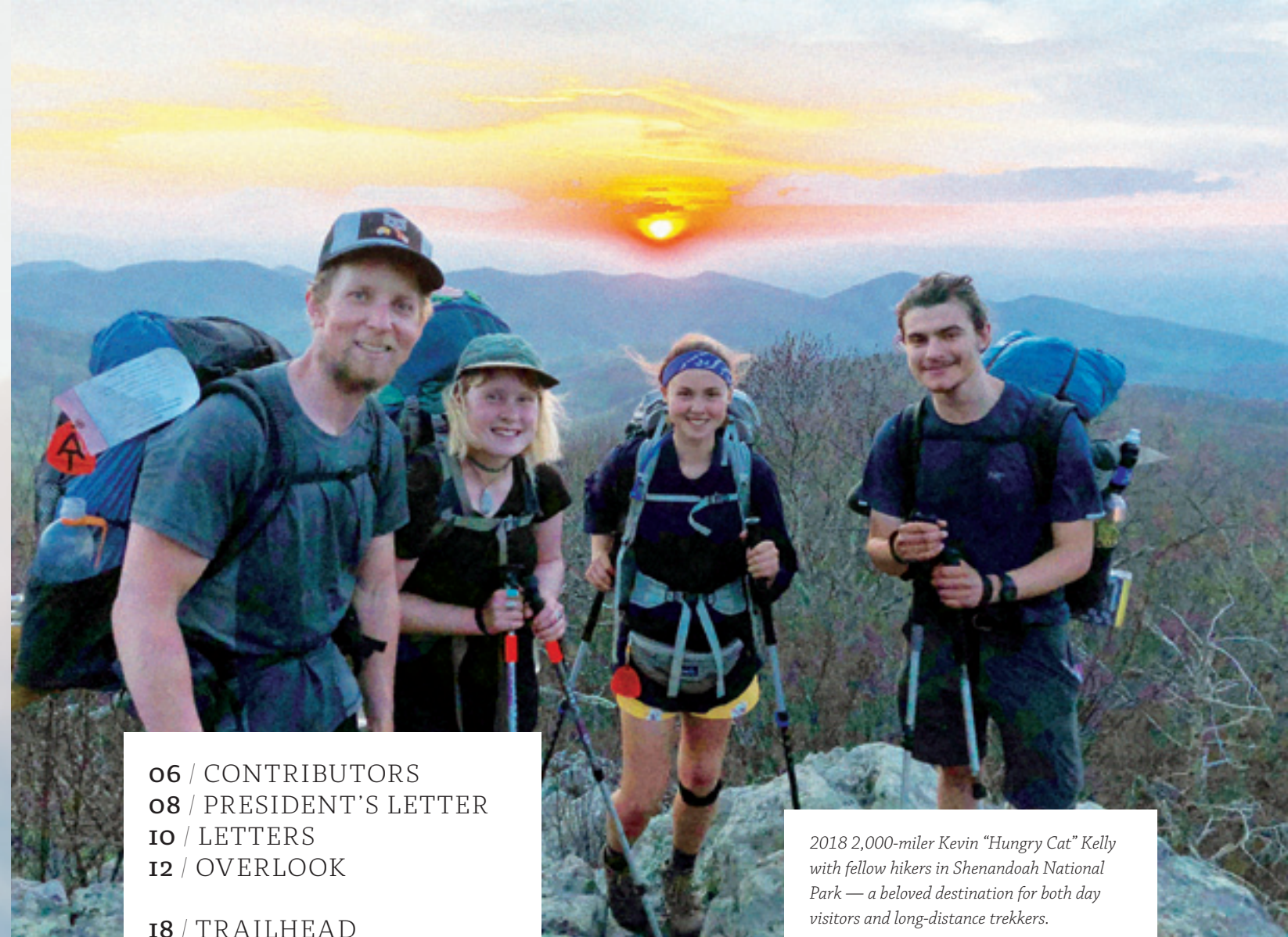
## FOREST HEALTH and the Wild East

Travel and Adventure  
in Trailside Communities

Celebrating 2,000-Milers



# #optoutside



06 / CONTRIBUTORS  
08 / PRESIDENT'S LETTER  
10 / LETTERS  
12 / OVERLOOK

18 / TRAILHEAD  
What's happening along the Trail

46 / APPALACHIAN FOCUS  
"Family photo" at Woods Hole Hostel

48 / RECOMMENDED  
Bear-resistant food storage containers

50 / INDIGENOUS  
Diverse habitat in pitch pine — scrub oak barrens

52 / TRAIL STORIES  
Postcards from paradise

54 / PARTING THOUGHT  
A true sense of place

**ON THE COVER**  
A.T. sunset near Newfound Gap in the  
Great Smoky Mountains National Park.  
By Aaron Ibey

2018 2,000-miler Kevin "Hungry Cat" Kelly  
with fellow hikers in Shenandoah National  
Park — a beloved destination for both day  
visitors and long-distance trekkers.

## 30 / STEP OUT

Adventure and culture await in  
communities along the Trail

14 / HEALTHY FORESTS  
A.T. Forests and the vitality of the Wild East

22 / 2,000-MILERS  
Congratulations to thousands of dedicated  
hikers on their A.T. completions

40 / HIKING WITH DOGS  
Tips on bringing your best friend along for the hike

44 / A.T. INDULGENCE  
Treat yourself to some of the finer things Trailside



# ↑ JOURNEYS

THE MAGAZINE OF THE APPALACHIAN TRAIL CONSERVANCY / SPRING 2019

## ATC EXECUTIVE LEADERSHIP

Suzanne Dixon / President & CEO

Stacey J. Marshall / Vice President of Finance & Administration

Elizabeth Borg / Vice President of Membership & Development

Laura Belleville / Vice President of Conservation & Trail Programs

Cherie A. Nikosey / Chief of Staff

Brian B. King / Publisher

## A.T. JOURNEYS

Wendy K. Probst / Editor in Chief

Traci Anfuso-Young / Art Director / Designer

## CONTRIBUTORS

Jordan Bowman / Communications Manager

Laurie Potteiger / Information Services Manager

Brittany Jennings / Proofreader

## 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.

## BOARD OF DIRECTORS

Sandra Marra / Chair

Greg Winchester / Vice Chair

Edward R. Guyot / Secretary

Mary Higley / Treasurer

Colin Beasley

Beth Critton

Grant Davies

Shalin Desai

Norman P. Findley

Thomas L. Gregg

Daniel A. Howe

Robert Hutchinson

James LaTorre

Colleen Peterson

Rubén Rosales

## PRESIDENT'S ADVISORY CIRCLE

Hon. C. Stewart Verdery, Jr. / Co-Chair

Hon. Stephanie Martz / Co-Chair

Diana Christopoulos

Constance I. DuHamel

Lisa Koteen Gerchick

Jessica Herrera-Flanigan

R. Michael Leonard

Robert Rich

Thomas Torrisi

Sara Hazelwood Yanes

## MEMBERSHIP

For membership questions or to become a member, call: (304) 885-0460



membership@appalachiantrail.org

## ADVERTISING

*A.T. Journeys* is published four times per year. Advertising revenues directly support the publication and production of the magazine, and help meet Appalachian Trail Conservancy objectives. For more information and advertising rates, visit: [appalachiantrail.org/atjadvertising](http://appalachiantrail.org/atjadvertising)

The staff of *A.T. Journeys* welcomes editorial inquiries, suggestions, and comments. Email: [editor@appalachiantrail.org](mailto:editor@appalachiantrail.org) Observations, conclusions, opinions, and product endorsements expressed in *A.T. Journeys* are those of the authors and do not necessarily reflect those of members of the board or staff of the Appalachian Trail Conservancy.

*A.T. Journeys* is published on Somerset matte paper manufactured by Sappi North America mills and distributors that follow responsible forestry practices. It is printed with Soy Seal certified ink in the U.S.A. by Sheridan NH in Hanover, New Hampshire.

*A.T. Journeys* (ISSN 1556-2751) is published quarterly for \$15 a year by the Appalachian Trail Conservancy, 799 Washington Street, Harpers Ferry, WV 25425, (304) 535-6331. Bulk-rate postage paid at Harpers Ferry, West Virginia, and other offices. Postmaster: Send change-of-address Form 3575 to *A.T. Journeys*, P.O. Box 807, Harpers Ferry, WV 25425.

© 2019 Appalachian Trail Conservancy. All rights reserved.



## On the road to fewer roads? We can help.

From epic adventures to weekend trips, Enterprise has the vehicles and the team to start your next journey.

To reserve, visit [enterprise.com](http://enterprise.com) or call 1 800 rent-a-car.  
Reference account # W15509.



©2019 Enterprise Rent-A-Car. J03070 2.19



ATMOS | AURA AG



“ I’VE LEARNED THAT THE KEY TO ROADTRIP SUCCESS IS TO NOT JUST VISIT THE BIG ATTRACTIONS, BUT TO SEEK OUT AND BE OPEN TO UNEXPECTED EXPERIENCES, FOOD, AND PEOPLE

Kim O’Connell

”

A CHANGE OF SCENERY, NO MATTER WHAT THE SCALE, for me is always a refreshing way to reset my mind. Whether it is my husband and I taking our two dogs for a short walk in a nearby park or packing us all up for a road trip to a new destination. Every one of our contributors in this issue was inspired by an aspect of their lives that deeply influences them and delivers a fresh perspective, creating a collage of stories, voices, and images that is as varied as the landscape of the A.T. From finding solace in forests — and realizing how important it is to protect those shady canopies of escape — to the excitement of planning a new adventure, to simply absorbing the sense of place that comes from a familiar or new environment — these stories encompass the larger story of the Wild East.

Wendy K. Probst / Editor in Chief



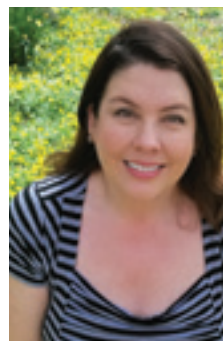
#### Katie Eberts

Inspired by simple outdoor surroundings like flower gardens and song birds, Katie Eberts hopes her illustrations will leave you feeling happy. She graduated from the University of Michigan Stamps School of Art and Design and is currently a freelance artist/illustrator based in the upper peninsula of Michigan. Over the past six years, she has created several feature illustrations as well as artwork for two covers for *A.T. Journeys*. Some of her other clients include: *Bon Appétit* and *Delicious Living*. “Working on an illustration about healthy forests really appealed to me,” she says. “Having the opportunity to depict plants, animals, and humans in one peaceful setting felt like a sort of shout-out to the Peaceable Kingdom paintings by Edward Hicks. It was such a treat.”



#### Hannah Fries

Hannah Fries grew up in New Hampshire, spending many summers hiking and camping in the White Mountains, on and around the A.T. She graduated from Dartmouth College and went on to get an MFA in poetry from Warren Wilson College in North Carolina. She has worked as an editor at *Orion* magazine and at Storey Publishing — and is the author of the poetry collection *Little Terrarium* as well as the book *Forest Bathing Retreat*. She currently lives in western Massachusetts with her husband Adam Brown, and son, Amos. “One of life’s greatest joys, I think, is getting to really know a place,” she says. “...whether that place is a mountain, a river, a section of trail, a patch of woods in your backyard, or even the teaming ecosystem of a city block.”



#### Kim O’Connell

A resident of Arlington, Virginia, Kim O’Connell has written about conservation, science, and history for a range of publications. With her husband and two children, she is on a quest to see all 50 U.S. states (with only three more to go) and is a veteran of several ambitious road trips. “I was drawn to writing the story about Travel and A.T. Communities because I’ve learned that the key to road-trip success is to not just visit the big attractions, but to seek out and be open to unexpected experiences, food, and people,” she says. After a recent trip to Boiling Springs, Pennsylvania, Kim has now added visiting a long list of A.T. Communities to her future travel plans with her family.



#### Mark Ellison

Mark Ellison began exploring the southern Appalachian woods as an undergraduate at Western Carolina University. He became fascinated with the beauty and solitude he found there. His doctoral research at NC State focused on the restorative benefits of hiking in wilderness, which opened doors for collaboration with researchers and practitioners from other countries to better understand the connections between nature and human health. “Writing about forests along the Trail was intriguing to me because of its focus on us as the primary stewards of their health,” he says. “...not only for our own well-being, but for the other species that share the planet with us.



Kubota — tough enough for the A.T. landscape, tough enough for your property and more ...

Beverage Tractor is a proud partner of the Appalachian Trail Conservancy to preserve and maintain habitat for all to enjoy.

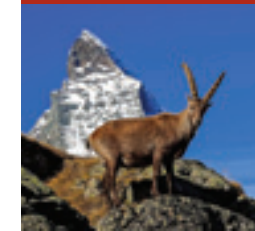
540.337.1090  
beveragetractor.com



Virginia’s Largest Full-Line Kubota Dealer

## Russell Tours

### Hiking in Beautiful Places



Hike the best parts of the greatest European trails in the Alps.

#### Haute Route Tour de Mont Blanc

Hike 7, 10, 14, or 21 days.  
Stay in 4-star hotels.  
From \$1,450 per week pp  
½ board (Breakfast & Dinner)

HIKING@RUSSELLTOURS.COM  
WWW.RUSSELLTOURS.COM

# RIDE THE HIAWATHA

ALL DOWNHILL RIDE WITH SHUTTLE BACK TO TOP

10 TUNNELS & 7 SKY HIGH TRETTLES

USA TODAY TOP TEN PICK

RAILS TO TRAILS HALL OF FAME

Tickets, bikes & tag-a-long rentals and picnic lunches available at Lookout Pass Ski Area

208.744.1234 RideTheHiawatha.com

ROUTE OF THE HIAWATHA 1998 20 2018

AT LOOKOUT PASS SKI & RECREATION AREA

U.S. NATIONAL SYSTEM

Instagram and Facebook icons



## SHOW A.T. COMMUNITIES YOUR LOVE

ABOUT A YEAR AGO, I WOKE up in an Airbnb in Pawling, New York. Before a full day of meetings, I pulled on my boots, stretched a minute on the deck, and headed up the hill for a quick hike on the Appalachian Trail. How did we find this lovely landing spot? It was advertised as the “A.T. House.”

On a recent Pennsylvania trip, I stayed at the Shawnee Inn, a historic property that sits across the Delaware River from the forested hills of Delaware Water Gap National Recreation Area.

Approximately 25 miles of the Appalachian Trail run through this park. The Shawnee routinely sends guests out on A.T. adventures and offers guided hikes on other trails in the area, along with river trips and meals made with garden-fresh produce.

In Hot Springs, North Carolina, the Smoky Mountain Diner offers a “Hungry Hiker” burger on its lunch menu. Farther south, near Bryson City, the River’s End restaurant is sandwiched between the best of land and water recreation — the A.T. and the whitewater of the Nantahala River.

From Georgia to Maine, close to 50 communities and counties are designated Appalachian Trail Communities. These and many other towns, villages, and small cities near the Trail are hospitality centers not only for the A.T., but also for all kinds of other outdoor recreation experiences. These communities are where visitors launch their explorations of the Wild East — the important corridor of open space that consists of and surrounds the Appalachian Trail. Where hikers, walkers, bicyclists, paddlers, birders, and you name it provision, refuel, and rest up.

Each one of these communities offers travelers something unique to explore, experience and, learn. They invite visitors to linger — to arrive early, stay longer, or take time off the Trail or the river or the road — and immerse themselves in something new.

These communities are also connecting points for stewardship of the Trail and the wild and rural landscapes that sur-



round it. They are key threads in the fabric that maintains the A.T., protects open space and habitat, and connects residents and visitors to opportunities to learn about wildlife, native plants, natural history, and cultural roots. The volunteer vacations that some Appalachian Trail maintaining clubs offer are an interesting crossover between hospitality and hands-on support, turning Trail maintenance into a revenue-generating, community-building experience.

As we have begun to engage A.T. Communities to lay the groundwork for the Appalachian Trail Conservancy’s new Geotourism initiative, we’ve found a deep commitment to marrying local business and economic development, tourism promotion, and conservation. In the Harlem Valley — where I woke up last spring to an early morning hike from the doorstep of the “A.T. House” — the collaboration that the Harlem Valley Appalachian Trail Community is fostering to support its Geotourism work has spawned a new level of cooperation among local, regional, and national conservation groups active in the area. These groups are now exploring how to create a unified voice for conservation in the Harlem Valley and put their collective muscle behind shared priorities.

This spring, take some time to explore a community near the Trail. Use it as a base camp for a day or two, take a hike and enjoy a meal, fine companionship, and the hospitality, local culture, and events that these places distinctively offer. Your dollars and commitment to the health of the wild and rural landscapes accessible from these communities will have more ripple effects than you can imagine.

*Suzanne Dixon / President & CEO*

*Suzanne*

The A.T. on your  
lunch break:  
come work for  
Dartmouth College



DARTMOUTH  
[dartgo.org/itc-jobs](http://dartgo.org/itc-jobs)

SAVED BY  
**spot**

**HIKING**  
WITH PEACE OF MIND



**SPOT X™**  
2-WAY SATELLITE MESSENGER  
\$249.99  
FLEX PLANS AS LOW AS  
\$14.95/mo.

**SPOT GEN3™**  
GPS SATELLITE GPS MESSENGER  
\$149.99  
PLANS AS LOW AS  
\$19.99/mo.

**SPOT TECHNOLOGY HAS OVER  
6,000 RESCUES INITIATED!**

Visit [www.FindMeSPOT.com/ATC](http://www.FindMeSPOT.com/ATC) to learn more!



