

Long Trail NEWS



Quarterly of the Green Mountain Club

SUMMER 2018



Long Trail

N E W S

The mission of the Green Mountain Club is to make the Vermont mountains play a larger part in the life of the people by protecting and maintaining the Long Trail System and fostering, through education, the stewardship of Vermont's hiking trails and mountains.

Quarterly of the Green Mountain Club

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Cover photo: Long Trail end-to-ender Dan "Country Time" Braun and his niece, end-to-ender Tori "Danger Ranger" Braun, on Mount Mansfield summit.
Photo courtesy of Dan Braun.



EVKids group on Mount Abraham summit with end-to-ender, Leanna "All Good" Keegan, on far right.

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From the President

It is with some sadness but great pride that I write my last president's column for the *Long Trail News*. Serving as the Green Mountain Club's president for the last three years has been one of the great honors and joys of my life, and I'm grateful to the GMC Board of Directors for giving me the chance to lead this exceptional organization.

When I became president I set two personal goals for my term: to section hike the entire Long Trail, and to visit all 14 sections for at least one activity. I wanted to meet as many hikers and members as possible to better understand the needs of the club and our trail system.

I completed my section hike and can report that the Long Trail continues to amaze and challenge hikers from all over the world. Like all organic, living things it needs constant attention, but overall it is in great shape.

I also joined most sections for trail work, annual meetings or other outings, and cannot stress enough their importance to the health of the club. Not only do section workers play a necessary role in maintaining our trails, they are crucial to engaging new members and developing new leadership for the "main club." Our sections must be valued, nurtured, and supported.

The board's main accomplishments in the past three years have been a generational overhaul of the board's governance structure, the adoption of an ambitious strategic plan, and planning for future financial strength. This hard work is not what hikers love to do, but it is vital. Although I come from an earlier GMC culture where volunteers did everything, today we must rely heavily on our talented professional staff, with volunteer leaders providing the vision, policy direction, and financial resources our staff needs to excel.

Looking forward, we must continue to operate with a distant time horizon—as we have for more than a century, and must for at least another century. No doubt there will be threats to trails, and future GMC leaders may need to invent new ways to achieve James Taylor's mission of "making the mountains play a larger role in the life of the people." As stewards today our job is to pass our organization and trails to the next generation better than we found them. I see two significant challenges to the continuing vitality of GMC and the Long Trail.

First, we must complete the 32-year effort to legally protect the entire Long Trail corridor in perpetuity. The end is in sight, and we need to keep our eye on the prize. Second, the Green Mountain Club must stay relevant to the modern hiking community, which has changed greatly since I was an LT caretaker in 1971. We have to engage future generations

"As stewards today our job is to pass our organization and trails to the next generation better than we found them."

of increasingly diverse hikers through their chosen means of communication, including social media. Producing a GMC-led, interactive online platform for trail information has become an urgent priority.

I am particularly grateful to Mike DeBonis, our terrific executive director. He really loves the Long Trail and the Green Mountain Club, and his energy and commitment reflect that. He's assembled a very talented staff poised to do great things. One of Mike's many talents is his ability to



tolerate the club president's frequent and sometimes over-imaginative forays into the possible and the impossible, occasionally glean something useful, and pretending artfully when he doesn't. It's been a great partnership. As I've said before, the Green Mountain Club was lucky the day Mike walked through our door.

I also want to thank the many people who have helped carry the load during my term, especially fellow officers Tom Candon, Steve Klein, and Lee Allen. I also owe much to two former GMC Presidents: Jean Haigh, my mentor and valued friend; and Rich Windish, a frequent sounding board on club matters during our many days of hiking. They've all become friends for life, which has more than compensated for the hundreds of pizzas and thousands of emails I've consumed doing club business with them. The volunteer leadership of the Green Mountain Club has always been a collaborative and visionary group. These people have continued that tradition, and I'm proud to have worked with them.

—JOHN PAGE, PRESIDENT



Stratton Pond sunset



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Mountain Views

Dave Hardy Tribute

What an outstanding tribute to Dave in the LTN. You guys nailed it! The orange and purple jumped off each page. All the photographs and stories were a nice way to memorialize the incredible celebration of life for Dave back in January. It made me smile and sad at the same time.

—JAMES "MITCH" MITCHELL, BRATTLEBORO SECTION

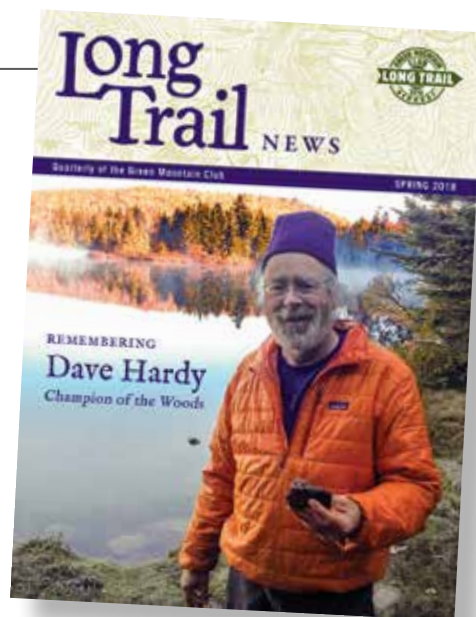
I wanted to offer up that I really loved the new edition of the *Long Trail News*. All of the kind and thoughtful remembrances of Dave... we should all be so fortunate as to be remembered so warmly.

I knew Dave just a little, having had conversations with him over the years as he was trying in his gentle way to convince the Dartmouth Outing Club (DOC) to give up the trail and the corridor in Vermont. I volunteered extensively with DOC in those years, in many capacities, and attended the New England Region meetings as the DOC rep from time to time. In those years I got to know Dave a bit, and learned that his first trail-related gig was as cook at Cardigan Lodge. I could well relate to someone who had entered this world with intention, first through volunteer service and then into the ranks of the seasonal employee, and finally into full-time work. I always enjoyed his company (and his beer!). He will be missed.

—JASON BERARD, STEWARDSHIP DIRECTOR,
UPPER VALLEY LAND TRUST

My thanks and congratulations to ALL who wrote in the subject issue! A wonderful tribute to Dave Hardy, including a perfect choice of the front cover photo.

As it turns out, Dave and I were fellow federal civil service engineers in the same office at the Portsmouth Naval Shipyard in the early-to-middle 1980s. Dave and I went on a two week trip together to the navy's submarine base in Bangor, Washington. When he left the navy to pursue his dreams, I wished him well—and I had not seen him since! But when I saw his name and email address in the GMC's magazine some years ago, I emailed him with the question, "Are you the same Dave Hardy...?" Got a quick



reply "yup, that's me!" What magnificent contributions he made in his career with the GMC! No one is irreplaceable—but he surely leaves BIG shoes to fill.

—PHIL BROWN, GMC MEMBER

What a wonderful tribute to Dave in the latest edition of the LTN! The picture on the front cover is priceless, and I believe that in the picture on the inside back cover, he is wearing the red headband I made for him! My niece in Florida called me to say how much she enjoyed all the pictures and stories about Dave.

—DORIS WASHBURN, MONTPELIER SECTION

I was sad to get the *Long Trail News* with the articles about Dave Hardy. I didn't know Dave well, but for a number of years I was the shelter adopter for the lean-to at Bourn Pond. I wrote many reports which probably ended up on his desk. And I probably met him at some volunteer picnics, and once went to a workshop I think he organized to try to learn how to sharpen my axe.

I very much enjoyed visits to Bourn Pond. It is a special place, with wonderful wildflowers. Once or twice I saw otters there. The log book always had interesting entries. And there is a rock with a view that is a great place for lunch.

My donation is in memory of Dave, and a tribute to all the people who work to make the Long Trail the wonderful place it is.

—MARY LOU JOHNSON, PUTNEY

Long Trail News welcomes your comments. Letters received may be edited for length and clarity. GMC reserves the right to decline to publish those considered inappropriate. Letters may not be published.

Send to: Jocelyn Hebert, jhebert@greenmountainclub.org or
Letters to the Editor, GMC, 4711 Waterbury-Stowe Road, Waterbury Center, VT 05677

Follow Us:



Homer Stone Brook Trail to Little Rock Pond

Working at the Green Mountain Club Visitor Center on summer weekends for the past three seasons I found many people expressed the same wish: a quiet, little traveled trail to a fantastic viewpoint.

Usually hikers must choose one or the other—solitude or spectacle. Long Trail side trails to show-stopping views, ponds, and rushing water, like the Sunset Ridge and Sterling Pond trails, are popular and heavily traveled. Less flashy options like the Clark Brook and Burnt Hill trails offer strolls in the woods in near or total seclusion, but have little in the way of postcard views. They have their merits, but visitors with just a few hours often opt for views.

The Homer Stone Brook Trail strikes a perfect balance. Leading 2.3 miles to the lovely and popular Little Rock Pond, it is much quieter than the 2.2-mile Long Trail approach, although it climbs an extra 800 feet. It provides a calm and peaceful walk through the woods, with a big reward at the end.

Homer Stone lived in the Wallingford area in the late 1800s and worked as a farmer, lumberman, and road surveyor. During his life much of the forest along the brook and on Homer Stone Mountain southeast of Little Rock Pond was gone, cleared for logging and then pastured by livestock.

Like many hiking trails, the Homer Stone

Brook Trail was once a road, and evidence of human development is apparent from the start. It follows a significant stone wall as soon as you step into the trees, and for the first few tenths of a mile it threads a network of woods roads, some still in use. While marking at the various intersections is adequate, you may want your *Long Trail Guide* to supplement the blue-blazed trees.

The trail begins with a gradual climb through fairly open woods. After a couple of turns, the footbed widens, and the character of the old road is obvious—smooth and straight and flanked by rows of tall old trees. Sparse lower branches and dead trees create dramatic silhouettes, and the thin canopy provides more sunlight than usual under such large trees. In some stretches the trail is sunken between high banks.

The path soon follows Homer Stone Brook, before crossing it and turning uphill, rising at a steeper—though never strenuous—grade toward the north end of Little Rock Pond. Here you can explore the idyllic shores of the pond on a 0.8-mile loop, using the Long Trail and two other side trails.

The Homer Stone Brook Trail ends at the Green Mountain Trail, just above the pond. Turn right and follow the Green Mountain Trail a tenth of a mile, then turn left onto the Little Rock Pond Loop Trail. Though this trail is close to Little Rock Pond Shelter and its tent



sites, as soon as you step onto it you'll see it is much less travelled than the Long Trail. This shows the ability of land to recover from heavy use, because the loop trail was once the official route of the Long Trail.

The Little Rock Pond Loop Trail follows the western shoreline southward, rising and dipping over rock formations and small cliffs. It has some of the best views of the pond and its island, site of the original Little Rock Pond Shelter, which was reached by a short footbridge. You'll reach the Long Trail at the south end of the pond in 0.4 mile. Turn left and follow the Long Trail 0.3 mile along the east side of the pond back to the Green Mountain Trail, then turn left and follow it a short distance back to the Homer Stone Brook Trail.

There you'll reenter the quiet and shaded woods, away from picnickers and voices echoing across the water. Reaching the pond by the Homer Stone Brook Trail is a little more work than by the Long Trail, but it is a great alternative if you enjoy the journey as much as the destination.

—LIANNA NETHERWOOD-SCHWESIG

RESOURCES TO GET YOU THERE:

GMC Manchester Area Hiking Trail Map, Long Trail Map, Long Trail Guide



Little Rock Pond

MUT Season

Running in the Green Mountains

By Rob Rives

Light and fast. Alpine style. Do more with less. Freedom, buoyancy, and immersion in surroundings. These ideas are inspiring an emerging generation of mountain enthusiasts all over the globe. Trading large backpacks and heavy boots for ultralight pocketed vests and highly breathable, low profile shoes, Mountain/Ultra/Trail (MUT) runners are writing a new chapter in the ever-evolving tale of humanity's connection to landscapes.

The Green Mountains have long been a magnet for New England's intrepid foot travelers, so it is no surprise that MUT running has become popular here in the last 50 years. For decades collegiate and national ski teams have run on trails, including the Long Trail, for off-season training. Participation in social trail running groups, organized foot races, and the grassroots movement of self-regulating Fastest Known Times (FKTs) is at an all-time high in New England. Encountering lone runners or small groups on Vermont paths is becoming common.

It should be noted that "running" must be redefined on mountain trails, and particularly on Vermont's infamously steep and rocky terrain. Often MUT runners combine fast hiking, short-stride uphill running, and careful downhill maneuvers to navigate treacherous terrain safely but quickly. Running in the mountains hardly resembles the consistent stride and cadence of normal road running. On the most technical terrain, runners usually move only a little faster than a typical hiker.

Like road running, trail running is usually enjoyed in solitude. Indeed, the freedom to run anywhere anytime is one of running's

greatest attractions. But MUT running would be less common here without the fairly recent explosion of competitive events, which help build and strengthen the running community.

MUT racing arrived in Vermont in the summer of 1989, when the Vermont 100 Endurance Ride (a 100-mile equestrian race beginning in West Windsor) invited runners to toe the starting line beside the horses. Now in its 30th consecutive year, the Vermont 100 Endurance Race (or VT100 for short) features runners and horses on similar 100-mile and 100-kilometer courses on rolling gravel roads,

regarded as one of the most difficult and prestigious mountain races in the world.

