

# The Long Distance Hiker

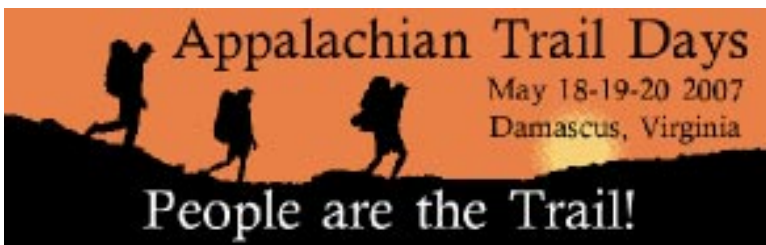
The Newsletter of the Appalachian Long Distance Hikers Association



Volume 18, Number 1

"ALDHA News That's Fit to Print Since 1983"

Spring 2007



## ALDHA at Trail Days

by Sanne "Ready" Bagby

ALDHA will be well represented at Trail Days this spring, sharing a booth with the Appalachian Trail Conservancy and the AT Museum Society. Stop by and say hello, and lend a hand during the weekend! Other ALDHA members will be highly visible as well, leading workshops and activities galore.

George "Tinman" Andrews will be there to sell his AntiGravityGear wares and to promote the popular annual LeaveATrace raffle. This year's event will have a significant new twist. Instead of 3 major prizes, George hopes to have a "grand prize winner" and many additional winners – prize kits will be distributed to as many as 30 lucky winners!

Bill "Circuit Rider" Newman will lead a Hiker Service at the First Baptist Church. ALDHA authors, including JR "Model T" Tate and David "Awol" Miller, have workshops, too. Jan "Dutch Treat" Benschof will join "Nimblewill Nomad" for a music and poetry-filled program. Karine "Blistersister" Kelleher will show slides from her Triple Crown experiences. Robert "Red Wolf" Croyle will be hosting a number of films on behalf of the Wilderness Society. Warren Doyle will offer slides and music, and tell his tales from 14 hikes of the AT. Laurie "Mountain Laurel" Potteiger will be busy with numerous workshops and talks throughout the weekend.

A "Hiker Hang Out" will replace the "2000 Miler Reception." Mark "Skeeter" Hudson will provide a screening of Weathercarrot's wonderful ALDHA 25 DVD. Miss Janet will emcee "Hiker Jeopardy." Kicking off the Talent Show, taking place after the parade, "Takoma Tedd" Lester has been asked to sing his trail song, "People are the Trail," for which this year's Trail Days celebration has been named.

There are countless Hiker Feeds, including an eating contest! As always, there will be free gear repairs, and vendors and outfitters will display their newest fare. Free shuttle service and showers are also planned. Several dances and performances by many gifted musicians are in the works, too! Trail Days Coordinator, Sissy Kammer, appears to have pulled together an amazing, full-filled event. Don't miss what promises to be a memorable Trail Days! Check out the schedule at the Trail Days website: [www.traildays.info](http://www.traildays.info)

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## AT Museum Milestone:

### Opening of Exhibit in Harper's Ferry on National Trails Day



by Larry Luxenberg

"A Tribute to Benton MacKaye and Myron Avery," the Appalachian Trail Museum Society's first exhibit, will open with a day of festivities in Harpers Ferry on National Trails Day, June 2.

The exhibit will feature a measuring wheel that once belonged to Myron Avery, as well as various artifacts belonging to Benton MacKaye. Most of the artifacts on display for the event have never been publicly displayed. The exhibit will also tell the engaging and inspirational story of how the AT's two founding fathers envisioned and created the Appalachian Trail.

The Appalachian Trail Conservancy's headquarters building on Washington Street in Harpers Ferry will host the exhibit. The exhibit will open at 11 a.m. that day and will feature a ceremony at ATC offices. In addition to representatives of the museum, other speakers will include members of the National Park Service, the ATC and the PATC. Later in the day, Larry Anderson, reknowned biographer of Benton MacKaye, will give a talk highlighting the founding of the trail and the relationship between Avery and MacKaye.

Among the day's events, in cooperation with the PATC, will be activities such as a hike for newcomers to the Appalachian Trail and demonstrations of trail construction techniques, including the use of a measuring wheel similar to the one used by Avery. Also, there will be a showing of the film, "Appalachian Trail: The Beaten Path," by Virginia Public Television, which features MacKaye and Avery and the history of the trail.

As a part of the National Park Service's celebration of National Trails Day, the Museum will also have a table in "lower town" Harpers Ferry, displaying literature and materials concerning the the Appalachian Trail and the Museum's efforts to preserve its history.

The AT Museum Society would like to thank the ATC for hosting the exhibit and loaning some of the MacKaye artifacts, Collins Chew for donating the Avery measuring wheel, and the NPS for providing space for several of the events. Gwen Loose, a Pennsylvania State University graduate student, has coordinated and written the text for the exhibit as part of her internship. Gwen worked on the exhibit with Graphik Masters, a design firm located in York, Pennsylvania.

If you would like to join the AT Museum Society, use the form on page 6 to do so.

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## COORDINATOR'S REPORT

Once again it seems that I'm writing the spring Coordinator's report during a February blizzard. It's hard to look ahead to spring, much less the whole year, when it's 13 degrees and sleeting outside; it's much easier to curl up with a good book and a hot drink!

ALDHA has a very busy year ahead. Plans are coming together for the spring steering committee meeting on March 24th. Preceding the meeting we will be getting a tour of the Gettysburg College campus and the Redding Farm, outside of town (our campsite for the Gathering weekend). We'll have much to discuss and many plans to make during the meeting itself. It amazes me how much gets done, considering that this is the only time the board is collected in one place, besides the Gathering. Also in conjunction with our spring meeting is the AT Museum and the Earl Shaffer Foundation meetings on Sunday. Stay tuned to future newsletters to catch all that went on!

Mark your calendars for Trail Fest in Hot Springs on April 27-29th, and of course Trail Days in Damascus on May 18th-20th. Sissy Kammer and her husband, Terry, are helping coordinate this year's program, along with Tonya Triplett (Damascus Town Clerk). We've already been working on the schedule and events, and I'm sure that this year things are going to be bigger and better than ever! We'll be sharing the "Big Top" tent with the ATC and the AT Museum again. Stop by and say "hello" to us on "vendor row!"

The next big item on the hiking community's agenda is the ATC Biennial Meeting at the Ramapo College of New Jersey (see [www.ramapo2007.org](http://www.ramapo2007.org) for more information). ALDHA will be co-hosting the 2,000 hiker reception with the IAT (International AT), and we'll also be arranging to bring active thru-hikers in for the meeting and the associated trail work that weekend.

New on the schedule this year is the Vermont Long Trail Festival. It's being held in Rutland, VT from August 17-20th. Visit [www.longtrailfestivalvt.com](http://www.longtrailfestivalvt.com) for more information.

The last major event for the year is, of course, the Gathering on October 5-7th, 2007. It'll be the first of hopefully many at Gettysburg College. Gettysburg is a location that has come up in discussion a number of times over the years, so I have to thank our resident Gettysburg alumna, Leslie Mass, for getting things off the ground for us and agreeing to be Facilities Coordinator... and if things work out nearly as well as I hope we will owe her even more thanks!

And I can't forget to mention our Program Coordinator, Dave Hennel. Please give him all the help you can by volunteering for workshops and slideshows, as well as to help organize and run things.

