

Appalachian Long Distance Hikers Association

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2001 Companion Field Editors

Joe & Monica Cook
Ann Thomas
Scott Dowling
David Dobbs
Andrew and Laura Sam
Sue Kanoy
Leonard Adkins
Laurie Foot
Wayne Greenlaw
Kathleen & Brad McClelland-Nellis
Bob & Tricia Dudley
Mary Ann Nissley
Greg & Kathy Bubniak
Mark Hudson
Steve Duyser
Tom & Janet Valine
Kevin Reardon
Pete Ketcham
Smith Edwards
Henry Lafleur
Scot Holt

Hiking Museum Sub-Committee

Larry Luxenberg, Chairman
Scott Beavers
Noel DeCavalcante
Frank Krajcovic
Tim Messerich
Bill O'Brien

The Long Distance Hiker

Your Name Could Be Here



Coordinator's Report

My favorite memory of this year's Gathering was listening to 500 hikers singing the National Anthem. Having only recently completed my summer hiking excursion, the emotional effect cannot be adequately explained in words. What a family we are -- a family willing to shed tears, laugh and even express our frustration. As our family grows, I hope our willingness to work together and share continues.

Already, it is the middle of December. Thankfully, the Christmas gifts are wrapped and the backpack is loaded. The *Companion* is finished, one last note to the Board, one more message to review; just a few more finishing touches on this newsletter and I can run out the door for three days of fun in the Appalachian Mountains.

With so much activity over the past couple of months, it is difficult to discern what to write. The most important would be to give you my thanks for electing me as the new ALDHA Coordinator. With some gargantuan boots, created by herculean efforts of the Coordinator's before me, I only hope that my efforts are as beneficial to this folk organization.

Lots of things have occurred since the October Gathering. I apologize for the delay in newsletter publication. Acknowledging that a situation was brewing, the Board pondered the possible scenario's and after initially deciding to create two issues, finally concluded to create a double issue once it was apparent that we no longer had a Newsletter Editor. Therefore, all of our

members who should have received the summer newsletter and all of the members who are suppose to receive the winter newsletter will be receiving this publication. As a Board we apologize for the delay.

Welcome to the new Board Members. At the Annual Business Meeting several open positions were filled. Kurt Seitz will now be acting as Assistant Coordinator. Scott Beavers will continue as the Treasure, and John O'Mahoney will continue as the Recording Secretary. The Membership Secretary's position was vacated by Bill O'Brien and has now been filled by Rich Evans, by a lucky turn of events during the Business Meeting. Our new At-Large Board Members are: Noel DeCavalcante and Jim Owen. Mark Hudson was re-elected and Karen Berger, Wayne Greenlaw and J.R. Tate still have one year remaining before they will be up for re-election.

So far, the Board has been extremely busy and has numerous issues awaiting discussion at the Spring Steering Committee Meeting. The tentative, and very rough, agenda is located on page 5. Looks like another fun filled line-up. If you are interested in attending the meeting, or have an issue you would like for us to discuss, please let me know so that it can be added to the agenda.

The position for Companion Editor has been filled by John O'Mahoney. He is excited about the pursuit in front of him.

The *2002 Appalachian Trail Thru-Hikers' Companion* is off to the presses. The best *Companion* yet, there have been some additions and some exclusions necessary as the trail community continues to grow. Already, the *2003 Companion* is being worked on, and the volunteer efforts of all of our ALDHA members is always appreciated. One of the most valuable additions to this year's *Companion* is the inclusion of the Endangered Services Campaign. With a behavior change on the Trail, hopefully our members are leading in the teaching of good behaviors by example.

The Board has financially contributed to the Ed Garvey Pavilion which is being built at the Blackburn Trail Center. Open to the hiking community, it is hoped that the construction will be complete for the 2002 hiking class.

As you can tell, it has been busy, busy, busy. Wishing everyone a

Happy Holidays and
Happy Trails!

↪ *The Long Distance Hiker* is published four times each year. To join ALDHA, send the form on page 7 plus \$7 (check or money order) payable to ALDHA, 10 Bennington St., PMB 224, West Lebanon, NH 03784. We are also online at: <http://www.aldha.org>.

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Appalachian Trail Museum

By: Larry Luxenberg

It's a long journey, but the movement to start an Appalachian Trail Museum continues to make progress. At the 2001 Gathering, the museum sponsored its first symposium, a discussion by author Larry Anderson, the biographer of Benton MacKaye. Anderson, his book is due out next year, spoke before 120 people in Cook Auditorium.

The next symposium, 2002 Gathering, will be on the creation of the National Trail System and will feature some of the people who helped to build the major trail, including the A.T.

At the Appalachian Trail biennial meeting in Shippensburg, a group of museum

supporters voted to form an Appalachian Trail Museum Society to be dedicated to founding and running the museum. The board of the museum will include two ALDHA representatives; the initial representatives are Wayne Greenlaw and Bill O'Brien.

The group continues to look for a museum home in the Harpers Ferry area. Other ideas remain under consideration, including finding space for temporary storage and a small amount of display space.

Donations of equipment and money continue to come in. Among the recent additions to the collection were signs, trail registers, old guidebooks and photographs.

To aid the collection process, during the Gathering several people volunteered to be coordinators for collecting in their states. Those volunteers are: Carla and Henry Lafleur, Massachusetts; Al Pointe, Rhode Island; Larry Luxenberg and Tim Messerich, New York; Dick Grevek, New Jersey; Chuck Wood, Pennsylvania; J.R. Tate, Tennessee; and Linda Patten, North Carolina and Georgia. Anyone else interested in assisting on collection or other aspects of the museum effort should contact the museum committee.

During the committee meeting at the Gathering, the committee requested that everyone submit three specific ideas about things they'd like to see collected.

Dan Smith, a six-time thru-hiker and professor of history at Iona College, is launching an oral history project on the A.T. in conjunction with the museum and would welcome suggestions about subjects.