Running in Vermont's mountains has helped Isaac complete the VT100 and two of the East Coast's hardest challenges: the Cruel Jewel 100 in Georgia and the Grindstone 100 in Virginia. "Vermont has some really rugged trails, and the LT is my favorite," Isaac added, noting that he has run the Long Trail in sections from Smugglers' Notch to Wallingford. "My next goal is to run the whole trail, and see if I could finish it." When asked what he enjoys most about running in the

Green Mountains, Isaac said: "The trail complex within the mountains is just technical and very rugged, which makes training meaningful."

Trail races, uphill mountain races, and ultramarathons (any race longer than 26.2 miles) now take place almost every weekend June through October all across Vermont. Races charging fees get permits from landowners or land managers, are directed by an insured organization, and are conducted by teams of volunteers with an occasional paid staffer. MUT racing depends on volunteers just as the Long Trail does. In fact, contributing to the resource is often a pre-requisite for the privilege of racing.

The VT100 and many other races require participants to submit proof of volunteer time maintaining the trails on which they run.

The GMC discourages competitive events of all kinds from crossing or using the Long Trail if it would degrade the experience of hikers or damage the trail. So competitive runners there seek to establish Fastest Known Times (FKTs), a self-regulating system of recording and maintaining solo speed records



dirt paths, and singletrack trails through the hills around Woodstock.

"I have always enjoyed running, and running trails gives me time to reflect on things while enjoying the outdoors," said local runner Isaac Igenge, who runs laps up and down Camel's Hump for fun and training several times a month. He will join a handful of Vermonters in this year's Ultra-Trail du Mont-Blanc, a 103-mile footrace in the Alps



PHOTO BY GREG MAINO

Runner on Mount Mansfield

on trails and other routes around the world. With GPS receivers, runners can record distance, location, and time, and compare records with those who ran a trail segment before. Popular FKT routes in Vermont include the LT from Appalachian Gap to Lincoln Gap (and back), the Worcester Range traverse, the Glastenbury-West Ridge loop, various routes up Mount Mansfield and Camel's Hump, and supported or unsupported efforts on the whole Long Trail.

The most storied of all Vermont FKTs is Nikki Kimball's supported thru-run of the Long Trail in 2012, which is documented in the film *Finding Traction*. Nikki is the only native Vermonter who claims a speed record on the Long Trail. She logged five days, seven hours and 42 minutes, aided by a dedicated crew that met her at road crossings and accompanied her for safety and encouragement. Her run is considered the fastest womens' end-to-end time. Other records claimed include four days, 12 hours and 46 minutes by Jonathan Basham, and the unsupported (no aid, accompaniment or resupply) record of six days, 17 hours and 25 minutes by Travis Wildeboer. The women's self-supported (no crew, self-arranged resupply) record was set by Jennifer Pharr Davis in 2007, at seven days, 15 hours and 40 minutes.

It is important to note that the Green

Mountain Club, the Appalachian Trail Conservancy and other trail organizations do not formally recognize these records, which are claimed and maintained independently by the FKT community. But the Green Mountain Club has its own informal history of endurance challenges. As early as the 1940s Mount Mansfield caretakers were recording hiking times between shelters and nearby summits and trailheads. If you feel fleet of foot, see if you can match Daan Zwick's blazing 1941 hiking time of 43 minutes from Taft Lodge to Butler Lodge.

Records of other legendary GMC challenges exist primarily in the realm of story. One legend says that years ago caretakers on Camel's Hump and Mansfield tried an all-night traverse of the intervening trail between caretaker shifts. Details of that first traverse are lost, but recently caretakers revived the "MansHump" challenge, and some staff members now take it up annually. Still more recently, GMC staff members created the "Bridge to Bridge" challenge—a nonstop LT trek of nearly 40 miles from the Lamoille River Bridge to the Winooski River Bridge.

Traveling fast and light in the backcountry is becoming more attractive with advances in ultralight backpacking, hiking, and running equipment. But with less equipment comes more responsibility as exposure to risk increases with each ounce of gear shed.

Runners and hikers should take the same skillsets and practices into the field: carry the essentials for safe travel and navigation, be well-versed in map and compass use, know how to treat injuries, and have a plan for nightfall or weather changes.

Hikers and runners should also understand how they affect each other's experiences. Both should follow pedestrian right-of-way guidelines: yield to the uphill traveler, regardless of speed. Going downhill, politely step aside for uphill travelers without trampling vegetation. If you overtake travelers going the same way, speak far enough away to avoid startling them.

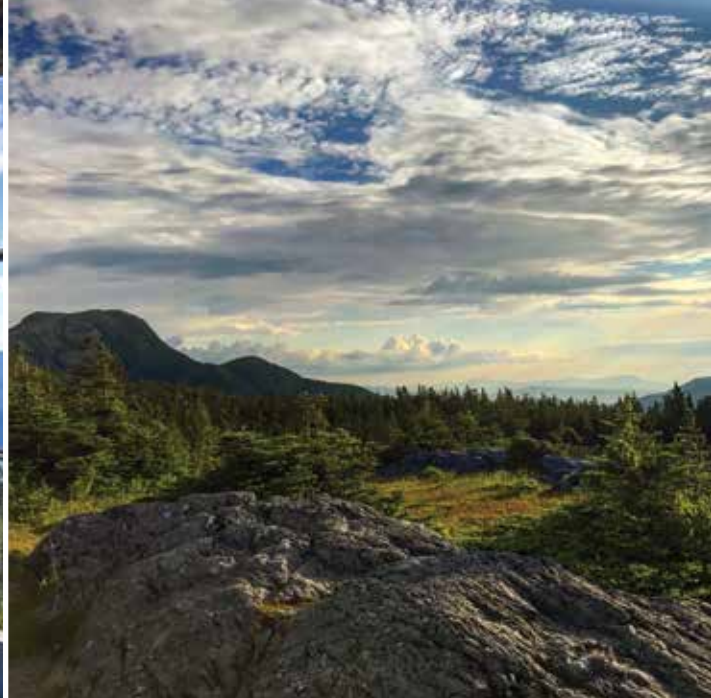
* * *

One February morning my friend Ross and I sat on the hoods of our cars at the Burrows Trail parking lot, strapping light spikes to our running shoes. Unseasonable warmth and a well-packed trail allowed a quick winter scamper up Camel's Hump. We climbed steadily into the clouds, running slowly enough to converse and catch up on the years since we last saw each other. The summit was cold, windy, and socked in, so we lingered little, made quick work of the descent, and got to work on time. MUT running gave us an opportunity hard to find in our busy world: a mountain, a friend, and rich exercise, all before work on a weekday.

Through the Hiker's Lens

Selected entries from the 2018 GMC photo contest







He Had a
'grip on trail matters':

THERON DEAN

By Reidun D. Nuquist

Have you ever stayed at Theron Dean Shelter on General Stark Mountain? Or perhaps lingered at nearby Dean Panorama and Dean Cave, wondering who he was?

A Yorker

Theron Skidmore Dean (1877-1946) hailed from the Empire State. The son of Cromline and Jane (Skidmore) Dean, he grew up in Dutchess County, graduated from Cornell University, and became an insurance underwriter. When the Mutual Benefit Life Insurance Company named him general agent for Vermont in 1911, he moved to Burlington, missing the founding of the Green Mountain Club by one year.

Dean and his wife Henrietta (Wanzer) Dean (1874-1949), also from New York State and an alumna of Swarthmore College, had two children, Alice (born in 1908) and Burtis (born in 1911). Outdoor enthusiasts, the family soon joined the GMC. Dean's photographs show Burtis snowshoeing at age three and a young Alice on Vermont mountain tops. Upon marrying a fellow University of Vermont student, Alice and her husband spent their wedding trip tramping on the Long Trail, her proud father reported.

Tireless Worker

Although not a founding member, Theron Dean wasted no time in making himself indispensable to the GMC. In addition to helping survey and build the Long Trail, he served as club secretary, treasurer, trustee, member of the executive committee, and chair of the publicity committee and of the trails and shelters committee.

As corresponding secretary, Dean handled myriad inquiries from people wanting to hike in Vermont. In September 1917 he reported having composed more than 300 letters for the GMC in the past three months. His dispatches, often written from his insurance office in the Masonic Lodge, were personal and detailed.

To one correspondent he wrote: "For those of your party who have not hiked before, I would suggest large sized boots, as the feet swell in hiking. It would also be well to have some talcum powder." To another, he recalled "the dandy little knapsack you carried and how you gave an address from which I secured one just like yours for Mrs. Dean." To a Miss Cramton wondering about winter camping, he advised against using Long Trail shelters, and described in detail how to stay warm tenting in the snow. In all correspondence Dean comes across as an effective GMC ambassador.

The impression is strengthened by the many illustrated talks he gave to civic groups. Titles varied, but the objective was always the same: create interest in the infant Long Trail and enlist new members. Dean addressed the Vermont Dairy Operators Association, Norwich University, Bethany Church in Montpelier, the Vermont Club of New Haven, and the Rotary Club of St. Albans, to mention just a few. His audiences often exceeded a hundred; at the Brooklyn Academy of Arts and Sciences he spoke to 500.

Dean frequently apologized for having to charge for speaking, but transportation and lodging expenses added up, as did the cost of hand tinting glass slides. In a letter to a White River Junction company, Dean wrote, "As to my picture of Camel's Hump, I would be glad to have you make use of the same if you like, but PLEASE do not let your colorist do any 'horror' work. Just remind him the Green Mts. Are GREEN to their very summit and where rocks show, they are NOT red, but gray."

Dean's talks were well received. A surviving 1930 script shows how

he strove to include interesting facts about the Long Trail and the Green Mountains. One listener praised his balance of adventure, scenery, and history; another spoke of Dean's "magnetic enthusiasm." Tom Slayton rightly credits the talks with creating an early hiking boom in Vermont. (See his article "Through the Magic Lantern: The Photographs of Theron Dean," LTN, Spring 2010.)

Peace Maker

Theron Dean's GMC activities were by no means limited to a desk or speaker's lectern: he was one of Will Monroe's trusted co-workers on the Monroe Skyline and a needed Vermont ally.

Professor Monroe first came to Vermont in 1914 to teach summer school at the University of Vermont, his European travels—with walks in the Alps and Carpathians—having been curtailed by World War I. Monroe's association with UVM continued through the war, introducing him to the Green Mountains, the new Long Trail, and early club leaders. To share his newfound enthusiasm for Vermont with down-country friends, Monroe founded the New York Section of the GMC in 1916.

The formation of a New York chapter was not without controversy: the club's founders feared that out-of-state sections might draw resources away from Vermont. Always the mediator, Dean helped revise the club's constitution to allow such chapters, explaining to Monroe that, "Naturally, in 1910, they [the club's founders] could not foresee that by 1916 there would be over 100 members in New York City and vicinity, nor that the New York members would have taken more long tramps on our trails than have our Vermont members."

The Long Trail that Monroe encountered was not the trail we know today. Still incomplete, much of it was a lowland trail, built by the state forestry department in 1913 to accommodate firefighting. Monroe had a different idea for where the trail should be: up on the ridges where the views were.

Dean warned Monroe that his "severe arraignment" of state forester Austin F. Hawes and his department might not be taken kindly in Vermont. An added complication was that Hawes and GMC President Mortimer R. Proctor were both Yale men, which might draw them together. Besides, Hawes had secured liberal contributions from the wealthy Proctor family, and too severe a censure of his department might alienate the Proctors.

Two days later, Dean added to Monroe, "Don't think for a minute that we are all Forestry color here in Burlington. There are a few pig-headed male bipeds of us that want scenic trails." At the next annual meeting the GMC voted that its trails were to be "high, scenic trails," with grade a secondary consideration. Monroe, with Dean's help, had won the day.

Trail Builder

Professor Monroe and his supporters were now free to "lift" the Long Trail, from the Winooski Valley to Middlebury Gap—what we know as the Monroe Skyline. Later Dean recalled that for fifteen years his principal weekend recreation had been trail work.

Dean was Monroe's man on the ground, the one who made sure that all was in place for the next work session: "Will also get the best crosscut saw I can find for you and will have the extra handle rivited [sic] on. May I ask if you really wish to have a four foot saw for it is very long and awkward to carry and you remember some of your helpers grumbled a

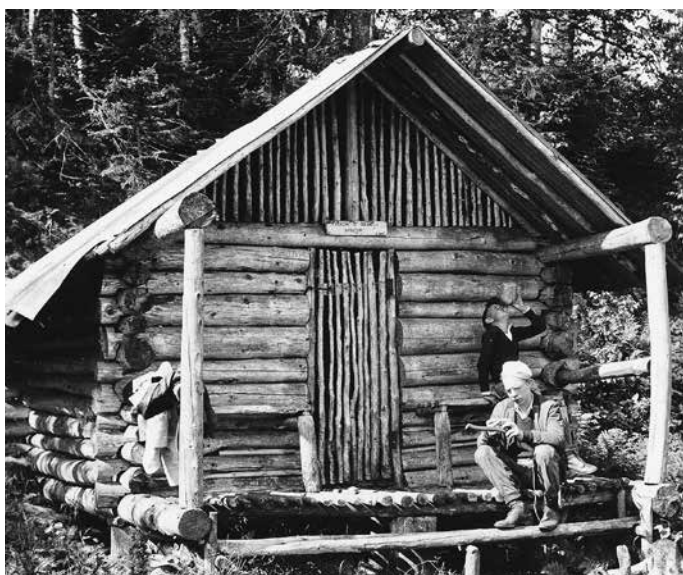


COURTESY OF SPECIAL COLLECTIONS DEPARTMENT, UNIVERSITY OF VERMONT

Alice Dean at Taft Lodge, 1923. Portrait by Theron Dean.