**VASQUE®**  
TRAIL FOOTWEAR

**NOW AVAILABLE**

**BREEZE LT GTX**

[VASQUE.COM](http://VASQUE.COM)

[f](#) [@](#) [t](#) **VASQUEFOOTWEAR**





YOU GUYS ROCK! IT TAKES SO much to maintain a trail so long, rugged, and with so much foot traffic. Yet the only time I found myself hopping over downed trees was the day after a hurricane (and Trail maintainers were already out there). I know that your work goes beyond Trail maintenance, but this is just one example of the excellent work you do. Thank you!

Kreg "Carrot Top" Moccia  
Peabody, Massachusetts

BEGAN A 30-DAY BACKPACKING trip to escape from everyday life and stress in Carlisle, Pennsylvania last June — heading northbound with no destination in mind. While meeting so

many amazing people on the Trail and having such a great time, I wished the trip would go on. I realized I already had everything I needed on my back, so I got permission from my boss to continue hiking. My 30-day trip turned into a six-month adventure. I ended up having the time of my life on the Appalachian Trail. My adventure came to an end when I summited Springer in mid-December. I returned home, constantly wishing I was still on the Trail. Life is better there. Now I wonder what great adventure will come next in my life.

Christopher "Just Dave" Dube  
Townsend, Delaware

LOVE THE WINTER ISSUE! IT starts with the fabulous photography that includes the advertisements. And all the articles relate well to the theme of the "Wild East." Good work.

Wendy "Tiger Bomb" Pacek  
Altoona, Florida

I ALWAYS LOOK FORWARD TO *A.T. Journeys* showing up in my mailbox. It is the one magazine I read cover-to-cover. I do like the new design, although I will miss the "As I See It" column. This was a favorite of mine. I enjoyed the inspirational stories of everyday hikers. One thing that I implore you not to change in the spring issue is the feature dedicated to the previous year's 2,000-milers. I love seeing their pictures and going through the

list of finished hikers and their Trail names. I meet a few hikers each year while day hiking near my home in Pennsylvania. I offer treats when I can for awesome Trail conversation. It is really great to see their names and/or their pictures in my favorite magazine.

Gerald Mistal  
Bethlehem, Pennsylvania

A GREATLY IMPROVED MAGAZINE. I am a life member and don't get out much anymore on the Trail, and the magazine keeps me in touch with what's been going on. The Winter issue was read cover to cover. Thanks for the new version.

Bill "Macon" Jones  
Macon, Georgia

*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.



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

@doug.hahn.1313

The Trail should be a historic landmark preserved forever...

Take your kids, take your grandchildren for a hike. There is absolutely nothing like the Appalachian Trail. Get to know nature, respect it, not trash it.

@davisfromvegastotrail

The Wild East is so important to protect. Our backyard to nature.

@summitlodgesugarmountain

Sharing the Trail with wildlife is all part of the experience!

@appalachian\_adv

I ordered my Wild East Poster and proudly donated to the keep the A.T. wild for future generations.

@johnny\_nature.seed

I passed some Trail workers in Maine, college students

weighed a buck 20 using 35 lb spud bars to flip 1,000 pound boulders and using hand tools to chop down trees blocking the path. I admired their effort and really appreciated not having wet feet for a few more days. Thank you all for what you do.

Started my flip-flop from [the Flip-Flop Festival] in 17'! Good times...To say my thru-

hike was life-style changing would be an understatement. Hope it is for you too! Enjoy the journey! ~David Pagano

Sent in my reservation for 2 weeks with Konnarock. This will be my 17th time on Trail crew. Real Trail magic. ~Richard Gehring

PHOTO BY JORDAN BOWMAN

At Beyond Boundaries we are committed to making the world a better place. The Hippy Man line encourages everyone to clean up and care for the outdoors. Each Hippy Man shirt comes in a recyclable bag meant to be reused to pick up trash.

**BEYOND BOUNDARIES**  
OUTFITTERS  
MAKE THE WORLD A BETTER PLACE!

We also love to give back so 10% of every Hippy Man shirt purchase goes directly back to the ATC. Hippy Man believes that a #MoveForward mentality is a motivation to keep moving forward, whether in life or on the trails.

**gobboutfitters.com**

**HIKE from home**

Penn National  
GOLF COURSE COMMUNITY

- ♦ a la carte amenities
- ♦ no state tax on retirement income
- ♦ adjacent to 85,000 acre Michaux State Forest & Penn State Mont Alto campus

**pennhomes.com**  
**800.338.7523**

**DON'T MISS THE FUN! TRAIL DAYS**

**DAMASCUS VIRGINIA MAY 17-19**

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: traildays.us**



## THE TRAIL COMMUNITY IN BLOOM



A.T. - White Mountains National Forest just before Franconia Ridge. By Aaron Ibey

WITH SPRING COMES NOT ONLY A RETURN OF warmer weather and greenery but also hiking boots and packs. The Teahorse Hostel in my home town, Harpers Ferry, West Virginia, opened its doors recently and already our A.T. Community is busy with hikers. Harpers Ferry and the Appalachian Trail Conservancy will be hosting its annual Flip Flop Festival at the end of April and hikers, choosing a “flip-flop” thru-hike, will come into town for last minute guidance and workshops before heading out on their adventure. While originally started as just an A.T.-focused event, the Flip Flop Festival has grown into a town-wide activity, involving all types of local businesses and bringing in visitors well beyond A.T. hikers.

In addition to Harpers Ferry, A.T. Communities up and down the Trail are making similar plans. In my area, our newest town, Round Hill, Virginia is gearing up for its Designation Day Appalachian Trail Festival. Planned for June, the event will coincide with the northbound thru-hiker “bubble” arriving in our area. From the early days of Damascus Trail Days, to now multiple communities along the entire Trail, we are seeing the importance and benefit hikers bring to these small towns.

In addition to hikers, you’ll also notice a lot of volunteers out with weed whackers and saws. This past year’s late winter storms have really wreaked havoc on the Trail — with miles of sections almost

impassable due to multiple downed limbs and trees. In Shenandoah, the central and south districts were completely closed through March. And, naturally, the northern section of the Trail is still under snow cover. Trail conditions will test the mettle of our crews and overseers as they work to ensure the path is open and ready for our visitors. But, as always, they up for the challenge.

Whether you are a hiker, a Trail worker, or a Trail neighbor there is much you can enjoy and appreciate about the Appalachian Trail. There is also much you can do to help protect and preserve it for others. Hikers: remember to practice Leave No Trace and follow guidelines on day and overnight group sizes. Be respectful when you arrive in our Trail communities. Volunteers: you have a great opportunity to act as Trail Ambassadors while out doing your work, so make sure to stop and chat with hikers that you see, sharing both your love for the Trail and ways that they can also give back with their time and membership dollars. And A.T. Communities: continue to work to promote the Trail, not only to outside visitors, but also with your own residents, making sure that everyone knows what a wonderful resource is just outside (or a short drive from) their back door.

See you on the Trail!

Sandra Marra / Chair

**REGISTER FOR A.T. CAMPSITES TO REDUCE CROWDING**

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 immediate notifications

**ATCAMP.ORG**

**SHARE YOUR LOVE FOR THE A.T. WITH A GIFT MEMBERSHIP**

APPALACHIANTRAIL.ORG/GIFTMEMBERSHIP

PAMELA “CHILLY” PARKER, SPRINGER MOUNTAIN, GEORGIA. PHOTO BY BOB PARKER

**Thank You**

**FOR YOUR GENEROUS TRIBUTE AND MEMORIAL GIFTS**

**FULL LISTINGS:**

[appalachiantrail.org/WinterTributes2019](http://appalachiantrail.org/WinterTributes2019)

**MAKE A GIFT:**

[appalachiantrail.org/tribute](http://appalachiantrail.org/tribute)

JANES BALD, NORTH CAROLINA. BY AARON IBEY



# HEALTHY FORESTS

THE HEALTH OF FORESTS ALONG  
THE A.T. IS INTEGRAL TO THE  
VITALITY OF THE WILD EAST

*By Mark Ellison / Illustration By Katie Eberts*

WE FIND ON THE APPALACHIAN TRAIL A REPRIEVE FROM MODERN LIFE FULL OF NOISE, LIGHT, AIR POLLUTION, AND CONSTANT CONNECTIVITY. Exploring the Trail is like going home, or entering a restorative cocoon. Though we have tried to separate ourselves from nature in our urban lives, our health is inseparable from that of the Earth. We are responsible for tending the relationship with the forests of the Wild East now, helping to replenish them similar to how the Cherokee and other indigenous cultures have for centuries.

Since the first section of the Appalachian Trail opened in 1923, millions of people have set foot on it seeking an escape in wild nature that is freeing, awe inspiring, and life changing; using it as an exit ramp from frenetic schedules, invasive noise, and incessant demands on our attention to some of the most splendid landscapes in the country. The U.S. population that year was 111 million, it now eclipses 327 million, bringing with it profound impacts.

Population increases in the eastern U.S. have multiplied our carbon footprint, with the forests of the Appalachians being a crucial carbon absorption







*Left: Beech forest and whorled wood aster along the A.T. in the Roan Highlands Tennessee/North Carolina.*

*By Jerry Greer; Right: Barred owl on the A.T. near the southern border of Shenandoah National Park.*

*By Paul Hammond*

“  
Forests cradle  
our well-being...  
How often do we  
quiet our mind  
and listen to the  
forest to learn  
what it needs?  
”

area in North America. Climate change has serious implications for endangered species such as moose, the red shouldered hawk, loggerhead shrike, and Virginia big eared bat, as well as plants like the yellow lady's slipper, and pristine sparkling streams. If left intact, the Wild East can become an oasis in a nature desert, home to species fleeing other areas due to climate change and urbanization.

Benton MacKaye envisioned the Appalachian Trail as more than a narrow corridor, but a space to help join humans and nature. The A.T. is a thread tying balds, bogs, meadows, forests, and fauna together in a mutually supportive and resilient ecosystem. The forest enchants us and we learn more each day how it heals us. It offers the gift of escaping the stress and distractions of life.

An abundance of research, from Japan to Finland to the U.S. describes how spending time in nature enhances creativity, increases well-being, mends the immune system, reduces

stress, and makes us smarter. The call of the junco, waxwing, or barred owl, the gentle flow of a stream, the radiant red leaves of a maple floating through the air, or the scent of fir trees, are all soft fascinations that help to heal our attention capacities. High quality, natural settings free of noise, human structures, and other distractions offer the most health benefits as do areas with the highest biodiversity. The Appalachians offer some

of the most biodiverse areas in North America, including over 158 different tree species. Spanning 11 degrees of latitude and over 6,500 feet in elevation, the diverse habitats of the A.T. likely harbor more rare, threatened, and endangered species than any other national park unit.

Until the early 1800s, Appalachian forests remained relatively unscathed. But the arrival of the Industrial Revolution introduced a period of rapid expansion of logging to fuel the growing U.S. economy. Railroads and steam-generated power made lumber an industrial commodity at a large scale. By the early 1900s, the majority of eastern forests had been cut at least once, leaving a barren, ecologically-degraded landscape resulting in erosion and poor water quality.

Since the Appalachian Trail's inception, the forests it passes through have been in stages of restoration from human and natural incursions. The Weeks Act in the early 1900s helped conserve over 50 national forests in the eastern U.S., eight of which the A.T. crosses through. Deforestation, invasive species, fire suppression, and other human interventions have weakened these ecosystems. Stalwarts of the Appalachians like the mighty American chestnut, graceful eastern hemlock, and aromatic Fraser fir have come under siege.

The American chestnut provided nourishment for bears, turkey, and deer and was an important part of the ecosystem and economy of the eastern United States until the chestnut blight wiped out the tree's population in the early 1900s. Efforts to reintroduce a blight-resistant variety are showing promise. Hemlocks majestically tower over the forest floor, but face destruction by the

hemlock woolly adelgid. Without them, the ecology of the forests is impacted as is the diversity of native trout in the mountain streams. Researchers are enlisting the help of laricobius beetles, which consume wooly adelgids, to save the hemlocks. The peaks of the mountain range are kissed with spruce-fir forests bringing a taste of Canada to the southern United States, but these too are under siege. The Fraser fir is in decline due to an infestation by the balsam woolly adelgid. And numerous invasive species like feral hogs, kudzo, and English ivy are decimating native plants.

Forests cradle our well-being. When we look into nature, we gaze into a mirror reflecting our priorities. How often do we quiet our mind and listen to the forest to learn what it needs? Thoreau described tramping eight or ten miles through the snow to keep an appointment with a beech-tree, yellow birch, or pine. Perhaps we should slow down and do the same, while envisioning the A.T. with the same wonder. Realizing what a gift and responsibility it truly is should fuel our desire to protect it. ♡



Learn more about the Wild East at:  
[wildeast.appalachiantrail.org](http://wildeast.appalachiantrail.org)





Buttermilk Falls, New Jersey. By Raymond Salani III

# TRAILHEAD

ATC DIRT / HIGHLIGHTS / EVENTS / UPDATES



## BUTTERMILK FALLS

There are numerous waterfalls along the A.T. — and nearby side/blue-blazed trails — that make for great viewing and destination hikes. At roughly 200 feet, Buttermilk Falls is the highest waterfall in New Jersey and is accessible via a 1.6-mile hike on a blue-blazed trail just off the A.T., or steps away from a parking area for those who don't want to hike in. The striking waterfall is also part of a loop hike, which includes the Appalachian Trail, glacially-formed Crater Lake, Hemlock Pond, and several vista points with views of the surrounding Kittatinny Mountains.

## KNOW BEFORE YOU GO

Hiking even just a portion of the Appalachian Trail is the adventure of a lifetime, but you'll enjoy that adventure even more if you're prepared. Brush up on all the basics from proper gear and food to health and safety.

### Basics: Footwear / Blisters

The most important thing is that shoes fit well and are broken-in. Nothing spoils the fun or ends a hike quicker than blistered feet. On a day hike, broken-in tennis shoes can be a better choice than brand-new boots. When carrying a backpack or hiking on rocky terrain, more substantial hiking shoes or boots may be desirable, but some hikers walk the entire A.T. in running shoes or cross-trainers. Remember, the heavier your pack, the more substantial a shoe you will need. Shop for boots in the afternoon as feet swell throughout the day. Thru-hikers can expect their feet to expand over the course of their hike, so if between sizes, choose the larger size. ¶ To help prevent blisters, break in new shoes or boots gradually before you begin your hike. As soon as you feel any discomfort or "hot spot" developing, stop hiking and place moleskin or duct tape over areas developing soreness.

[appalachiantrail.org/hikingbasics](https://appalachiantrail.org/hikingbasics)



A.T. — Bear Mountain, Connecticut By Aaron Ibey



## National Trails Day JUNE 1ST

Thousands of Events. One Adventurous Day. Find your own adventure and celebrate National Trails across the U.S.

[americanhiking.org/national-trails-day](http://americanhiking.org/national-trails-day)



### Protect Yourself

One of the greatest risks to your health while hiking the A.T. is from contracting a tick-borne disease. This most recent map from the CDC illustrates how widespread reported cases of Lyme disease have become on the East Coast. Risk is heightened during spring and summer.

Educate and protect yourself:  
[cdc.gov/ticks](http://cdc.gov/ticks)  
[tickencounter.org](http://tickencounter.org)  
[appalachiantrail.org/health](http://appalachiantrail.org/health)



### Congressional Update

Find out what's happening on Capitol Hill — and how it will affect the Trail.

For more information visit:  
[appalachiantrail.org/takeaction](http://appalachiantrail.org/takeaction)

## A View Worth Saving

By Peter J. Barr

Condition of the historic fire lookout tower atop the A.T.'s Rich Mountain — overlooking Hot Springs, North Carolina — became so unsafe by 2017 that it was closed indefinitely to hikers seeking to enjoy its 360-degree vantage point. Falling into disrepair in recent years, it suffered mightily from sustained vandalism and the stresses of weather extremes at its 3,670-foot elevation. ¶ The Rich Mountain tower straddles the state line and boundaries of North Carolina's Pisgah National Forest and Tennessee's Cherokee National Forest. The 31-foot lookout was erected by the U.S. Forest Service (USFS) in 1932 and utilized for fire detection for the next six decades. It has since remained a beloved scenic viewpoint along the A.T. for visiting hikers, and a historic structure that portrayed a bygone era of natural resource protection methodology. ¶ Too treasured of a landmark to lose, a partnership comprised of the Forest Fire Lookout Association (FFLA), the USFS, the Appalachian Trail Conservancy (ATC), and Carolina Mountain Club joined forces to complete restoration of the tower in 2018. ¶ The restoration was made possible by funding from the ATC's License Plate Grant Programs in North Carolina and Tennessee. Grants made to the North Carolina FFLA — a non-profit that seeks to preserve, restore, and interpret historic fire lookout towers — leveraged an additional \$100,000 from the USFS to achieve the project. ¶ The Rich Mountain tower received a full structural overhaul, including new roofing, wooden cab walls and deck railings, lightning rods and grounding wiring, fresh paint, installation of durable, vandal-proof metal-grate flooring and stairs, and even a security camera to mitigate vandalism. ¶ Both the tower's venerable history and its stunning panorama from the top are now preserved and accessible to A.T. hikers as a reward for their long climb up the mountain.



The newly restored tower offers 360-degree views from Rich Mountain.  
By Shannon Millsaps \ NC Forest Fire Lookout Association

★ North Carolina  
Rich Mountain Tower

The Rich Mountain Tower is just one of six fire towers that have been restored along the Trail in Georgia, North Carolina, and Tennessee. They include: Albert Mountain, NC; Wayah Bald, NC; Wesser Bald, NC; Mount Cammerer, NC/TN; and Camp Creek Bald, NC/TN. The Blood Mountain, GA, and Roan High Knob, NC/TN, fire warden cabins are used as A.T. shelters.