The museum society is scheduled to hold its next meeting at 1:00 p.m., Friday, March 23, 2002, in Harpers Ferry.

2002 Gathering October 11-13 Pipestem, W.Va.

The 20th Annual

Gathering (continued)

Bill O'Brien single handily created the "Birthday Bash." With tremendous effort and expenditure of voluntary time, one page of the registration packet was dedicated as a summary of the events. The schedule of events had a five page allotment; filled to capacity with a multitude of events and activities for everyone. Of course, the normal fare of lectures on the Appalachian Trail, Pacific Crest Trail and Continental Divide Trail were present. Some new lectures included a Benton MacKaye Symposium, Volunteer Vacations and From Journal to Manuscript. Mix in a Skit, Contra Dance, Cliff Jump and the ALDHA Family Photo and your weekend has been filled to capacity.

The Annual Business Meeting elected new officers and handed out three honorary lifetime memberships. Cindy Ross and Todd Gladfelter brought tears to the eyes of many a hiker when Warren Doyle presented the award. Two of ALDHA's early pioneers, who actually first met at the first Gathering in 1982, Todd and Cindy have hosted many of ALDHA's spring meetings at their home in Pennsylvania and Todd led several work trips as ALDHA was creating its niche in the hiking community.

Behind the back of Bill O'Brien, and if truth be told, maybe not exactly in the regular ALDHA format of nominating (we had to purposely leave Bill out of the decision making process for a Board decision), Coordinator Henry Edwards presented an obviously moved O'Brien with an honorary lifetime membership. Receiving a standing ovation and congratulations from the Board and Membership at Large, it was a grand surprise.

As if all of the already talked about events weren't enough. "Flyin' Brian Robinson" made an impromptu Gathering appearance and spent Sunday morning for a riveting, sometimes hilarious question-and-answer session attended by a couple hundred early risers. "Walkin' Jim" Stoltz wrote and sang a song he created about ALDHA and the Gathering. A motion was made at the Annual Board Meeting to sing Walkin' Jim's song at every Gathering. Needless to say, it was agreed. "Wood Chuck," Chuck Wood in day to day life, offered to make a little something for ALDHA. As if the Sunday business meeting was not already moving enough, Chuck's "little

something" was actually a big something. Known for this metal creations, ALDHA now has several new displays for upcoming events. Make sure you come see the created masterpieces at the next Gathering.

Slide shows, storytelling, a game of frisbee, skits, concerts, photos and topic discussions -- is there a better way to spend any weekend?

The 2001 Gathering was hardly over before preparations for the 2002 Gathering began. With a new board meeting immediately after the Annual Business Meeting, the discussions and planning would commence. Jim Owen (a newly elected board member) will head the 2002 Gathering preparations as Program Director. If you are interested in assisting him, or are interested in presenting at the next Gathering, don't hesitate to contact him. Warren Doyle will handle the facility preparation as the Facility Director.

American Hiking Society Events

As a member of AHS, ALDHA regularly receives notices for upcoming events or current issues effecting the hiking community. This is one for all of ALDHA's members to be involved in.

Anyone interested in leading an event in your area please contact Kurt Seitz for information.

HIKE FOR HEALTH NATIONAL TRAILS DAY 2002

National Trails Day 2002 is June 1, 2002 - start planning your event now! As a nationwide celebration of trails that takes place the first Saturday of every June, National Trails Day is a chance for your organization to form new partnerships, showcase a recent accomplishment or milestone, and raise your community's awareness of hiking trails. This year's theme for National Trails Day is "Hike for Health" because when you hike or volunteer on a trail you are not only performing a good deed for the environment, you are also improving your health. That's right! Hiking regularly can lower your blood pressure and cholesterol, reduce chances of heart disease and cancer, and lower stress levels. Start thinking about how your organization can bring a health message in to this year's National Trails Day event. Then, in

January go to the AHS web site, www.AmericanHiking.org, to register your event and to download the latest information about the health benefits of trails.

Newsletter Deadline

The deadlines for the next four newsletters are:

February 15, 2002

May 15, 2002

August 15, 2002

November 15, 2002

* Dates have been modified to insure a more timely mailing.

Appalachian Trail Thru-Hikers' Companion

Needs A Field Editor for MAINE

Contact:

John O'Mahoney
email: johnno@monmouth.com
40 Lenape Trail
Brick, NJ 08724
Phone Number: 732/295-8267

What is a field editor?

Assist in the responsibility of providing the most up-to-date and accurate information which can be provided for the Thru-Hikers' Companion edition. Trail sections can be anywhere between 30 to 100 Trail miles.

Review the Companion and correct inaccuracies. Time is spent meeting with business owners, checking road mileage and updating maps. Experience the Trail, provide interesting tidbits of information which is of interest to future thru-hikers.

Trail Days

If you are interested in talking with Trail Days participants and assisting with the ALDHA booth during the 16th Annual

Trail Days please let a member of the Steering Committee know.

Information regarding Trail Days can be found at: <http://traildays.com>.

Tee-Shirt Design Contest

Theme: Arts of the Trail

Selection: January 31, 2002

Award: \$100

Requirements: design is one color, based on theme.

Send Design Entries to:

Sue Goodman
Director of Parks & Rec.
PO Drawer 576
Damascus, VA 24236

Membership Happenings

By Rich Evans

Greetings, ALDHA members. I'm Rich Evans, otherwise known as Solar Bear, your brand spanking new membership secretary. For those of you who weren't at the business meeting, suffice it to say you were spared an interesting turn of events. It may have had something to do with a spiked drink, or perhaps a rip in the space-time continuum. All I know is that at the start of the meeting I had my wits about me, and at the end I was part of a triumvirate of people charged with taking over the reins from the legendary Bill O'Brien. I would do membership, Mark Hudson, merchandise and Jim Owen would coordinate the next Gathering. You see that at least the organization had the wisdom to designate three of us to fill the O'Brien big shoes.