Burtis Dean snowshoeing at age 3, 1914. Photo by Theron Dean.



Theron Dean Shelter, 1926.



(L-R) Gilbert Smith, Allen Smith, Theron Dean, Professor William Monroe, Katherine Monroe, Herbert W. Congdon, Smith, Unknown, James P. Taylor, and Clarence P. Cowles at Montclair Glen Lodge, 1919.



Will Monroe and Theron Dean

good deal over carrying the other saw last year.”

In a tribute to his coworker, Monroe declared that “Without the constant cooperation of Mr. Dean, who in addition to his personal aid as co-laborer and surveyor, has executed so many errands for me . . . , I would never have been able to carry out my trail operations as I have done the past three years, building about 42 miles of the Long Trail . . .” To Mortimer Proctor he wrote that the one man in Vermont who “has some grip on trail matters, is Dean.”

A scribbled trail report shows Dean’s attention to detail, with notes about missing blazes and “nettles high as head” south of Brandon Gap. A letter to Mortimer Proctor promised sample tin disks and galvanized nails by parcel post. Dean had been experimenting with trail markers: “During the past two winters Mrs. Dean has saved the ends of the cans of . . . various canned goods,—tomatoes, etc. which we have used in the family.”

Dean’s dedication to the Long Trail even embraced laboring in the snow. One June in Bolton, he and a companion encountered one to two feet of snow under the spruces, leading Dean to regret that he had left home without his scoop shovel. Slogging on, he mused how odd it was “to be working through snow with Peabody birds and Juncos all about.” At the end of the day, the two had tramped 14 miles and built one-third of a mile of trail.

A True Friend

Theron Dean was a friend to many, not least to his frequent hiking companion, Clarence Cowles, a GMC founder. Herbert Wheaton Congdon, himself an early Long Trail photographer, considered Dean the salt of the earth, “a prince of good fellows.” On the way home from his honeymoon on the Long Trail, he and Mrs. Congdon thought highly enough of Dean to stop at his Burlington residence on Bayview Street. Dean had gone to bed, but got up to receive his late visitors and fellow hikers.

Above all, Dean was a dependable friend to the more temperamental Will Monroe. The two got on from the start. Early in the friendship, Dean said to Monroe that I “Oughtn’t to write you so much I know—but I enjoy it.” Monroe for his part remembered how they had first met in Burlington and spoke of “a friendship that has been very precious to me.” The *Long Trail News* called them kindred souls, who both loved the outdoors and history: those lucky enough to sit in on their conversations were both entertained and enlightened.

After Will Monroe retired to Couching Lion Farm in Duxbury in 1925, Dean and his family became regular weekend visitors. In the farm guestbook Dean noted how long it took to walk up from North Duxbury in different seasons and about tasty farm suppers. In his own notebook he jotted library references to

check after discussions with Monroe.

Dean did what he could to protect his scholar friend—one area of Monroe’s expertise was Walt Whitman—from interruptions, including Camel’s Hump hikers who thought they could drop in anytime. To the New York Section, Dean wrote, “I note that trail matters that come up seem to worry him, so perhaps the members of the New York Section can get along without referring matters to him as often as in the past.”

Dean’s Passing

Dean survived his good friend by seven years, dying at age 69 in 1946, after enduring failing health (he had been in a car accident some years earlier), leaving behind Henrietta, their children, and six grandchildren.

In his *Long Trail News* obituary Theron Skidmore Dean was remembered as someone willing to work hard to get things done. He is buried in a Friends cemetery in Dutchess County, New York.

Reidun Nuquist, a member of the Montpelier Section, is a retired librarian. She writes frequently on the history of the Green Mountain Club and the Long Trail. For this article she drew upon the Theron S. Dean Papers at the Vermont Historical Society’s Leahy Library and UVM’s Special Collections, Bailey/Howe Library.

I Dream of Pizza

By Alan Paschell

I am not a nutritionist, but I read a lot. Two things occupy me most on the trail: getting from point A to point B, and “What’s for dinner?” When the bearded moss hanging from the trees starts looking like free lunch I know I’m in trouble. As you who have hiked the long miles know, it’s difficult to meet your caloric needs on the trail. I would carry a pizza oven on my back if I didn’t already have enough to lug up those mountains.

Fueling my body for the long haul is my most important consideration when backpacking. Yes, gear is also important, but it’s food that gives me the strength to carry it. Most of us need at least 500 to 1,000 calories a day more than our usual intake when hiking. Men tend to lose muscle mass, which is a double whammy: not only does a man’s body not have enough fuel but breaking down muscle tissue makes you feel even weaker. Women tend to burn fat and protein more evenly. If you short yourself 500 calories per day for a week you will lose one pound (3,500 calories). Two pounds a week is considered the “maximum safe amount” to lose.

I have lost weight on my thru-hikes. Despite carrying about two pounds of food for each day, on my last Long Trail end-to-end trek I lost that “maximum safe amount,” and by the end of it I was dragging my butt up the hills. I didn’t want to carry more weight, but obviously I needed more food! My partner and I had monosyllabic conversations such as: “Pizza!” “Mangos!” “Nachos!” “Avocados!” “Milkshakes!” My feet may be the thing that gets me there, but my belly rules.

The reading I have done recommends the best intake for

hiking is 50 percent carbohydrate, 35 percent fat, and 15 percent protein. If you want to go ultralight, bump the fat percentage because fats give you twice the calories for their weight. Sticks of butter would be great, but how would you carry them?

Your body converts the carbs you consume into glycogen—the preferred fuel for muscles. When long-distance hiking you burn a mix of glycogen and fat. The body can process only a few hundred calories an hour, so it’s best to eat a steady stream of snacks throughout the day. Think: “All You Can Eat.”

At the end of the day it’s important to have that dinner you’ve been fantasizing about within an hour of stopping, or a snack to hold you over before your body starts cannibalizing your muscle. A hiker’s muscles will start to replenish glycogen stores within 30 minutes of stopping exercise. Your body converts those dinner carbs into glycogen while you sleep. What a deal!

During the day your best foods are complex carbs, which also supply the vitamins and minerals you need to stay healthy. Fats complement calorie loading. Good carbs and fats can be found in nuts, nut butters, various power bars, and the gorp of your choice. Salt is needed to keep electrolytes in balance in hot weather. I include salted cashews in my trail mix, and pack Dr. Krackers, which are practically indestructible and high in carbs, fats and fiber. I’ve also started packing plantain chips, which are light and high in salt and fat. Good choices meet the 100-calorie-per-ounce requirement, and more is better. My bars of choice are made by Raw Revolution, which provide 260 calories in 1.8 ounces.

A couple other strategies to help reduce your load are to bulk up before your hike, and to include something extra in your resupply boxes to consume on the spot. This is your opportunity to eat peanut butter straight up and inhale cheese sticks! Then there is always that occasional glorious meal in town.

I try to prepare my meals according to the 50/35/15 ratio. In addition, I take a chocolate energy drink made with powdered milk to provide calcium. Hot cocoa after supper is a wonderful thing!

Good hiking!



Alan Paschell

Dehydrated Bean Dinner (4.5 oz.)

- 3/4 c. Dehydrated Organic Black Beans*
- 1/4 c. Whole wheat cous-cous
- 1/4 c. Dehydrated vegetables
- 1 tbs. Dehydrated Organic White Cheddar Cheese**
- 1 tbs. Olive oil (add after meal has soaked)

Optional, bump the flavor with:

- 1 tbs. Chili powder
- 1/2 tsp. Salt

Requires about 1/2 liter of boiling water to reconstitute. Cover and let stand eight minutes.

Calories: 592 – Carbohydrate 54%, Fat 20%, Protein 25%

**Sold in bulk by Mary Jane’s Pantry*

***Available from Frontier Natural Products*

**For more of Alan’s trail recipes please visit
greenmountainclub.org/trailrecipes**

292 Hikers Complete Long Trail in 2017!

Congratulations to the following hikers who walked the rugged footpath over the Green Mountain Range from the Massachusetts border to the Canadian border, submitted their trail journals, and became certified Long Trail end-to-enders:

Scott "Iceman" Albertson, Williston, VT
Sandy "Cocoon" Alexander, Fairfax, VT
Sakkara "Nepala" Algie, Portland, OR
Kenneth "Nutella" Allen, Somerville, MA
Dennis "Bowie" Allen, Morgantown, WV
Erin "Ammo" Amadon, Thorndike, ME
Marit "Moonwalker" Anderson, Crozet, VA
Michele "Tree Rock" Andrews, W. Hatfield, MA
Sebastian "Horn Hermit" Arduengo, Montpelier, VT
Sam "Magic Mike" Armstrong, Arvada, CO
William "72" Armstrong, Monroe, ME
Christopher "Pugs" Austen, Albany, NY
Lindsay "Ground Control" Babbitt, Portland, OR
Robert Bachman, Atlanta, GA
John "Longstride" Bafford, Silver Spring, MD
Erin Ballou, Dallas, TX
Cara "Serenity" Barbero, Montpelier, VT
Jacob "Juke Box" Barone, Groton, CT
Bill Baum, Rochester, NY
Miranda "Batty" Beck, Portland, OR
Cary "Lady Weybridge" Beckwith, Middlebury, VT
Donna "Scope Chick" Beer Stolz, Glenshaw, PA
Andrew "Good Man Gramps" Bement, Orono, ME
Thomas "Detail" Bieber, Boxborough, MA
Amanda "Mountain Goat" Bisette, Raleigh, NC
Caroline "Crotch Ramen" Bobrick, Manchester, NH
Daniel "Freebie" Bocchino, Ellington, CT
Lou "Couching Lion" Borie, Richmond, VT
Claire "Kanga" Brandhorst, Carlisle, MA
Joseph "GI Joe" Brendler, Annandale, VA
Amy "Little Bear Stumbles" Britton, Palm Coast, FL
Ruby "Red Eft" Bryant, Montpelier, VT
Sue "Speed Stick" Buckingham, Birmingham, AL
John "Rehab" Burke, Neenah, WI
Scott Burnett, Meridian, MS
Jared "Tree" Butler, Richmond Hill, GA

Dan Camerato, Methuen, MA
Kelsey "Tunes" Carbonell, Ann Arbor, MI
Gregg "Magic" Carlo, Boston, MA
Eddie "Hipbone" Cates, Raleigh, NC
William "Yoda" Caulway, Charlton, MA
Christopher "Night Dew" Chabla, Stratford, CT
Chris "Beaver" Chapman, Eads, TN
Francis "Uncle Hec" Churchill, Richmond, VT

*"I'm learning to not take
anything for granted: sunshine,
beer, knees, wildflowers, people,
and of course, Pop-Tarts."*

—MEGAN "JITTERBUG" MARK ANTHONY

Cordelia "Firestarter" Cluett, Bozeman, MT
Bill Cooke, Rutland, VT
Michael Cosgrove, Wallingford, CT
Andrew Cosgrove, Wallingford, CT
Bob Cunha, Plymouth, MA
Tom Curchin, East Montpelier, VT
Heather "Hot Snips" Daigle, Denver, CO
Paul "Sonic" D'Amora, New Milford, CT
Alexa "Long Toe" David, Snowmass, CO
Nicholas "Achilles" Day, Bellows Falls, VT
Michael "Satchmo" DeBonis, Moretown, VT
Jason "Stumbles" DeCamillis, Ann Arbor, MI
Peter "Sugarbush" DeGraff, Winooski, VT
Allison Desbonnet, Boston, MA
Milly "Compass" Detels, Marblehead, MA
Carolyn "Yahtzee" Dieckmann, Denver, CO
Christopher Diego, Portland, OR
Kelley "Smelley" Dowdell, Bozeman, MT