2000 M I L E R S

NORTHBOUND° 778  
SOUTHBOUND° 135  
FLIP-FLOP° 139  
SECTION HIKER° 198

Sunrise on Mount Washington. By Adam Richardson

## OUR LIST OF DETERMINED INDIVIDUALS

INCLUDES THOSE WHO REPORTED HIKE COMPLETIONS OF THE ENTIRE TRAIL (THRU-HIKES OR SECTION-HIKES) TO THE APPALACHIAN TRAIL CONSERVANCY SINCE LAST SPRING.

## CONGRATULATIONS TO ALL 1,197

DETERMINED HIKERS WHO REPORTED THEIR COMPLETION OF THE ENTIRE APPALACHIAN TRAIL IN 2018.

FOR THE THIRD YEAR IN A ROW, THE NUMBER OF THRU-HIKERS WHO REPORTED COMPLETING A FLIP-FLOP ITINERARY WAS GREATER THAN THE NUMBER OF THOSE REPORTING A SOUTHBOUND THRU-HIKE, ALTHOUGH NORTHBOUNDERS ARE THE LARGEST CATEGORY BY FAR AGAIN. WE RECEIVED APPLICATIONS FROM HIKERS AS FAR AWAY AS BULGARIA AND NEW ZEALAND.

STARTING LATER THIS YEAR, 2,000-MILERS WILL BE ABLE TO CONNECT, VIEW AND UPLOAD PHOTOS, AND SHARE THEIR ACCOMPLISHMENTS WITH EACH OTHER THROUGH SOCIAL MEDIA. FIND OUT MORE AT:  
[APPALACHIANTRAIL.ORG/2000MILERS](http://APPALACHIANTRAIL.ORG/2000MILERS)

## 2018

ABATE JULIAN / MAYDAY  
ABELL JARED / WALMART SPECIAL  
ABERNETHY HEATHER / SCOUT  
ABRAMS LYNSEY / STUBBS  
ADAMS JAKE / SANDALS  
ADAMS RACHEL / NINJA SNAIL  
AFFRONTI JOHN / TENTCENTS  
AGGARWAL AMIT / GUMP  
AGUILAR MONICA / MOSS  
AKERS NANCY / BLUEGRASS  
AMBROZEWICZ STEWART / RIP VAN WINKLE  
ANDERSON GERRY / OZZIE  
ANDERSON HARVEY / COMMANDER  
ANDERSON HEATHER / ANISH  
ANDERSON TED / MILES  
ANDRADE JEFFREY / SURE WIN  
ANDREWS WILLIAM / CAPCAP  
APPLEBY BILL / 55 SOG  
ARCHILA SAUL / RED HAWK  
ARCHULETA JOHN / PING (MOUNTAIN)  
ARETZ BONNIE / BURDOCK  
ARMOUR ERIK / NIX

ARMOUR SCOTT / POTHOS  
ARMSTRONG MAXIMILIAN / BLOODHOUND  
ASCHENBACH BRENDA / TOOTSIE  
ASMAN CONNOR / BRAND NEW  
AUBIN ERIC / PROFESSOR  
AUWAERTER CAROLYN / INCUBATOR  
AWAD LUKE / METRIC  
AZMAT SAAREM / TRAINWRECK  
BABCOCK TESSA / BIG MONEY  
BABIAZ CRAIG / ORANGE  
BACASTOW RICHARD / HIGHWAY  
BAGGE DAVID / 13  
BAILEY JERRY / BEAR SNACK  
BAKER BRETT / WIZARD  
BAKER JIM / SHIVERS' DAD  
BAKER LARRY / FOX  
BALABAN KAREN / SECOND WIND  
BALDING KENNY / KENYA  
BALDREE RHIANNA / NEEDLES  
BANG-LARSEN EVA-CHARLENE / NOVEGAN  
BARBASH EDDIE / STEADY  
BARBER JESSICA / SUMMIT  
BARDOUL JORDANE / RENOIR  
BARLOW PHIL / BALD EAGLE

BARRETT ALAN / EARL GREY  
BARRETT MARY / PURPLE HAZE  
BARRON AIFRIC / FIZZY  
BARRON IAN / SWEEPS  
BARRON OWEN / BEAR  
BARROW JESS / BLUEGRASS  
BARTELL JARED / MUSH  
BARWIN REBECCA / FLIP-FLOP  
BASILE JOSEPH / SIR JUICE  
BASS REBEKAH  
BATES, JR. ROBERT / BOBKAT  
BATSON JASON / TICKLE ME ELMO  
BAUHART MILENA / DOC  
BAXTER ROBERT / NO NAME  
BEADLES GARY / GARY  
BEALE ANYA / ONION  
BEAVER JACOB / FLOSS  
BEHRENS GREG / GBOLT  
BELLAVANCE ERIC / PONCHO  
BELLER RON / RONRICO  
BENNETT JEFF / SWITCH  
BENSON JOSH / BROKEN SEAL  
BERGHOLZ IZZY / BUTTER  
BERHEIDE DANIEL / CHUG  
BERMAN DAVE / ION  
BERMAN SARAH / EARTH HEART  
BERMUDEZ NICK / RED EYE  
BERNABÉ CÉCILIA / SPROUT  
BERNHARD TODD / PC  
BERNLOEHR MATTHIAS / BERNIE  
BERRY MATTHEW / BLUEBERRY  
BESS AMANDA / PEWEE  
BEYARD SEAN / YO-YOGI  
BIEBER TOM / DETAIL  
BIRT RON / BUCKEYE  
BISHOP JENNIFER / LOON  
BLACK MICKEY / MARATHON  
BLAINE JEREMY / RAMBO  
BLANCHARD AMANDA / V  
BLANCO MANUEL / FIX GEAR  
BLUE DAWANNA / SALLY FORTH  
BLUM DAVID / JUST DAVE  
BOECKEL BEN / STINGER  
BOEGNER JOSHUA / OLLI  
BOHNER LEE / LOWER-BOHNER  
BOLEY KRYSTAL  
BOLING KYLE / PEACH  
BOLTON MARY-ANN / CROW  
BOMAR ANN / SPINELLI  
BOOKOUT SCOTT / SPOT  
BOTBYL GLENN  
BÖTTGER MANUEL / MOOSE(POOP)  
BOULAMATIS GEORGE / PACE  
BOWDEN BRIAN  
BOWDON BILLY / THE SKID  
BOWIE CAROLYN / JACKALOPE  
BOWKER TOM / GRANITE MAN  
BOWLING DEREK / BEAR MAGNET  
BOWMAN TERRY / BAR-KILLER  
BRADFORD KELSEY / DUCKY  
BRADLEY JOSHUA / DINE N' DASH  
BRADLEY SARAH / TERN  
BRIMBERRY DARRELL / NEXT STEP  
BRITTON COLLIN / WILD TURKEY  
BROMEN PETE / EASY PETE  
BRONY SEBASTIAN / FORAGER  
BROOKS JIM / POPPA J  
BROTHERS RICHARD / ULYSSES  
BROWN DENNIS / INCLINE  
BROWN HALEY / HALES-A-BLAZIN  
BROWN SAMANTHA / POSTCARD  
BROWN SIBLEY / POSSIBLY  
BROWNING CHRISTY / KOOPA  
BROWNING JONATHAN / BIG-OOH





CHAD "RELENTLESS" SKINNER  
RACHAEL "HONEY BEAR" PASZKO  
& DAVID "HOOT" GIBSON

BRUHN ANJA / DIRTYGIRL  
BRUHN NADINE / VALKYRIE  
BUCHAN MATT / 2/3  
BUCKLEY DAVID  
BUCKLIN ASHA / SINCERITY  
BULL ALLIE / THUNDER  
BULLARD LEVON / HARD HAT  
BULMAN ASHLEY / INFINITY  
BURD ANDREW / SNUGGS  
BURGER TREY / THUMPER  
BURGHOUWT ESTHER / SNOW ANGEL  
BURKE DYLAN / PICKLE  
BURKE KATHRYN / BLUEBERRY  
BURT JIM / SANDALS  
BUTLER JOSHUA / HAZMAT  
BUTTNER JANE / FROM CANADA  
BYCHOWSKI MARK / PEPPER JACK  
BYER DENNIS / DOCTOR WHO  
BYERLEY MICHAEL / TROOP LEADER  
CALLISON DAVID / GIGGLES  
CANHAM DYLAN / G.D.  
CAPELLO NATHAN / DAY HIKER  
CARDUCCI DOUG / EPIC  
CARLIN NICHOLAS / DRACULA  
CARNEY CHRISTOPHER / CRUISE  
CARNEY TRACY / HOPE TO..  
CAROTHERS GREG / BONES  
CARROLL BEN / SQUIRVERT  
CARSWELL BRUCE / Q-TIP  
CARTER SAM / PONY EXPRESS  
CASANOVA JOVITO / BUNGEE  
CASH SAMANTHA / CRUZ  
CASON MADISON / TOOTS  
CASON TREY / PAW-PAW  
CASTIGNOLI JAMES / O.G. LOST & FOUND  
CEDENO ZELZIN / QUETZAL  
CENKER GABRIEL / DEEP WATERS

CENKER JENNIFER / MOO BEAR  
CERIO ALEXANDER / GOOD PUSH  
CHAE HOON / PATCHES  
CHALMERS NICÔLE / PACECAR  
CHANCEY NICHOLAS / FABLE  
CHANDLER REECE / WIGGLES  
CHARENTE MERRILL / CAPTAIN AHAB  
CHARLES KEN / COCOA  
CHASE BRANDON / MOXIE  
CHASE STEVE / CHACO  
CHASTAIN ZACHARY / HALF -FULL  
CHATHAM MEG / ME  
CHILDRÉ ELLIOTT / RIVER DANCE  
CHIPKA JAMIE / SUNSHINE  
CHOLEWA JR. DAN / THE MACHINE  
CHRISTIANSON CHARLES / WILLI  
CHURCH BOBBY / SLOWER  
CHURCH VICKIE / SLOW  
CIMINI TESS / REBOUND  
CLARK REGINA / QUEEN  
CLERK AARYN / BARB ROSS  
CLERKIN SAMANTHA / FIREFLY  
CLEVINGER CHRIS / TURN AROUND  
CLOUD KATE / FEATHERS  
COCHRAN CYNTHIA / OLIVE BRANCH  
CODY PHILIP / WOLFIE BIZZERK  
COFER KELLI / SAVAGE  
COFER KELLI / SAVAGE  
COHEN JON / JETSON  
COLEMAN MICHAELA / PRONATOR  
COLLINS JESSICA / CLOSE CALL  
COLO MICHAEL / NORUSH  
CONROY MICHAEL / DOWNEAST  
COOK CODY / WILD HOG  
COOLEY TYLER / PUDDLE  
COONS RANDY / BILBO  
CORMIER LOUIS



JOHN "KUZZY" KUSMITS & BILL "CRABBY" LOVELL

CORNMAN CONLAN / E-STREET  
COSGROVE THOMAS / COSMO  
COSTELLO MEGHAN / SEND IT  
COULON RICK / COOLIO  
COUVREUR DANIEL / THE GENERAL  
CRAIG TAYLOR / FIREPINK  
CRAWFORD JEREMY / HAPPY  
CROMARTIE JR. JOHN / PASTOR JOHN  
CROME JAKE / CULLIGAN  
CRONIN CRAIG / NEW YORK  
CROSS CHUCK / WANDERINGDAD  
CROSS JOSH / ALADDIN  
CULLINAN PATRICK / T5000  
CUNNINGHAM TERRY / MIDWEST MAMA  
CURROTTO CAROL / TURNIP  
CURTIS CATLIN / PIKA  
CURTIS COLIN / CRAZY BRIT  
CURTIS JASON / HIGHLANDER  
DAHINDEN NICHOLAS / NICKY DYNAMITE  
DAKE BILL / COMFORTABLY NUMB  
D'ANDREA ELIZABETH / SWEET TREATS  
DAUBERT CHRISTOPHER / TR/TRAIL RUNNER  
DAVID ASHLEY / STRONG  
DAVID JULES / JUST  
DAVIS JONATHAN  
DAVIS MICHAEL / NAVSTER  
DAVIS SHAWN / JÉSUS  
DECAROLIS MIKE / DOC  
DEHONDT KIKI  
DEL MOLINO SAM / S"AMWISE"  
DEL NEGRO MARCUS / WISECRACK  
DEMPSEY MATTHEW / MICHIGAN  
DENTON JOHN / JOHNNIE WALKER  
DEOM ADAM  
DERRISO BRYCE / OATS  
DETERDING KRISTEN / ELMO  
DEWEILER RODNEY / HANDSTAND  
DEUBERT CHUCK / NO DOUBT  
DEVLIN PAT / PIRATE  
DILLON BENJAMIN / GLOW WORM  
DISHMON TYLER / HUCK  
DISMUKES CATHERINE / BAGS  
DIVERDE ALEX / QUICKFIX  
DIVERDE ALLISON / FLOWER POWER  
DIXON HANNAH / SONIC  
DOBSEVAGE RUTH / TIPTOE  
DOCKINS MARTY / BAMADOG  
DOLMAN MEGAN / GIGGLES  
DOMBY ART / VINEGAR  
DOMINGO, JR. A.J. / CHARIZARD  
DOMINGUS JEFFREY / CAMO  
DONALDSON NATHAN / TRAIL MAGIC  
DONOVAN ART / CRAFT  
DOUGHTY DYLAN / PONYBOY  
DOUGLAS SIAN / ROBIN  
DOUWES FRANK

DUBE CHRISTOPHER / JUST DAVE  
DUDA GRAHAM / GRAMPS  
DUFF SARAH / SUNSET  
DUGGAN BRIAN / SUBLYME  
DUNCAN ANDREW / WALLACE  
DUNN CAITLYN / DIRT DEVIL  
DUNN RACHAEL / BATTLE LION  
DWIGHT ART / MONK  
DYE JASON / CHOO CHOO  
ECKHART JONATHAN / SPARKY  
EGAN M. DEAN / MACHINE  
EGAN MARY / SQUEAKY  
EICHHORN CLEMENS / SQUIRREL  
EKSTRÖM C. / THE ROCK  
ELENS KEVIN / GUMP  
ELINSKI EMILY / WIKI  
ELLINGSWORTH ANDREW / BLOODBEARD  
ELLIOTT CHELSEA / PEANUT  
ELLWANGER KERRY / VALK  
ENGLANDER JEFF / PENGUIN  
EPSTEIN GASPAR / LA COPA  
ESPIE HANNA / FRENCH TOAST  
EUSTANCE ZACHERY / BIG TOE  
EVANS BOBBY / BATMAN (& ROBIN)  
EVERETT DEVIN / JUKEBOX  
EYRE JANE / PURPLE RAIN  
FACHET STEFAN / BLESSINGS  
FAIRES JACK / COL JACK  
FALLIN DON / DJ  
FALLIS LAUREN / MAKIN-IT  
FARIES SHERRIE / BLUE BUTTERFLY  
FATOR GRANT / SANI  
FAWCETT-DAVIS DEVON / MOUNTIE  
FELLAND DANIEL / DIRTY DAN  
FENG LIU / LITTLE HORSE  
FERGUSON SARAH / HONEY BADGER  
FESS JAMES / NO EXCUSE  
FIBICH MICHAEL / PEBBLES  
FICK KYLE / SOUL TRAIN  
FIELD NOEL / MAINER  
FIK JONATHON / MITTENS  
FINDLEY LUKE  
FINKLE JAY / JAY  
FISBECK LISA / SUNSHINE  
FITZGERALD JACK / JAMS  
FITZPATRICK BRANDON / SMALLS TOO  
FLAGLER SEAN / JACK RABBIT  
FLETCHER CHAD / RANCHER  
FLINN JR. LAWRENCE / WEBUSTER  
FLORAC BILL / ONE BOOT  
FLOYD JOHN / ONYX  
FORREST RANDY / PROBATION TERMINATION  
FOURNIER WILLIAM / WIT  
FOWLER LEE / PRINCESS  
FOWLER MAGGIE / LEGACY  
FOX DECLAN / PHOTON



JIM "POPPA J" BROOKS & GRANDSON



MIKE "MEDICINE MAN" ROHMAN

FOX MATTHEW / GRAY  
FRIARS COLIN / WHIP  
FRIEDMAN KATIE / BEAR BOX  
FRUEHBEIS FLORIAN / MONK  
FULLER MICHAEL / FARMALL  
FULLERTON-SMITH QUENTIN / NEW ZEALAND  
FUQUA RANDY / FLASH  
GALLANT ROBERT / NO BREAKS  
GALLAWAY KAVIN / TARZAN  
GAMBLIN BRYAN / 50/50  
GARBETT MEGAN / GHOST FOOT  
GARDINEER WILLIAM / BLACK DOG  
GARON FELIX / BEERO  
GAULIN DAYZE / QUESADILLA  
GEARY NICK / MULE  
GEERTZ CLARA / AVALON  
GHELLI FEDERICO / HUSTLER

GIACOMELLI, JR. JOSEPH / A\$\$HOLE  
GIBB KEKE / FRANK  
GIBSON DAVID / HOOT  
GIBSON DOUG / TWOFER  
GIESEN JOHN / NO PROB-LLAMA  
GILBERT CLAYTON / TORTOISE  
GILL HARRISON / HILLS  
GIUFFRE JACQUELINE / EMERGENCY TUNA  
AKA E.T.  
GIVEN KAT / MUSE  
GODBOUT NICOLAS / BABY BIRD  
GOLDING RODERICK / REBOOT  
GOLDMAN JEFF / GARDENER  
GOLDREICH STAARV / CRIBBAGE  
GOODRUM GEOFFREY / HAPPY HERMIT  
GOODWILL GORDON / SENECA  
GORDON JAKE / BEAGLE