My initial task was to update the membership database and get ready for the production of the 2002 Annual Directory. I might add that in spite of the fact that three of us are busy doing Bill's jobs, Bill is still keeping my fat out of the fire by volunteering to do the Directory layout. What a guy! The Directories should be hitting your mailboxes in early February.

As many of you know, we tried something new recently. For those who have email addresses, I recently sent gentle reminders out about any memberships that were past due. The intent here was to keep y'all active and part of this great organization, as opposed to the more overt collection

notices a business might send out. As we are all stricken with wanderlust, there's quite a bit of turnover here in the ALDHA membership. I don't mind it when it is intentional, but I take it as my charter to make sure a member doesn't slip through the cracks and lose touch with ALDHA when immersed in the planning for his or her next long distance hike. We do too much good here for that to happen!

Thanks to the many of you who responded to those emails, both with checks, and supportive comments. It just confirms all the wonderful experiences I've had meeting many of you. And I look forward to meeting many more of you in the years to come. If I can be of any service feel free to email me at toktaadn@aol.com or call 407-838-0280. Or just send in the registration form enclosed within to keep your information and dues current. I especially enjoy reading about the new trails you hiked this year.

Responses to E-Mail Reminders

With extremely favorable responses to the email reminders, we thought you would like to read the humor.

Selected comments (some changes were made for the sake of clarity).

DEFINITELY want to renew our ALDHA membership.....it's well worth every penny and I like knowing it goes to such an active, environmentally conscious organization that we hope to become more active on once the job demands lighten up a little! (Marianne)

Thanks for you Email.. Checks in the mail. Really, it is...I sent it today. (Dick)

I'll get my dues in the mail post haste. Well, in the next few days anyway. (Plum' Crazy)

At the time I was low on cash and wanted to find out more about ALDHA before I joined. The Gathering was awesome, had a great time and met some great people. I'm glad you sent me this yes, I will join.

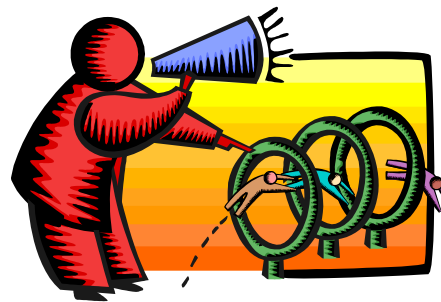
PS can my dog Midnight get a card? ...

that would be cool! (Freight Train)

The Check is in the mail. Plus a \$3 self imposed late fee. (PC)

I think you guys are doing a great job!! I just wanted to make sure I hadn't missed something. Whew! I lose *so* many things now! [Why am I in this room??? Where did I put ____? (fill in the blank)] (Charles)

Oops...that's embarrassing! As much as I encourage others to join ALDHA you'd think I'd pay my own dues!! (Charles)



2002 Spring Steering Committee Meeting

2002 Spring Steering Committee Meeting

Saturday, March 23, 2002
New Ringgold, Pennsylvania

The steering committee has graciously accepted the offer from Cindy Ross and Todd Gladfelter to use their home for this year's Spring Steering Committee Meeting.

At press time, the logistics had not yet been finalized, but if you plan to attend it is imperative that you contact Stacy Mikkalsen.

Tentative Agenda

Meeting will begin at 9:00 a.m.

Welcome

Cindy Ross
Stacy Mikkalsen

Gathering Overview

Bill O'Brien

Lunch Break
Treasurer's Report
Newsletter Report
Trail Related Events
Website
Museum Report
Companion Report

ATC Report
Coordinator's Report
Work Trips
New Business

Newsletter
Ed Garvey Pavilion
Solar Bear Proposals
Worktrips
Website
Archives

Jim Owen
Warren Doyle

Scott Beavers
Stacy Mikkalsen
Unknown
Bill O'Brien
Larry Luxenberg
Stacy Mikkalsen
John O'Mahoney

Stacy Mikkalsen
Kurt Seitz
Various

*If you have any new business you would like for the Board to discuss during this meeting, please bring it to the attention of a Board member.

Mark Your Calendar

January 18-20, 2002 -- Georgia Ruck, Amicalola State Park, Dawsonville, GA

January 25-27, 2002 -- Pennsylvania Ruck, Pine Grove Furnace, PA

March 3-5, 2002 -- AHS' Hike-The-Hill, Washington, D.C.

March 23, 2002 -- ALDHA Spring Steering Committee Meeting, New Ringgold, PA

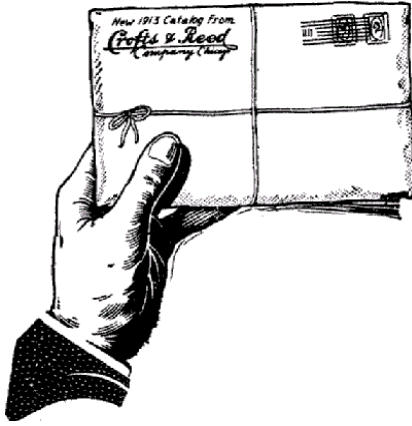
April 20, 2002 -- the 5th Annual "Trail Fest," Hot Springs, NC

May 11-12, 2002 -- ATC Board of Managers Meeting, Shepherdstown, WV

May 11-19, 2002 -- the 16th Annual "Trail Days," Damascus, VA

June 1, 2002 -- National Trails Day

October 11-13, 2002 -- The Gathering, Pipestem, WV



Letters to the Editor

Do you have a question regarding the Newsletter? Do you have a question that the Board could answer? Do you want to pose a question to ALDHA Members? Ask us.

Was a summer newsletter ever sent to the members?

Answer: No, a summer newsletter was never forwarded to the ALDHA members. By the time the newsletter would have been completed a significant overlap would have occurred with the Gathering packet and newsletter. In lieu of forwarding two newsletters, at the approximate same time (post-Gathering), the Board agreed to send one newsletter, a double edition which summarizes the 2002 Gathering and the upcoming events.



Minutes of the Meetings

Three different meeting minutes are herein.

Steering Committee Meeting October 6, 2001

Time: 0700 hours

Location: Tindal Hall, Dartmouth College.