Michael "O'Clock" Doyle, Charlestown, RI
Dennis Drew, Rochester, NY
John Duquette, Henniker, NH
Douglas "Gray Jay" Eaton, Sunderland, MA
Bill "Breeze" Edwards, Orleans, MA
Shelly "Maryann" Ehrman, Northfield, VT
James "Professor" Ehrman, Northfield, VT
Jeremiah Ekis, Montpelier, VT
Bernier-Minehan Family (Woodpile, Hobblebush Wings, Plods Past, and Slug Sock), Andover, VT
Chris "Crosby" Farnsworth, West Roxbury, MA
Andrew "Poutine" Fasano, Cambridge, MA
Elisabeth "Not Yet" Fenn, Stowe, VT
Keegan "No Spice" Fike, Fort Collins, CO
Rebecca "Surefoot" Foreman, Adelphi, MD
Rachel "Moose Snoot" Fraley, Woodside, NY
Joseph Frigo, Bellows Falls, VT
Rebecca "It Could Be Worse" Gaillard, Atlanta, GA
Lily "G" Gallagher, Brattleboro, VT
Mitchell Gallison, Addison, VT
Alex Galloway, New York, NY
Robert "Crawdad" Gillespie, Rutland, VT
Caleb "Worm" Gillespie, Rutland, VT
Lauren "Reading Rainbow" Gledhill, Hamden, CT
Melissa "Click" Goodwin, Brooklyn, NY
Edward "Random Ed" Grant, Grantham, NH
Bob Gugerty, St. George, VT
Nicholas "Treebeard" Haskell, Brattleboro, VT
Allison "Knots" Haskell, Carrollton, TX
Katie "Pockets" Heenan Parker, South Burlington, VT
Paula "Gram Cracker" Hemmerly, Lake Mary, FL
Athena "Moose Tracks" Hendrick, St. Johnsbury, VT
Todd Hitchings, West Tisbury, MA
Kate "El Mapa" Hobbs, Easthampton, MA
Beth "Bluebonnet" Holley, Ramona, CA
Larry "Tumbleweed" Holley, Ramona, CA
Lucy "Spear" Holmes, Waltham, MA
William Huber, Ludlow, VT
Ben Hunt, Nahant, MA
Nancy "Ms. Chipper" Hutchinson, Randolph Ctr., VT
Kevin Hytten, Shelburne, VT
Teryn "(L)yello Crocs" Hytten, Shelburne, VT
Logan Hytten, Shelburne, VT
Jacob "Free Freaks" Ireland, Ridgewood, NY
Morgan "Pokey" Irons, Calais, VT
Scott "Dragline" Irwin, Fort Collins, CO
Joshua "Duffle Miner" Jack, New Orleans, LA
Brandon Johnson, Brooklyn, NY
Sue "Snowflea" Johnston, Lyndon Ctr., VT
Laurel "Locksmit" Jones, Chambersburg, PA
Emily "Frog" Kamen, South Orange, NJ
Leanna "All Good" Keegan, Ebsenburg, PA
Susan "Catbird" Kelley-Outten, Woodstock, VT
Quinn "The Eskimo" Kennedy, Holden, MA
Jim "Antiquer" Kinney, Cambridge, VT
Sophia Knightly, Philadelphia, PA
Jeffrey Knightly, Philadelphia, PA
Rachel "Mouse" Kowalsky, Jaffrey, NH



Teryn (front) and Logan Hytten



Alexis "Grizzly Squirrel" Peters with her dad Ken (right) and his cousin Rich



“There’s nothing like a long-distance hike (particularly in a beautiful state like Vermont) to clear your mind, give you time to think and re-center your spirit around what is truly important in life.”

—SCOTT “ICEMAN” ALBERTSON

Robert “Rise” Krieger, Manassas, VA
 Kelly “Fern” Lagrander, Shrewsbury, MA
 Michael “Radio” Langham, Peacham, VT
 William “Toad” Lathrop, Burlington, VT
 James Leibensperger, Lancaster, PA
 Brendan “Snot Rocket” Leonard, Essex, VT
 Ryan “Bout Time” Levering, Arlington, MA
 Mark “Knobbie” Lindenberg, Fall River, MA
 Ellie “2 Soc” Liota, Toms River, NJ
 Cara Lovell, Montpelier, VT
 Lindsay “Mufasa” Lovett, Springfield, VA
 Charles “No-poleon” Lowrance III, Virginia Beach, VA
 Emily “Llama” Luszcz, Eads, TN
 Michael Lyford, Quechee, VT
 Andrew “Fizz” MacArthur, Greenwich, NY
 Ryne “Birdman” MacBride, Hudson, MA
 Julia “Trashbag” Maisto, Burlington, VT
 Claire “M. Loris” Malina, Harborside, ME
 Madeline “Lady of the North” Mann, Fairfax, VT
 Brandon Mapes, Leadville, CO
 Megan “Jitterbug” Mark Anthony, Lee, NH
 Scott Martin, Hillsdale, NJ
 Isabel “Puma” Masi, Wolcott, VT
 DJ “Mr. Frodo” Masi, Wolcott, VT
 Rip Mason, Las Vegas, NV
 Andrew “Stretch” Maxfield, Highgate Ctr., VT
 Allyson “Miss Honey” Maynard, Boise, ID
 Liam “Walkman” McCarthy-Edwards, Strong, ME
 Mary Clare “Tortoise” McCorry, Silver Spring, MD

Kevin “Curious Traveler” McDonald, Ellington, CT
 Logan “Pencil” McDonald, Ellington, CT
 Ezra “Bear” McGinley-Smith, Norwich, VT
 Daniel “Bee” McGinley-Smith, Norwich, VT
 Jessica McIntyre, Brooklyn, NY
 William “Still Bill” McSalis, Saint George, VT
 Ryan “Streamline” McVeigh, Boston, MA
 Lucy “Horton Hears a Who” Merriam, Elmore, VT
 Tana “Peanut Butter” Meyer, Wolfeboro, NH
 Ella “For Now” Mighell, Burlington, VT
 Reese Minckler, Winchendon, MA
 Wendy Minckler, Winchendon, MA
 Duayne Minckler, Winchendon, MA
 Willson Moore, Freeport, ME
 Brad “Weenail” Moore, Abbeville, AL
 Jim Morris, Jericho, VT
 Kent Mortensen, Oceanside, OR
 Tona “Oregon Tea” Mortensen, Oceanside, OR
 Tara Mullen, Nottingham, NH
 Brendan Mulry, Basking Ridge, NJ
 Kyle “Pelican” Murphy, New Orleans, LA
 Marissa “Clothesline” Ng, Burlington, VT
 Kevin “Dreamcatcher” Nikolaides, Burlington, VT
 Mary “Sweet Heart” Oliphant, Williston, VT
 Hillary “Hoot” Orsini, Colchester, VT
 Ron Osborn, Johnson, VT
 Graham “Rocksman” Oxman, New York, NY
 Debbie Page, Williston, VT
 John “Dagwood” Page, Montpelier, VT
 Tom Paradis, Austin, TX
 Karl “Shepherd” Paranya, Brooklyn, NY
 Alan “Tag-Along” Paschell, Calais, VT
 Anna “Snax” Paskausky, Easthampton, MA
 Paige “Fiddlehead” Pasquini, Pittsfield, MA
 Meg “Freight Train” Paugh, Brattleboro, VT
 Carter Pease, Virginia Beach, VA
 Douglas “Marco Polo” Pecot, Auburn, AL
 Shane Peltonen, Ashland, WI
 Garrett Peltonen, Ashland, WI
 Erin “Burnie” Perry, New Haven, CT
 Jason Perry, Bowling Green, KY
 Mark “Mark Trail” Perschel, Crozet, VA
 Chris “Lolo” Peter, Newmarket, NH



Jenney Samuelson, Kevin Hytten, Logan Hytten, Teryn “L(y)ellow Crocs” Hytten



Katie “Pockets” Parker and Sandy “Cocoon” Alexander

Alexis “Grizzly Squirrel” Peters, Mystic, CT
 Scott “IPA” Phillips, Tolland, CT
 Danae “Rock Walker” Pick, West Lafayette, IN
 Jan “Jangogh” Pickering, Williamstown, WV
 Chip “Clothesline” Pickering, Williamstown, WV
 Veronica “Rabbit” Pillar, Ithaca, NY
 Malcolm “Tigger” Piper, South Burlington, VT
 Halley “Scaredy Cat” Pradell, Newark, DE
 David “Landfill” Pudlo, Somerville, MA
 Lance “Squirrel” Putnam, Burlington, VT



Morgan "Pokey" Irons and Alan "Tag-Along" Paschell

Nancy "Madre" Putnam, Jeffersonville, VT
 Dustin "Blue Jay" Rand, Montpelier, VT
 Caleb "Cricket" Redick, West Lafayette, IN
 Beth "Bethereal" Reilly, Waterbury, VT
 Brian "BTR" Reilly, Waterbury, VT
 David "Whitebeard" Reneau, Menlo Park, CA
 Robin "Forget-Me-Not" Richardson, Chapel Hill, NC
 Ted "Jpeg" Richardson, Chapel Hill, NC
 Kelsey "Rode Runner" Rode, Colrain, MA
 Jeffrey "Hare" Rosen, Silver Spring, MD
 Megan "Daphne" Roush, Burlington, VT
 Zoe "Pin Sticker" Rudloff, Medusa, NY
 Adriana "Zippy" Sabella, Ridgefield, CT
 Karen Saludo, Rochester, NY
 Jenney Samuelson, Shelburne, VT
 Jonathan "The Sweeper" Sands, Burlington, VT
 Annie "Wishy" Schlaefer, Norway, ME
 Chester Schmitt, Ellipton City, MD
 Savannah "Walker Texas Ranger" Schuring, Parshall, ND
 Charlotte "Caboose" Semple, Pensacola, FL
 Lexi "Théodwyn" Shear, Montpelier, VT
 Linnaea "Eowyn" Shear, Montpelier, VT
 David Sheldon, St. Augustine, FL
 Geode "Cuppa" Sibbick, Northborough, MA
 Wesley Simko, Melrose, MA

Ode to Our Feet

They ache to remind us
 They shoot pain to say,
 "Pay attention. Be grateful!"
 I am grateful.
 You, dear feet,
 grasped rock edges,
 braced downhill on pine needles,
 sprung strongly up stairs,
 landed safely on sticks,
 curving to balance
 so I didn't land in the mud
 or slide downhill
 or tumble too far down.

—CARA LOVELL AND
 SEBASTIAN ARDUENGO



Andrew "Stretch" Maxfield

Anna "Tufa" Simpson, Corvallis, OR
 Kenneth Slater, Chester, VT
 Erik "Solman" Sol, Cambridge, MA
 William "Logistics" Somers, Millstone Township, NJ
 Jessica Spellman, Weehawken, NJ
 William Spellman, Weehawken, NJ
 Brian Spigel, Olean, NY
 Christina "K9" Spinazola, Medway, MA
 Sara Spittel, Wilton, NH
 Roger "Gator" St. Cyr, Swanton, VT
 Robert "Bear Bob" Steinert, Waterford, VT
 Janet "Slow n' Steady" Steinert, Waterford, VT
 Laura "Dr. Kermit" Stevens, Lexington, KY
 Kerry "Cindi Loppers" Stewart, Houston, TX
 Bobby Stitt, Brookline, MA
 Kyle "Half Cent" Stockwell, Readfield, ME
 Brooke "River" Stoker, South Windsor, CT
 James "Mogli" Stram (and Baloo the dog), New Orleans, LA
 Becky Swem, Burlington, VT
 Mike "Vecker" Teetsel, Rochester, VT
 Jeff "Torque" Thomas, South Royalton, VT
 Jill "Take-a-Step" Thomas, South Royalton, VT
 Christopher "Huff'n'Puff" Timberlake, Wilmot, NH
 Jack Travelstead, Wolcott, VT
 Anne Turner, Arlington, VA
 Megan "One Liner/Puffed Rice" Tursi, Eatontown, NJ
 Andy "Shaggy" Virnig, Burlington, VT
 Gus "Scooby" Virnig, Burlington, VT
 David "PedXing" Vogel, Cambridge, MA
 Alex "Fledgling" Wahlstrom, Northfield, MA
 Benjamin "Pippin" Webber, Amherst, MA
 Hannah "Pickle" Webster, Jaffrey, NH
 Emma "Thing 1" West, Northampton, MA
 Christopher "Thing 2" West, Northampton, MA
 Eliza "2 Blade" Williams, Washington, DC
 Melanie "360" Wilson, Brooklyn, NY
 Warren "Last Chance" Wolf, Quarryville, PA
 Richard "Rusty" Wolferz, Asbury, NJ
 Ashley "Pinecone Mama" Wood, Jeffersonville, VT
 Dani "Rabbit" Zepplin, Boise, ID
 Hongjie "Green Machine" Zhang, Manchester, NH
 Emily "Switchback" Zimmermann, Hallowell, ME
 Martin Zirkle, Manchester, PA
 Robert "Just Around the Corner" Zirkle Jr., Hampton, NH

International

Marjolein "Whisperlite" Admiraal, Aalsmeer Noord-Holland, Netherlands
 Pierre Belzile, Montreal, QC, Canada

Nicolas "Headbutt" Boily Sauv , Otterburn Park, QC, Canada
 Antoine Campeau-P loquin, Saint-Hyacinthe, QC, Canada
 Emily "Matinee" Chruscikowski, Coventry, United Kingdom
 Muriel "Enjoy" Dunn, St. John's, Newfoundland & Labrador, Canada
 Agnieszka "Zebra" Dziadek, Cieszyn, Slaskie, Poland
 Guillaume "Boiler" Fournier, Carignan, QC, Canada
 Chris "Guppy" Gulley, Rheda-Wiedenbr ck, NRW, Germany
 Charlotte "Avocado" Huebner, Montreal, QC, Canada
 Taylor "Squeeze" Jenkins, St. John's, Newfoundland & Labrador, Canada
 Line "Baby Monster" Lafrance, Montr al, QC, Canada
 Vincent "Little" Lebrun, Quebec, QC, Canada
 Caroline "Giant" Levesque, Quebec, QC, Canada
 Sophie Roy, Saint-Hyacinthe, QC, Canada
 P n lope Roy-P loquin, Saint-Hyacinthe, QC, Canada
 Capucine Roy-P loquin, Saint-Hyacinthe, QC, Canada
 Siobhan "Drop Bear" Sheridan, Ferntree Gully, VIC, Australia
 Jacques Voisard, Saint-Lambert, QC, Canada
 Bruce Young, San Jose, PR, Costa Rica
 Amanda "Tica" Young, San Jose, PR, Costa Rica

2017 SIDE-TO-SIDERS

Congratulations to the latest side-to-siders who finished hiking the 88 trails on the Long Trail System, totaling 166.1 miles!