GOSCHKA MD ANDREW / ANDY AND BRANDY  
GRAHAM ANDREW / PEANUT  
GRANT RUSSELL / SAVAGE  
GRAY KENNETH / ZEPPELIN  
GREEN SCOTT  
GRICE AUTUMN / G. WHEEZY  
GROLEAU TINA / LUCERO  
GROVER KAREN / SOULSHINE  
GROVER SCOTT / THE KID  
GUENTER ERIC / HD  
HADLEY BRUCE / CRAZY DIAMOND  
HAGEN ROBERT / CHINCOOK  
HAGER HERBERT / COFFEE-MAKER  
HALDEMAN JONATHON / BOLT  
HALDEMAN KOLEEN / HOMMUS  
HALL JOHN / THE GENERAL  
HALLOWELL TIM / MISSION  
HAMMOND RON / DONUT  
HANCK PHILIPPE / TERMINATOR  
HAND WILLIAM / MUMBLES  
HANES MIKE / FORAGER  
HANSEN EVAN / SWEET  
HANZLIK KELSEY / PIXIE  
HARMAN ANDREW / FEDEX  
HARRIS COLTON / ZOLTAN  
HARRIS DANIEL / SCARS  
HARRIS NATALIE / STRIPES  
HASELBAUER GRETCHEN / FRENCH FRY  
HASKELL ERIC / RUNNING GRIZ  
HAYES EVAN / BALOO  
HAYES WILLIAM / GOODWILLHIKING  
HAYWOOD GRIFFIN /  
HAZLIP JOHN /  
HEARD STEVEN / NUBS  
HECKER LAUREL / DURACELL  
HECKSO RADEK / CZECH MIX  
HEILMANN BOB / BOBAGANOOSH  
HELLER-BAIR ILAH / MAREKIE  
HÉMOND ALEXANDRA / PRODUCE  
HENDERSON CAROLYN / HARRY & THE  
HENDERSONS  
HERR DANIEL / LT. DAN  
HESLEITNER MICHAEL / DOUBLE STACK  
HESS JAMES /  
HESS LORRIE / EASY BAKE  
HICKERSON ROB / FURNACE  
HILEMAN, JR. BOB / ROADRUNNER  
HIMSTEDT CURTIS / EASILY FORGOTTEN  
HIMSTEDT PAM / BUNNY TRACKS  
HODGSON JOSIAH / SHEPHERD  
HODLIN KEVIN / NODOZ  
HOERSTING BOBO / 47  
HOFFMAN ALEXANDER / LOST BOY  
HOFFMAN JOE / MR. ZIP  
HOFFMAN MICAH / HOT-ROCKS  
HOFFMAN ROBERT / KNEE DEEP  
HOFFMANN MICHÈLE / PEPPERMINT  
HOLCOMB AUSTIN / NOODLE  
HOLDEN TREY / BUFFALO  
HOLLINGSWORTH MATT / RAINBOW  
HOLMAN JESSICA / PEPPERETTE  
HOLMES IZZY / HAPPY FEET  
HOLSTED ADAM / JET  
HOOPER WILLIAM / CROCKETT  
HOPSON GENE / JEANS  
HOPSON JR. TOM / BUGS  
HOPWOOD AUTUMN / OOPS  
HOPWOOD SEAN / FOXY  
HOSTETLER CLIFTON / MEATLOAF  
HOSTETLER JESSE / FLIP  
HOSTETLER LANGE / ASTRO  
HOSTETLER MARLISA / GOURMET  
HOWARD JACKIE / SPROUT  
HROZENCIK BOB / MAG-LEV  
HUDNELL RON / TAR HEEL

HUGENTOBLE CARLA / MISS  
HUGENTOBLE PIUS / SWISS  
HUGHES SCOTT / HELL-YA JESUS  
HUMAN NICO / LUX  
HUNSUCKER AMY / SLIDER  
HUNT KAYT / TACO  
HURLBURT JOSH / SPARK  
HUSS BRANDY / ANDY AND BRANDY  
IBARGÜEN SAIRSE / STORY  
ICENOGLÉ MARIA / GROCERIES  
INGMIRE BRYCE / REX  
INGRAM SCOTT / GLIDER  
IRWIN CATHERINE / FEATHERS  
ISAACSON JEFFREY / HALF FULL  
JACKSON MORGAN / COSMIC  
JACKSON ROBIN / LONG LEGS  
JACOBI WYATT / BACKTRACKER  
JAKUBONIS ARTURAS / MOUSE TRAP  
JARRELL BRYAN / IRON FOOT  
JEFFERS ANNA / DR. J  
JEFFERS JACKSON / BUTCHER  
JENSEN MIKA / SNICKER BEAR  
JENSSEN GREG / BABA GANOUGH  
JOHNSON AMANDA / MANDAR  
JOHNSON RYAN / CANDY  
JOHNSON SUZANN / WHEEZIE  
JOHNSTON-CARTER WILLIAM / NOT YET  
JOLLY FREDERICK / SANTIAGO  
JONES ANNA / SWEET TEA  
JONES BRANDEN / MOOSE  
JONES CHELSEA / ROAST  
JONES DUSTIN / MR. JONES  
JONES MICHAEL / SWISH  
JONES ZACHARY / CHEDDAR  
JORDAN MICHAEL / GUNSLINGER  
JOURDEN BENJAMIN / BIG BEN  
JÜRGENS KAY / WANDERER  
JUSTIS GLENN / SCOUTMASTER  
KACZMAREK JOSEPH / HAZNOHORSE  
KAHN PRESTON / GANDOLPHIN  
KARL KHALIL / FRIEND  
KARNER SARAH  
KAZMIERCZAK MATTHEW / BUCKEYE  
KEARNEY TOM / BUDDHA  
KEATTS CORRINNA / MIGHTY MOUSE  
KECKLEY GARY / DARTH VADER  
KEITH CLARK / BIG SKY  
KELLOGG RICHARD / SEEKER  
KELLY JANE / PINTO  
KELLY KEVIN / HUNGRY CAT  
KELLY TIM / CHESHIRE CAT  
KEMMERY PATRICK / HACK  
KEPNER MARY / WANDER WOMAN  
KERN DAVID / RC KINGLET  
KERSCHNER KELLY / THROWDOWN  
KERSTING LYDON / ROCKET  
KIDDER LIZ / HANDSTAND  
KIEC MICHELLE / PANTHER  
KIERSPE GEORGE / PRIVY INSPECTOR  
KILLIAN BOB / TRAILDOG  
KIM HEESOOK / MOJAVE  
KIM TAE / CRUNCHY  
KIM-BIGGS JACK / RIPLEY  
KING JAY / SHAGGY  
KING MARGARET / MAGGIE  
KIRK REBECCA / MOONBEAM  
KISH HANNAH / MAMA KISH/GREMLIN  
KLOS KATHLEEN / SQUEAKS  
KLUCHINSKI CAROL / MAPS  
KNAUTZ DALE / JAWZ  
KNOBLOCH ALYSSA / SILVERBACK  
KOCHER MARK / BRASS RAT  
KOELLNER CONNOR / WHO  
KOENIGSBERG AYA / STARK  
KOEPEE HOLGER / THE FLYING SNAIL





MAGGIE "LEGACY" FOWLER



MEGAN "GIGGLES" DOLMAN & MARK "PEPPERJACK" BYCHOWSKI

KOLAR KAETLIN / STOIC  
KOLB CICELY / COUGAR  
KONZ GORY / BITCH VILV.  
KOPPENHAYER RANDALL / DIAMOND BLUE  
KOTULA, DFM BR. / BEAR  
KREITZ ASHLEY / NOODLE  
KRENTZ PETER / PROPHET  
KRETSCHMER KYLE / VAN GOGH  
KRISH NATHANIEL / ROGUE CARTOGRAPHER  
KROHN ANGELIQUE / PERKY  
KUBIN FRANK / BODIESEL  
KUHLMANN KAREN / BLUEJAY  
KUNKLEMAN JEFFREY / TRAVELINMAN  
KUSMITS JOHN / KUZZY  
LABARR BENJAMIN / BEN  
LABARR ROSEMARY / ROSE  
LACOSS MELONY / STRETCH  
LACOSS TRAVIS / RAMBOJUICE  
LAFOND BEN / RAINFIRE  
LAMB CATHY / ATTACULLACULLA  
LANFRANK LEXIE / CURLS  
LANGE PARKER / THING 1  
LANGSTON ZACHARY / PATTON  
LANNING MIKE / BRAVEHEART  
LANSER ANDREW / BACON  
LANTZ THOMAS / STRETCH  
LAU TYLER / THE PRODIGY  
LAVERONI BRYANA / FLIP  
LAVERONI JAY / COACH  
LAW WILL / LANDFILL  
LEAVEY CHRISTOPHER / ACHILLES  
LEE THOMAS / MANTIS  
LEEBOLT SPENCER / PIT BOSS  
LEESON JEFF / DUCKY  
LEIBY KATHERINE / BITTER END  
LEIBY TOM / BRICK  
LEISENRING DON / TURBO  
LEIVA JANE / GRAYOLA  
LEOPARD DUSTIN / JEDI  
LEPAGE JIM / GREY GHOST  
LERMAN DAVID / MR. PEANUT BUTTER  
LESTOURGEON PETER / GUPPY  
LIEBLEIN MIRANDA / NOT DEAD  
LIFGREN DEMITRI / CHAIRMAN  
LILJA OSCAR / RISKY BUSINESS  
LIN LIWEN  
LINK JAKE / HOT SAUCE  
LIPPWE KEITH / IRONMAN  
LOBER HELEN / SWEETS  
LOEW LORI / LUCKY PENNY  
LONZELLO GARRETT / MURPHY (SWEET-HEAT)  
LOOMIS JEFFREY / LAST SPOT  
LORD BRYCE  
LORENZE STEPHANIE / SUNSHINE  
LOSAPIO GREGORY / FISH EARS  
LOVELL, JR. WILLIAM / CRABBY  
LOWES CATLIN / SKYWATER  
LUEDTKE PAUL / THE ARCHER  
LUERS MANDEE / TOMTOM  
LUNA DANIELLE / STUMBLER  
LYNOTT JACKIE / HUMPTY-DUMPTY  
MACHIN BRITTANY / GIGGLES  
MAGGIOLA ANTHONY / FAT TONY  
MAGUIRE PAUL / IRISH  
MAINS CRAIG / HAWK  
MANTOS ALEX / FIRECRACKER  
MARFILIUS KELSEY / TWO STEP  
MARTENS JAMES / TOO LAZY  
MARTIN BRANDON / TERAPIN  
MARTIN GARRETT / PRICE POINT

MARTIN JASON / HANK HILL  
MARTIN KRIS / MIGHTY DUCK  
MARTIN MICHELLE / EDWARD SHITTERHANDS  
MARTIN NEAL / GENTLEMAN  
MARTIN SCOTT / BOMBER  
MARTIN SHIRLEY / QUIET ONE  
MASON ALEX / PUFF PUFF  
MASTERSON REINU / BEAR CLAW  
MATHERS JOHN / GYPSY  
MATSON BRUCE / RTK  
MATTHEWS JONATHAN / TRAINWRECK  
MAULDIN SCOTT / DADDY LONGLEGS  
MAZUR EAMONN / IRISH AF  
MCADAMS TREY / KING ARTHUR  
MCCARTY MORGAN / MAGPIE  
MCCLAFFERTY MICHAEL / MOOSE (AZ)  
MCCONAGHY CHARLOTTE / STRING CHEESE  
MCCORMICK SHANE / BEAST  
MCDONALD ANDY / OLE  
MCDOWELL DOUGLAS / OLD STYLE  
MCELWEE BRIAN / FICTION  
MCGLOTHLIN ASHER / A.M. FOG  
MCGRATH DILLER / TOM BRADY  
MCGUIRE JAMES / CHIEF  
MCGUIRE KATIE / INSIDE OUT  
MCINTIRE JOHN / CRAWDADDY  
MCINTIRE KATHRYN / SMILES  
MCKECHNIE KELLY / WHITEWALKER  
MCKENZIE SCOTT / CAVEMAN  
MCCLAIN AUTUMN / FALL FOR SHORT  
MCLAUGHLIN BROOKE / MOLASSES  
MCLENIGAN THOMAS / HOKIE POKIE  
MCLENNON KELSEY / SILVER BULLET  
MCMENEMY MANDY / M&M  
MCNIELLY NATHAN / BISCOTTI  
MCQUISTON BRIAN / ZIA FOX  
MCREYNOLDS JOSHUA / BUCKEYE  
MCSHANE KELLY / STRIKER  
MCVICKER DENNIS / BLUELINER  
MEEKINS JON / TURTLEMAN!  
MELGER CRAIG / HODAG  
MELTZER RACHEL / LIFE ALERT  
MELVIN MARIA / BAGUETTE  
MERCIER LESLIE / BUBBLES  
MERRILL DAVID / KINGSMAN  
MÉTHOT JUSTINE / SAUCY FEET  
METTEY ERIC / ORLANDO  
MEYER CORNELIUS / METRIC  
MEYER LUCINDE / MOO-T  
MEYERS NIKI / EARLY BIRD  
MICHEL DAVE / PITCHIT  
MILLAN ERIC  
MILLARD VICTORIA / BUDDHAPEST  
MILLER CHRIS / WALLY  
MILLER RILEY / HUCKLEBERRY



TOM "DETAIL" BIBER

MILLS KRISTEN / MAGIC PANTS  
MINARIK BILL / HOPS  
MINNICK ELIZABETH /  
MISKELLY DARBY / BLISS  
MOCCIA KREG / CARROT TOP  
MOE RUD / NO CHILL  
MOEHRLE GEORGE / MUD  
MOHN RON / CAPTAIN BLACK  
MONTELONGO YOLANDA / HOUDINI  
MOODY SHAUNA / LIMINAL  
MOORE JEREMY / ACHILLES  
MOORE LORINDA / CAJUNFIRE  
MORAN JASON / PACE CAR  
MORGAN GREG / CHEESY  
MORISAKO BEVERLY / PRINCESS  
MORTON KRISTEN / DAENERYS  
MORTON LEVITICUS / BEDHEAD  
MOSKOWITZ IRENE / ASTRO  
MOSS AMANDA / BLOODROOT  
MUELLER KATE / SASSAFRAS  
MULHOLLAND KATIE / AMAZONIAN  
MUNKEL CHUCK / STUBBORN PERSISTENCE  
MURPHY BRIAN / FOX  
MURRAY JOSEPH / GUINNESS  
MUSTY TYLER / TRADEMARK  
MUTTART STEPHANIE / SNAPPER  
MYERS DANIEL / PUDDIN KEG  
MYERS MATTHEW / MILO  
NAGY NICHOLAS / THIGHCLOPS  
NAPIER RANDY / GOOD DOCTOR  
NASON NOEL / RICK JAMES  
NEAS MARK / ZIP  
NEEDHAM JEFF / BIRDDOG  
NEIMAN MICHAEL / SHARKBAIT  
NELSON RICK / SPAMTOWN  
NELSON WILLIAM / WILLIN'  
NEWBY ALEXIS / HEATWAVE  
NIGHSWANDER EMILY / SPIDER  
NIX CHARLES / PATHFINDER  
NOBLE AMY / ZIPPY  
NORRIS JOANNE / PEACEFUL WALKER  
NOVACK JOHN / SIR BAGZY  
NUTTING CHRISTINA / EARLY BIRD  
NYPAVER ABBIE / KIDSKA  
OBENOUR BRENT / LUCKY BOY  
OCCIANO SUE / MOVIN' MOO  
O'CONNELL JOHN / BEACH BUM  
O'DONNELL III ROBERT / HANDY MAN  
OESTERLE DIRK / EARTH  
OGUSHWITZ JESSE / ZIPPER  
OLIVER JEFF / IBTAT  
OLSEN TRENT / HOT SAUCE  
OLSON SETH / THOR  
O'NEIL SHAWN / CAESAR  
ORANGE JACKIE / PEACHES

ORANGE-ALVAREZ ALEXANDER / WILDFIRE  
OSGOOD SHAWN / TWISTER  
OUILLETTE KYLE / LUCKY  
OWINGS MALA / MRS. T  
PACHECO ELLIOT / BEATS  
PALMER DARREN / BIG BUNNY  
PAPADATOS MICHAEL / KICKSTAND  
PAPE JENNY / SQUEEZE  
PARADIS DOUG / IHAVGON/ROCKET TURTLE  
PARKER GREGORY / QUICKTOEZ  
PARKER NATALIE / IBEX  
PARKER SCOTT / EL DIABLO  
PARKMAN ADAM / GECO  
PASZKO RACHAEL / HONEY BEAR  
PAUMEN DAVID / CBISCUIT  
PAYNE AUDREY / GLOWSTICK  
PECK BENJAMIN / BIG BEN  
PEREIRA ADAM / ROSEY  
PERNICE VINCENT / MAD MILES  
PERROTTI VICTOR / HIPCAT  
PERRY QUINN / SOY SAUCE  
PETERKA MICHAEL / WEATHERMAN  
PETERS WILSON / GROWLER  
PETERSEN JENNA / SLACKRACK  
PETERSON HEATHER / SPRINKLES  
PETTINGER JULIANNA / SOUR PATCH  
PETTINGILL LEE / G.U.S.  
PEXA MICAH / IMUA  
PEYLA BRENNAN / OPTIMISM PRIME  
PHELPS CRAIG / HOT DOG  
PHELPS DWIGHT / C-4  
PHILLIPS BRYCE / OOLONG  
PIATT MALINA / JUICE BOX  
PIDDINGTON SCOTT / VOYAGEUR  
PIERCE DALTON / PRIME MINISTER  
PINE LINDSEY / ZOOM ZOOM  
PIOTROWSKI MATTHEW / FLASH  
PITTS PAUL / GREY SQUIREL  
PLEW DANIEL / BEAVERPELT  
PLUMLEY STEPHEN / SONIC SUPERNOVA  
POLASEK SHELBY / TINY BYTES  
POLCRACK CLAIRE / OSPREY  
POLLARD JR. WILLIAM / WILL IN MOTION  
POOLE RACHEL / MOUSE MAMA  
POPE ALEXIS / NAMELESS  
POREDA JASON / COMPASS  
PORTER GINA / SASSY  
PORTER JORDAN / GHOST  
PORTER RON / BEAR  
POST THOMAS / JONDI  
POSTAL MICHAEL / SAMARITAN  
POSUNIAK TONY / ED KEMPER  
SHELTER SHAKER ESQ.  
PRESSMAN REBECCA / ROADRUNNER  
PRESTAGE MARTIN / JOHNNY 5  
PRESTO MAXINE / SHORT STIX  
PRINTZ KATHERINE / MURPH  
PRINTZ MARC  
PRITCHARD BOB / PRITCH  
PROHASZKA CHRIS / FIJI  
PROPT JR. BENNY / CRUISE CONTROL  
PROTO MARIA / PINK  
PUGELY ALYSSA / TRASH PANDA  
PUZO JIM / JIMBO  
QUINN KATIE / RAINBOW  
QUYLE JIM / VEGAS  
RABORN CHRISTOPHER / THE GEORGIA PEACH  
RAMOS DAVID / CAVEMAN  
RAMSEY SCOTT / CLIPPER  
RAY LOYE  
RAY SARA  
REACH TIM / TI-84  
REARDEN COLLEEN  
REDPATH MANDY / VEGGIE  
REID CAYLEE / RAMBLIN' ROSE