Meeting opened by Coordinator Henry Edwards.

Members signed a card giving our best wishes to Beau Bushor.

Scott Beavers spoke about staying on as our treasurer & what those responsibilities entail.

Bill O'Brien spoke regarding potential candidates for the membership secretary. He will advise those candidates what duties entail.

There was a presentation by James "Doc" Horak concerning a new 2000 miler patch that the ATC will have made. ATC has stated they will accept our choice of patch.

Frank Krajcovic offered his thoughts for the skit.

Bill O'Brien gave an overview of the Gathering to date.

Discussion on ALDHA's donation to the Garvey Shelter. Decision was tabled so the new board can have input on the subject.

Meeting adjourned at 0800 hours.

Minutes Respectively Submitted,

John O'Mahoney
Recording Secretary
**General Business Meeting
October 7, 2001**

Time: 0934

Location: Cook Auditorium, Dartmouth College.

Henry Edwards opened meeting.

Coordinator report by Henry Edwards

Henry spoke about spring steering committee meeting. Work performed on Garvey Shelter in MD. ALDHA has set aside up to \$800.00 for Pavilion on site.

Letter sent to ATC reference 1st AT thru-hiker. ALDHA recognizes & wishes that ATC also would recognize Earl Shaffer as 1st thru-hiker unless documents are presented to change this.

\$50.00 was paid to AHS for yearly dues for ALDHA board members. Incoming board can decide if they wish to continue

membership in AHS.

Henry Edwards presented ALDHA's "Thru-hiking Experience" at ATC Bi-Annual Meeting.

Alternative trail source information available on ALDHA web site.

New board may want to consider spending some of the funds we now have.

Upcoming election will reshape the board.

Newsletter will be published after Gathering.

Companion editor is Stacy Mikkalsen

Treasurer by Scott Beavers

Museum	\$1260
Checking	\$6700
CD	\$6300
Life Member	\$8600

Plus cash on hand from registration.

Membership by Bill O'Brien

New person will need to keep database up to date. We use word perfect program & it's available for new membership person. Printing out labels for mailing as needed.

Attendance to this Gathering is around 500.

1200 to 1300 is our current membership.

ATC by Brian King

Thanked all the ATC volunteers from ALDHA membership. Thanked Stacy for all her help with the *Companion* for the last 3 years.

Saddleback is now protected area. ATC will continue to monitor the Saddleback issue.

Building their GIS capability.

Computer system has been updated.

5% short fall in the budget so far this year.

ATC is continuing to review issue of the 36 thru-hiker claims.

ATC will resist registration or permit fees.

WorkTrips

Folks volunteering for work detail meet at gatehouse at Storrer.

Companion by Stacy Mikkalsen

Problems with *Companion* have been resolved.

10-15-01 deadline for upcoming issue.

Stacy has been editor for last 3 yrs & is willing to co-editor.

Need help with field editors.

Sales we're up this year.

We re-negotiated our fee to \$2000 from ATC.

Over 3000 copies sold so far.

New additions will be appearing in the 2002 *Companion*.

Museum Committee by Larry Luxenberg

AT Museum Society was formed to assist in the process.

We had our 1st Symposium at the Gathering & look forward to another at next Gathering.

An oral history project will begin later this year.

Donation fund is building slowly.

Looking for a student to assist with the museum.

Physical location has not been selected and further discussion will continue. Harpers Ferry is the first choice for building housing museum. Contact Larry if you have any plans.

(minutes continue on the following two pages) **Old Business**

1986 ALDHA documents were located & turned over by Wood Chuck to Henry.

New Business

Wood Chuck made presentation to ALDHA for future displays that he made. All were amazed at the craftsmanship in the display. He was gratefully thanked by the membership.

Election of 5 officers & 3 at-large board members.

Coordinator:
Stacy Mikkalsen
Motion & 2nd to close nomination.
Stacy elected by acclimation.

Assistant Coordinator:
Kurt Seitz

Motion & 2nd to close nomination.
Kurt elected by acclimation.

Treasurer:
Scott Beavers
Rich Evans

Rich Evans requested his nomination be withdrawn.
Request granted & Rich Evans name was removed from nomination.
Motion & 2nd to close nomination.
Scott elected by acclimation.

Membership Secretary:
Rich Evans
Motion & 2nd to close nomination.
Rich elected by acclimation.

Recording Secretary:
John O'Mahoney
Motion & 2nd to close nomination.
John elected by acclimation.

3 Members at-large
Noel DeCavalcante
Jim Owen
Mark Hudson
Ginny Owen nominated & declined.
Bill O'Brien nominated & declined.
Warren Doyle
Each candidate spoke to membership.
Ballots were collected & counted.

3 Members at-large elected:
Noel DeCavalcante
Jim Owen
Mark Hudson

Coordinator Stacy Mikkalsen took over running of meeting.

Bill O'Brien spoke about filling out Gathering critique before leaving. These are very helpful in planning future Gathering's.

Talked about Maine Rose Fund Raffle that will be held later tonight.
Donations will be gratefully accepted to this fund.

Brian King mentioned that Maine Rose book will have an additional chapter she taped before her death.

Presentation of IAT medals

Dick Anderson thanked ALDHA for all there support & looks forward to

continued support.

Viateur De Champlain & his wife presented gold, silver & bronze medals to IAT thru-hikers that were present.

2002 Gathering will be held on October 11-13 at Pipestem, WV.

Mention that next Spring meeting will be held at Cindy Ross's home or Blackburn Center. Discussion will be made at Steering Committee Meeting following this meeting.

Warren Doyle volunteered to be site coordinator at 2002 Gathering. Bill O'Brien spoke on duties of site coordinator.

Honorary Life Memberships Awarded

Warren Doyle presented Honorary Life Membership to Cindy Ross and Todd Gladfelter.

Henry Edwards presented Honorary Life Membership to Bill O'Brien.

Bill O'Brien thanked all for their extra efforts in making this a memorable 20th Anniversary.