Joseph "Highland Goat" Conaci, South Windsor, CT
 Jamie "Truckin'" Ide, Jericho, VT



William "Logistics" Somers and his sons Andrew and Nate



Mike "Satchmo" DeBonis



Trail Angels on Wheels

OK. You've planned your gear, food, tent, route. Now: how to get to and from trailheads?

That's often the crux of long-distance hikes. Vermont has only a few taxis. Uber and Lyft aren't prevalent here, so visitors eyeing the Long Trail or the Appalachian Trail to Norwich have a problem. Even some locals do.

Fortunately, the GMC has a list of volunteers—motorized trail angels offering shuttles—and your name could be on it. The list provides contact information, the area covered, and other information like fees and passenger capacity.

Shuttling hikers is a valuable service, sure. But I also get to drive in one of the world's most beautiful places, with interesting people who are always glad to see me. I've driven folks from New Zealand who thought nowhere else could be as green as their home; English visitors astonished to find no litter on the Long Trail; and southerners puzzled by the brown streak down the middle of the lane (rusty steel particles worn from snowplows, of course).

Most hikers who call find me via the GMC shuttle list. When I ask their plans, they almost always want to meet at the end of their hike and get a lift back to their car. I explain it's usually better if we meet at the endpoint, have them leave their car there, and return to their starting point. Then they needn't meet a schedule, and if it's raining they won't get wet waiting for a ride.

Fees charged by shuttle drivers vary. If you charge, arrange it early. I charge 50 cents per mile I have to drive, make a preliminary guesstimate, and explain that I donate it to GMC. But you don't have to. It isn't taxable and doesn't invalidate insurance, as long as it's less than the expense of running a vehicle, which the IRS sets annually. I take cash or checks. So far everyone has been pleased, except one New Yorker who probably would have paid more for a taxi uptown.



Students from the Outdoor Club of Fox Valley Lutheran High School of Appleton, WI, waiting for a ride at the LT crossing of Vt. Rt. 9. Leader Isaiah Degener on right. Photo by Dick Andrews

My Honda Civic limits party size. But I've helped a van of high schoolers from Wisconsin: the kids waited at Route 9 while I met the driver at Kelley Stand Road, then took him back to Route 9. Dogs? If you shuttle, you decide.

We exchange contact information, and arrange to confirm the shuttle a few days ahead. It's good to establish what to do if one of us doesn't show on time.

Occasionally hikers call from the trail for short resupply rides. I usually explain politely that I have to drive almost an hour each way to the trailhead; it's only four miles from Bromley to Manchester; probably someone at the trailhead will be going their way; and in any case hitching is easy and pretty safe. I usually don't shuttle for day hikes, but if you live closer to a trailhead you might.

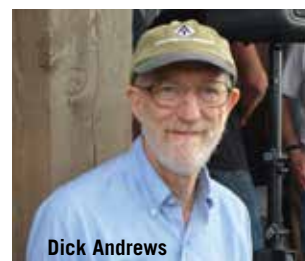
I live in Springfield, and seldom go north of the AT. But I've taken end-

to-enders to Williamstown by meeting at Rutland's MacDonald's, where a northern shuttle driver took them from Journey's End.

GMC members rightfully pride ourselves on the world-class trails we've built. It's a small step, and an enjoyable one, to help hikers get to them.

—DICK ANDREWS, UPPER VALLEY OTTAUQUECHEE SECTION PRESIDENT

Trail Angels are needed throughout the state. To learn more about Trail Angels or how to become one, email gmc@greenmountainclub.org.



Dick Andrews



GMC Events— Mark Your Calendars!

Green Drinks: Young Member Networking Night Out

Tuesday, June 26, 6:00-8:00 p.m.
Skinny Pancake, Burlington

Green Drinks, held on the last Tuesday of each month at Skinny Pancake, are socially conscious networking events featuring local craft beer or cider. Come and learn more about GMC's work to protect and maintain the Long Trail and other Vermont trails.

Long Trail Day

Saturday, August 11
The Long Trail

Join GMC sections throughout Vermont as they celebrate the Long Trail with guided hikes along the trail. Continue the fun at local breweries, which will host hikers afterward. Check our website for event details and how to choose your hike! greenmountainclub.org/longtrailday

Lake Monsters Baseball Game

Sunday, August 26, 5:05 p.m.
Centennial Field, Burlington

Buy tickets at greenmountainclub.org/baseball to benefit the Green Mountain Club. Participate in the 50/50 raffle that night for your chance to split the prize with us!

Vermont Trail Fest, an ATC Trail Community Event

Saturday, September 1, 11:00 a.m.-2:00 p.m.
Dana Thompson Recreation Park, Manchester

A celebration to bring trail awareness into the heart of the community with hands-on activities, music, food, and fun for families. Check the GMC event calendar for updates.

Outdoor Adventure Storytelling Night

Thursday, September 13, 7:30-9:30 p.m.
Outdoor Gear Exchange, Church Street, Burlington

Sponsored by a local brewery. Throw your name in the hat for a chance to get up and share your five- to six-minute adventure story at this NPR Moth-like storytelling night. All stories should be true, first person accounts with a good story arc, including a beginning, a middle, and an end. Contact us for more storytelling tips!



GMC staff

Walk the Long Trail at Berlin Mall 1,000 Walkers. 20,260 Miles. \$10,000 Donated to GMC!

For the second year, from January 13 through April 22, the Walk the Long Trail at Berlin Mall promotion tapped Vermonters' love for the Long Trail, and offered a fun, healthy and educational experience. By walking 544 laps in the mall's heated and enclosed common area, participants walked the equivalent of the Long Trail's 272 miles. Photos, Long Trail maps, and other media provided a sense of immersion in the trail and its surroundings.

One walker covered the trail three times this year! And Ira Sollace, a GMC board member and two-time Long Trail end-to-ender, walked

the length of the trail twice while listening to eight audio books.

Staff from the Vermont ATV Sportsman's Association in Barre walked laps to support GMC in honor of Dave Hardy, our late Director of Field Programs, who VASA observed "dedicated the majority of his life to the Long Trail and hiking in Vermont."

Walk the Long Trail at Berlin Mall finished with a community celebration on Earth Day weekend with an award ceremony for the 40 people who finished all 272 miles.

Mall owner Heidenberg Properties Group presented a \$10,000 check to the Green Mountain Club, based on the number of miles people walked.

Thank you walkers and Heidenberg Properties Group!

Remember to Be a Good Hiking Citizen and...

Do the Rock Hop

More than 75,000 visitors enjoy the subarctic alpine areas on Mount Mansfield, Camel's Hump, and Mount Abraham annually. Plants there survive harsh winters, but they can't take trampling.

- Please walk only on bare rock, and stay on the trail.
- Follow Leave No Trace guidelines. Consult the *Long Trail Guide* or GMC's website, or contact GMC for information.
- Leash your dog(s).

Control Your Pet

Please be considerate of others.

- Yield to other hikers; they may not appreciate your dog's company.
- Leash your dog in alpine areas, at shelters, on crowded summits, and at trailside ponds.
- Leash your dog unless you have good voice command.
- Keep your dog out of water sources and away from hikers' packs and food.
- Canine waste threatens health as much as human waste. Carry wagbags to collect waste above tree line. Below tree line dig catholes 6 to 8 inches deep, 200 feet from trails, shelters, and water sources.
- Pack a tent, and share it with your dog unless others are happy to share a shelter with a dog.

Help Keep Bears Safe

Bears are becoming more numerous and more active. Though usually shy and unaggressive, bears that have sampled human food can become problematic.

- If you encounter a bear, stay calm, keep eye contact, talk to the bear in a conversational voice, and back away slowly. Do not run.
- Do not feed or approach bears.
- Pack out all garbage and food scraps.
- Do not keep food, trash or scented items in a shelter or tent. Use bear boxes where provided; hang your food, toiletries, and trash high at least 100 feet from camp; or carry and store them in a bear canister.
- Report bear encounters to GMC and Vermont Fish and Wildlife (vtfishandwildlife.com).

Use Your Cell Phone Responsibly

Many people head to the Long Trail to enjoy the quiet backcountry, but may carry cell phones for emergencies. Please be considerate and follow these simple guidelines:

- Carry and use phones out of sight and sound of other people.
- Keep phones off until needed, or on the "vibrate" or "silent" ringer setting.
- Don't leave ill prepared, or take risks because you can call for help. A phone is no excuse for poor planning and preparation.
- Remember backcountry coverage is often poor or non-existent.



Walk Through Mud

Let's face it. Parts of the Long Trail are muddy year-round, so trail damage can happen anytime. Detouring mud damages trailside soil and vegetation, and expands the mud. Please walk through mud rather than around it whenever you can.

Use the Group Notification System

- Contact GMC's Group Outreach Coordinator to submit itineraries for the Group Notification Calendar.
- Respect size limits. Ten people, including leaders, is the limit for overnight hikes and day hikes to alpine summits, fragile ponds or federally designated wilderness areas.
- For day hikes to other destinations the group size limit is 20, including leaders. Larger groups should divide into two groups or more, and stagger departure times by 30 minutes. Do not reconvene at shelters, summits or fragile shorelines.
- Keep the leader-to-participant ratio one to four.
- Stay at designated group overnight sites. See greenmountainclub.org for a list of sites.
- Be considerate of others, and leave shelter space for individual hikers. Groups of four or more should tent at designated sites near shelters.

Consider Alternatives to Campfires

Instead of building a campfire:

- Carry a backcountry stove and fuel.
- Use a solar-powered lantern, battery candles, or a headlamp wrapped around a water bottle to light an area.

If you do build a fire:

- Use an established fire ring (never build a new ring) when on private land, or on state land below 2,500 feet. Small fires are permitted on federal land in some areas—check the *Long Trail Guide* for detailed information.
- Follow the 4 Ds of gathering firewood:
 - Downed—use wood found on the forest floor.
 - Dead—use sticks that will burn completely to ash.
 - Dinky—use small pieces of wood (no larger than the diameter of an adult wrist) that can be broken by hand.
 - Distant—gather wood well away from camp.



New Stratton Pond Vision

Since the inception of the Long Trail, Stratton Pond has been a challenge for backcountry site managers. A beautiful spot easily reached, it is popular with day-hikers, novice backpackers, and seasoned campers.

In 1977 the Green Mountain Club wrote a five-year plan to address trail erosion, vegetation loss from firewood collection, privies beyond capacity, deterioration of shelters and platforms, and other adverse impacts. Today the Green Mountain Club, the U.S. Forest Service, and the Appalachian Trail Conservancy continue to identify and address structure and trail placement issues near and around the pond. Our goal is the same as it was in the 1970s: to develop a more sustainable and enjoyable recreation area.

Drawing on experience and insight, the new vision for Stratton Pond will be implemented in phases in several years by

GMC crews, volunteers, and community service groups.

The North Shore Trail and tenting area have already been closed because of repeated flooding, a problem we'll likely see on more shoreline trails as storms intensify.

Since the Stratton View camping area is too close to the shore, and the pit privy is inadequate in such a high-use area, both will be decommissioned.

Farther west along the pond, a new Stratton View Shelter and tenting area with an accessible composting privy will be built on the hillside, adequately separated from the pond. A new spur trail will connect Stratton View Shelter to the Lye Brook Trail.

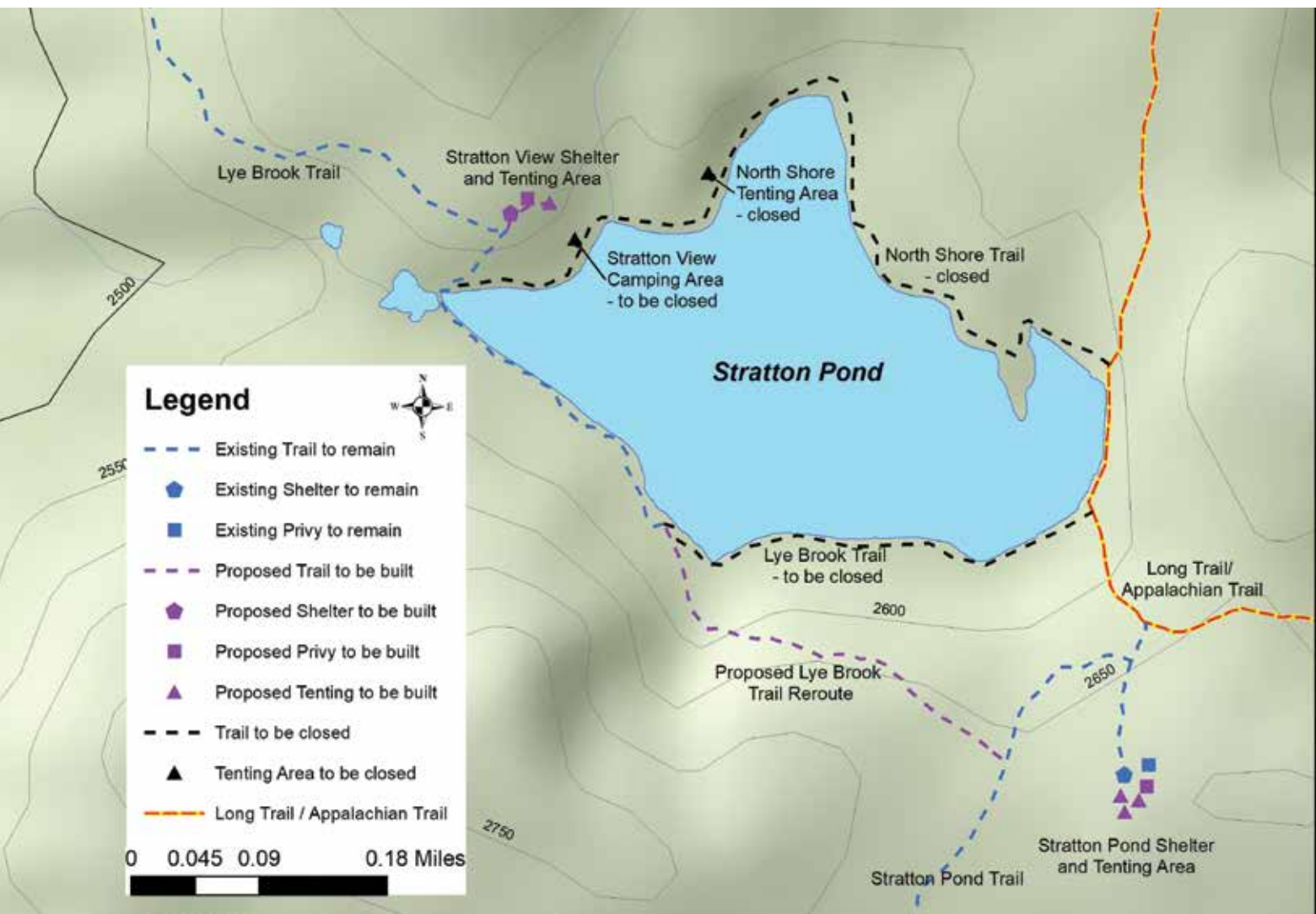
While walking along a pond is beautiful, high foot traffic can cause the banks to erode quickly, ruining a trail and increasing siltation into the pond. To avoid this, part of the Lye Brook Trail on the south side of the pond will