If all this doesn't sound busy enough, I need to put a plug in for a local trail project at RPH Cabin (near the Taconic State Parkway in NY). For years Tim Messerich ([bascomgrillmaster@yahoo.com](mailto:bascomgrillmaster@yahoo.com)) and company have put a tremendous amount of work into improvements for the shelter and its surroundings. I never thought Tim could top his "bottomless privy," but this year's project is replacing the 25' foot-bridge behind the shelter with an even higher and longer bridge. The work weekend is scheduled from July 20th-22nd, and as usual, a huge hiker feed is planned to go along with the work. See <http://timtrek.mikentim.com/> for more information.

And somewhere in this busy schedule I'm going to have to find time to get a few weeks of real hiking in!

I bring up the last item for this report with decidedly mixed emotions. Ready announced at the past Gathering that she is looking for someone to take over editing our newsletter. She still loves doing the newsletter, and I think that she wants to retire at the top of her game! That said, she also realizes that new blood brings new perspective, and that change can be good for an organization. She will be happy to provide training to the new editor and help with the first new issues. We haven't yet had anyone come forward, but with luck, ALDHA will find someone with Ready's verve and enthusiasm. If you are at all interested, please contact Ready. I'm sure she'll be happy to answer any questions! And although she's not gone yet, I would like to thank Ready for her dedication both to ALDHA and the newsletter. It really has been a blast working with her!

## Contacting ALDHA by mail?

Our mailing address is:  
 ALDHA  
 10 Benning Street, PMB 224  
 West Lebanon, NH 03785

Mail received here is sorted and forwarded to the person responsible for the mail, depending upon its content. Because the mailbox is visited only every week or so, there is no need to secure "rush" delivery service to this address. If you have an urgent need to contact a particular leader in ALDHA, it would be best to contact that member directly for guidance as to where to send mail to them. See above chart or your current "ALDHA Directory" for contact information.

## ALDHA NEWS

### Meet the New Board Members

Re-elected to a 2nd term as Board member at large is our very busy **Leslie "Gotta Hike" Mass**. In addition to her duties on the Board, Leslie is the editor for the AT Thru-Hikers' Companion for 2008 and the Facilities Coordinator for this year's Gathering in Gettysburg, PA. Leslie served in this capacity at Concord College, so her experience is most welcome!

Leslie has just returned from a week on the Ocean to Lake Trail (Atlantic Ocean to Lake Okeechobee, FL), a hike sponsored by the Florida Trails Association. "It's a terrific trail and effort by those good people. It was a great hike!" she reports. Leslie will be leaving for the PCT on April 20th. Good luck and happy trails, Leslie!

Also re-elected to a member at large post is **Robert "Red Wolf" Croyle**. He too serves in his second term. Robert has been very busy assisting with the AT Museum, where he also serves as a board member. Red Wolf has been actively promoting the work of the Wilderness Society both inside and outside of ALDHA. You may have attended one of the many film presentations offered by Red Wolf at the 2006 Gathering. He will be presenting additional films at Trail Days in Damascus this year and has written a thoughtful article for this issue of *The Long Distance Hiker*. See page 5 to read it.

Your editor had hoped to introduce **Karine "Blister Sister" Kelleher** (newly elected this year) and **Bob "Kincora" Peoples** (newly elected to the post last year) in the current issue of the Long Distance Hiker. Perhaps they will submit bio information for a future edition of the newsletter.

Continuing in the second year of their current terms are **Shane "Jester" O'Donnell** and **Noel "Singing Horseman" DeCavalcante**.

### Volunteers Wanted: AT Thru-Hikers' Companion

Leslie Mass, editor of the AT Thru-Hikers' Companion, states that she still needs Field Editors for MA (Lee/Rt. 20 to VT border) and for PA (North of Boiling Springs to Hamburg Reservoir), as well as some Editors at Large to just gather information and prepare updates, omissions, corrections, etc., as they hike or visit places along the AT.

"It's a great publication, thanks to so many willing and capable volunteers -- we sure want to keep it current," states Leslie. Look for more about the Companion in our next newsletter, after the ALDHA Spring Steering Committee meeting.

You can contact Leslie at [Inmass@hotmail.com](mailto:Inmass@hotmail.com)

### Companion Updates

Learn of changes, corrections and additions to the 2007 AT Thru-hikers' Companion by visiting:

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



### Wanted: ALDHA Newsletter Editor

It's been a great experience being the editor of our newsletter and I hope everyone looks forward to getting their quarterly issue, but it's time to open the opportunity for others to get involved in ALDHA in a meaningful way.

If you are interested in being our new editor, please contact me; I'll be happy to answer any questions you may have about what the job entails. It would be my great pleasure to work with the new editor for the first several issues. It might be fun to set up a regular staff of "feature" writers to cover stories each quarter. Let me know if you might be interested! ~Ready

*My contact information can be found in the box at the bottom of this page.*

### Share your Gathering 2006 story

If 2006 was your first Gathering and you would like to write a blog about your experience, write to **Bill O'Brien** at: [1STgathering@aldha.org](mailto:1STgathering@aldha.org)

If you have photos or stories to share from the Gathering, contact us at: [gathering@aldha.org](mailto:gathering@aldha.org)

### ALDHA STATEMENT OF PURPOSE

The fourfold purpose of the Appalachian Long Distance Hikers Association:

- To represent and promote the welfare of the Appalachian long distance hiking community
- Provide service in a cooperative spirit with other Appalachian hiking organizations
- Provide education on the use and preservation of Appalachian long distance trails
- Provide opportunities for interaction and camaraderie within the Appalachian long distance hiking community

## HIKE IN HARMONY



*The ALDHA membership database is never sold or given away for any purpose*

## The Long Distance Hiker

March 2007 Volume 18 - Number 1

*The Long Distance Hiker* is published 4 times each year: March, June, September, and December/January. It is distributed to all current ALDHA members.

To join ALDHA: send the form on page 12, along with annual dues of \$10.00, check or money order, (payable to ALDHA) to: ALDHA, 10 Benning St, PMB 224 West Lebanon, NH 03784

Visit our website at: <http://www.aldha.org>

The Submission Deadlines for the next 4 issues are:

**May 10, 2007**

**August 10, 2007**

**November 15, 2007**

**February 15, 2008**

Send items to "Ready" at:

Sanne Larsen Bagby

1996 Palifox Drive NE

Atlanta, GA 30307-1812

or email them to her at: [Readyhiker@yahoo.com](mailto:Readyhiker@yahoo.com)

**Members are encouraged to submit news, features, photos and artwork related to hiking.**

**This is your newsletter!**

## ALDHA Steering Committee Spring Meeting



**Saturday, March 24th, 2007**

at **Iron Masters Mansion** in Pine Grove Furnace State Park, just outside of Carlisle, PA.

The Iron Masters Mansion is the geographical halfway point of the AT. The trail runs down the driveway behind the building, so our meeting will take place literally feet from the AT! There are plenty of bunk spaces in the hostel, plus campsites nearby in the state park.

We'll be meeting in the "day use" area of the hostel. We'll also be arranging a Friday afternoon tour of Gettysburg College so we can add to the anticipation of our upcoming Gathering there.

Come join us as we plot the future of ALDHA! If you plan to attend or would like more information please contact me at: [mvhudson@gmail.com](mailto:mvhudson@gmail.com) or (845) 635-9383

### DIRECTIONS

Take I-81 to Exit 37, PA Route 233 (south of Carlisle, north of Shippensburg). Head south on PA 233 about 8 miles over the ridge and down to Pine Grove Furnace State Park.

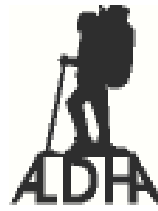
The Park headquarters is across the road at the stop sign; the Mansion is 0.2 miles to your right.