All ALDHA past elected officials and early members in attendance were recognized.

Warren Doyle read a letter he wrote back in 1982 about ALDHA.

ALDHA West has their own Gathering & web site.

Walking Jim Stoltz sang a song he wrote specially for the 20th Anniversary of ALDHA. All thoroughly enjoyed it.

Motion to have Walking Jim Stoltz's ALDHA song sung at every Gathering. Motion 2nd & passed.

Meeting adjourned at 1159 hours.

Minutes Respectively Submitted,

John O'Mahoney
Recording Secretary

Latest and Most Popular Music Answer: Walkin' Jim Stoltz

Steering Committee Meeting October 7, 2001

Time: 1219 hours

Location: Ankeny, Dartmouth College.

Members in Attendance:

Stacy Mikkalsen
 Mark Hudson
 Wayne Greenlaw
 Karen Berger
 Dan Smith
 Kurt Seitz
 John O'Mahoney
 Warren Doyle
 Jim Owen
 J.R. Tate
 Art Hehn
 Nancy Lake
 Scott Beavers
 Rich Evans
 Noel DeCavalcante

Meeting opened by Coordinator Stacy Mikkalsen.

Old Business

Henry Edwards talked about new design to ATC 2000 miler patch. It was agreed by committee to accept a new design for the 2000 miler patch. ATC will be notified of our choice.

New Business

Discussion on Gathering 2002 at Concord College. Warren Doyle volunteered to be Facilities Coordinator. Jim Owens volunteered to be Program Coordinator. Board members voiced they are willing to assist in any way needed.

Bill O'Brien will notify board on feasibility of holding 2003 Gathering at Dartmouth.

At Spring Meeting 2002 any & all suggestions for locations of future Gathering's will be discussed. Between now & then please check out any alternatives.

James "Doc" Horak showed several of his new designs for the 2000 miler patch. ATC has stated they will accept ALDHA's choice for 2000 miler patch. Motion made to accept new design for 2000 miler patch.
 Motion 2nd.
 Motion passed.
 ATC will be notified of our choice.

Discussion on where to hold 2002 Spring Meeting. The choices are Cindy Ross's home or Blackburn Center.
 Matter put to vote.
 7 votes for Ross's.
 2 votes for Blackburn.

2002 Spring Meeting will be held at Cindy's. Cindy requested that she'd need a head count of all attendees before

March 23rd.

Discussion that consideration is given that editor of *Companion* be given a stipend. It was decided to table the matter till Spring Meeting.

Discussion on date for Spring Meeting. Motion made to hold meeting on March 23 & 24 at Cindy's near Hawk Mountain, PA.

Motion passed with one abstention.

Meeting adjourned at 12:59 hours.

Minutes Respectively Submitted,

John O'Mahoney
 Recording Secretary



Gathering Thoughts From Our Members

Ahhh, the Gathering in Hanover. Is there a better place to mix the ultra-civilized, if not pompous world with the world of dirt-sleeping, ramen-eating, alcohol- burning-stove-using hikers? I know of no other town with blazes on light posts that handles the task of bringing the two worlds together as well.

Just as the ALDHA Gathering brought hikers to Hanover from far and wide, Dartmouth University had a 'gathering' of its own. Homecoming Weekend, complete with an Ivy League football game, brought students from days gone by back to the quaint little New England town.

The result of having gatherings of two groups sometimes considered polar opposites, in the same small village on

the same weekend, was a town full of people from all walks of life. The lines for restaurants and coffee shops and the cafeteria were an eclectic lot, to say the least. And, for some, seeing the 'other side' of the world is what makes them want to be who they are.

(Submitted by Felix McGillicuddy, aka Your Move)

October 7 - 9:00 PM. Fire warden's cabin on Smarts Mountain, New Hampshire.

I had a great time at The Gathering in Hanover this weekend. I figured ALDHA was too big an organization to have a family feel to it, but I was wrong. The common love of hiking there really brings people together. I met hundreds of people there. Many had read my journals or otherwise followed my progress. They made me feel like I was a really special honored guest. Dozens of people were there who I've met on the trail this year. Way too many to try and list names, but here goes anyway: Sage, Toolbox, Karen Berger, Dee Karen Souza, Sloe Toe, Sly, Fiddlehead, Pieps, Jim & Ginny Owen, Mrs. Gorp, Lesya, Joe Sobinovskiy, Weathercarrot....

This morning at 8 AM I gave a talk in Cook Auditorium. I had no prepared presentation, but I answered questions from the perhaps 200 people in attendance. It was wonderful to see so many people in one place who cared so much about my grand adventure, and the ovation at the end of my talk brought a tear to my eye. It appears that I have sparked many imaginations and touched many hearts on my journey. I could hope for no more.

(Borrowed from Brian Robinson's Journal, aka Flyin' Brian)

The Gathering

I open my latest acquisition -- a 2002 calendar from Lowe's Garden Shop -- which I hope will help me make the leap from the quagmire happenings of 2001 onto more familiar, substantial ground. The calendar is nothing fancy; just a few "canned" garden photos that are far beyond my budget and level of experience to achieve. But it was FREE, the word that plays a sweet chord on the heartstrings of hikers everywhere, and it does have nice large blocks to record the

next-year's events. I flip through the months; past Winter's doldrums, hesitating as I reach early April and thrill at the momentary flashback of a damp, cloudy morning atop Springer Mountain and the first tentative steps toward a monstrous mountain in central Maine. On past May, where my head is filled with the noise and confusion of a gallon of people packed into a quart-sized town in southwest Virginia. On through the heat and drought of Summer's wilted oaks and muddy, oozing springs and boot-chewing rocks of past thru-hikes. I pause momentarily as I glance at September and tingle with excitement as I grip a battered sign atop "the greatest mountain" and my soul soars above the mirrored lakes of Maine's countryside. Then I flip the page and step into October.



Seasons Greetings!