"SHARKBAIT," "TRAVELER," "HONEY,"  
"MOON," "BEN," "ROSE," "CANDY,"  
"CHARLEY HORSE"

REILLY FRANCIS / CHUMBAWAMBA  
REINER ALEX / KRINKLES  
REISS AIMEE / STRIX  
REITMAN LIBBY / BUMBLEBEE  
RENNER ANDREAS / BREEZY  
RETTTER BRYONY / POPPINS  
REYNOLDS EIRYN / RAY  
REYNOLDS MARK / TUMBLE  
RICARD ROB / 007  
RICHARD JEROME / RATTLER  
RICHARDSON ADAM / GUMMY BEAR  
RINGO JR. CHARLES  
RIOS FEMANDO / CONCRETE COWBOY  
RITCHICK JOE / SPEEDY  
RITCHIE ADELE / SMILEY  
ROACH CHARLES / IRONMAN  
ROBBINS ELOISE / FUN SIZE

ROBERTS ANNIE  
ROBERTS PAUL / DREAD PIRATE  
ROBERTSON RACHAEL / BLADE  
ROBICHAUD WILLIAM / SCIENCE GUY  
ROBINSON ANDREA / BANDAI  
RETTTER BRYONY / POPPINS  
ROBINSON ANGIE / ODIE  
ROBINSON BLAKE / DELUXE  
ROBINSON J.D. / PRETTY FEET  
ROBINSON KIRK / SOLO  
ROBINSON ROGER / SNAILTRAINER  
ROECKER MAXIMILIAN / MAD MAX  
ROESSLER DAVID / CAVE-DAVE  
ROGERS ERIC / RED BASS  
ROHMAN MICHAEL / MEDICINE MAN  
ROLLINGS ASHTON / HEDWIG  
ROLS MARIE-LÉA / MADEMOISELLE  
ROMA CHRISTOPHER / RAFIKI



ALLISON "FLOWER POWER" DIVERDE

ROMANO CHRISTIAN / SNOT ROCKET  
ROMESSER ANDREA / FAY  
RORIE DANIEL / PREACH  
RORIE STACEY / DOC  
ROSENFELD EMMA / WILDLIFE  
ROSNER STEPHANIE / TWINKLE  
ROSS IAN / CINCO  
ROSS MARY / NEMO  
ROSSER ANDREW / GRUMPY  
ROWE LUKE / CANDYMAN  
ROWSE CHLOE / ZELLOW  
ROYALS ZACHARY / THE REVENANT  
RUBINOFF JASON / BEANWOLF  
RUELLE LEE / SNICKERS  
RUNDE LINDSEY / HEART EYES  
RUSSELL KEITH / COUNTRY  
RUSTON DAVID / RABBIT  
RUTKOWSKI EMILY / BUGZ  
RYAN ADAM / GRIZ  
RYAN RACHEL / STONEHEDGE  
SADDAWI DANYA / LOINS OF ARABIA  
SABBE KAREL / DEERFOOT  
SACCARDI MICHAEL / DEEP  
SALAR NANCY / RAG TAG SISTER  
SALAS EDWIN / THE BARD  
SALMON TRACI / CLOVER  
SANDERS JAKE / DOZER  
SANDOVAL JESSICA / DONUT  
SAPP KOTY / TRASH PANDA  
SAPP TYLER / SPORK  
SASINA AMANDA / SPOONS  
SATOH YUKIKO / LOST & FOUND  
SAVAGE JESSICA / SAVAGE BEAST  
SAVAGE KEVIN / KARMA  
SCAIFE RILY / MUMBLE  
SCHAEFFER JUSTIN / SCRATCH  
SCHAEFFER T. / E-WOLF  
SCHAUF SHANE / TWOFLOWER  
SCHILLAWSKI BENJAMIN / COFFEEBREAK  
SCHIMINSKE LINDSAY / OVERDRIVE  
SCHLEGEL MATTHEW / BO  
SCHOENBERG MONIKA / FLOMO  
SCHOU LIZ / AQUAMIRA SNOTROCKET (MIRA)  
SCHULTHEIS JADE / ELLY  
SCHULTZ STEVE / RUFIO  
SCHWARTZ JAMES / CINO  
SCOTT LEE / SARUMAN  
SEIBERT GREGORY / BALDEAGLE  
SELLERS SCOTT / PACER  
SELLERS VICTOR / BLUE MOON  
SEVIER CARL / PROFESSOR  
SHEFFER, JR. J.D. / GIANT  
SHANLEY JACK / WOODY  
SHARBER LEWIS / BIPO  
SHARP DYLAN / DUKE  
SHARPE MARC-ANDRÉ / PAPA SMURF  
SHEAHAN DALE / DINGO  
SHEDRON RICH / B.S.  
SHEEHY PHILIP / HOMEBOUND  
SHEETS ERIK / OKLAHOMA  
SHIN SUKHYUNG / TRACKS  
SHIVELY TIMOTHY / STRETCH  
SHOCKEY JOSHUA / "F" BOMBI  
SHOEMAKER DAVID  
SHOEMAKER HANNAH / SHIVER  
SHOUSE KRISTEN / KEEPER  
SHULTZ PETER / SPONGE  
SHUTIKA JAMES / MR. BREEZE  
SIDDIQI REBEKAH / HAPPY FEET  
SIDONIS JOHN / GEAROO  
SILVERNALE KEVIN / SUNSHINE  
SILVESTRI JON / TWIGS  
SIPPEL NATALIE / ZUZU  
SIX RUSSELL / RAMBLE  
SKAGGS KEITH / MUSTACHIO





KATIE "AMAZONIAN" MULHOLLAND

SKINNER CHAD / RELENTLESS  
SLOAT JACOB / MACGYVER  
SLUITER MATTHEW / THUNDER FLUFF  
SMALL ROBERT / STARBUCKS  
SMIDDY AUDREY / KNOTZ  
SMITH DEENA / BAYGULL  
SMITH JOE / SMALFURYANIMAL  
SMITH JOSH / PEREGRINE  
SMITH KIRK / CAPTAIN KIRK  
SMITH MELISSA / SWAMP ANGEL  
SMYTH DON / SAWDUST  
SNOW LAUREL / SPACEJAM  
SNYDER CHAD / CHAOTHEAD  
SORENSEN JEREMY / ONSTEP  
SOUTHARD SARAH / FROGGY  
SPENCER LUKE / PROFESSOR  
SPIRES TREVOR / FUZZY-WUZZY  
SPRADLIN JR. LEE / GRATEFUL  
STAGGS TRAVIS / SQUIRREL-WVA-  
STAHL CHRISTIANE / TEEYOORE  
STALLINGS CATHIE / KINDER  
STANFIELD CARL / PROFESSOR  
STAPLES LESLIE / APPALACHIAN SNAILS  
STEPHAN DAVID / IT COWBOY  
STEVENS MATTHEW / LEGS  
STEWART CASSANDRA / CLOONEY  
STEWART JIM / FREIGHTTRAIN  
STEWART KEVIN / BEAR MEAT  
STIER STACEY / DUCK  
STITT BOBBY / SCOOTER  
STOCKWELL DAVID / BUCK  
STONE JAMIE / FRESHFEET  
STOTT THOMAS / DISCO  
STOVALL ERNIE / HOPALONG  
STRAYER DANNY / CRAZY HORSE  
STRONG MICHELLE / BLEEP  
STUMP SAMUEL / SANTA CLAUSE  
SU JASON / STRAWBERRY  
SUMRELL WES / SHORTCUTZ  
SUYDAM WAYNE / STILL LOOKIN'  
SWANK PETER / LIGHTISGREEN  
SWEENEY JOSH / PANO  
SYPHARD ROBERT / MAPS  
SYSTER ELIZABETH / GOLDEN GIRL  
TAEGTMEIER NICHOLAS  
TATRO PHIL / UNCLE MALTY  
TAYLOR DAVID / TOO TALL  
TAYLOR DEVIN / VENUS  
TEMPEL ALAN / AT SQUARED  
TEMPLE MIKE / GARMIN  
TEMPLE TERRY / TORTOISE

TERPSTRA LEE / BISCUITS  
TERRY JUNI / SPOONS  
THIELEN CANDICE / MINNESAPURUS  
THOMAS AARON / KTOM  
THOMAS ALAN / ATLAS  
THOMAS ANDREW / RIDGE  
THOMAS DERECK / SEND IT  
THOMAS EDD  
THOMAS ELAINE  
THOMAS MARTHA / LEAD DOG  
THOMPSON BRIAN / BADHAT  
THOMPSON DYLAN / PINKY  
THOMPSON LESLIE / FEARLESS!  
THOMPSON PAUL / TOMATO  
TILLSON CHIP / GOOD CHIP NORRIS  
TIMPY CASSIE / GOLDOLOCKS  
TIMPY JORDAN / CANON  
TINGEN COLTON / REDLINE  
TITUS COLIN / FREEBIRD  
TODD CHRISTINE / NEMOPHILIST  
TRAMMELL CHRISTOPHER / FINGER FOOD  
TREBOUR IAN / HAPPY  
TREND A DALE / EASYROLL  
TREND A WILLIAM / MAYBE  
TRESADERN JOE / HONEYBUN  
TRESCHUK TANNER / VETO  
TRULOVE PAUL / HAZMAT  
TRURAN KATHY / WILLOW  
TWEETEN CARRIE / NOT FAR  
ULSETH JOSEPH / STELLAR  
UNITT MARK / SUPER ENGLISH  
UTMAN MARK / THE INVISIBLE MAN  
VAN DAM BAS / SEBASTIAN  
VAN DOKKUM DAVID / HELP DESK  
VAN HORN KELSEY / JOAN OF ARC  
VAN HORN LOGAN / RAINMAN  
VAN METER MICHAEL / BUSHBABY  
VANDEPERRE GARRETT / PAPA BEAR  
VANEV PETAR / MOONSHINE  
VARGA KEVIN / SMILES  
VARRICHIONE BENNET / ONE-T  
VIGLIOTTI MARC / THE KISCO KID  
VITALE BLAISE / TRAIL BLAZER  
VITO TARA / LITTLE RED  
VONDERHEIDE SETH / PLAYER1  
VOWELL DENISE / DIS (F1s)  
WAAS JOSEPH / RIP VAN WINKLE  
WAISANEN ROBIN / REDWOOD  
WALKER ADELE / SHIELD MAIDEN  
WALKER CAROLYN / LUCKY 59  
WALKER JULIE / HUMMINGBIRD

WALKER KAT / RUMI  
WALTERS TAYLOR / MOXIE  
WANG YU / BIGCAT  
WARD DALTON / D1  
WARD STEVEN / FIREMAN  
WARDROP JASON / BIG TENT  
WARDROP JOCELYN / HOOTY HOO  
WARREN AUGUST / 4MILE  
WASHBURN JAMES / SHELTER DOG  
WEBSTER SCOTT / VAN GOGH  
WEED JASON / MONGREL  
WEEKLY ASHLEY / G-PACK  
WEEKS EMILY / NO SHOES  
WEISMAN DAN / PACMAN  
WEITZ MATHEW  
WELD LIVVY / STUMBLES  
WELTY BARB / THE RAG TAG SISTERS  
WENGER JASON / MUMBLES  
WEST GABRIEL / PAY IT FORWARD  
WESTPHAL NORMAN / WINGMAN  
WETTER DANIEL / SCOUT  
WHEAT ALEXANDER / ESPRESSO  
WHEELER DAVID / MASON  
WHITMAN KAITLIN / FOX SQUIRREL  
WHITTAKER MICHAEL / SWIMMER  
WHYTE DUSTIN / LOGS



ELIZABETH "MTN ST8" KLECKNER & SARAH KLECKNER

WIDENER AMY / HONEY  
WIDENER JUSTIN / MOON  
WIEDER MACKENZIE / WILT  
WILCOX ERIC / MAV"ERIC"K  
WILCOX JOHN / LOW GEAR  
WILDRICK JOHN / ZEBRA  
WILKINSON PAUL / P-DUBB  
WILL STEVEN / UNDERTOE  
WILLIAMS CAITLIN / DIMPLES  
WILLIAMS COURT / PIZZA HUT  
WILLIAMS RICHARD / STEALTH  
WILLIAMS STEVEN / CANDID  
WILLIAMSON MICHAEL / TRAIN  
WILSON ALAN / MR. BLISTER  
WILSON CAROL / KIWI LEGS  
WILSON-FREEMAN JULIE / STRIPPER  
WILT CELINA / SPARKY  
WINANS MICHAEL / NOMAD  
WINGFIELD LAURA / BABY GAP  
WINTERS ROGER / LITTLE SPOON  
WISEMAN COLLIER / MONDAMIN  
WOJCIK-TREMBLAY KASSI / KOTN  
WOOLFOLK JOSEPH / 44  
WOOTEN LOGAN / JACKRABBIT  
WOOTEN JIM / JIMCRICKET  
WRIGHT MATTHEW / SUN CHASER  
WRIGHT REBEKAH / HONEYBEAR!  
WROTEN DEBBIE / GOOGLE  
WURMAN MICHAEL / SKETCH  
WUSSLING WILFRIED / TRACKMAKE  
WYETH AMY / JUKEBOX  
YATES RICK / WILEY  
YEARY RAYMOND / MAP  
YHAP GORDON / PEPPERPOT  
YOUNGS RYAN / 2-CLICKS  
ZEPP JAMIE / PLAYMAKER  
ZUMBRO STEVE / BLUEJAY

## 2017

ALVERSON ALEXANDRA / BOUNDARY  
ANDERSON GARRETT / YAK  
ARSCOTT JEFF / SCOUT  
BAKER JR. JOSEPH / RAGNAR  
BANNING MICHAEL / ENOCH THE NAVIGATOR  
BARKALOW CASSIDY / PHOENIX  
BELL JACKSON / ACTION JACKSON  
BLOMQUIST STEVEN / GREENSOXES  
BONISCARVAGE MICHAEL / QUICK START  
BOUC ROGER / RABBIT  
BURKE-MORAN ADRIENNE / IZZY  
BURKE-MORAN ERIN / DETOUR  
BYARD SANDY / MAMA BEAR  
CAFFEE GARRETT / WINNEBAGO



AVIV "JAWS" MOKADY, OFER "PAPA JAWS" MOKADY, NURIT "MAMA JAWS" MOKADY

CALGIE JUDE / JUDE  
CARRIER YATES / WOUNDED KNEE  
CLARK MICHELLE / SEQUOIA  
COLEMAN ANDREW / KIT KAT  
COLPOYS MICHAEL / DOOGIE HOWSER, TRAIL NB.  
COMEAU JENYFER / BLUEBERRY  
COMSTRA SKYE / HYBRID  
CORRIGAN THOMAS / TOGA  
COVEY CHRISTOPHER / DIRTY DUCK  
CRAWFORD ABIGAIL / BB KING  
CROW ROBERT / BOSTON ROB  
DERIAN CHRISTOPHER / RIPPLE  
DURRWACHTER CODY / BIRDIE  
DURRWACHTER DONNA / TOAD  
ELGUEZABAL JON / BASAJAUN  
EMRY STEWART / BAD SANTA  
EPPINGER MATTHEW / GHETTO  
FABRIZIO CLARE / SUNFLOWER  
FERNEDING HENNING / KARAOKE  
FERRIGNO JAKE / FLEET  
FIELD DANNY / BOBO  
FOCHTMANN BRETT / THE CHICKFILA ROOSTER  
FOX ROBIN / NAILS  
(FORMERLY KNOWN AS CONDIMENTS)  
GEORGE ALEXIS / OG  
GERMANN KELLY / TRILLIUM  
GILLMAN GEOFF / SHEPHERD  
GIRARD MIKE / PINEAPPLE  
GOSSARD JEANMARIE / POOTER SCOOTER  
GRAZIANO AUSTIN / DIRTY HARRY  
HABEL KECKELEY / SCRUNCHIE  
HABIG DAVID / SUPE  
HALLIGAN TODD / MOONSHINE  
HALLOWELL PAUL / JUST PAUL  
HARPER DYLAN / GURU  
HARSHA DIANE / STICKS  
HARTMAN IAN / SPACE JAM  
HEADRICK TOBY  
HEIN ROBERT / CAPTAIN BOB  
HENDRIX WILLIAM / LUNCHBOX  
HOBBS ROBIN / MISS AMERICA  
HODSON C.J. / CALICO JACK  
HOLWECK TONY / PARKOUR  
HORTON CHRIS / AUSSIE  
ILZHÖFER CLAUS / SUNNY HEDGEHOG  
ITEN RUTH / CHUCKLES  
JOHNSON AMY / YARDSALE  
JONES JERRY / JOKER  
KASSLER RACHEL / CRICKET  
KELLOGG TASIA / STINKYCHEEZ  
KELLY PATRICK / SPENCH  
KERR BARBIE / LADY BLING  
KING COLIN / SPONGE  
KLECKNER ELIZABETH / MTN ST8