be relocated away from the shore to higher ground deeper in the woods. The Lye Brook Trail will intersect the Stratton Pond Trail south of the current shelter instead of ending at the Long Trail/Appalachian Trail.

Several designated tenting areas will be added near the Stratton Pond Shelter to reduce crowding in the shelter. This will concentrate use on durable surfaces, protecting surrounding vegetation. A new moldering privy will be built to help relieve overuse of the current privy.

Much has changed in the Stratton Pond area in the last 45 years, but the challenges of maintaining the area have not. It is important to adapt to meet the needs of the future as well as the present. We thank you for your support as we work to improve the capacity and beauty of this popular destination.

—ILANA COPEL, FIELD SUPERVISOR





We are ready for a busy and varied field season, with both new and familiar faces in our backcountry caretaker program, on our paid and volunteer Long Trail Patrol crews, and our construction crew.

Caretakers

We will have 16 full time backcountry caretakers this season, thanks to funding from individual donors, the Vermont Department of Forests, Parks and Recreation, the U.S. Forest Service, Mount Mansfield Co-Location Corporation, Killington Resort, Smugglers' Notch Ski Area, Stratton Mountain Resort, and Sugarbush Resort.

Caretakers will be stationed at Stratton Mountain summit, Stratton Pond, Griffith Lake, Little Rock Pond, the Coolidge Range, Mount Abraham, Camel's Hump, Mount Mansfield, and Sterling Pond. Alpine zone stewardship on Camel's Hump, Mount Mansfield, and Mount Abraham will carry on as we educate hikers about Vermont's fragile mountaintop ecosystems. Caretakers will also maintain trails, manage composting privies, and spread awareness of Leave No Trace principles.

Long Trail Patrol

Now in its 87th year, the paid Long Trail Patrol will work from late June through mid-October. Much of the patrol's work will be repair and prevention of erosion on the Sterling Pond Trail, the Bucklin Trail, the Frost Trail, and the Long Trail near Tillotson Camp.

The crew will spend a week replacing puncheon at the top of Mount Mansfield's Hellbrook Trail. They will spend two weeks in Breadloaf Wilderness replacing a rotten log staircase on the LT south of Silent Cliffs, and relocating a short stretch of the trail north of Boyce Shelter. The Patrol will end its season on the Vermont Appalachian Trail near Pomfret, mowing open areas reclaimed in past seasons.

Volunteer Long Trail Patrol

Our valiant Volunteer Long Trail Patrol



PHOTO BY DAN WEIS

will spend six weeks on the Green Mountain National Forest: four weeks rehabilitating the Branch Pond Trail near and in Lye Brook Wilderness; and two weeks near the Massachusetts border rehabilitating the LT north of Consultation Peak. This year's volunteers live as close to us as just down the road from headquarters, and as far away as Florida and Missouri.

Construction Crew

Kurt Melin will lead this year's construction crew in his tenth field season with the GMC. The crew will:

- Set footings so volunteers can build a new Tucker Johnson Shelter, which was destroyed by fire a few years ago. The Crew will also build a new accessible moldering privy.
- Repair the floor of Cowles Cove Shelter, improve the privy, and build a tent platform, thanks to a recent generous donor.
- Begin demolition of Beaver Dam Camp at Wheeler Pond to prepare for a future rebuild.
- Build an accessible moldering privy at Clarendon Shelter to replace the pit privy.

Volunteer Groups

Community service trips, including college orientation groups and outing clubs, high school classes, summer camps, and local businesses, will work on a variety of projects, such as cleaning water bars, packing bark mulch to privies, and packing out demolition debris. Several national organizations will join this year, including the Wilderness Volunteers and the Sierra Club Military Outdoors Program.

Trail Update

The multiyear Smugglers' Notch Long Trail relocation is done! The new Long Trail, heading north from Vermont Route 108, will traverse the new accessible boardwalk through wetlands with a nice view of the Notch, and pass Barnes Camp Visitor Center. The old Long Trail will become part of the Barnes Camp Loop, which will be a delightful optional route to Sterling Pond.

Enjoy the hiking season!

—ILANA COPEL, FIELD SUPERVISOR



The Long Trail and Bird Conservation

By Steve Hagenbuch, Conservation Biologist, Audubon Vermont

It's probably good that many Long Trail backpackers are early risers. From May to mid-July they are likely to awake and emerge from their sleeping bags to birdsong of any number of species. Each bird's song has an important story that the Long Trail and the Green Mountain Club are helping preserve for generations to come.

A Nursery for Birds

Hikers and other outdoor recreationists know that Vermont's forests are an extraordinary resource. Many appreciate the historical, cultural, and economic roles of the state's maple sugar and timber industries. Less known, however, is the globally important role our forests play in bird conservation.

The 26-million-acre Northern Forest region, stretching from northern New York through Northern New England to Maine, provides summer nesting habitat for some of the greatest richness of bird life in the continental U.S. More than 200 species nest in Vermont, and forests provide all or a portion of the habitat for many. While some species are year round residents, more are migratory and move south for the winter, from the southeast U.S. through Mexico and Central America, and even into South America.

Challenges and Opportunities

But not all bird species are thriving. "The Status of Vermont Forest Birds: A Quarter Century of Monitoring," a 2017 publication of the Vermont Center for Ecostudies, provides valuable insights. Of 34 species analyzed, 8 (24 percent) increased significantly and 13 showed no significant trend, but 13 (38 percent) declined significantly. Among those common on the Long Trail that showed the greatest decline were the Downy Woodpecker, Red-breasted Nuthatch, Winter Wren, Yellow-rumped Warbler, Blackburnian Warbler, White-throated Sparrow, and Rose-breasted Grosbeak.

Undoubtedly a combination of factors contributed to these declines. In most situations, however, decline began with degradation of habitat. Among the greatest threats to forests and the birds that nest there are physical fragmentation, parcelization of ownership, nonnative invasive species, acid rain and dry acid deposition, simplified forest structure, and, of course, climate change.

Fortunately, we can address these threats. Thoughtful forest stewardship by landowners and land managers like the Green Mountain Club provides hope that the forests of Vermont and the birds that rely on them will have a brighter future.

Stewardship for the Trail, the Forest, and the Birds

The Green Mountain Club owns more than 3,000 acres within the Long Trail System. Among the properties are the 1,110-acre Atlas Timber Tract in Jay and Richford, and the 1,870-acre Meltzer property in Lowell. The club has managed these properties under the guidance of consulting forester Harris Roen, owner of Long Meadow Resource Management.

For technical assistance to address the habitat needs of migratory birds, Harris contacted Audubon Vermont, the state program of the National Audubon Society. An Audubon Vermont conservation biologist conducted forest bird habitat assessments on both parcels to answer three main questions: what was the habitat condition of the forest; what forest bird species were or were likely to be nesting; and what management activities could be implemented to improve the habitat.

The parcels contain two main forest types: northern hardwoods at lower elevations and montane spruce-fir at higher elevations. The northern hardwood areas are best suited to timber production and habitat enhancement, so the assessment focused on them. The quality of habitat was already relatively high. Species such as Ovenbird, Black-throated Blue Warbler, Blue-headed Vireo, and White-throated Sparrow were likely to nest successfully and raise young. To maintain



White-throated Sparrow

PHOTO BY SHENANDOAH NATIONAL PARK



Blue-throated Blue Warbler

or improve the habitat, recommendations to consider during future harvesting included:

- Diversify the forest structure to provide better habitat for birds that nest in mature forest. Create small gaps in the forest canopy and stimulate regeneration of native trees. The resulting understory layer of vegetation will provide nesting and foraging places for a variety of songbirds.
- Keep existing large snags (standing dead trees) during harvest and consider marking large trees to be girdled to kill them or allowed to become large-diameter cavity trees that eventually will naturally become snags.
- Minimize the use of whole-tree harvesting to leave woody material on the forest floor. To the extent possible leave the tops of harvested trees without lopping their branches.
- Avoid harvesting during the bird breeding season (May to mid-July) if possible. Harvesting on frozen ground is best.

By managing its forestland for better bird habitat, the Green Mountain Club is also improving the wilderness quality of the Long Trail experience. Early rising hikers will enjoy birdsong for generations to come.



Black-throated Blue Warbler

PHOTO BY MEGUMI ALTA



Twenty-four members of the Green Mountain Club Board of Directors met Saturday, March 24, at Marsh-Billings-Rockefeller National Historical Park in Woodstock.

President John Page reflected that this was his last full board meeting as president, and that although the last three years had been a lot of work, they had been enjoyable. He thanked everyone for their efforts.

Executive Director Mike DeBonis reported that the club was in good financial health and well positioned for the 2018 field season. Director of Development Alicia DiCocco reviewed staff reports, pointing out that they had

been organized according to the four main themes established in the new strategic plan. Connecting activities and staff accomplishments to the themes provided a clear understanding of how they are fulfilling the goals and objectives of the plan.

Treasurer Stephen Klein and Director of Finance Jason Buss introduced the fiscal year 2019 budget, including a general projection of how the distributions of age, income, and other demographic characteristics in Vermont might affect the club during the next several years. The board unanimously approved the \$1.72 million 2019 budget recommended by the budget and finance committee.

The board approved a motion to re-engage Davis and Hodgdon Associates, CPAs, for audits and tax services for fiscal years 2018 through 2020. The budget and finance committee recommended the decision after thoroughly analyzing proposals by several CPA firms.

Under other business, directors discussed the requirement in the bylaws that section board representatives may serve a maximum of two consecutive three-year terms. Section directors reported that most, if not all, sections have been able to meet the requirement, though recruiting new directors can be a challenge for the smallest sections.

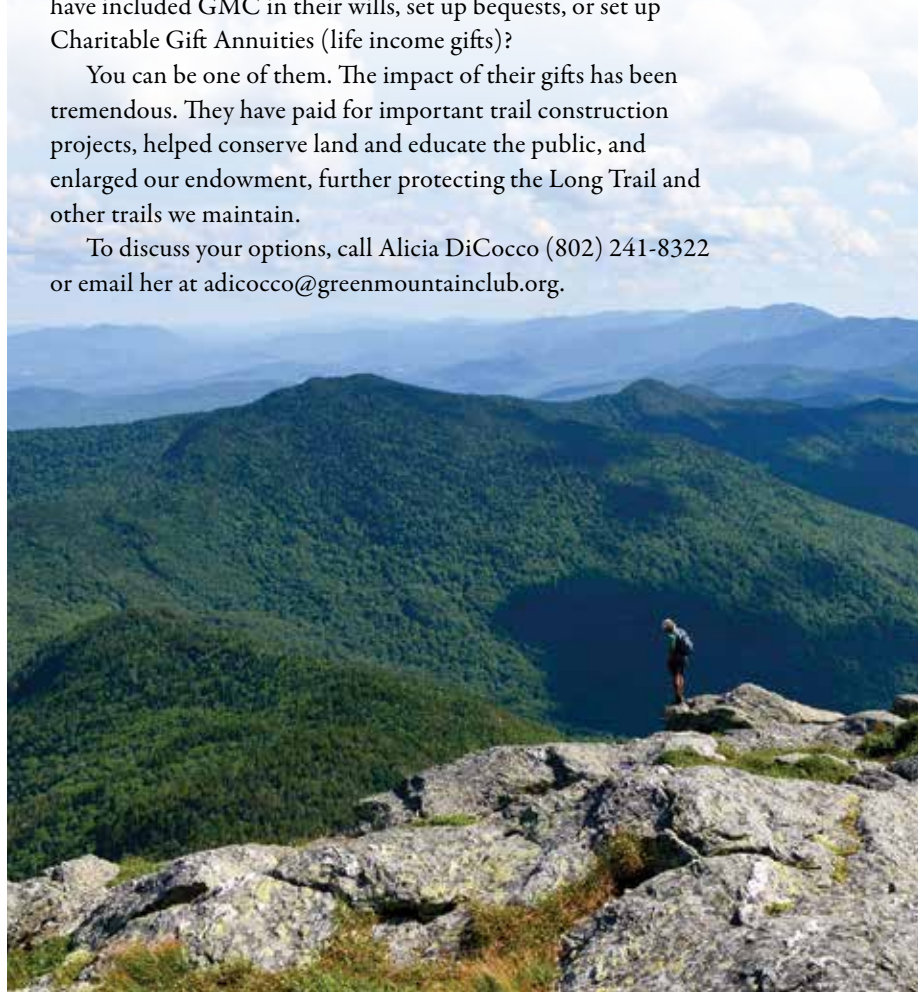
—LEE ALLEN, SECRETARY

Join the Long Trail Legacy Society

Did you know we have a group of generous people who have included GMC in their wills, set up bequests, or set up Charitable Gift Annuities (life income gifts)?