There it is! Columbus Day weekend jumps out at me like a jack-in-the-box! Now I'm inundated with an elixir of delight that bolsters my psyche and makes me smile with the remembrance of golden days and treasured moments among people who really count -- my hiker friends. Faces rise from the depths of memory, smile knowingly, and then recede. Pictures of events, presentations, demonstrations, meetings, fun and games; all flash through my head at the speed of imagination. Excitement builds; then impatience. Ten more months until the next Gathering! I sit and stare at the three blocks that are numbered "11," "12," and "13," and let the images of past Gathering seduce and soothe my mind, and the sensation is akin to an icy mountain brook massaging tired feet.

Outside, the shadows deepen -- how long have I been held hostage by my mental rambling? I return to the business at hand and carefully write in big, bold letters in three magic blocks: THE GATHERING -- PIPESTEM, WV. A MUST!"
Only ten more months!

(Submitted by J.R. Tate, aka Model T)



Trivia: Who wrote and sang a song especially for the 20th Gathering Anniversary?

Twelve Days Done Trail

On the First Day of Christmas, My True Love Gave to Me,

A throughhike on the AT.

...

...

On the Twelfth Day of Christmas, My True Love Gave to Me

Twelve Frosted Poptarts
Eleven Unused Hefty's
Ten Instant Breakfasts
Nine Sardines-in-Oil
Eight "Trekker" Thorlo's
Seven Lipton Flavors
Six Packs of Moleskin
Five Pounds of Gorp,
Four CoolMax sleeveless
Three spare bandannas
Two Lekis (long)
And a Throughhike on the AT!

(Submitted by Beau Bushor, who had someone forward it to him)



Post Gathering Work Trip

It didn't matter that the weather was cold or that sleet fell occasionally from the sky, every year ALDHA members volunteer their time to give back to the Trail that they so dearly love. This year was no exception.

With the effort of almost 15 members, one section of Smart's Mountain has new water bars. Trail erosion has been a problem and with the new rock and log diversions, hikers will have less difficulty and will cause less impact as they hike off Smart's Mountain.

Lodging was available at Ravine Lodge, at the base of Mount Moosilauke, and dinner was provided by Bert Gilbert. A

success in terms of participation, several members did double and triple duty by staying to work a couple of additional days.

Thank you volunteers!

On the Trail

Sharon Dziengle "Jingle" thru-hiked the CDT over the summer.

David L. Atkinson, Jr. "Fanny Pack" and Stacy Mikkalsen "Simply Seeking" both thru-hiked the PCT over the summer.

J.R. Tate "Model T," Dick Wix "Wixer," David Jones "Wahoola," Fred Firman "Greybeard," Tim Anderson "Long Distance Man," Willard French "Enlightened Rogue," George McDaniel "Telephoen Man," and George Woodard "Billy Goat" all thru-hiked the Colorado Trail over the summer.

Jack Magullian "Archaeopterix" completed the LT over the summer.

Peter and Joyce Cottrell, "Laurel and Hardy" will be beginning the ADT in March.

Robert Sylvester "Sly" will be leaving for the PCT in 2002.

Paul Houchens "Chilkoot" and his wife, Cheryl are expecting their second bundle of joy.

Dave Patrick "Damascus Dave" has retired from Mt. Rogers Outfitters. His son, Jeff is now the owner. It is suspected that Dave will be helping out now and again.

Giving Back...Work Trips

Wouldn't it be fun to play in the dirt? Or to sweat? Maybe acquire a scrape, bruise or two?

One of the things our organization likes to do is "give back" to the hiking community. Hours and hours are required to create, build and maintain the hiking trails we walk on.

Kurt Seitz is looking for work trip possibilities that ALDHA members can participate in. Work trips do not just have to be on the Appalachian Trail; they can be on any long-distance trail. One

available option is that each region have a work trip during the year. That way, people in North Carolina don't have to drive to Vermont to work for the weekend.

If you know of any trip options, or have any ideas, contact Kurt. He can be reached at: ctc@lightlink.com or at (607) 564-1801.

Looking for another adventure, another hike to fill the days and nights? Here is an option you may not have considered.

Hudson Valley Wilderness? Yes!

Backpacking the Long Path, New York City to Albany

I'll admit that I was skeptical when Ed Walsh of the New York/New Jersey Trail Conference presented a slide show at the '99 ALDHA Gathering touting the Long Path as a hikeable, campable 343-mile trail that follows the highlands of the west side of the populous Hudson River Valley. Those miles, he said, would include 60 or 70 miles of unavoidable road walking, but less than that if one uses a backpacking alternate route that includes a portion of the Appalachian Trail between Harriman Park, NY and High Point, NJ. But I feared being enveloped in traffic noise (cars, planes, trains -- boats, even) and surrounded by rampant suburbia, especially on the southern part of the LP. What else could I expect from a trail whose starting point is the west end of the George Washington Bridge, just across the river from the millions and madness of Manhattan and which is but a beer can's throw from the busy 4-lane Palisades Parkway for its first 10 miles?

But I also knew that the "forever wild" Catskill Mountains awaited me farther north, as well as other quiet places that I'd never visited before. So, armed with the Long Path Guide, published by the Conference (NY/NJTC), and the indispensable (for thru-hikers) little camping guide that Ed has compiled and kindly sent to me, I was dropped off at dawn on April 23, 2001 at Fort Lee, NJ, in the shadow of the already bumper-to-bumper crowded GW Bridge. I climbed one of those typically urban steel-and-concrete staircases that's completely enveloped in cyclone fencing to what I

hoped would be the start of the trail up on the Palisades. At the top there was no sign (vandals would probably have plundered it, if there'd been one), but a dirt path in clifftop woods and my first 'parakeet aqua' blaze invited me along.

And though the traffic whizzed by and the Big Apple seethed with energy across the Hudson, I actually enjoyed this cliff-edge strip of flowery woodland along with only one birder for the first eight miles. My main companions were the occasional Canada Geese who stood sentinel duty at clifftop vantage points 300 feet above the river, where I'd more expect to see a vulture or hawk. Guess they appreciate a good view, too.