Parking is at the Park Store (closed for season). Turn left 20 yards before reaching the Mansion.



## Welcome New ALDHA Members and Life Members!

The "ALDHA family" continues to grow. A special new member is Geolyn (Boots) Carvin, whose comics will be a regular feature in our newsletters. A native of Southern Cali-



As people began to associate her with the cartoons, Geolyn became known as "Boots."

fornia, as a child Geolyn spent every summer in the high Sierra with her family. Nature and hiking close to her heart, a few years ago she hiked the first 1,200 miles of the PCT and hopes to finish in the next two summers. After that it's the AT in one shot, the Colorado Trail, The Long Trail, etc.

When Geolyn hikes, she writes a journal documenting her many adventures. Passing these "short stories" around work (a health food market) for all to read, it became apparent it was comedy. This is where "Boots" McFarland was born. Why not draw some of these funny and ridiculous situations? Every hiker experiences them and it's better to laugh at them than cry.

"Boots" has been published in *The PCT Communicator*, *Mammoth Times*, *The Southern Sierran*, and *Toiyabe Trails*. Weekly cartoons can be seen at [www.Antigravitygear.com](http://www.Antigravitygear.com). Receive weekly e-cartoons by emailing Geolyn at [bootsmcfarland@earthlink.net](mailto:bootsmcfarland@earthlink.net). Tin Man of AntiGravity Gear sells "Boots" McFarland tee-shirts, postcards and music CDs. (Yes, Geolyn is a songwriter, as well!)

### Gathering 2007

Planning for the Gathering in Gettysburg, PA for October 5 - 7, 2007 is underway. Already, calls for workshops are being answered. Do you have a workshop idea? Contact the Gathering Coordinator, GourmetDave, at: [gathering@aldha.org](mailto:gathering@aldha.org)

### Gathering Photo Gallery Contest

The hiking season is upon us and we know that our members are getting out to hike the trails! Don't forget to take your cameras along to capture all the fun and wonder of the great outdoors, and think about sharing your photos in the Gathering Photo Contest.

There will be five categories in this year's contest: 1) The Appalachian Trail Experience, 2) Other Trails, 3) Trail Community, 4) Humor, and 5) Nature & Wildlife. We'll post more about how to enter in upcoming newsletter issues.

### Gathering: Class or Trail Reunions

Are you interested in hosting or coordinating a reunion for your AT Class or for another Trail? Maybe you're part of a future "Dreamers" Class and would enjoy meeting others planning thruhikes.

There's time on Saturday, late afternoon/early evening (before our feature presentation), for these reunions. They can be held on the Gettysburg College campus or at any of the many local restaurants and pubs.

If interested, drop an e-mail to "Gourmet Dave" at [gathering@aldha.org](mailto:gathering@aldha.org)

## Look for more information about the Gathering 2007 in the next issue of *The Long Distance Hiker*!

### Address Changed?

Did you know that if you let ALDHA know about your change of address, it costs you only the price of a stamp [to: ALDHA Membership, 10 Benning Street, PMB 224, West Lebanon, NH 03784] (or it can cost you nothing at all if you notify us via email, at [membership@aldha.org](mailto:membership@aldha.org)), but it costs ALDHA anywhere from \$.70 to \$1.40 (that's 10 - 20% of your annual dues!) to conduct the change via the US Postal Service. That's right, the cost of each of those little yellow "Change of Address" labels gets passed on to ALDHA.

If we receive your address change notification a week before the newsletter deadline, we'll be able to head off those expensive "yellow blazes!"

Thanks for your help!

## The Wilderness Society: A Vision and Sacred Charge for Public Lands

by Robert "Red Wolf" Croyle

In 1935, by the side of a road in the Smoky Mountains of Tennessee, four men sat on the grass and scratched out on paper the protocols of the Wilderness Society, thereby creating an organized voice for preservation of American Wilderness. "The Wilderness Society is born of an emergency in conservation which admits of no delay," proclaimed the first membership magazine in September, 1935. The preservation of wilderness that remains and its transmission to future preservers is a "sacred charge." This transmission is to be done through public education, scientific analysis, and advocacy.

On the reverse of each Wilderness Society membership card is the mission statement: "To preserve wilderness and wildlife, protect America's prime forests, parks, rivers, deserts, and shore lands, and foster an American land ethic."

The Wilderness Society has fought at every major conservation and preservation battle of the 20th century with many victories, such as:

1930s: creating King's Canyon National Park in California

1940s: foiling timber companies' plans to fell the ancient forests of Olympic National Park in Washington

1950s: saving Dinosaur National Monument from flooding by dams

1960s: shaping legislation with the Wilderness Act, creating Redwood National Park, creating the National Scenic Rivers System, creating the National Scenic Trails System (of which the AT is a qualifying trail), fighting for and helping to formulate the two most important land management laws (the National Forest Management Act and the Federal Land Policy and Management Act). These acts administer 5,500 million acres of public lands.

1980s: giving central support to the creation of the Alaska Lands Act (which established 47 million acres of new national parks and wildlife refuges), continued additions to the National Wilderness Preservation System (which includes important areas of CO, WA and ME).

1990s: providing unique scientific and economic studies essential to the compelling of the federal government to devise plans to protect and preserve the owl forests (which are considered the last remaining stand of the Ancient

Pacific Northwest forest, some hundreds of years old), creating the California Desert Protection Act of 1994 (which added 7.5 million acres to the National Wilderness Protection System), creating a new National Park (Mojave National Preserve), and creating the upgrade of Joshua Tree and Death Valley from "Monuments" to "National Parks" status.

The 21st Century: the Wilderness Society continues to hone its skills, drawing on past lessons to prepare for the future. The Wilderness Society will continue to supply its unique dedication and professional skill to conservation. The many and varied issues will



become more critical as population pressures increase. As more sophisticated and sensitive management is required to meet the demands, the role of the Wilderness

Society will be to set the highest standards for environmental management and to fight to maintain them.

Decisions relating to preservation, use and management of public lands will have enormous impact on the quality of life enjoyed by future generations of Americans. The Wilderness Society intends to play an increasingly significant role in the design of positive outcomes for public lands issues.

The Wilderness Society, with tenacious advocacy for the preservation of wilderness and natural habitats (vital for biological diversity), will help shape public land policy for environmentally sound, sustainable development. At stake is the very foundation of civilization and survival: the land itself.

The Wilderness Society has more than 300,000 members in every state. In addition to its national headquarters in Washington, DC, it also has regional offices throughout the country.

If you will be attending Trail Days '07, please accept my humble invitation to see one or more of my "Wilderness Profiles" series films. Authorized specially by the US Department of the Interior, National Park Service, and the US Fish and Wildlife Services, I present them for your education and enjoyment. All credit for these films belong to US Fish and Wildlife Services and the National Park Service.

I urge you to join us:  
1-800-THE WILD (1-800-843-9453)  
or go to: [www.wilderness.org](http://www.wilderness.org)



## "how I learned to stop worrying and love the hiker funk"

Logan Park  
reflects on the 2006 Gathering

The drive from Blacksburg to Pipestem was an introspective one. I couldn't help but be reminded of when I piled into my car on my way to the 2004 PA Ruck, oddly nervous about what I was getting myself into. I chronicled that weekend (at [www.trailjournals.com](http://www.trailjournals.com); look under "HopLite," AT 2004). A major factor in the amazing-ness of that weekend was Starlyte's kindness to me from the very outset.