You can be one of them. The impact of their gifts has been tremendous. They have paid for important trail construction projects, helped conserve land and educate the public, and enlarged our endowment, further protecting the Long Trail and other trails we maintain.

To discuss your options, call Alicia DiCocco (802) 241-8322 or email her at adicocco@greenmountainclub.org.



Through the Hiker's Lens PHOTO CREDITS

PAGE 8:

Top: Mount Mansfield summit
by Jacob Ireland

Middle, Left: Hiker on Mount Mansfield at dusk
by Christina Spinazola

Middle, Right: Mist falling on Kent Pond, Appalachian Trail
by Todd Wilkinson

Bottom: Looking north to the Chin
by Barbee Hauzinger

PAGE 9:

Top, Left: Vista from Stratton Mountain Firetower
by Diana Michalczuk

Top, Right: View from Mount Mansfield Visitor Center
by Robin Roianov

Middle: Sunrise from Puffer Shelter
by Jacob Ireland

Bottom: Long Trail north of Route 4
by Rene Cusson



Volunteers

Volunteers have been the backbone of the Green Mountain Club since its founding in 1910. In fact, there is no way the club could manage its trails, shelters, conservation lands, and office operations without them. Volunteering is a great way to meet other GMC members, be a part of the hiker community, and support the valuable work of the club. From swinging a hammer to making phone calls—there are plenty of ways to help!

Corridor Monitors

GMC manages more than 20,000 acres of conserved land. Volunteer corridor monitors visit this land along the Long Trail at least twice a year to ensure conservation restrictions are being upheld and property boundaries are clearly marked. Volunteer monitors also visit federal land and easements comprising the Appalachian Trail corridor from Killington to Norwich. Corridor monitoring is a great way to learn map and compass skills, gain conservation experience, and observe wildlife. Parcels in need of new monitors are available along the AT in the Upper Valley. Contact Land Stewardship Coordinator Mollie Flanigan at (802) 241-8217 or mflanigan@greenmountainclub.org for more information.

Bark Mulch Packers

Why join a gym when you can pack bark mulch? Help us manage GMC's composting privies by carrying mulch to designated campsites and shelters along the Long Trail. It's a good solo or group project. Bark mulch loads are heavy, so you must be in good physical condition for this one!

Barnes Camp Volunteers

Built in 1927 and restored in 2014, historic Barnes Camp Visitor Center is the visitor's gateway to Smugglers' Notch and surrounding mountains. Staffed by volunteers from June to October, volunteering is a stimulating way to meet new people and share your knowledge and passion for hiking.

Headquarters Maintenance Person

Managing GMC's campus in Waterbury Center is a big job, and keeping our buildings and grounds in top shape is a never-ending process. We're always looking for volunteers



Sterling College wood stacking volunteers at Wheeler Pond Cabins.

to help with special carpentry projects and general landscaping maintenance. Familiarity with carpentry, tools, and structure maintenance is required.

Section Work Days and Projects

Ever encountered a puddle that could hide Champ on your favorite trail? Been smacked by a low branch? Join GMC's section volunteers as they work to maintain trails in their region and help others have an enjoyable hiking experience without puddle hopping or ducking.

Shuttle Drivers

With limited public transportation in Vermont, hikers often need help getting to or from trailheads. Enjoy a ride with a hiker this summer, listen to some great stories, and become a GMC Trail Angel! (You may need to open a window.) See page 17 to learn more about Trail Angels.

Trail and Shelter Adopters

Adopters are the eyes in the woods for specific GMC-managed trails and campsites. Their independent work and reporting helps inform GMC staff of conditions on trails and shelters that staff can't regularly visit. Are you a reliable and handy person with a special connection



PHOTO BY ALAN PASCHELL

Montpelier Section volunteers packing out after spring work day on Bamforth Ridge.

to a place? This is your chance to ensure the continued good health of your favorite trail, shelter or tent site. Look on GMC's website for openings.

For more details about how you can help, visit our website, greenmountainclub.org; give Volunteer Coordinator Rob Rives a call at (802) 241-8329; or email volunteer@greenmountainclub.org.

Section Directory

Bennington

Maintenance: Harmon Hill to Glastenbury Mountain
President: Lorna Cheriton, (802) 447-1383
E-mail: chertop@comcast.net
Website: meetup.com/gmcbennington

Brattleboro

Maintenance: Winhall River to Vt. 11 and 30
President: George Roy, (603) 381-7756
E-mail: neogeo03106@gmail.com
Website: brattleborogmc.com

Bread Loaf

Location: Middlebury area
Maintenance: Sucker Brook Shelter to Emily Proctor Shelter
President: Ruth Penfield, (802) 388-5407
E-mail: ruthpenfield@gmail.com
Website: gmcbreadloaf.org

Burlington

Maintenance: Winooski River Footbridge to Smugglers' Notch
President: Ted Albers, (802) 557-7009
E-mail: ted@ted-albers.net
Website: gmc Burlington.org

Connecticut

Location: Hartford, Connecticut
Maintenance: Glastenbury Mountain to Stratton-Arlington Road
President: Jim Robertson, (860) 633-7279
E-mail: jrobert685@aol.com
Website: connngmc.com

Killington

Location: Rutland area
Maintenance: Vt. 140 to Maine Junction
President: Herb Ogden, (802) 293-2510
E-mail: hogden@vermontel.net
Website: gmckillington.org

Laraway

Location: St. Albans area
Maintenance: Lamoille River to Vt. 118
President: Bruce Bushey, (802) 893-2146
E-mail: brbshey@comcast.net
Website: gmclaraway.org

Manchester

Maintenance: Vt. 11 and 30 to Mad Tom Notch
President: Marge Fish, (802) 824-3662
E-mail: marge.fish@gmail.com
Website: gmc-manchester.org

Montpelier

Maintenance: Camel's Hump to Winooski River Footbridge and Smugglers' Notch to Chilcoat Pass
President: Steve Bailey, (609) 424-9238
E-mail: stevebailey@gmail.com
Website: gmcmontpelier.org

Northeast Kingdom

Maintenance: Willoughby and Darling State Forests and the Kingdom Heritage Lands
President: Cathi Brooks, (802) 626-8742
E-mail: cathibrooks@aol.com
Website: nekgmc.org

Northern Frontier

Location: Montgomery
Maintenance: Hazen's Notch to Canada
President: Jane Williams, (802) 827-3879
E-mail: janiewilliams@surfglobal.net
Website: gmcnorthernfrontier.org

Upper Valley-Ottawaquechee

Location: Upper Valley, and New Hampshire
Maintenance: Appalachian Trail: Maine Junction to NH border
President: Dick Andrews, (802) 885-3201
E-mail: techcomm@vermontel.net
Website: gmc-o-section.org

Sterling

Location: Morrisville/Stowe/Johnson
Maintenance: Chilcoat Pass to Lamoille River
President: Greg Western, (802) 655-6051
E-mail: gw60031@hotmail.com
Website: gmcterling.org

Worcester

Location: Worcester, Massachusetts
Maintenance: Stratton-Arlington Road to Winhall River
President: Ram Moenns, (603) 767-2962
E-mail: shivatri@gmail.com
Website: www.gmcwoo.org



Sections

Without the popularity of the Appalachian Trail in southern Vermont or the attraction of the high peaks in the middle, the northern Long Trail sees comparatively few hikers. Over the years trail crews have worked mostly in high-traffic stretches south of Route 15 in Johnson. But the northern trail still suffers blowdowns and erosion from severe storms, deterioration of shelters, and faded blazes so GMC's five-year strategic plan calls for deploying trail crews in the north more often.

In the meantime, a few hardy sections and individuals take care of the northern trail. The Sterling, Laraway, and Northern Frontier sections have 243 members among them, and 60 miles of trail to maintain. Compare their membership and workload to those of the next two southern sections, Montpelier and Burlington, with 1,537 members combined and 36.9 miles of trail, and it is easy to see why the small northern sections have their hands full.

All three sections would love more members, especially active trail maintainers. If you live in the area, please consider becoming involved and lending a hand. Read on to learn more about the northern trail and the challenges in maintaining it.

Sterling Section

President: Greg Western

Members: 136

Long Trail maintained: 9.4 miles from Chilcoat Pass to the Lamoille River.

Notable natural features: The Beaver Meadow area is a remote backcountry bowl surrounded on three sides by tall ridges and open only to the east. It's sometimes a meadow and sometimes a pond, depending on beaver activity.

Manmade features: Beaver Meadow Lodge, Whiteface Shelter, Bear Hollow Shelter, the Lamoille Valley Rail Trail.

Stellar section member: Tony Smith. "My friend Tony has been an active member of the section since the 1970s, serving in many capacities and quietly doing hours of trails and shelter work," said Smith Edwards. "However, I believe his greatest achievement was when he led a petition



Puncheon on Long Trail near Chilcoat Pass Trail

drive for the State to buy the Beaver Meadow lands."

Notable trail projects: Building Bear Hollow Shelter, replacing the roof and resetting the stove at Beaver Meadow Lodge, and installing big stone steps north of Whiteface, built by John Lepinski.

Greatest challenge: The climb to Chilcoat Pass to begin trail work. "Some of our trail is too steep, and some isn't steep enough," said Kevin Hudnell. "The trail up and down Whiteface is so steep that it requires lots of stairs and drainage structure, some of which still needs to be installed, and the rest of which needs frequent maintenance. Meanwhile, the Beaver Meadow bowl is so flat in places that getting water to drain off the trail adequately is a challenge."

Laraway Section

President: Bruce Bushey

Members: 53

Long Trail maintained: 20.6 miles from Lamoille River to Vermont Route 118

Notable natural features: Prospect Rock, just north of Route 15, looks out over the Lamoille River Valley. An expanse of ledges on the approach to Laraway Lookout has impressive ice formations in winter; the Lookout itself has views of Coddington Hollow and Waterville. Devil's Gulch is an interesting geological area with massive jumbled boulders. Just beyond the Gulch is Ritterbush Lookout with views of Ritterbush Pond that are especially nice in the fall.

Manmade features: The Lamoille River Suspension Bridge, Roundtop Shelter, Corliss Camp, and Spruce Ledge Camp.

Stellar section member: Bruce Bushey. “I ran into Bruce Bushey—who was spending the better part of his day off, as he has countless Saturdays—installing a window at Spruce Ledge Camp last season. Volunteer efforts like Bruce’s may go unnoticed by the average trail user, but many of us know who is behind the work and understand that it is a labor of love,” said GMC Executive Director Mike DeBonis.

Notable trail projects: Construction of Spruce Ledge Camp with the help of other GMC sections, and building the Lamoille River Suspension Bridge, managed by GMC but with help from multiple sections’ volunteers.

Greatest challenge: The two trail sections require a two-mile walk along maintained logging roads to reach the Long Trail; this also requires a 30-minute drive to spot cars at both ends.

Individual Maintainers

Individuals maintain the Long Trail from Vermont Route 118 to Hazen’s Notch. Paul Badger describes his piece of trail below.

Long Trail maintained: 5.4 miles from Vermont Route 118 to Tillotson Camp.

Notable natural features: “The summit of Belvidere Mountain (3,360 feet elevation) is partially wooded, and has great views to the

east,” said Paul. “One of my favorite spots on this section is Lockwood Pond, about a tenth of a mile south of Tillotson Camp. It’s a beautiful spot to have your morning coffee or stop for a snack. If you’re lucky you might get a glimpse of a moose wading on the edges. The 2.8-mile section from Belvidere Saddle to Tillotson Camp is an area with high traffic of moose, with reminders almost every step you take.”

Manmade features: The 50-foot fire tower on the Belvidere Mountain summit with excellent views of the Green Mountains, the Cold Hollow Mountains, many Canadian peaks, and, on clear days, Mount Washington; and Tillotson Camp, a Roy Buchanan-era frame shelter with bunks for eight, built in 1939.

Greatest challenge: “The section between Belvidere Saddle and Tillotson Peak has areas that are extremely muddy all summer long, requiring much work with planks, redirecting water sources, or bringing in rocks,” said Paul.

Northern Frontier

President: Jane Williams

Members: 54

Long Trail maintained: 20 miles from Hazen’s Notch to Canada

Notable natural features: Cirque between Big Jay and Jay Peak, and Jay Peak (3,858 feet elevation).