North into New York after ten miles, the LP still follows the Palisades, with a few descents onto suburban streets but mostly wooded paths. The problem for a backpacker, and the reason why I'm only the third person to attempt this as a thru-hike, is that camping is illegal on the first 40 miles of the LP (as well as a few other sections farther on). Ed's guide recommends motels, but the \$100/night price range was beyond my budget, so I practiced my usual stealth and no-trace camping and had no problems. I got drinking water from businesses rather than streams along this highly civilized stretch, though the brooks looked and felt good in unseasonably warm spring weather. And, may I recommend, a guidebook- mentioned alternate route, a 6-mile bike path between Nyack and Haverstraw, NY that hugs the Hudson shore, for a different perspective on this beautiful valley.

After the dramatic vista from High Tor, the LP heads inland to Harriman State Park. Lean-to's, sparkling brooks and lakes, and a deep-woods feeling mark the next two days. A junction with the AT offers hikers the chance to walk an alternate route that's 28 miles longer, but more roadless and campable. But I chose the original LP route, which meant a 2-day road walk through increasingly residential Orange County. I was able to travel light, buying food as I went, so this section went by quickly, with a sweet little island of woods, the undeveloped Highland Lakes State Park, as a way station.

Next came the Shawangunks, rock climber's mecca and plenty rocky to hike, but the stunted trees, numerous cliffs and waterfalls made these low ridges spectacular. The almost constant vistas on rapidly greening world were reminiscent of hikes in the West, as was the solitude on most of the trail.

Another half day of roads brought me to the centerpiece of the LP, the 90-mile-long Catskill Park section, loaded with steep climbs to 4000-foot peaks, some of them very hands-on. The spruce/fir summits, with snow and ice pack to navigate even in early May, belong 250 miles farther north in the Adirondack High Peaks, but here they are. And, there's plenty of wild space for bear, porcupine, gray fox and bald eagle, all of which I saw, to feel at home. Plenty of challenge for the hiker too, as many Catskill trails were built a hundred years ago, when switchbacks were unheard of. One section, Devil's Path, included 8,000 feet of elevation change in eight miles. Mercy!

Other sections of the LP are brand-new, as this trail evolves and extends toward the Adirondacks and the Canadian border. A few relocations were basically bushwhacks with blazes, but in the sunny weather I enjoyed throughout the 3-week trek, these rough patches added wilderness flavor.

The last few days were a bit anticlimactic, with easy woods walking along the valley of Schoharie Creek and on the Helderberg Escarpment, but with lots of clifftop views that are the hallmark of the LP. I had the pleasure of sharing the last four days with Alan Householder, an ALDHAer from Asheville, NC, whom I'd been following a day behind since I began, though unbeknownst to me til I saw his entry in a Catskills register half-way through. I was ready for some society by this time, especially the thru-hiker kind, and we had plenty of notes to compare.

We both agreed that the Long Path had far exceeded our expectations for wilderness beauty, athletic challenge and sylvan solitude. As we finished the last road walk at Altamont, NY, an Albany suburb, we vowed to spread the word to the hiking community. We're the second and third people to thru-hike the LP. Who'll be the fourth? If you're interested, contact NY/NJTC and ALDHA member Ed Walsh, and he'll be glad to set you on the right Path.

Memories From the Trail

For 6 1/2 weeks in the fall of 1999 I walked 500 miles along the crest of the Appalachian Trail, from Springer

Mountain, Georgia, to Damascus, Virginia.

There were many hard days carrying a 50 lbs rucksack, but everyday was a joy to be alive, just to have the health and strength to walk each day to new horizons. I found walking in the woods soothing for the spirit, and I was content with the simple life of a nomad.

THE TRAIL IS A SONG OF LIFE.

(Sent to ALDHA from David Breen)

9/2/97 - Theron Dean Shelter

The little things on this trip are starting to add up, the happiness of a flat stretch of trail, a place to sit in the sun, a view. I awoke this morning dreaming of pizza, I hike noticing how my feet feel and where I place them. I'm on a schedule

where time has no meaning, you awake, you eat, you hike until you're hungry and stop and eat again, you hike until you're tired and stop. You do this again the next day, and the next, until it seems an unbreaking rhythm, "the essential facts of life" (H.D. Thoreau). To take yourself past tired, to the quiet place in your soul, where you can sit and listen to the wind in the trees and the rhythm of your own breathing. The Native Americans speak of The Great Spirit, this matching of rhythms, returning to nature, must bring one close to the spirit.

(Sent to ALDHA from Mark Hudson, aka Skeeter)

ODE TO MY BACKPACK

The day my backpack fell apart
I must confess, it broke my heart,
To see my trusted friend depart,
The soul I journeyed with from the start.

The one companion who did not
complain,
Of lack of money, blisters, or pain,

We traveled through both snow and rain,
When everyone thought we were quite
insane.

A friendly pillow on a cold winter's night,
The one I clung to when things weren't
all right,
For him, I would put up a fight --
The pair of us were quite a sight.

The day my backpack tore at the seams,
I felt slip away my traveling dreams,
As I watched the other backpacking
teams,
My tears fell down in flowing streams.

Who would I take on journeys afar?
Not another could come up to par,
For my backpack was my shining star;
His memory I dared not tar.

I stood at the airport, my friend in hand,
I had just arrived in this foreign land,

Preparing for castles, sunshine, and
sand,
But suddenly it did not seem so grand.

The day my backpack passed away,
I knew then and there I could not stay.

I did not quite know what to say,
As I look to where my old friend lay.

There he sat, broken, on the floor,
Looking forlorn near the exit door,
I had never felt such despair before,
It cut my heart straight to the core.

The day my backpack said good-bye,
I knew it not to be a lie,
From here alone, I now must fly,
the day my backpack chose to die.