How fitting, then, that it was Starlyte's gentle tap on the shoulder and great big hug at Gathering Registration that switched my weekend from introvert-flying-solo mode to reuniting-with-great-people mode. Soon after, I'd found Mara, Skeeter, Rockdancer, eArTh-worm, and JB. Bag-o-Tricks later laid the smack down in the Trail Magic session. I thought that was pretty cool given that he'd given me a bit of wonderfully unexpected TM in PA on my thru.

Thus feeling thoroughly welcomed, I step out of the Folk Life Center building on Friday afternoon on cloud nine. Already several dozen tents are lined up against the edge of the field/lawn. Temporarily out of extravert-fuel from meeting people at registration, I retreat into silence and start setting up my tent. The air is cool and getting colder; tonight's upcoming bonfire will be a welcome source of camaraderie as well as heat.

But before then, I have to get to Concord. From there, it's a bearded synthetic fabric blur. There's a Speer hammock in there at some point too. At one point, I'm meeting Hot Dog and having lunch with him and George "Tin Man" Andrews, whose face simply ignites with a smile when describing his recent JMT hike. I come away from lunch understanding for the first time why everyone seems to like Hot Dog. I shake Ron Moak's hand.

I catch the second half of Yogi's PCT workshop and end up buying her guidebook to the PCT. I leave it with a sense of happy dread, because at the 2004 Ruck, I saw Spur and Ready's PCT slideshow and knew I had to hike it someday. The dread comes from the sense of the inevitability—I joined the PCT-L just now to begin researching it.

JB remarks with happy surprise Saturday night that his date with Springer is fast approaching. I get so excited for

*continued on page 11*

## A Scientific Look at the Thru-Hiker

by Chuckie "Funnybone" Veylupek

**Class:** None whatsoever.

**Order:** Rarely.

**Suborder:** More so.

**Family:** Other thru-hikers and trail angels.

**Genus:** Not to be confused with genius.

**Species:** Wildlife.

**Geographical Range:** The thru-hiker is primarily an inhabitant of North America, frequently found in summertime climates along the high mountains of the United States' most renowned ranges: the Sierra Nevada, the Cascades, the Rockies, and the Appalachians.

**Habitat:** Found in a variety of habitats, from treeless tundra to coastal sea banks, rocky cliffs, mountain forests, and desert canyons to open plains and everywhere between.

**Description:** The thru-hiker, upon first sight, is typically darker skinned, excessively hairy, generally thin and most often quiet. The average height is typically five to six feet tall. Shorter ones have been seen, as have much taller creatures. Males are predominant, but females are frequently seen as well, though it is often difficult to decipher between the two. Above and beyond appearance, however, it is the scent of the thru-hiker that is the dead giveaway — some have described this distinct odor as "lethal." The thru-hiker has a complex thought-processing unit, but demonstrates its use sparingly.

**Vocalization:** Again, the thru-hiker is typically an introspective, quiet breed. It has been known, however, to whoop it up when seen in civilization or atop



Chuckie "Funny Bone" Veylupek near Kangaroo Springs, north of Seiad Valley, CA. This tree, located just a few yards off-trail, is one of Chuckie's favorite spots along the entire PCT.

mountains, particularly while overlooking incredible views.

**Gear:** Thru-hikers' gear is their lifeline. Thru-hikers carry their houses on their backs, similar to a snail or a turtle; it is worth noting however that snails and turtles generally move faster. Gear includes tools to make meals (highly sophisticated), tools to light fires, and a wide array of footwear.

**Related Species:** The thru-hiker is often confused with its close relative, the homeless, but there are major differences between the two species that are readily apparent when thru-hikers and the homeless are seen together, *i.e.* Gore-Tex.

**Food:** Thru-hikers are known scavengers who eat primarily from the Snickers food group, as well as grains, dried foods, meat, pizza, ice cream, candy, berries, and beer, and most everything else that involves calories.

**Behavior:** Varied, depending on surroundings. May be seen alone or in social settings. Thru-hikers are strong individuals and, as stated earlier, smell just as strong. This smell can hover for weeks on end and extend significantly beyond the thru-hiker's ken. Though this doesn't really have much to do with their behavior it does lead to the next thought.

**Behavior of those around thru-hikers:** Many cultures have regarded the thru-hiker as an omen of death, pestilence and disease. Of course, they're generally right, but that's beside the point.

### Thru-Hiker Vital Statistics:

**Weight:** Invariably less after completing a thru-hike.

**Pulse-rate:** Almost always lower as trip progresses.

**IQ:** Almost always lower as trip progresses.

**Stride length:** From 1 inch to 8 feet, depending on conditions.

**Stride amount:** Depends on trail and stride length. On the PCT, anywhere from 1 to 8,000,000

**Lifespan:** 85 years in the wild, give or take.

**Breeding & Nesting:** Not applicable.

**Additional Notes:** The best description for a thru-hiker is up to the individual actually thru-hiking.

*This article, originally published in the Pacific Crest Trail Association's "Communicator" magazine, is reprinted with permission from the PCTA.*

Join the PCTA at: [www.PCTA.org](http://www.PCTA.org)

You may use this convenient form to join:

### AT Museum Society Membership (please print clearly)

Name(s) \_\_\_\_\_

Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, ZIP \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_

**ATMS Member** (\$20.00 for one-year dues)

**ATMS Donation:** \_\_\_\_\_

**Total Amount enclosed:** \_\_\_\_\_ *(tax deductible)*

### Be a Part of the AT Museum Society!

The collection and documentation of artifacts continues so that the legacy of the Trail and the people who have walked it is preserved and shared with everyone. **You can help!**

**Become an ATMS member** and let your annual dues help to fund the ongoing work of the museum. Annual dues are \$20 (family or individual).

Make checks or money orders payable to: **The Appalachian Trail Museum Society** and send to:

AT Museum  
c/o Rich Evans – Treasurer  
PO Box 568096  
Orlando, FL 32856

You can reach Rich at:  
[museumtreasurer@gmail.com](mailto:museumtreasurer@gmail.com)

You can also find a member application at the ALDHA website:  
[www.ALDHA.org](http://www.ALDHA.org)

## A TRAIL IN REVIEW

### New Hampshire's Cohos Trail

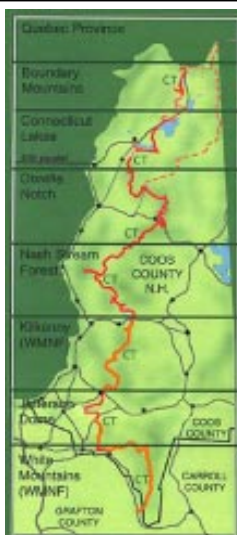
by Sanne "Ready" Bagby

"The Cohos Trail is not a walk in the park. The Cohos Trail is not a trail for those in T-shirts and sneakers or dress shoes. It is an isolated, remote trail system that winds in some places for dozens and dozens of miles without ever encountering a town." Thus reads the "Word of Caution" offered at the Cohos Trail's official website.

The Cohos is a relatively new trail. It is unfinished, with tracts as yet unblazed. (Signage consists of a yellow-lettered "CT" on a dark brown wood; blazes are yellow versions of the white AT blaze.) Tricky navigation calls for careful attention, as the trail makes sudden, unexpected turns along terrain that is often rough and physically demanding. The only shelters along or near its route are the Resolution lean-to, Mt. Cabot Cabin, and Baldhead and Panorama lean-tos. Campsites, when you locate them, may be primitive, at best. Those that are "established" may lie far and few between. Much of the trail lies in national and state forest land, as well as on private land belonging to industrial and recreation companies. While camping may be permitted in some areas, count on traversing sections where camping is strictly forbidden.