Manmade features: Hazen’s Notch Camp, Atlas Valley Shelter, Jay Camp, Laura Woodward Shelter, Shooting Star Shelter, and Journey’s End Camp.

Stellar section member: The late Don Hill. “One year, Don re-blazed all the trails in the Northern Frontier section on his own. He often liked to work alone, but as he became unable to perform some of these tasks himself he was willing to teach and share his skills and love for the trails and nature with others,” said Jane.

Notable trail projects: Rebuilding shelters multiple times. “In 2003, the decision was made to take apart and then move Journey’s End Camp to The Short Trail at GMC headquarters in Waterbury Center for visitors to see and experience. The present Journey’s End Camp was built in a new location further up Journey’s End Trail,” said Jane. “Hazen’s Notch Camp was moved twice, first from south of Route 58 due to lack of water near the site, and again because of its use as a social hangout due to its proximity to the road.”

Greatest challenge: The small number of members who are active trail and shelter maintainers, and the rugged and difficult terrain. “Much of the trail work in the past few years has been difficult because of heavy snow and ice, combined with big winds, causing tops of trees, branches, and whole trees to break and fall into the trail. Last spring I went with fellow trail maintainer Ken Whitehead to clear trail south from Route 242. It took us an entire day to clear only two miles of trail, chain sawing our way through a ridiculously huge amount of debris and removing it from the trail,” said Jane.

Green Mountain Club Outdoor Programs

At GMC we are always looking for ways to help you have fun, be safe, and learn more about the outdoors. Educational workshops are added to our website all year, so be sure to visit greenmountainclub.org periodically to sign up. Workshop full? Ask to be added to the waiting list. Here are a few of our current offerings:



PHOTO BY JOHN PREDOM

Birding on the Long Trail

Saturday, June 9, 6 a.m.—12 p.m.
Barnes Camp Visitor Center, Stowe

Ever wonder what birds you are seeing and hearing as you hike through the Green Mountains? Join us on a hike and learn about the most common and intriguing birds encountered along the Long Trail, and how to identify them. We'll meet a variety of species across a range of ecosystems and elevations, with the ultimate goal of reaching the alpine habitat of Vermont's most threatened bird, the Bicknell's Thrush. Hosted by our friends at North Branch Nature Center.

Instructor: NBNC Education Staff

Limit: 10

Fee: \$40 Non-Member, \$32 GMC Member

Register at least one week in advance.

Women's Intro to Backpacking Weekend

Saturday and Sunday, June 23–24
Long Trail, north of Johnson.
Exact location to be announced.

Want to try backpacking, but don't want to go it alone? This overnight course will provide a solid foundation of backcountry skills in a relaxed, supportive environment, while having fun with other adventurous women.

We will meet at GMC's headquarters to review our gear and itinerary before carpooling to the trailhead. Instructors will provide a full itinerary and suggested gear list two weeks in advance. Participants are responsible for their own snacks and lunches, but Saturday dinner and Sunday breakfast will be provided.

Instructor: GMC Staff

Limit: 8

Fee: \$150 Non-Member, \$120 GMC Member

Register at least two weeks in advance.

SOLO Wilderness First Aid

Saturday and Sunday, June 30 – July 1, 9 a.m.—5 p.m.
GMC Visitor Center, Waterbury Center

Sign up early—this course fills fast! This sixteen-hour, hands-on course will prepare you for backcountry medical emergencies. It focuses on the prevention, recognition, and treatment of injuries and illnesses. Wilderness First Aid (WFA) certification or Wilderness First Responder (WFR) recertification is provided upon completion.

Instructor: SOLO

Limit: 30

Fee: \$190 Non-Member, \$170 GMC Member

Contact GMC if you need WFR recertification and/or CPR (additional fees apply).

Minimum age: 14. Register at least two weeks in advance.

Wheeler Pond Yoga and Hiking Retreat

Friday, Saturday, and Sunday, July 13–15
Hadsel-Mares Cabin, Wheeler Pond, Barton
Meet at Wheeler Pond at 5:00 p.m.

Lori Flower of Karmic Connection Yoga will lead a weekend of hiking and yoga in the beautiful Northeast Kingdom. Awaken your senses and relax while mindfully moving through the forest. Savor restorative evenings, stretching by the fire near your shared rustic cabin, or camp under the stars. Lori's gentle holistic approach makes this a wonderful opportunity for individuals new to yoga or those wishing to bring depth to their existing practice. The cost includes lodging, breakfast Saturday and Sunday, and dinner Friday and Saturday. Participants are responsible for their own snacks and lunches. A suggested gear list and itinerary will be provided two weeks before the retreat.

Instructor: Lori Flower

Limit: 8

Fee: \$250 Non-Member, \$200 GMC Member

Register at least two weeks in advance.

For more information please contact Lori at breathingislife@gmail.com or the Green Mountain Club at gmc@greenmountainclub.org.



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learn more about our property.

Anne Turner hiked the Long Trail in sections between July 2016 and August 2017. These are a selection of her journal notes describing her experience on the Trail:

Sunday, July 17, 2016

I treat myself to a margarita at the Mexican restaurant across the street from my motel, which turns out to be a huge mistake. Between the tequila and the conversation of thru-hikers in the booth behind me (how will the suburban mother that I am ever fit in with these bearded twenty-somethings?), I am terrified and unsteady as I make my way back to my solitary room. I turn on the TV for company and Discovery Channel is showing—I kid you not—“Naked and Afraid.”

Monday, July 18

Harmon Hill provides a spacious, gentle view to the west, but I am beginning to worry about time, so I press onward. I am glad that I do; the descent to Route 9 is steeper than I expected. I am cheered for a while by a pair of winter wrens—the first I have ever seen!—in a bush next to the trail.

Tuesday, July 19

I am ridiculously intimidated by the thru-hikers sitting around a fire, casually using their stoves and filters with dismissive confidence. At first, I can't get my Pocket Rocket to light, and then I have the awkwardness of trying to hang my food bag. I can barely toss it high enough, let alone aim for the right branch.

Wednesday, July 20

Stratton Pond stretches out like glass, wreathed with trees, the warm air buzzing with insects. “Woofer” is sitting on the muddy shore, drying off after a swim. He is enchanted with the possibilities and adventure.

Thursday, July 21

When I reach the [parking] lot, it is like an old friend. For years, my mother has been pointing this lot out to me and telling me it's where the AT crosses the road. It feels like I am fulfilling some small destiny. When my uncle pulls up, he is entranced by my backpack and especially the hip belt (“Those hip belts make it so much easier!”), and I realize that he spent a good part of his 20s in Alaska. I thought he was doing me a favor, but watching his eyes light up, I realize there is lost adventure in his staid soul, and I think that perhaps I am doing him a favor too.

Thursday, July 21

I come to Griffith Lake, and it is not my planned destination for the evening, but I finally realize that I don't want to fulfill my plan; I want to live in the moment. And a beautiful moment it is: I set up my tent by the lake and then swim in the lake, surrounded by yellow flowers. It is too cold to stay in for long, but beautiful enough to carve into my heart for good. I leave the rain fly off my tent so I can look up at the night sky as I fall asleep.

Friday, July 22

The morning brings me to Little Rock Pond for lunch, and while I have to maneuver among other hikers to find a rock by the water, I do, and I have enough sense to take a long break and enjoy the beauty. I see a loon—my first ever—and am thrilled to watch it dive beneath the water and pop back up, flat-headed and glinting in the sun, on the surface. . . The afternoon brings me to White Rocks which, unsurprisingly, is dotted with white rocks. To the side of the trail, at one point, are hundreds of rock cairns—human sculpture in the wilderness which, strangely, delights me, even though it plainly doesn't belong. I love the playfulness of it.

Saturday, July 23

Killington day. . . The top comes more quickly than I expect. I am chagrined to find that the summit is a little ways beyond Cooper Lodge—but relieved to drop my pack as I scramble up the last bit of trail. Clouds are rolling across the top, but as the rain moves in I revel in its power. I am up where the wind blows. I can see where I have come from and where I might go.

Monday, August 2

The climb out of Brandon Gap startles me with its steep and rocky nature, and I need to use both hands and feet. But some part of me delights in the challenge, which feels mental as well as physical.

Wednesday, August 3

I am excited to come to the “real” wilderness today—the Breadloaf Wilderness—and it makes the climb in and out of Middlebury Gap more welcome. I have Skyline Lodge all to myself at lunch time, and I sit by the pond and marvel at the solidity of the reflection of clouds in the water. . . The trail is full of birds—Golden-crowned kinglets and Black-throated blues keep popping up all morning beside the trail. I even see a grouse retreating ahead. . .



Skylight Pond

Thursday, August 4

The morning starts off well, and I have a fantastic climb up Mount Abraham. I am excited to be on one of the 4,000' peaks. The air is bright and clear. Kinglets surround me again as I begin my hike. I am exactly where I want to be.

Friday, August 5

It turns out to be a good thing that I started early, because the descent through Mad River Glen is much rougher than expected. I pass Dean Shelter with a pang of envy—what a view!

Saturday, August 6

The descent to Bamforth Ridge is slow and, for a time, almost meditative, as I come over successive shoulders of the mountain, almost like spread lava. The lowering sun spreads golden light all across the gray rock. All I want to do is walk.

Sunday, August 7

This will be a quiet day, I think—down through the Winooski River Valley. With a start, I realize that it's Sunday—and then I think it feels like a Sunday, quiet and reflective. I make the long descent to the valley and then enjoy the strangely flat walk along the river. Part of it takes me through farm fields, and I am reminded of walking in England, where the footpaths cross pasture and never get too far into the wild.

Monday, August 8

I begin to pay attention to the varieties of moss lining the trail, green and red, pierced intermittently with bright white ghost pipe. I stop by the trail at several points just to let my heart catch up with all it is feeling. At the top of Bolton Mountain, there is no vista, but I sit contentedly on a rock for an hour.

Tuesday, August 9

Mount Mansfield! Like Camel's Hump, it has loomed larger than reality in my mind. . . Once again, the ascent goes far more quickly than I expected. The ladders are exciting, not scary, and I am almost disappointed to reach the top. It is strange to see tourists wandering along in pristine white Keds. But when I stop at the visitor center to use the bathroom, a caretaker pulls out a secret stash of Peppermint Patties just for backpackers.

Tuesday, August 9

In what seems an apt mistake, I manage to drop my Zippo lighter into a pot of pasta primavera—my stove gets me at last! But I am too happy to care. I watch the moon rise overhead and promise myself that I will come back to finish the trail.

Sunday, August 6, 2017

I keep my promise. . .

The trail empties out. And it gets rough, far rougher than anything I remember. I keep telling myself that I have just forgotten what it is like to scramble over boulders and twist my legs to find a spot for my boot between the rocks. Only later do I remember a backpacker's report from last year: Madonna Peak is one of the roughest sections of the trail. Whiteface, he said, kicked his ass. I stop with gratitude at Whiteface Shelter, not quite ready to have my ass kicked.



Anne Turner

Tuesday, August 8

I want to see what the intriguingly named "Devil's Gulch" will hold. The rock scramble there is not long, but it is intricate enough to distract me. Finding a foothold, sliding along on my bottom—this is playing, and even if I'm anxious about making time, I still delight in the craziness of the trail. It looks like a giant has left his rock toys in a heap.

Wednesday, August 9

The morning brings Tillotson Peak and Haystack Mountain. It starts off auspiciously with another lonely pond where I watch a peregrine falcon swooping and diving. It swoops straight towards me, spots me, checks in midair, and then flies off in the other direction.

Thursday, August 10

The walking is easy, almost all downhill. I can sense I will be at the end. I do not want to be, and yet I move forward all the more eagerly. And then it is there: a huge sign, so big that I instantly know what it is. And a clearing with bright sun—how did I not know the day was so bright?—and a mown strip of land stretching in either direction. The little white obelisk seems dwarfed by its base, and both seem out of place here.

. . . I take off my pack and lay it on the ground, then lay on top of it, in the gesture of tired backpackers everywhere. Tired, but happy.

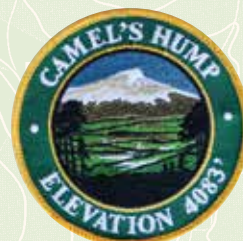


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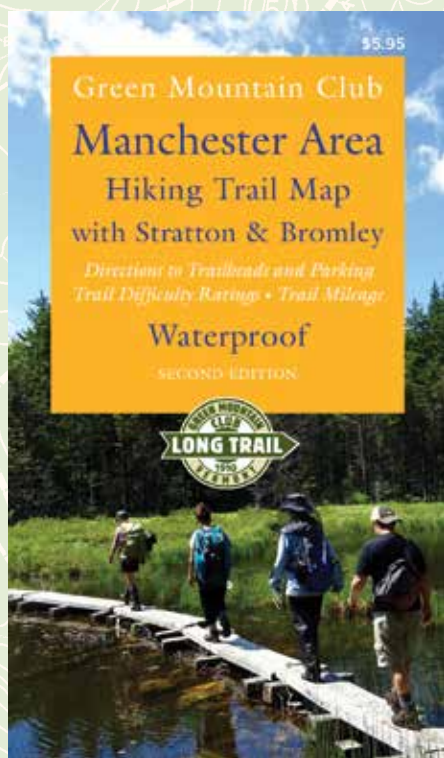


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