(Sent to ALDHA from Sally Reynolds)

Waking Up is (Sometimes) Hard to Do

We play games with ourselves out on the trail. The mind knows that it is wiser to begin the day with or before the sun: pack up, grab a quick breakfast and amble some of the planned miles early, as the day comes to life. The body does not always agree. The dialogue between the two can be entertaining.

Sometimes the mind can try to shame or berate the body into movement: "Get up, you lazy...(and, depending on the frame of mind or tolerance for vocabulary, the words that follow, much like salsa, can range from mild to spicy.)

This tactic, I have noticed, is usually ineffective, because the body usually responds (sometimes using nothing but body language) with similar invective; and the body and mind will go back and forth until the body falls back asleep, and thus wins.

More effective is logic. If you are hiking in the desert or near-desert conditions, the mind can say, "Would you rather rest now and hike when it is 100 degree, or hike now, when it is pleasant, and rest when it is hot?" The wise body groans and gets up at this point, because it knows that it will suffer if it doesn't.

It is a harder see when it is cold outside. The body knows that if it waits, it will get warmer, and even if it has been asleep for 13 hours because the near-winter night has been long, staying in the

sleeping bag seems like an attractive option.

It is then that food becomes the clinching argument. The mind can say, "Well you can stay in your bag if you want, but if you do it will take an extra day to get to the next town, and you know how grouchy you can get when you are hungry." And, it's true: I do know how grouchy I can get when I'm hungry. So that argument is usually effective.

Food is such a prime motivator out there. When I am within 50 miles of a town, my mind starts talking about doing a 27 or 23, so that I can be in town the second night and have a nice juicy steak rather than noodles and armadillo armpit sauce (or whichever sauce-du-jour is left in my foodbag).

And though the promised steak sometimes turns into a couple of microwave burritos, because the last time the town had a restaurant was back in the silver rush of 1884, ("but boy, it was sure hopping then,") that argument never fails to excite me, and it pushes my body to start earlier, and my legs to walk faster and farther than they had any desire to go.

Probably my greatest hiking embarrassment came from a desired early start. It was in Virginia, in 1983, my first year on the A.T. Other hikers had been doing 30 mile days, and I decided it was my turn. I announced my intentions to my friends at the shelter, and then, as it started to get dark, I decided to set up my backpacking hammock outside the shelter, so I wouldn't wake people with my early, early start.

It was then that I discovered how difficult it can be to get into a tiny hammock, and a sleeping bag, at the same time. First I got into the hammock and tried to wriggle into the bag, and fell to the ground. Then I got into the bag first and tried to launch into the hammock, and fell to the ground.

When my friends in the shelter woke up rather late the next morning, they found me on the ground, sleeping, beneath my hammock. I was a cause for much laughter, merriment and jubilation at my expense, which I was more than happy to join in on. I did make my 30 miles that day, even with the late start. But the next day I only went nine miles; I slept in very late, and no argument was going to get me moving any earlier.

(Sent to ALDHA by Frank Krajcovic, aka The Merry Slav)

Want to Help?



NEWSLETTER EDITOR NEEDED

Contact Stacy Mikkalsen

Email: findsimp@aol.com
Phone: 502/327-7609



What is Changing on the Trail?

Rusty's Hard Time Hollow

Rusty's Hard Time Hollow is closing his door to hikers for the 2002 hiking season.

Bears Den Hostel

The ATC's Bears Den Hostel will not be open as a hostel for the 2002 season. The current manager (Melody Blaney) is leaving in early February. If a decision is made to keep Bears Den open as a hostel, that information will be posted at nearby shelters and on ATC's Web site.

Baxter State Park

A lot is happening in BSP this year for the 2002 hikers. A new A.T. Hiker Brochure is being created by the park. Expect some changes, camping being the most important for all hikers to know.

The following is taken from a draft A.T. Hiker Brochure. The *Companion* reflects the changes as provided by BSP. You will want to refer to its Katahdin and Getting to the Termini sections for a more thorough update.

...

What about camping in Baxter State Park?

Baxter State Park has 10 campgrounds, located throughout the Park and available for camping from May 15 - October 15. Sites are available by reservation, on a first-come, first-serve basis. After mid-July, sites in Park campgrounds are usually reserved ahead and it is unusual to be able to obtain a site for the night by showing up at our office or gate in the morning. In recognition of the difficulty our reservation system poses for most

long-distance hikers, unable to guess their exact date of arrive, the Park has made available two, 4-person capacity, lean-tos and tenting space for four

additional people at a site called "Hiker's Dream," not far from Katahdin Stream's main campground. Prior reservations are not required for this site but the fee for

staying here is the same as elsewhere in the Park: \$6.00/person/night. "Hiker's Dream" is 9.8 miles from Abol Bridge via the Appalachian Trail or 4.4. miles from Abol Bridge via the new Blueberry Ledges Trail. **Use of the "Hiker's Dream" facilities is limited strictly to the**

Northbound long distance or thru-hikers (must be hiking, at a minimum, the "100 Mile Wilderness," and is limited to one night. To assist you as you approach the Park, we have posted a sign-up sheet for long distance hikers on a clipboard, just before you cross the Golden Road coming from the south on the A.T. If all 12 spaces are signed up for the night you are hoping to stay at "Hiker's Dream," it means that site will be filled to capacity and you will

**Appalachian Long Distance Hikers
10 Benning Street, PMB 224
West Lebanon, NH 03784**

need to stay elsewhere. Your choices include:

- Abol Bridge private campground.

The nearby Department of Conservation "Abol Pines" site on the West Branch of the Penobscot (both are fee sites). Katahdin Stream standard reservations sites, Foster Field Group Campsite, and any other available site of your choice in the park.

Staying in a campground or motel nearer town.

NOTE from the *Companion* Editor:

For those of you who are unaware, there has been an escalating state of misbehavior all along the Trail. As a result, several of the hostels which once welcomed hikers with open arms are now closing. Other hostels are taking their place but it will once again be up to the hikers to determine how long those who give to the Trail are willing to continue. If you are hiking, please abide by the posted notices and remember the Endangered Services Campaign.



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