The first person to thruhike this trail (Susan Kenn) did so in 2002 – solo and along a largely unmarked route! In 2003, Greg and Stacy Boone were the first ALDHA members to hike it; at least 10 others have followed in their footsteps since.

Kim Robert Nilsen, Cohos Trail Association president, has been the prime mover and shaker for making this trail a reality. Since his first conception of the trail in 1978, Nilsen has hefted more than his fair share of blowdowns and negotiated many of the land rights deals, personally. Under his capable



The route, signage and blazing of the Cohos Trail



guidance, over 140 miles of trail along its 162-mile length was established by 2005. Plans had the trail set to be largely off-road and in place in just a few years later.

It's one of the trails covered in the book reviewed in this issue of *The Long Distance Hiker*. (see story, below.) Schlimmer notes that this trail's highlights include the chance to encounter wildlife and to get away from the crowds. It's an imperative for anyone contemplating a hike along any section of this trail to visit the Cohos Trail Association's fine website. It offers all kinds of information, advice and updates on the trail's condition. It features a slideshow, photos, and opportunity to order maps and guidebooks. (These have received rave reviews from users.)

Who knew there was such a remote, wild, and challenging trail this side of the Rockies? Yet here it is – in our beloved state of New Hampshire, just a stone's throw from the well-traveled Appalachian Trail. Or should that be, "there it was?"

### Trail Under Threat

The Cohos Trail Association recently announced that sections of the trail along the most remote, northern region, are being closed down due to "too little money, too many expenses, too little time, and so much to do." The Association aims to complete the closures – removal of signs, blazes, and structures – in the upcoming good weather months. Some sections will remain open, including the

Whipple, Percy Loop (with camp), Baldhead (with lean-to), and Sanguinary Summit (with the Panorama lean-to) Trails.

Will the the fate of the CT be the same for other beloved trails? Don't let this happen. Get involved. Be informed. Inform others. Donate funds, time and expertise. Write to your legislators.

Visit: [www.cohostrail.org](http://www.cohostrail.org)

## A BOOK IN REVIEW

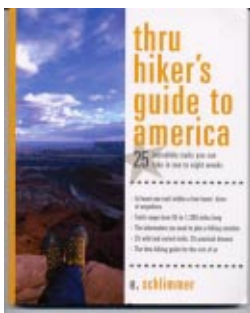
### Thru Hiker's Guide to America

author: E. Schlimmer

by Sanne Bagby

For any self-respecting long distance hiker, winter's cold, an injury, internet connection, and a credit card, can all collide, with the inevitable result of visits to Amazon or ebay for hiking books. That's just how I discovered this gem! Now I have a plethora of trail possibilities to consider.

First of all, what a great little book this is! It's not brand new. (It was published in 2005.) It's a small volume, but despite this fact, it offers enough information to get a grand start on any number of wonderful adventures – 25 of them, in fact!



There's a trail for just about any US resident within only hours' drive from home. Ranging in length from 95 miles (Washington's Wonderland Trail) to 1,300 miles (the Florida Trail, and at only 20 miles shy of that, the Buckeye Trail in Ohio), these trails can provide journeys lasting from 1 to 8 weeks. (The book doesn't review the big 3 National Scenic Trails, but there are books aplenty about them already.)

Schlimmer includes a US map showing the location of each trail. A quick look at this map reveals that hikers will generally be staying east of the Rockies to hike these trails, as only 5 of them are in, near or to the west of that range.

What also makes this book special is the inclusion of practical advice on pack weight, gear choices, perils to consider, outdoor tips and skills, and a section on Leave No Trace. The bibliography offers contact information for trails covered in the book (and a few other trails, as well) and a recommended reading list.

For the trails reviewed in the book, acquiring additional maps, and possibly guidebooks, is essential. That task is made easy to accomplish by using the contacts in the bibliography.

For each trail reviewed, Schlimmer provides vital statistics such as mileage, average temperature, an overview of the trail's merits and challenges to potential hikers, terrain, weather, water, wildlife, points of interest and anecdotal tales and observations made by people who know the trail.

Schlimmer is an accomplished outdoorsman. He hiked all 770 peaks of over-3K' elevation in the Northeast, completed a 2,250-mile off-road bike ride from Canada to Mexico, and has worked as a caretaker and ridgerunner on the AT, a backcountry forest ranger, trail crew member, firefighter, and wilderness trip leader. Throughout the book are humor, side notes, and tips from Schlimmer, who is also an affable and highly engaging writer.

## Trail and Hiking Community News

### Explore a Different Florida on the Panhandle Trace Hike

by Sandra Friend

Breathe deeply as you hike along a clear, sand-bottomed stream lined with pink and white mountain laurel in full bloom. Stop and marvel at the delicate, lacy veins of white-topped pitcher plants. And walk along the nation's only National Scenic Trail that follows a white sand beach.



C'mon down and join us March 30–April 7 for a 9-day hike of the FT's Western Gate section, from the Alabama state line to Fort Pickens. Western Gate chapter activity leader, Peggy Grantham, is leading this trek for the fourth year, this time taking folks southbound down the "Foothills to the Sea." You can base camp at developed campgrounds with the group or backpack and catch up with them along the way.

Enjoy the camaraderie of knocking off more than 100 miles of section hiking with a group of like-minded hikers: participate in the FTA's Panhandle Trace Hike! To sign up, contact Peggy Grantham at [pgrant9328@aol.com](mailto:pgrant9328@aol.com) or 850-995-4267. There's no fee to join the hike, but camping and meal costs are participants' responsibility.

For a detailed itinerary, visit: [www.floridatrail.org](http://www.floridatrail.org)  
Click on "Activities," and download the details.

### ATC Report

Class of 2007 stats are not available yet, but Laurie Potteiger reports these volunteer numbers: In 2006, 5,265 volunteers contributed 190,000 hours to A.T. projects.



One noteworthy event was the Shenandoah Thanksgiving ice storm and clean-up. The Park estimated that more than 2500 blowdowns fell across the A.T. in the wake of this storm. Portions of the Trail were impassible and some late southbound thru-hikers had to skip large sections of the Park. PATC volunteers came out in force and cleared 100 percent of these by the end of the year.

There's a brief write-up of this story on the Shenandoah website at: [www.nps.gov/shen/parknews/newsreleases.htm](http://www.nps.gov/shen/parknews/newsreleases.htm)

### "Free State Hiker Hostel" Opens

Ken ("Bone Pac" Class of ) and Jenel Berry have opened a lovely new hostel in Smithsburg, MD, only 0.3 miles west of the AT on Wolfsville Road, 10 miles south of the PA border. The hostel does not have a sign visible from the road; a distinguishing feature is a large retaining wall alongside the driveway.

Room, linens, shower, laundry, and internet access cost \$30. Credit cards are accepted. Bikes are available for shuttle into nearby Smithsburg for resupply. The hostel is open March 15 – November 15. Neither alcohol nor pets are permitted. There's a two-night maximum stay.

Packages may be sent to:

11626 Wolfsville Road, Smithsburg, MD 21783  
phone: 301/824-6338 or email: [bonepac@gmail.com](mailto:bonepac@gmail.com)

You can "meet" Bone Pac and his family and read about his AT hike, as well as see photos of the hostel and follow the adventures of building it, at: [www.trailjournals.com/entry.cfm?id=166158](http://www.trailjournals.com/entry.cfm?id=166158)

For more AT information, visit: [www.appalachiantrail.org](http://www.appalachiantrail.org)

### BMT Annual Walk-Thru



ALDHA folks are welcome to join the Benton MacKaye Trail Association's Annual Walk-Thru April 28th.