KOEHLER JOACHIM / HIPPO  
KOHLER HENRY / HAMBONE  
KOLODZIE MEG / FREE SPIRIT  
KOSTRUBIAK MIKAELA / SOGGY BOTTOMS  
KUMNICK CHRIS / PENGUIN  
TIGER-LARSON WENDY / FROG  
LEVERT TOM / TOTILLIA TOSSER  
LINDSEY JOSH / MG  
LOCKE KELLY / LIL DIPPER  
LUCA SARAH / QUEEN PEE  
MADDOX THOMAS / EZT  
MANN BARNEY  
MARTZ MIKE / GRAPENUT  
MATTIMORE DAN / BUSHMEAT  
MATTIMORE JOHN / SPEARCHUCKER  
MCCULICK COLLIN / TRIUMPHANT  
MCGRAPTH ADAMA-MALKIA / WILD CHILD  
MICHAEL ASHLEY / MAMA FIREFLY  
MOKADY AVIV / JAWS  
MONTGOMERY JEFF / NINJA  
MOODY RICK / MIX  
MOORE CLAY / BIG TIME  
MORRISSETTE STEVEN / DOWNHILL  
MOUNT RAY / MOUNTAIN MUSIC  
MYERS MICHAEL / HALLOWEEN  
NEEDHAM JASON / GRAPES  
NEWCOMB BRENT / DEUCE  
O'CONNELL TIMOTHY / MINUTES  
POLING CHRISTEN / WILD CARD  
PORTZ SIMON / JUST  
(SIMON SIMON FROM GERMANY)  
RANZI MARCO / DR. GOMO  
RAPHAEL DAN / BAYWATCH  
REDMOND BARRETT / SAUCE  
RISTOW WILLIAM / STAX  
ROGERS JOSH / GADGET  
RUBELING TIMOTHY / PILGRIM  
RUBIN FRANCY / ZORRA  
SANTANA FRANK / STRIDER  
SARINE WILLIAM / BULLDOG  
SAUNDERS TODD / KITERUNNER  
SAVARD G RICK / SOUL ASYLUM  
SCHNEIDER MOLLY / CHIMES  
SCHWEIZERHOF IAN / CHOCOLATE RAIN  
SCOTT RACHAEL / FERRARI  
SELLERS MARY / PERFECT STORM  
SKELLY JAMES / BUCKSHOT  
SMITH AUSTIN / FIRST AID  
SMITH CHRISTOPHER / SOLO  
SMITH IVEY / KALEIDOSCOPE  
SPENCE JEPPE / NATURE BOY  
STICKNEY SMITH / HOPPY  
STORTZ ROBERT

STUNTZ RYAN / JELLYBEAN  
SWEENEY KENDAL  
SWING GARY / BOILING FROG  
TALCOTT RYDER / REDFISH  
THOBABEN ZEBULON / MR. WHISKERS  
TRACY JOHN / CAPTAIN JACK  
UGEDAL SANDER / SWEET TOOTH  
VALLE MAGGIE / MANTIS  
VAN CHRIS / CHAINSAW  
VAN KOOTEN BENJAMIN / MAMMOTH  
VEASEY CHRISTOPHER / IDAHO BONES  
VERBECK / PETER PAN  
WALTER LYDIA / NOODLE  
WANTHAL BRANDON / DOUBLE WIDE  
WARMKER KAYLI ANNE / BUBBLES  
WEAVER JASON / BISQUICK  
WEYLAND KATRINA / FIREKAT  
WHITE DANIEL / THE BLACKALACHIAN  
WILSON ANNE / SMELLER  
WYLIE TREY / MACGYVER  
ZUMWALT NATHAN / BONAFIDE

## 2016

ACKERMAN ERIC / WEBB  
ARADI JENNIFER / PROV  
BANTA JACOB / WOLVERINE  
BARD MICHAEL / SHAKESPEARE  
CASEY TIM / CASPER  
COFFEY JOHN  
DALEY LOUISE / LOU  
HANLEY ALLI / HAHA  
HOWES HEIDI / OMEGA  
HU XIAOHUI / OLD FOX  
KING REBECCA / FIRESTARTER



CAROLINE "INCUBATOR" AUWAERTER

THE ATC WANTS TO THANK ALL OF THOSE HIKERS WHO ARE ALSO ATC MEMBERS AND ENCOURAGE OTHERS TO GIVE BACK TO THE TRAIL THEY LOVE AT: [APPALACHIANTRAIL.ORG/GIVE](http://APPALACHIANTRAIL.ORG/GIVE)

THANKS TO VOLUNTEER SANDRA RAGSDALE AND OTHER VOLUNTEERS IN THE HARPERS FERRY VISITOR CENTER AS WELL AS ATC'S VISITOR SERVICES REPRESENTATIVE DAVE TARASEVICH FOR MAINTAINING, EDITING, AND COMPILING THIS YEAR'S LISTING.





# STEP OUT

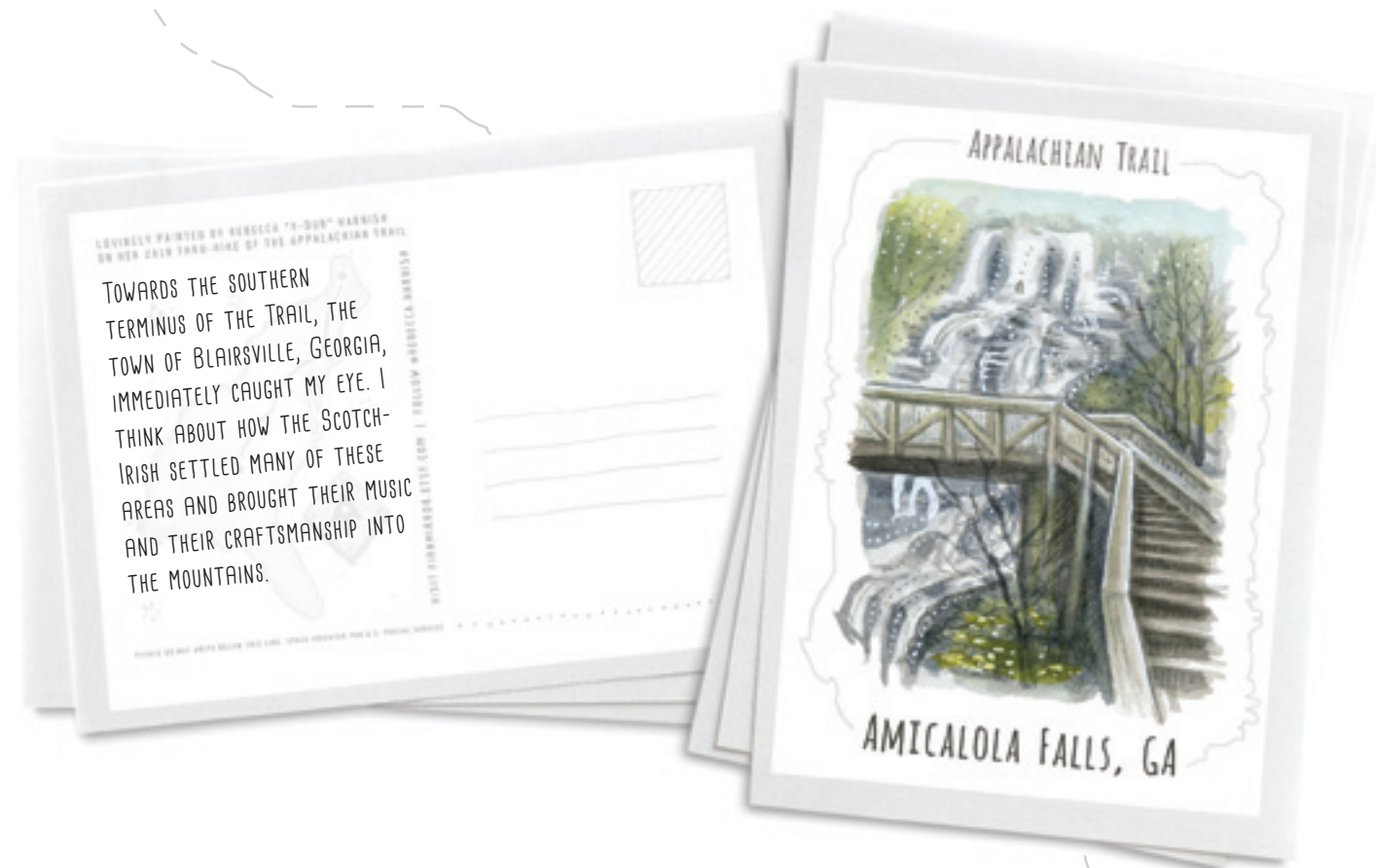
EASY **TRAVEL** AND **ADVENTURE AWAIT** IN AN ECLECTIC MIX OF COMMUNITIES THAT RUN THE LENGTH OF THE TRAIL

*By Kim O'Connell / Illustrations By Rebecca Harnish*

One recent Sunday morning, my husband and I were visiting my in-laws in south-central Pennsylvania when we decided to take a drive and do a short, day hike. I love the countryside there, with its apple orchards and farm markets peppering the rolling hills in all directions, and neighborly towns with cozy pubs and family restaurants. With my brother-in-law along for the ride, the three of us headed for Boiling Springs, a picturesque town in Pennsylvania's Cumberland Valley.

We parked at the Appalachian Trail Conservancy's mid-Atlantic regional office and Visitor Center, located in the heart of the town, and were immediately struck by how postcard-perfect Children's Lake was. Reflecting the scudding clouds overhead, the lake was dotted with ducks and ringed by a historic red-roofed grist mill, charming houses, and the >>





*Mountain Crossings at  
Walasi Yi. By Mike McCoy*

town's war memorial. We stepped onto a portion of the Appalachian Trail where it borders the lake and walked towards the forest beyond the town. Our hike took us along a rocky stream, through some woods, and across an open farm field, which was studded with posts painted with white blazes so we wouldn't lose our way. Later, on our way back to town, we stopped at the Boiling Springs Tavern, a stone structure dating to the mid-1800s, and the famous artesian spring behind it, with bubbling water that gives the town its name.

After we returned to our home in Arlington, Virginia, I couldn't get Boiling Springs' quiet charm out of my mind, and I felt sorry that our children had opted to stay back to visit with their grandfather. Even at their young ages of 9 and 12, my kids are veterans of many national park road trips, and they love hiking, camping, and traveling. Thinking about this, I pulled out a map of the A.T., tracing my finger along the route in search of other towns that we might visit together that would give us a range of things to do, along with easy access to the Trail.



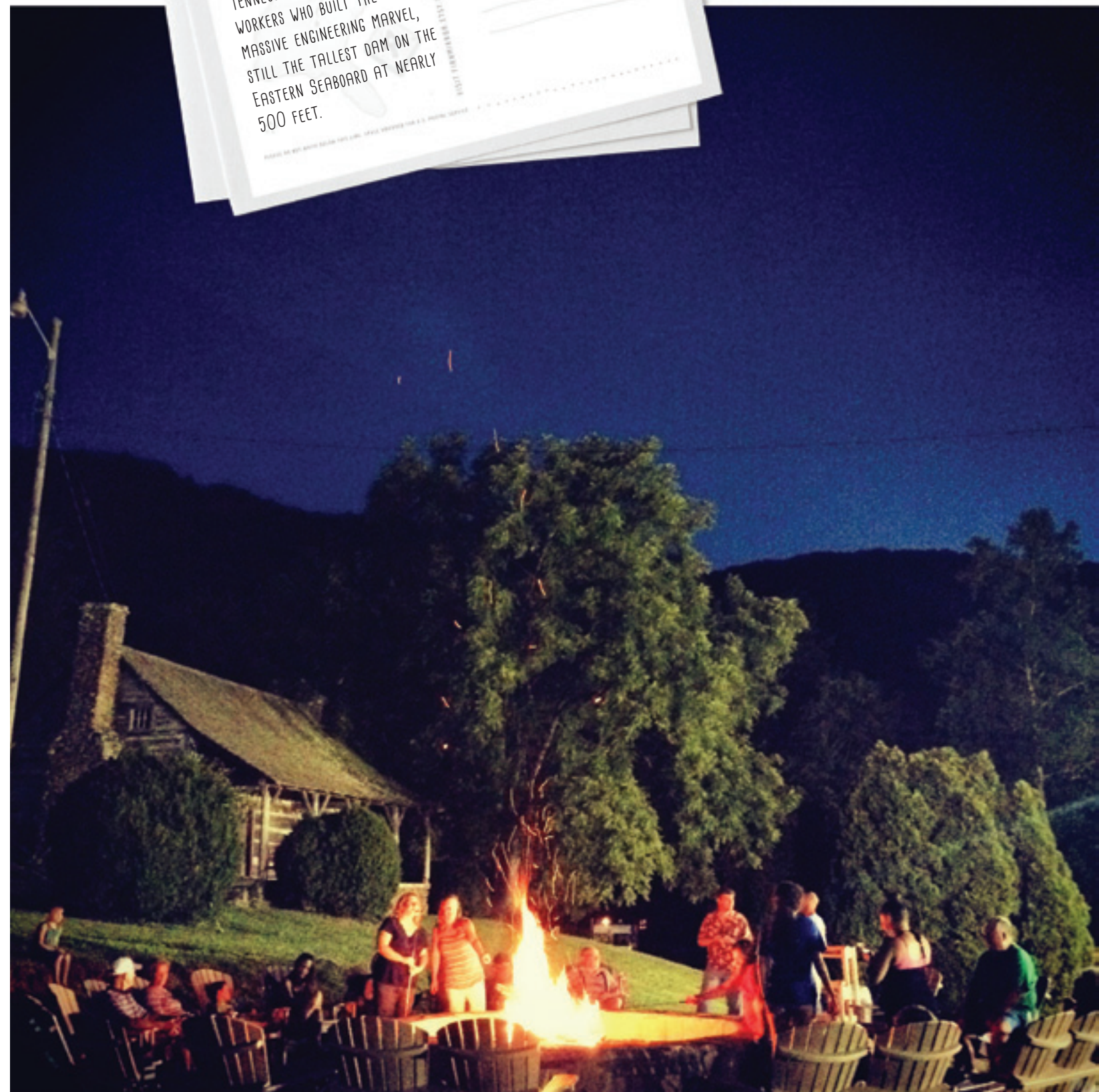
Almost 50 towns and counties have been named official Appalachian Trail Communities, meaning that they have signed on to be stewards and supporters of the Trail and its hikers. I knew that perusing that list would be a good place to start my trip planning.

Towards the southern terminus of the Trail, the town of Blairsville, Georgia, immediately caught my eye. There is something about the southern Appalachians that makes me want to connect with my Celtic roots. I think about how the Scotch-Irish settled many of these areas and brought their music and their craftsmanship

into the mountains, along with other ethnic groups, and it's a rich heritage worthy of celebration. Researching the town, I was drawn to all the ways it honors this rich natural and cultural heritage, including an annual Scottish Festival, with bagpipes, tartans, and gathered clans; the Sorghum Festival, which celebrates the tradition of cooking sweet syrup from sorghum cane; and the Mountain Heritage Festival, where



*Cabin at Fontana  
Village Resort &  
Marina. Courtesy  
Fontana Village Resort*







*Virginia Creeper National  
Recreational Trail*

many artisans showcase their crafts.

Surrounded by the high peaks of the southern Blue Ridge Mountains, Blairsville is also the home of the legendary Mountain Crossings at Walasi-Yi, the circa-1937 stone building constructed by the Civilian Conservation Corps that now houses one of the most beloved outfitters along the Trail. The A.T. even passes through a portion of the building, the only part of the entire path that’s covered. Not far from town is Vogel State Park, whose centerpiece is the stunning Lake Trahlyta. The lake is situated perfectly like a gemstone in a piece of jewelry, nestled among the surrounding mountains, and its smooth, calm surface makes it a popular destination for boating and fishing. The park offers many great trails on its own, as well as connectors to the A.T. where hikers can summit Blood Mountain, which, at 4,459 feet, is the A.T.’s highest-elevation ascent in Georgia.

Across the border into North Carolina, I was intrigued to



read about the A.T. Community of Fontana Dam. This town was expressly built in the 1940s to house the Tennessee Valley Authority workers who built the massive engineering marvel, still the tallest dam on the Eastern Seaboard at nearly 500 feet. The Trail follows the curving top of the dam, offering hikers terrific views of the Great Smoky Mountains just beyond. The dam-created Fontana Lake also offers some 240 miles

of shoreline and ample recreational opportunities. The centerpiece of the town, however, is the famous Fontana Village Resort and Marina, which features a lodge, cabins, dining, golf, and other activities — making it a relaxing stop for both thru-hikers and section hikers. The resort hosts the annual Hiker Haze weekend in March — with food and other activities that kick off the spring hiking season.

Located just a half-hour away from Fontana Dam, about midway to Bryson City, is the Stecoah Valley Cultural Arts Center. I once drove miles out of my way to buy my musician

husband a cookie-tin banjo from the Blue Ridge Music Center in southern Virginia, and so the Stecoah Center seemed right up our alley. Housed in a historic stone structure that dates to the 1930s, the center was once the site of a school but is now a community and cultural center that offers classes and programming in music, cooking, and crafts all year long. The center is famous for its “An Appalachian Evening” summer concert series, with bluegrass, folk, and old-time mountain music offered weekly. Looking at photos of past concerts, I could easily imagine my husband, after a day of hiking on the A.T. and a night of music at Stecoah, sitting around a campfire and plucking his own Appalachian banjo under the stars.