Each year the BMTA invites hikers out on a (hopefully) beautiful spring day to both enjoy the trail and report on its condition. Hikers make notes of where the problems are as they go. At the end of the day, the goal is to have a record of all trail work that needs to be conducted so that maintainers can be assigned for restoring the trail to top condition. There are also opportunities to gather for a late-afternoon meal with other hikers.

With 200 miles of trail (all south of the 100-mile Smokies segment, which is not included in the Annual Walk-Thru), hikers are sure to find a suitable section to cover. (Hint: The most remote sections – 16a-b – have never been hiked on a Walk-Thru before. Perhaps you would like to be the first to do so.)

To register, visit [www.BMTA.org/AnnualWalk-Thru.htm](http://www.BMTA.org/AnnualWalk-Thru.htm) Pick a section or ask to be assigned to one. Use the contact form or get in touch with the appropriate Maintenance Director by phone. For trail in GA, contact Tom Keene at 770-422-4838; for trail in TN or NC, contact Bill Lundin at 423-344-0823.

Snag your trail section today!

For more BMT news, visit: [www.bmta.org](http://www.bmta.org)



### The Great Southeastern Hiking Festival

The event is planned for May 3-6, 2007 at the Montreat Conference Center in Montreat, NC and is jam packed with activities including great musical entertainment (including The Grit Pixies, Buncombe Turnpike and Christine Kane), more than 20 different hikes, a host of wonderful educational sessions, and inspirational speakers.

A 90-minute "Writers Roundtable" will include authors, Danny Bernstein (Hiking The Carolina Mountains), Anne Mitchell Whisnant (Super-Scenic Motorway: A Blue Ridge Parkway History), Mary Russell Roberson and Kevin Stewart (Exploring the Geology of the Carolinas: A Field Guide to Favorite Places from Chimney Rock to Charleston), Randy Johnson (Hiking North Carolina) and Tim Silver (Mount Mitchell & the Black Mountains: An Environmental History of the Highest Peaks in Eastern America). It will be moderated by Will Harlan, Editor in Chief of Blue Ridge Outdoors Magazine. Read more about the event at: <http://americanhiking.chattablogs.com/archives/045043.html>

The only way to get to meet these great authors all at the same time is to register for the Festival! The cost to attend from Thursday through Sunday is \$150 (plus lodging). This includes 9 hearty & healthy meals. The cost for those arriving Friday night, is \$115, which includes 6 meals. Lodging ranges from camping (\$15/day) to rooms sharing bath facilities (\$50/day) to motel style rooms with private bath (\$80/day).

Don't delay! The Great Southeastern Hiking Festival is expected to sell out, so register today! You don't want to miss out on all the fun! Go to: [www.americanhiking.org/alliance/sai.html](http://www.americanhiking.org/alliance/sai.html)

## PCT News

Significant impact on laws to protect our lands are being made through the PCTA's **Hike the Hill** program, which prepares and presents information for Congressional offices. Thanks to the efforts of dedicated volunteers and the donation of design and production services by Jones & Stokes, Hike the Hill materials continue to provide an effective means of communicating our message of conservation. Please view our latest materials to learn more about our work to protect the PCT.



**"Even More Walking,"** A new Pacific Crest Trail documentary by Scott Herriott has been released. "Even More Walking" is a follow-up to earlier works, "Walk" & "Still Walking."

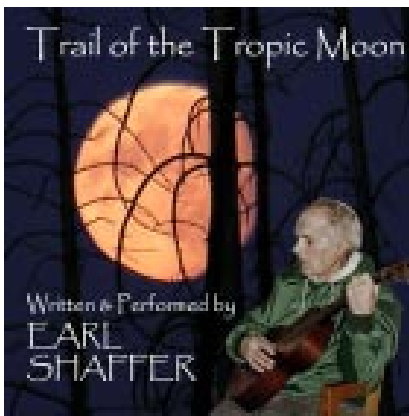
Through March, Herriot is donating 20% of sales proceeds to the PCTA. All 3 documentaries sell for a discounted rate of \$38 (including S & H)

**Scott Williamson** completed the first-ever PCT yoyo, walking 5300 miles in 2004. He repeated the feat in 2006! Counting each traverse of the PCT that he's ever made, Scott has hiked the PCT a total 9 times! Congrats Scott!

**"The Mad Scientists,"** Michael and Amy McGrann, have thruhiked the PCT to complete PhDs in geography!

In a clever plan to combine their love of wildlife biology and life on the trail, after a successful thruhike in 2004, they set off on yet another one in 2006 – this time, to conduct research along the PCT mega-transect in California. They studied wildlife-habitat relationship models, which will aid in making predictions for wildlife occurrence.

Visit the PCTA website to read more about these stories: [www.pcta.org](http://www.pcta.org)



Cover design for Earl's new CD

## Earl Shaffer Foundation Want to Hear Earl Sing?

by Chris "Spur" Bagby

Continuing its effort to share the literary works of the A.T.'s most revered pioneer, the Earl Shaffer Foundation is pleased to announce the publication of a second CD featuring Earl singing more of his soulful, original ballads.

Entitled "Trail of the Tropic Moon," the album contains many songs penned by Earl while he served in the U.S. Armed Forces in the South Pacific during World War II, some of them poetically lament-

ing his absence from the hills of Pennsylvania where he had roamed during his youth, as well as some of his later ballads.

Different versions of a few songs from his earlier CD, "Always in April," appear on the new CD, including "April Dawn," "Midnight Rain," and "Susquehanna." Twelve other titles complete the album, including "Vagabondage," "Song of the Timberline," and "Wanderers Quest."

You're invited to hear samples of the songs and find out how to obtain Earl's CDs at the Foundation's website: [www.earlshaffer.com](http://www.earlshaffer.com)



## CDT News

The new *Guide to the Continental Divide Trail: Volume 6 (Northern NM)* has updated trail information and maps

similar to those in previous volumes. Cost: \$15.95 (\$15.00 for members), plus \$2.00 shipping & handling. Orders can be sent via PayPal or by check to CDTs at 3704 N. Charles St., Suite 601, Baltimore MD 21218.

### Notes from Jim Wolf of the CDTs:

2007 should be a banner year for the CDT. More than fifty people are known to be planning border-to-border hikes. They're about equally split between northbounders and southbounders (along with a few who are working out flip-flop schedules). CDTs figures that this reflects a doubling of long-distance treks in just the past three years.

CDTS, which had criticized the Beaverhead-Deerlodge's original plans for a relocation south of Anaconda, Montana, noted its pleasure that the published environmental as-

essment incorporated an alternative (with good prospects for being adopted) reflecting the Society's recommendations. The existing route relies for several miles on paved and gravel road surfaces. The recommended relocation will remedy this, though it still needs to be fine-tuned to substitute hiking tread for some Forest Roads.

Read the latest news on CDT trail relocation projects and land acquisition efforts under consideration by visiting: [www.cdtsociety.org](http://www.cdtsociety.org)

### Funding Crisis for Trails

Cara Hoevet, the new Information and Special Events Coordinator for the CDTA, reports that congress's failure to pass a Fiscal Year 2006 Budget has led to a crisis for the CDT and other National Scenic and Historic Trails. Congressional inactivity effectively blocks the earmarking of funds to be matched with donations and volunteerism. This severely affects progress on the CDT, as projects that were planned for the coming season are on hold; partners who allocated funds and resources are being told, essentially, "Thanks, but no thanks."