Living in Virginia, my family and I get out to Shenandoah National Park fairly regularly, and we’ve hiked on several portions of the A.T. as it spans the 100-mile length of the park. I never get tired of the stunning views from the ridgetops across the wide expanse of the Shenandoah Valley, quilted with farms and ribboned by the Shenandoah River. We often stop in the many homey towns near the park, such as Front Royal and Luray, for some pie or apple cider donuts to take home. One place I’ve never visited, however, is the A.T. Community of Abingdon, Virginia. One of currently 15 A.T. communities in

the state, Abingdon is located near the southern tip of Virginia’s long Appalachian spine, and it offers terrific Trail access as well as many dining and lodging options.

Just 12 miles from the Appalachian Trail, Abingdon is a hub of outdoor recreation. The town is an ideal place to hop on the 35-mile Virginia Creeper National Recreational Trail, a multi-use recreational trail built on a former railbed that dates to the 1880s. Hikers and cyclists can stop on one of the Creeper Trail’s high wooden trestles or take in views of the surrounding forests, farms, and fields. I particularly like the idea of a post-Trail visit to the Creeper Trail Café, which boasts of having “world famous chocolate cake.” (It’s hard to prove this claim, but I’m willing to investigate.)

I also am fascinated by the fact that Abingdon offers access to Virginia’s little-known slot canyons. When I think of slot canyons, I usually picture the orange-hued sandstone canyons of the desert West. But Virginia’s slot canyons are tucked away in the Great Channels Natural Area Preserve. Here, ice-age freezing and melting have split cracks in the relatively soft Blue Ridge sandstone, allowing narrow, winding canyons to form. These canyons have only been open to the public for about a decade, the result of a land donation from the Nature Conser-





*Parker Lake from the A.T.  
in Wawayanda State Park.  
By Raymond Salani III*

vancy. Getting to and from the slot canyon requires a 6.6 mile-hike with some elevation change, but from certain overlooks, hikers have an almost 360-degree view of the surrounding Blue Ridge.

As I daydreamed about places to visit along the Trail, my eyes drifted north on my A.T. map to a community that seemed very different from the Blue Ridge towns of the south and mid-Atlantic. Located right on the New York-New Jersey line, the town of Warwick, New York, is significant in Appalachian Trail history as the location where the first section of trail opened in 1931, six years before the rest of the Trail was officially inaugurated. Although Warwick still retains its slower pace and rural character, with historic brick buildings lining the streets, the town is only 55 miles from New York City and therefore relatively easy for urban hikers and families to get to. Lodging and dining options abound, along with a range of outdoor activities.

Warwick offers a special wildlife viewing experience for

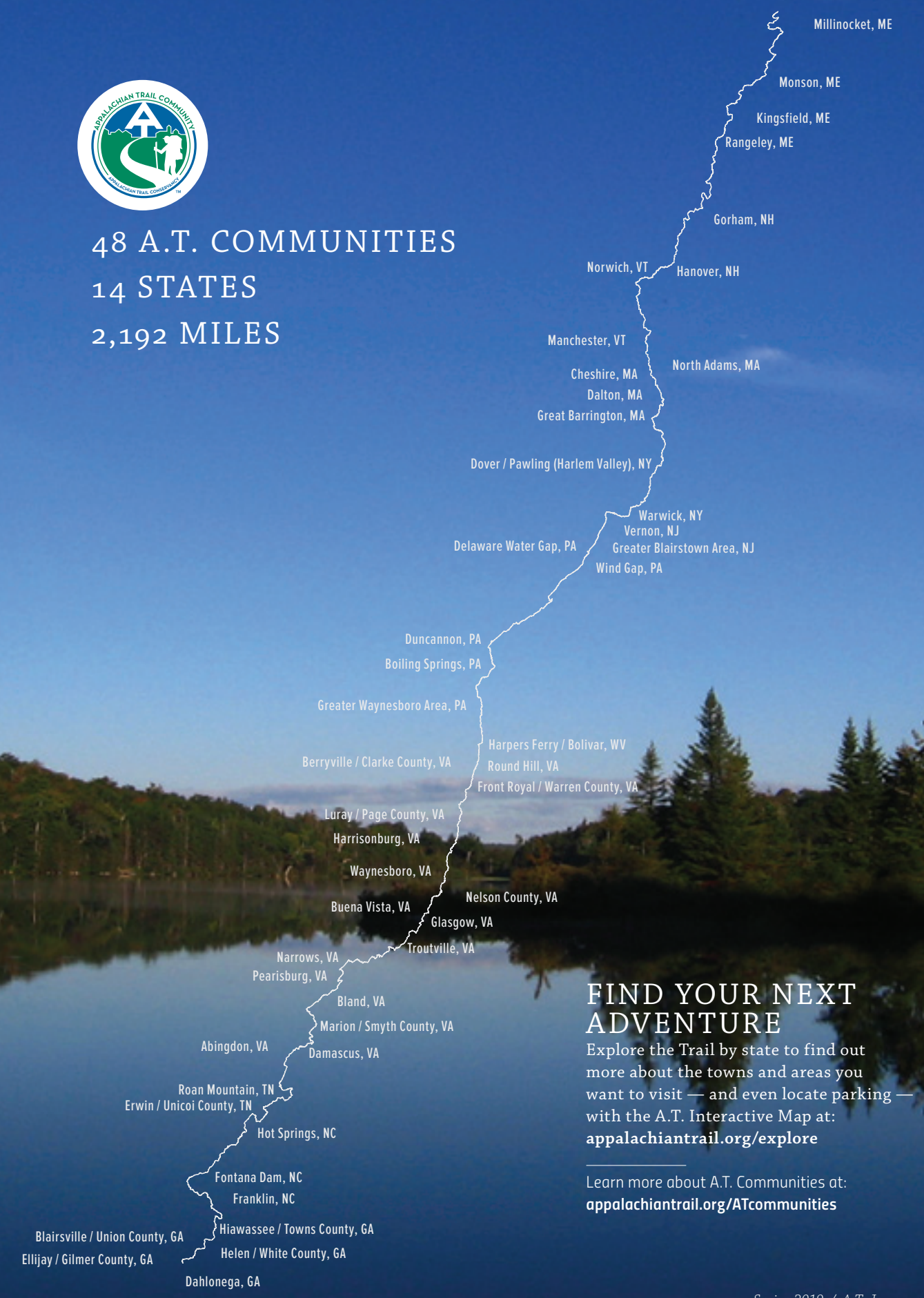
hikers, too. Connected via a spur to the A.T., the Mount Peter Hawk Watch Trailway leads to a scenic overlook for raptor viewing and birdwatching, and binoculars are a must. One of the oldest hawk watch locations in the country, the overlook offers both casual and seasoned bird-watchers glimpses of up to 16 species, including goshawks, kestrels, and golden and bald eagles, during their fall migrations. But even if you don't spot any big birds, the mountain

views from the overlook are worth the look on their own.

Wawayanda State Park in New Jersey is another popular destination not far from Warwick. The park contains some 60 miles of trails, including 20 miles of the A.T. Here hikers can walk on the A.T. before taking a spur trail that leads to the "Stairway to Heaven," a series of rock steps up to the Pinwheel Vista, an outcropping with rewarding views. I've hiked a similar kind of rocky climb called Pole Steeple near the A.T. in central Pennsylvania, so this hike sounded like a fun challenge. Back on flat ground in Warwick, any itinerary would have to



48 A.T. COMMUNITIES  
14 STATES  
2,192 MILES



## FIND YOUR NEXT ADVENTURE

Explore the Trail by state to find out more about the towns and areas you want to visit — and even locate parking — with the A.T. Interactive Map at: [appalachiantrail.org/explore](http://appalachiantrail.org/explore)

Learn more about A.T. Communities at: [appalachiantrail.org/ATcommunities](http://appalachiantrail.org/ATcommunities)





*A.T. from the Grafton Notch area of the High Peaks region in Maine. By Greg Morgan*

gateway to the scenic riches of the region and is a welcoming place for A.T. hikers. Located less than a mile from the Appalachian Trail, for instance, is the Sugarloaf Ski Resort, the second-largest skiable area on the Eastern Seaboard next to Killington, Vermont, and the second-highest peak in Maine next to

Katahdin, the A.T.'s northern endpoint. Kingfield is also the headquarters for Maine Hut and Trails, which provides bunkhouses and lodges where A.T. hikers may exchange work for room and board (or pay a nightly rate that either includes meals or a rate without meals).

At last, I folded up my map, my mind full of possibilities, and thinking of all the other communities along the Trail with historic character, natural features, and fun activities for people who want to take just a few steps off the path. It was time to start packing and get out there. 🏔️

## TAKE THE NEXT STEPS WITH US ANNUAL FUND — LEADERSHIP CIRCLE —

Our Annual Fund helps us fulfill our mission to preserve and protect the Appalachian Trail.

**LEADER**  
\$100,000 OR MORE



**PARTNER**  
\$50,000 - \$99,999



**ADVOCATE**  
\$25,000 - \$49,999



**PROTECTOR**  
\$10,000 - \$24,999

**STEWARD**  
\$5,000 - \$9,999



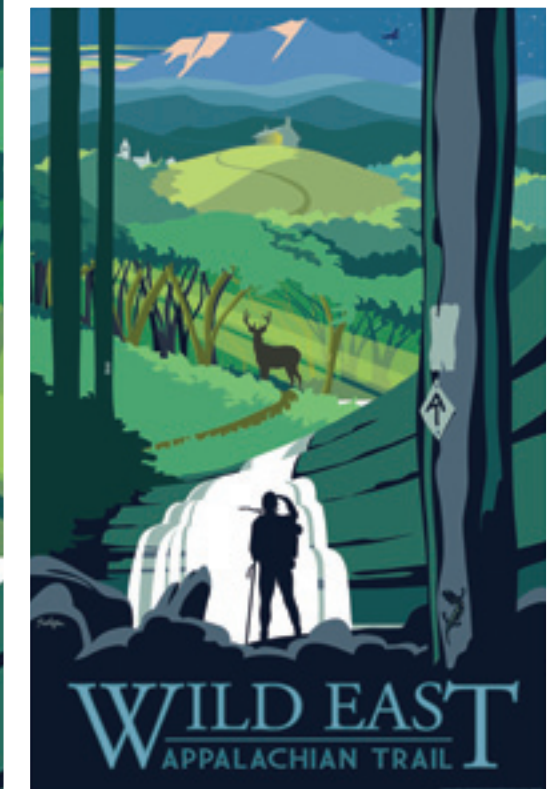
**SUPPORTER**  
\$1,000 - \$4,999

**Join our Leadership Circle!**  
**For more information, contact:**

Elizabeth Borg at 304-885-0473 or  
eborg@appalachiantrail.org



[www.appalachiantrail.org/annualfund](http://www.appalachiantrail.org/annualfund)



A limited number of striking and colorful Wild East posters, designed by Tyler Nordgren, are available for ATC members who contribute \$100 or more.\*

**TO DONATE VISIT:**  
[appalachiantrail.org/SupportWildEast](http://appalachiantrail.org/SupportWildEast)

*\* Available only through new donations of \$100 or more, made after January 22, 2019.*





# HIKING WITH DOGS



MY HUSBAND AND I WERE ON A SHORT overnight hike with our two terriers, from the Trail just north of Damascus, headed for our campsite at Saunders Shelter. As we approached the Trail junction to Taylors Valley, our older dog, Tali, alerted to something ahead. Hackles raised, she slowly backed away growling and barking, and refused to go forward. It was a sunny day and we could see the way ahead just as well as Tali, but neither my husband nor I saw any sign of danger. We tried to coax her forward, but she would have none of it and continued barking and balking. At this point I could feel my own adrenaline rising as I was certain my dog had spotted a danger that I could not see. Eventually, we realized she was alerting to a burned and blackened tree stump beside the Trail, which she may have thought was a bear. My husband ultimately had to carry her past the “bear” so we could continue our hike.

For a dog-lover, one of the best things about the Appalachian Trail is being able to take your dog with you when you go hiking. Our dogs clearly love being outdoors and they love being with us. Over the past four decades we’ve shared many memorable Trail moments with our dogs and our lives have been enriched through those shared hiking experiences. >>

**By Luann Mack-Drinkard**

*From left: A.T. hiker Erin Derham enjoys a relaxing moment along the Trail with her dog Sage in the Roan Highlands. By Steven Yocom; Luann with her husband and their dogs on the A.T. on Whitetop Mountain in Virginia. By Laurie Potteiger*



## DOGGY ETIQUETTE

### The Basics

What's the most important thing you should do to make sure you have a good hiking experience with your dog? Training. Dogs need to know or learn basic manners: sit, down, stay, not jumping up on fellow hikers, not stealing food. Taking a dog training class is a good place to start preparing for hikes with your dog.

On the Trail, you are responsible for your dog. This includes maintaining control. The Appalachian Trail Conservancy pet policy recommends that dogs be leashed at all times. Keeping your dog on leash is a small price to pay for being able to share hiking adventures with them.

Your responsibility for your dog includes making sure he or she remains healthy and comfortable when hiking. Flea and tick control are a must, and there are many options to choose from. Vaccinations, including rabies, distemper, parvovirus, and adenovirus-2 are also essential. (It's also a good idea to carry proof of your dog's current vaccinations with you when you travel.) Remember to offer your dog water anytime you stop for a drink. If you are thirsty, your dog will be, too. Just like us, dogs are burning more calories when hiking, so they need more food. We bring lunch for our dogs even on day hikes, especially if they are carrying a pack. Town or Trail, remember food and water for your companion.

### Good Behavior on the Trail

In my opinion, it is better to use a harness than a collar when hiking with your dog. A harness is easier on a dog's body. A sturdy six-foot leash is a good choice. If you chose to use a retractable leash, use the belt version instead of the cord. Know that some areas require a dog's leash to be no longer than six feet (Shenandoah National Park is one of these) so you'll have to lock your retractable leash at six feet

while hiking in these areas.

Remember, not everyone you meet on the Trail will love your dog as much as you do. One thing we've learned to do is to move our dogs to the side of the Trail when another hiker approaches. We tell our dogs to sit and wait as the hiker passes. Some hikers thank us, and most stop to chat and to greet our dogs.

Finally, we must talk about poop. Because your dog is not a natural inhabitant of the area, carry poop bags, pick up the poop, and carry it out. If you're backpacking, take your trowel and bury your dog's waste just as you would your own. Hikers who follow will thank you.

### When and Where to Hike

Most Trail sections are suitable for hiking with your dog, but some restrictions and common-sense exceptions do exist. Three A.T. areas are off-limits: The Great Smoky Mountains National Park, Bear Mountain State Park Trailside Museum and Zoo, and Baxter State Park. The White Mountains of New Hampshire and parts of Maine are rocky and steep, and could be uncomfortable for your dog. And the notorious rocks of Pennsylvania could be just as painful for your dog as they are for you. Think about the physical shape your dog is in before asking your pet to do too much. Check the weather before deciding to take your dog for a hike. Summer heat may be too much for a heavily coated breed, while winter's cold could be harmful for a smooth coated breed.

### Overnight Stays

Finding pet-friendly lodging along the Trail is not nearly as difficult as it used to be. Many hotels and motels advertise as pet-friendly, often charging a small fee for allowing you to keep your dog in your room. And being prepared to tent camp instead of stay in a shelter is good etiquette while overnighing on the Trail with your dog.

*Long-distance hikers and their companion take a much-needed break in Damascus, Virginia. By Willie Johnson*



Luann Mack-Drinkard, LVT, is the "Sketch" part of "Sketch & Snorebaby" (2,000 milers) and the "Trail'dales."

Learn more about hiking with dogs on the A.T. at: [appalachiantrail.org/dogs](http://appalachiantrail.org/dogs)



**2019 THRU-HIKER REGISTRATION NOW OPEN**

Aspiring A.T. thru-hikers can now register their 2019 hikes online. Registrants will be able to see the numbers of hikers registered to start on each day, then plan accordingly to start on an uncrowded day or location to limit their ecological and social impacts on the Trail.

**TO REGISTER A HIKE VISIT:**  
**APPALACHIANTRAIL.ORG/THRUHIKEREGRISTRATION**



**ENJOY YOUR JOURNEY AND THE DESTINATION.**

Welcome to Fontana Village Resort & Marina! With comfortable lodging & delicious dining, this is the ideal place to relax, refuel and start your next adventure. AT shuttles, resupply and drop services are available. Your natural destination in the Great Smoky Mountains.

**FontanaVillage.com • 800.849.2258**

**GET BACK TO THE TRAIL WITH NEW PLATES**



Proceeds benefit the

**APPALACHIAN TRAIL CONSERVANCY®**

**APPALACHIANTRAIL.ORG/ATCPLATES**







## APPALACHIAN TRAIL INDULGENCE

THRU-HIKERS REVEL IN OPPORTUNITIES TO STOP IN TRAIL TOWNS — NOT JUST FOR A SHOWER, LAUNDRY, AND RESUPPLY, BUT ALSO TO SPLURGE ON LODGING, MEALS, OR OTHER SPECIAL EXPERIENCES AND OPPORTUNITIES NEAR THE TRAIL.

Many long-distance hikers enjoy the simplicity of a basic camp meal and sleeping bag surrounded by nature — but those same hikers sometimes find a wonderful balance in taking a brief break to enjoy the culture and cozy hospitality of nearby Trail communities. ¶ Thru-hiker Bruce “RTK” Mattson and Michael “Sharkbait” Neiman offer up their recommendations for finding creature comforts and downright gourmet meals along the Trail. The two — who met before their 2018 thru-hikes through each other’s blogs — put their heads together to publish *Platinum Blazing the Appalachian Trail: “How to Thru-Hike in X3-Star Luxury*, a 150-page hard-copy or downloadable guide to comfy beds and soft sheets, hearty homecooked meals, yoga classes, massages, theater, concerts, and other great cultural events in towns and communities along the A.T. ¶ While “RTK” and “Sharkbait” envisioned this book for long-distance hikers, as a

guide of indulgences that can soothe a weary hiker’s soul and honor the challenge of hiking one of the longest continuous footpaths in the world, the Appalachian Trail Conservancy finds this book to be generous in spotlighting exceptional, unique and charming places to experience the A.T. and helpful to all types of hikers and travelers.

### SOME TIPS FROM THE AUTHORS ON SPLURGING ALONG THE A.T.

**RESERVE** a cozy private cabin in the woods at the Misty Mountain Inn at Neels Gap in Blairsville, Georgia

**ATTEND** a theatrical play onsite while enjoying the exceptional accommodations at Allenberry Resort in Boiling Springs, Pennsylvania

**ENJOY** an elegant dinner — with local and seasonal options like roasted half duck flambé or wild mushroom ravioli — and private room at the Fife ‘n Drum Inn of Kent, Connecticut

**ORDER** an a la carte steak dinner when the restaurant has an all-you-can-eat buffet, like at Daniel’s Restaurant in Hiawassee, Georgia

**SCHEDULE** a natural hot springs whirlpool appointment in Hot Springs, North Carolina

**GET** a full body massage at the Woods Hole Hostel in Pearisburg, Virginia

**SLACKPACK** (hike unencumbered by a full backpack) from Hot Springs, North Carolina to Damascus, Virginia while enjoying private accommodations at Cantaroso Farm each night

**RENT** out the Airstream private trailer at the Hikers Inn in Damascus, Virginia

**SCHEDULE** an Uber to pick you up at the Dover Oak and take you to the train Station Inn at Pawling, New York — where you can travel directly into New York City

**TAKE** a guided fly-fishing excursion during a day off the Trail in North Woodstock, New Hampshire

**ENJOY** an invigorating whitewater rafting trip down the Kennebec River outside Caratunk, Maine



Bruce and Michael on the Trail during their thru-hikes



Bruce Matson dreamed about attempting a thru-hike of the Appalachian Trail more than 40 years ago. In the summer of 1974, he attended a presentation by Warren

Doyle, who had not only backpacked from Springer Mountain to Katahdin. Having done some hiking and backpacking at the time, Bruce was completely captivated by the presentation and decided, “I’m going to do that someday.” ¶ After guiding canoe trips in the north Maine Woods for two summers and submitting Katahdin several times, Bruce turned his attention to law school, marriage, and family — all the while holding on to his dream of completing a thru-hike. In 2018, he made good on his personal aspiration. ¶ As part of his hike, Bruce generously donated more than \$100,000 to the Appalachian Trail Conservancy (ATC) through the “Returning to Katahdin Challenge” — one of the largest individual donations to ATC to date. In addition to co-authoring *Platinum Blazing the Appalachian Trail*, Bruce is also the author of *The Race Before Us: A Journey of Running & Faith* and *The Road to Find Out: A Modern Pilgrim* and the *Camino de Santiago*. ¶ Bruce “RTK” Mattson and Michael “Sharkbait” Neiman are donating all net proceeds from their book to the ATC. The book is available at the Ultimate A.T. Store and Amazon\* ↗

\*Personalized or signed copies are available from the authors at [admin@platinum-blazing.com](mailto:admin@platinum-blazing.com)



## WOODS HOLE HOSTEL

PHOTOGRAPHER *Ben Benvie*

“WOODS HOLE HOSTEL IS A MAGICAL PLACE found just a short distance off the Appalachian Trail in southwest Virginia. It’s home to the owners Neville and Michael (pictured in front) but also feels like home to every hiker and traveler who is lucky enough to visit. ¶ Stay at Woods Hole and you might find yourself in the kitchen helping to prepare one of their famous communal meals or maybe you’ll be outside tending to the gardens that fill your plate with delicious organic food. You’ll quickly learn that this is not a place to simply rest your head, it’s a place to learn, laugh and share. Whether you’re doing group yoga, eating home-made ice cream, or exchanging stories in the front yard, a day spent here will be a memorable one. Neville and Michael have created a space where you don’t simply feel like a hiker or guest, you feel like a member of the family. ¶ At the end of my stay, I decided that we needed a ‘family photo’ and like most family portraits, this self-timed attempt didn’t quite go according to plan. It did however, result in what I consider to be a perfectly imperfect image. Just like life on the Trail and my time at Woods Hole Hostel. It’s full of smiles, laughter, and a little bit of chaos.” ~ *Ben Benvie*





## CONTAIN YOURSELF

Human-bear conflicts are increasing along the A.T. triggering temporary and permanent campsite, shelter, and A.T. section closures, and euthanized bears.

These drastic results can only be prevented by A.T. campers doing an excellent job of storing all smellable items and keeping a clean camp.

Bears have the keenest sense of smell in the animal kingdom, smelling food from several miles away including toothpaste, sunscreen, trash, etc. (burning food/trash doesn't help.)

Always use a bear-resistant food storage container (BFC) to store food and smellables while camping. The Interagency Grizzly Bear Committee website lists approved hard and soft BFCs; most are also rodent proof.

Using a bear-resistant container not only helps to protect you and the bears, it also makes your experience more fun and comfortable overall by keeping other wildlife — like mice, raccoons, skunks, or squirrels — from pilfering your pack.



### HOW TO USE BFCs:

- NEVER sleep with your food, smellables, or BFC while camping.
- Always close and lock BFCs per their instructions.
- At campsites with a food locker or cable system, put your BFC in/on those.
- At campsites without a supplied food storage locker, place hard and soft BFCs 100 feet from your sleeping area; tie soft BFCs to immovable objects.

For more helpful information and to report bear incidents visit: [appalachiantrail.org/bears](http://appalachiantrail.org/bears)

**flipflop Festival**  
CELEBRATING THE OUTDOORS  
IN HARPERS FERRY AND BOLIVAR

**JOIN US FOR A WEEKEND**  
OF GAMES, WORKSHOPS, LIVE MUSIC AND HIKES,  
INCLUDING A FLIP-FLOP THRU-HIKER SEND OFF!

**APRIL 27-28  
HARPERS FERRY**

To learn more visit:  
[flipflopfestival.org](http://flipflopfestival.org)

## Don't Share

At least, not with a Bear



Food Protection

Bear Protection

Trip Protection



Proud Sponsor of the Appalachian Trail Conservancy

Immerse yourself in the Trail  
experience with our dynamic digital  
edition of *A.T. Journeys*

**NO APP / ANY WHERE / ALL DEVICES**  
ENGAGING VIDEO, ADDITIONAL PHOTO FEATURES, AND MORE

**GO PAPERLESS**



SUBSCRIBE TODAY  
[appalachiantrail.org/paperless](http://appalachiantrail.org/paperless)



# INDIGENOUS

HABITAT / LEPIDOPTERA / CONSERVATION

**Pitch Pine**  
(*Pinus rigida*) — is a small to medium sized hard pine species.

Often with an irregular growth that is twisted and gnarled in appearance, this shade-intolerant species can inhabit low nutrient areas with harsh conditions.

Pitch Pine is found in the eastern United States from southern Maine to northern Georgia.

Total life span of a pitch pine is approximately 200 years.



**Scrub Oak**  
(*Quercus ilicifolia*) — sometimes called bear oak, grows as a small gnarled tree or shrub.

The species is restricted mostly to the northeastern U.S.

Scrub oak ranges from 3-30 ft. in height and generally has a life span of only 20-30 years.



## PITCH PINE SCRUB OAK BARRENS

By Marian Orlousky

THE PITCH PINE — scrub oak barren habitat is characteristic of ridgetop areas in New York, New Jersey, Pennsylvania, Maryland, and south through the Appalachian Highlands and Blue Ridge Province. These barrens are found in areas where weather conditions are variable and often extreme, and where soils are thin, well drained, sandy, acidic and nutrient poor. This habitat is sometimes referred to as “ridgetop dwarf-tree forests” because of the tendency for the tree growth to be stunted under the harsh conditions.

While this environment is not suitable for many Appalachian tree species, hardier species like pitch pine, are able to thrive here.

An example of this unique community type exists along the Appalachian Trail, on Big Flat Ridge, along the South Mountain in Pennsylvania. “A hike on the Appalachian Trail through this area, carries hikers deep into dense shrublands dotted with stands of rugged pitch pines. Openings in the

shrub thickets are lush with lowbush blueberries that offer sweet snacks to human visitors passing through in late summer, as well as to resident wildlife,” explains Betsy Leppo, an Invertebrate Zoologist with the Western Pennsylvania Conservancy (WPC) specializing in moth and butterfly (Lepidoptera) studies.

These ridge-top barren communities offer diverse and complex habitat. The scrubby understory structure provides both forage and cover to a variety of rare and declining plant and animal species, some of which are found exclusively in this area. In Pennsylvania alone, the pitch pine - scrub oak habitat contains 31 plant associates. According to Leppo, surveys at Big Flat Ridge have thus far documented the presence of 48 state rare moth species and one globally rare species. The Pennsylvania Game Commission highlights the moister areas of these barrens as being utilized by American woodcock and



From top: Recovering pitch pine/scrub oak barren along the A.T. on the South Mountain after a prescribed burn and forestry mowing; Brown elfin butterfly (*Callophrys augustinu*) — This rare butterfly species is just one conservation target for the Michaux Pine Barrens. Photos by Betsy Leppo

ruffed grouse, two “species of greatest conservation need” listed in the Pennsylvania Wildlife Action Plan; and protected species like the Allegheny woodrat or timber rattlesnake may be found in barren areas with rocky outcroppings.

It’s no coincidence that the species associated with these barren habitats are often considered rare. While historically these pine-oak environments existed as a mosaic of constantly changing barren communities across the ridge landscape, on our modern landscape, this unique community type is also becoming less common.



Pine-oak barrens are fire-dependent with fire-adapted regeneration strategies that had been sustained for thousands of years by lightning strikes and Native American fire starts. Today these communities are on the decline in great part due to long-standing fire suppression practices, forest succession, and introduced pine plantations.

## PINE BARREN RESTORATION

In 2012, Michaux State Forest (under the Pennsylvania Department of Conservation and Natural Resources) and partners such as the Appalachian Trail Conservancy, the WPC and the Pennsylvania Game Commission, began management and restoration of the Big Flat Pine Barrens. Various management techniques, including forestry mowing, selective thinning and controlled burns, have been utilized to recover and sustain this critical habitat. In 2018, a nearly 1,400-acre burn was completed along

the ridge — one of the largest prescribed burns ever conducted by the state. The burn served to encourage desirable habitat, improve oak regeneration, and reduce dangerous fuel loads that have the potential to lead to catastrophic wildfires. As monitoring of this community continues, forest managers and conservationist alike are optimistic that imperiled wildlife species will be able to rebound and thrive in this unique environment of the Appalachian Mountains. 🌱





## Postcards from Paradise

AN ARTISTIC TAKE ON TRAVELING THE A.T.

By Rebecca Harnish



From top: Sink laundry postcard; A rare moment to paint directly from the landscape atop McAfee Knob; Inset: The author's art kit: a lightweight metal palette, a waterbrush, pencil, and three ink pens. More of Rebecca's postcards are featured in our travel article: "Step Out" (page 30)

WHILE PLANNING MY MINI ART kit — debating over the colors for my palette, deciding on tools, cutting watercolor paper to fit in my backpack's shoulder pocket — I daydreamed about plucking it out whenever a mountainous view or interesting plant struck me with inspiration. I saw myself painting on top of peaks, sketching ferns from a comfy rock on the side of the Trail, capturing the big milestones as I passed them with swift brushstrokes.

The first of many surprises on my hike was that northern Georgia can be freezing in April. The winter lingered hard, and I had to hike to stay warm, and cocoon as soon as the nightly chores were complete. The reality from day one was quick and tired sketches in my sleeping bag, after dinner of course. The times and places I found to paint varied depending on the weather and temperature, my level of exhaustion (very or completely), and ranged from some of the golden vistas I had initially envisioned — such as on top of Max Patch in North Carolina, and McAfee Knob in Virginia — to shelter tables, to in my tent while it rained, and, most frequently, grungy hotel rooms with dim artificial light and that special funk that five or six hikers and their gear exude.

While most of it was not ideal for creating art, all of it was perfect in the context of the Trail. For all of its natural splendor, it tests every kind of endurance; it's dirty, sweaty, painful, full of imperfect moments of despair, but also full of wonderful people to laugh about them with. As an anxious perfectionist, both my hike and attempt to paint along

the whole Trail was a lesson in embracing the imperfect.

My motivation for the particular type of artwork I wanted to create stemmed from disappointment in the photos I took of sights that overwhelmed me with beauty and emotion. Painting allowed me to express what I saw, not what the phone camera saw. And there was so much to see. Watching the first shoots of spring greenery sneaking over the mountains, undulating layers of mountains receding into the distance, vibrant sunsets, lots of wildlife, and the vast range of different cultures and communities along the way. But there were also days of slogging through mud

“

Both my hike and attempt to paint along the whole Trail was a lesson in embracing the imperfect.

”

dawn to dusk, putting on wet, smelly socks, traversing rocky ridges in storms, and chafe that could bring you to tears. There was the bliss of unexpected Trail magic, cute little towns we spent way too much time in, doing laundry with whatever means we had while charging and being glued to our phones after a service dry spell.

I really wanted to capture it all. The beautiful, the ugly, the fun, and silliness of Trail culture, because we remember most of it fondly in the end. Because of this, postcards seemed like a perfect way to spread the joy of as many aspects of hiking as possible. The result was a series of artwork I created in postcard format. After all, sending someone a postcard about sink laundry says a lot about your life on the Trail. 📌

## Ultimate Appalachian Trail Store®

### Wild East proud? Show the world...

EXCLUSIVE WILD EAST TRUCKERS' CAPS AND T-SHIRTS ARE AVAILABLE NOW AT THE ULTIMATE A.T. STORE



Caps: item #356



Tri-blend shirts: item #T093

**atctrailstore.org**  
**toll-free: (888) 287.8673**

Mon. — Fri., 9 am — 4:30 pm Eastern

We usually ship on the same business day!  
Buy direct from the Ultimate Appalachian Trail Store and ensure a maximum return to the Trail.

**\*ATC members receive a 10% discount by using "atcmember" as a coupon code at check-out!**





*A.T. near Great Barrington. By Raymond Salani III*

THE CLEAN SOUND OF ICE SKATES SKIMMING across an indoor skating rink is nothing like the sound of those blades on a frozen pond or lake. Outside on the lake, there are bumps and cracks and ripples; there are frozen-over bubbles with thin layers of surface ice that crackle like paper. And then there's the slightly frightening boooooom! that echoes now and then across even the thickest-frozen waters as the ice expands or contracts, and cracks. The face of the lake is like the membrane of a drum, sending the sound reverberating from shore to shore.

In western Massachusetts, the A.T. meanders around the edge of Benedict Pond in Beartown State Forest, which includes a popular campground and picnic area in the summer, complete with a small beach. During the warmer months, smoke rises from campfires and kids splash in the water. In July, A.T. volunteers, staff, thru-hikers, and members of the local trails community get together to celebrate Great Barrington A.T. Community Day, serenaded by the Berkshires' own ukulele band. But in winter it's a different world, gleaming and still.

On one of those lucky days when the pond had frozen solid but hadn't yet been covered in snow, I went ice skating with a young friend only about three years old. He was just learning, pushing an old folding chair across the slippery pond, and he was justifiably frustrated. "I don't want to learn, I want to know!" he declared, pout-

ing where he sat after falling again. I laughed, not so much at him but us, because haven't we all felt that way at some point, not wanting to go through the pain and humiliation of learning something new?

But, of course, we often have to learn even the simplest things over and over — like the value of community and what it means to have and know a place. Or, for that matter, learn a place. Learn it in the lush summertime and the stark, wind-whipped winter. Learn each root and rock on a familiar piece of trail. Learn the plants and animals who make that place home. Learn the people who make it home. Learn how a forest community can have both human and nonhuman members. Learn how to care for it. Then, finally, somewhere within the infinite process of learning, we can begin to know it.

There on the ice, I prop up my disgruntled friend. "Watch this!" I say. I close my eyes, spread out my arms, and let the wind push me, bumpity bumpity, across the gleaming pond. Here, winter is long and summer is sudden. Pay attention, or you'll miss what comes in between. Warm days and soaking rains will quickly turn ice to water. Spring peepers and red-winged blackbirds will raise a racket, and the humans will follow. We'll be learning this familiar place all over again, as it shudders into spring.

*by Hanna Fries*



# CREATE YOUR LEGACY WITH THE APPALACHIAN TRAIL

Planned Giving is an easy and flexible way to meet your philanthropic goals while protecting the Trail you love. Whatever your stage in life, your financial circumstances and your charitable goals, let us show you how to make a gift that benefits you and your loved ones as well as the Appalachian Trail.

Contact: Elizabeth Borg  
Vice President of Membership & Development  
304.885.0473 or  
eborg@appalachiantrail.org







**APPALACHIAN TRAIL**  
**CONSERVANCY®**

[www.appalachiantrail.org](http://www.appalachiantrail.org)

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

**WE ARE THE GUARDIANS  
OF THE APPALACHIAN TRAIL**

**APPALACHIANTRAIL.ORG**

SUMMIT OF KINSMAN MOUNTAIN – A.T. WHITE MOUNTAINS. BY AARON IBEY