Joining forces with our "sister trails" we are asking Congress to support a line item in the U.S. Forest Service (USFS), National Park Service (NPS), and Bureau of Land Management (BLM) budgets ensuring a base level of funding specifically to complete, maintain and manage nationally designated trails. The National Trails System Act, passed by Congress in 1968, speaks to the importance of partner organizations like CDTA and hundreds of other "friends" groups that are creating the dedicated workforce and financial support for these national treasures.

Goals of the various trails can only be met if we successfully fund our projects. Let your legislators know the National Trail System is important to you by writing them and requesting that specific funding for the CDT (and others of our National Scenic and Historic Trails System) be included in the USFS, NPS and BLM budgets.

Learn more about the CDTA at: [www.cdtrail.org](http://www.cdtrail.org)

## UPCOMING EVENTS

## MARK YOUR CALENDARS

March 23-25 **PCT Trail Fest** Seattle, WA  
[www.pcta.org](http://www.pcta.org)

March 24 (see page 4)

**ALDHA Spring Steering Meeting**  
 Ironmasters Hostel, PA

**AT Museum Meeting**

9 AM, March 25 (all welcome)

**Earl Shaffer Foundation Meeting**

1 PM, March 25 (all welcome)

April 12 -17

**HI-YAK: Another Dam Festival**  
 Fontana, NC

Visit [www.Whiteblaze.com](http://www.Whiteblaze.com) for info.

April 14 **MATC Annual Meeting**  
 University of Maine at Orono, ME  
[www.matc.org/annual.htm](http://www.matc.org/annual.htm)

April 27 - 29 **Trailfest**, Hot Springs, NC  
[www.hotspingsnc.org/traifest04.html](http://www.hotspingsnc.org/traifest04.html)

April 27-29 (see page 10)

**ADZPCTKO** Lake Morena, CA  
<http://siechert.org/adz/>

April 28 (see page 8)

**BMT Walk-Thru**

May 3 - 6 (see page 8)

**Great Southeastern Hiking Festival**  
[www.americanhiking.org/alliance/sai.html](http://www.americanhiking.org/alliance/sai.html)

May 18 - 20 (see front page)

**Trail Days** Damascus, VA  
[www.damascus.org/traildays.html](http://www.damascus.org/traildays.html)  
[www.traildays.info](http://www.traildays.info)

May 18 - 28 (see page 10)

**ShenRUCK 2007**

Shenandoah National Park, VA

**National Trails Day**

(various activities nationwide)

[www.americanhiking.org/events/ntd](http://www.americanhiking.org/events/ntd)

**AT Museum Exhibit**, Harpers Ferry  
 (see front page)

July 13 - 20 **ATC 2007** (see page 10)

**36th Biennial Conference**

[www.ramapo2007.org](http://www.ramapo2007.org)

July 20 - 22 (plus other dates; see page 10)

**Bascom Grill Master's RPH Shelter Work Weekend and Hiker Feed**

<http://timtrek.mikentim.com>

August 17 - 20 (see page 12)

**VT Long Trail Festival**, Rutland, VT  
[www.Longtrailfestivalvt.com](http://www.Longtrailfestivalvt.com)

Sept. 28-30 **ALDHA West Gathering**  
 Sierra Pines, CA [www.aldhawest.org](http://www.aldhawest.org)

October 3 - 6

**National Land Trust Alliance Conf.**  
[www.LTA.org](http://www.LTA.org)

October 5 - 7

**The ALDHA Gathering** Gettysburg, PA  
[www.aldha.org](http://www.aldha.org)

December 31

**New Year's on Springer**

Check for other dates and listings at:  
[www.whiteblaze.net/forum/calendar.php](http://www.whiteblaze.net/forum/calendar.php)



**ATC Biennial Conference**

The 36th annual ATC Biennial Conference, also referred to simply as "Ramapo," is being hosted by the New York-New Jersey Trail Conference at Ramapo College in Mahwah, NJ—just ten miles south of the A.T. (near Agony Grind and Harriman State Park), July 13-20. Printed registration materials and more information appears in the March/April issue of ATC's member magazine, *AT Journeys*, or you may register on-line.

The 8-day conference includes hiking and trail management and maintenance workshops. There are also hikes, excursions, and entertainment offerings. A youth program is being held at the Weis Ecology Center. Unique to this conference is the "Trail University" project on Bear Mountain, which offers lots of opportunities for on-the-trail volunteer work and skills training.

Visit: [www.appalachiantrail.org](http://www.appalachiantrail.org) or [www.ramapo2007.org](http://www.ramapo2007.org).

Send questions to:  
[info@ramapo2007.org](mailto:info@ramapo2007.org)

**HI-YAK: ADF April 12-17**

Hike and Kayak: "Another Dam Festival"

Enjoy a festival at Fontana Dam/Village! There'll be a trail maintenance project with the Smoky Mountain Hiking Club to begin and end the celebration of hiking and kayaking.

Visit [www.Whiteblaze.com](http://www.Whiteblaze.com) for info.

**The ShenRUCK 2007**

This RUCK is an exciting, multi-day event being held from May 18 - 28th at locations throughout the Park. Activities include: all-day hiker feasts, slackpack opportunities, backpacking and dayhiking, presentations and more. A Hands Across the Trail hike is planned for Saturday, May 26th.

If you wish to lead a hike, make a presentation, or host a meal, let Pittsburgh know ([yugrekih@yahoo.com](mailto:yugrekih@yahoo.com)) and he will fit you into the schedule. Visit [www.Whiteblaze.com](http://www.Whiteblaze.com) for info.

**RPH Project 2007**

Don't miss out on the chance to build a new bridge as part of this year's project! Supplies are needed. If you have rope, webbing, lumber (2x2x8), nails, spikes, logs, or hand tools - bring them along!

After the first two weekends in March, additional workdays will continue to be held on the first and third Saturdays of each month. The "big finish" is scheduled for July 18 through 22. BBQ's will be held on July 20, 21, and 22. Bring your AMBITION and your APPETITE!

Contact the cook at:

[mikepardee@yahoo.com](mailto:mikepardee@yahoo.com)

Contact construction leaders at:

[bascomgrillmaster@yahoo.com](mailto:bascomgrillmaster@yahoo.com) (Tim)  
 or [kevnyboy@aol.com](mailto:kevnyboy@aol.com) (Kevin Readon)

You can contact the trailwork leader:

Tim Messerich

20 New Hackensack Road

Wappingers Falls, NY 12590

Telephone: 845-297-9573

For info, go to: <http://timtrek.mikentim.com>

**Hot Springs AT Trailfest 2007**

The 12th annual Trailfest will be held from April 27 through 29th.

(The last issue of the newsletter listed it for April 13 - 15, so note the date change.)

Come celebrate the AT! Music, food, hiker games, exhibits from local artists, and the famous duck race are all part of the festivities. Representatives of the Appalachian Trail Conservancy will be there too.

For information visit:

[www.hotspingsnc.org/traifest04.html](http://www.hotspingsnc.org/traifest04.html)

**ADZPCTKO**

by Greg Hummel

The 9th "Annual Day Zero Pacific Crest Trail Kick Off" will be held April 27th - 29th at Lake Morena County Park, just 20.1 miles by trail (about 3 miles by crow) from the US-Mexico border.

There'll be good people, great presentations, fair food, a few quality vendors and several key non-profit organizations. For those aspiring to thru-hike or to take on a significant section of the PCT, there'll be many past and ancient thru-hikers who've gone before to help you kill those butterfly jitters by providing a bit of education, some great inspiration, and adventuresome tales. Come join us in sending off another year's group and enjoy the fantastic camaraderie, energy and passion that we, the trail community, all share.

Register at the website:

[www.pct77.org/adz](http://www.pct77.org/adz)

The site should be up and running by the time this hits your mailbox.

**First Annual Long Trail Festival**  
 An Educational Fun Weekend

August 17th through August 20th at the Vermont State Fair Grounds, Rt 7, Rutland

Contact: Wayne & Kathy Krevetski  
 (802) 282-2237 or [krevetski@hotmail.com](mailto:krevetski@hotmail.com)

For more information go to:  
[www.Longtrailfestivalvt.com](http://www.Longtrailfestivalvt.com)

## Upcoming Meetings Weekend of March 23 – 25th

Beds have been set aside at the Ironmaster's Hostel for the **ALDHA - AT Museum - Earl Shaffer Foundation meetings** to be held from March 23 – 25th. Everyone is welcome to attend these meetings.

The bunk rate is \$18 per person, per night. The day-use fee is \$5, which covers day use of the hostel on Saturday and Sunday (and late afternoon Friday, if needed). Those attending only the AT Museum meeting or the Earl Shaffer Foundation meeting will not be assessed a day-use fee.

## Trailfest March 23, Seattle WA

Andrew Skurka, the first person to walk the entire 7,778-mile transcontinental Sea-to-Sea Trail, will be a feature presenter at this year's fest! Outings, practical trail classes and chances to learn about the work of the PCTA are planned throughout the weekend.

For more information about the event, go to: [www.pcta.org/meetover2006.asp](http://www.pcta.org/meetover2006.asp)

## PA Ruck: Note from Donna at Ironmasters Hostel

Long overdue thank-you's go out to all the **Merry Rucksters of 2006**, with very special thanks to Laurie Potteiger for her presentation about trail maintenance, Jim and Ginny Owen for the beautiful CDT slide show, Mara "Stitches" for her comprehensive "Tuckerization" and Q&A session on Saturday, and Marsha for her organizational talents and kitchen expertise. I offer my heartfelt appreciation on behalf of the Ironmaster's Mansion Hostel to everyone who attended the **2006 "Winter Warmer"** and to those who were so generous with their time and donations.

I'd also like to add our appreciation to everyone who attended the **2007 PA Ruck**. Good times, good friends, good food, and gorgeous slide shows, not to mention a very nice donation to the hostel. Last year's donation replaced a cellar window that was blown in by the tremendous winds we have here. The hostel now sports a permanently installed, non-breakable window. We'll keep you up-to-date about the destination of this year's donation.

As always, I offer my grateful thanks to all who stayed Sunday for post-Ruck clean-up. Members of ALDHA and AT-L are our most continuously responsive donors and are always a pleasure to have as our guests.

## Raising a RUCKus in the Rockies February 23-25

by Paul "Mags" Magnanti

The Rockies Ruck is a low-key gathering of people who have a passion for the long trails. During the weekend we celebrate that fondness of the outdoors: the beauty, the wonder and the camaraderie of those who feel the same way.

The Rockies Ruck was held once again at the Leadville Hostel in Leadville, CO. Leadville is aptly suited for a gathering of long distance hikers. The town's elevation of over 10,000 feet affords a commanding view of the Continental Divide to the west. Leadville is a trail town for the Continental Divide Trail, the Colorado Trail and the American Discovery Trail. It's a perfect location for those who celebrate their love of the long trails!

The hosts of the Leadville Hostel are Cathy and Bill, two people who understand long distance hikers, love our crazy little tribe and have always been gracious hosts, not only for the Rucks but for many hikers over the years. And Bill's pancakes fill up the stomach of even the hungriest of hikers!

Friday night many of us went to a dinner in town. Though the weather delayed or even kept some people away, the joy of people gathered for the company of fellow hikers was infectious.

The Rockies Ruck is quickly becoming the reunion for CDT hikers! Over the weekend, there were five people who completed the CDT in 2006, as well as past and soon-to-be CDT hikers. Brian Martin, field operations manager for the Continental Divide Trail Alliance (CDTA), even made an appearance. Many of us enjoyed "talking shop" with a person responsible for helping to make the dream of the CDT a reality.

On Friday night "Disco" (CDT 2006) showed us a sneak preview of his CDT



photo: Mags  
Cathy and WildBill, great hiker hosts

flip-flop hike of the trail.

Saturday morning, we all had a thru-hiker worthy breakfast. A few people went skiing and snowboarding at the nearby Copper Ski resort. Others went snowshoeing or cross country skiing. The weather was overcast, but that just made for a wonderful way to spend a winter day.

Later that night, more videos were shown. "Squatche's" DVD entitled "Even more Walking," a documentary about the PCT, generated much delighted laughter. "Burnfoot" gave us a taste of international trekking as he showed us his slides from Nepal. Burnfoot is responsible for the cache of soda in the Cochetopa Hills many CT/CDT hikers have enjoyed.

Sunday morning came too soon. Another huge breakfast was enjoyed. Our final hugs were shared. Some of us continued the weekend by doing a ski tour near Tennessee Pass to enjoy one last bit of playing in the Colorado mountains.

The Ruck is meant to be low-key; no concrete agenda. Just people coming together who share a love of the trails. A chance to tell tales, enjoy each others' company and to celebrate what we all love: the trails and all that goes with a love of the trails.

And based on that simple criteria, the weekend was a success.

Pictures from the weekend at:  
<http://snipurl.com/ruck2007>

## HopLite, Gathering 2006 (cont.)

him I can barely stand still, which is fortunate since it is pretty stinkin' cold at the folk life center and moving makes some warmth.

The lightweight gear session is a boost when the demonstrators talk through gear and techniques that I'm pretty familiar with. It seems after all this time that the tips and advice from AT-L has actually done me a lot of good.

There's hiker Jeopardy, in which Rockdancer and I get pretty well thrashed, until Baltimore Jack torpedoes his team. Several times throughout the weekend I cannot help but observe that life is, in fact, good.

Rockdancer catches a lift with me back home for a shower and mid-hike repacking, and by Monday morning, he's on his way to the farm from which he'll head back to the trail.

Whatta weekend.

For office use only

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## 2007 Membership Registration Form

(Please print neatly!)



Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Name(s) \_\_\_\_\_ Current ALDHA member?  Yes  No

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone (with area code) \_\_\_\_\_ E-mail \_\_\_\_\_

Trail Name(s) \_\_\_\_\_ Home Page \_\_\_\_\_

Trails completed and years they were hiked \_\_\_\_\_

Membership (choose one):

- Enclosed is \$10 for my 2007 annual membership in ALDHA.
- Enclosed is \$20 for a 2-year membership, 2007 and 2008.  
(It's \$10 per family per year. Memberships run January 1 - December 31.)
- Enclosed is \$200 for a Lifetime membership in ALDHA. (Does not include the Gathering fee every year.)

\$ \_\_\_\_\_ Please accept my tax-deductible donation to the **Appalachian Trail Museum**, a registered 501(c)3 non-profit organization. (Use a separate check made payable to **A.T. Museum**.)

\$ \_\_\_\_\_ Please accept my tax-deductible donation to **ALDHA**, a registered 501(c)3 non-profit organization.

Make check or money order payable to **ALDHA** and mail to: **ALDHA, 10 Benning St, PMB 224, West Lebanon, NH 03784**

- Check here to remove your name from the mailing list for the ALDHA newsletter.**  
Doing so saves ALDHA printing and mailing costs for the newsletter.  
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