

Long Trail NEWS



Quarterly of the Green Mountain Club

SUMMER 2021

555

New End-to-Enders
The Most Ever Recorded
[FROM AGE 7 TO 80]



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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FRONT COVER: Mary "Gazelle" Harrington, age 10, Baxter "Trailblazer" Harrington, age 12, Matthew "Bug Eye" McIntosh, age 10, and Beth "Gravity Girl" McIntosh, age 11 at Journey's End in 2018. The Harringtons and McIntoshs section-hiked the Long Trail over three summers.

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From the President

The crowded trailheads you may have seen this spring indicate that hikers are returning to trails in droves again. I thank all of you for helping spread the word about protecting high-elevation trails during mud season. I hope all hikers will take an interest in caring for trails, and that some will even become our next generation of volunteers.

The increased interest in hiking since the pandemic started is obvious in the record 555 registered End-to-Enders in 2020. I am pleased to see so many names in this edition of the *Long Trail News*. Congratulations to each and every one of you.

I know from completing my second End-to-End in 2020 that recognition is one thing, but accomplishment is the real reward. I am sure every End-to-End has many memories of the trek. My favorites are the spectacular views from the peaks of Vermont's highest mountains.

As we consider the future of the Long Trail, the Appalachian Trail in Vermont, and the trails in the Northeast Kingdom that we manage, we know it takes money as well as dedicated staff and volunteers

to maintain the miles of trail, the shelters and privies, and the land that make hiking possible and enjoyable. To ensure that they remain a valuable recreational, economic, and ecological resource, we are embarking on the Long Trail Legacy Campaign.

The campaign will finance protection of land along the Long Trail, and sustainable trail improvement on the northern Long Trail, which has historically not been as well-funded as the southern trail. The campaign will also bolster our general endowment and our newly established backcountry caretaker endowment, and it will fund renovation of the older buildings at GMC's headquarters. I invite you to join me in making a meaningful gift to the campaign, in support of our mission to "make the mountains of Vermont play a larger part in the life of the people."

My three-year term as president of GMC's Board of Directors will conclude at the annual meeting in June. It has been a great privilege to serve you in this position. It has been an honor to work with the club's highly talented staff and super dedicated volunteers, who are the key ingredients of a successful Green Mountain Club.



Tom Candon completed his second End-to-End hike in 2020.

Of course, this is not the last you will see of me. I am dedicated to the future of the Long Trail and the Green Mountain Club, and I am especially grateful for the chance to continue volunteering on two working groups: Land Conservation Strategic Planning; and Diversity, Equity, and Inclusion.

I hope to see many of you on the trail as I aim to earn my Side-to-Side patch by hiking the 88 side trails leading to the Long Trail. There is always another trail to discover and mountain to climb.

—TOM CANDON, PRESIDENT





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Mountain Views

GMC Goes Mad for Mud Season

Thanks to all those who participated in our #GMC MudMadness social media challenge this spring, which included prize bundles full of GMC publications and outdoor gear from local partners like The Mountain Goat; Johnson's Hardware & Rental; Outdoor Gear Exchange; Darn Tough Vermont, Happy Vermont, and more.

FROM THE PARTICIPANTS:

"This was a great motivator to check out some new trails and get our daughter out on some mud season hikes. Her earliest memory is going on your mud season egg hunt a couple years ago so you guys hold a really special place in our hearts!"

— ANNA TELENSKY, WEEK ONE WINNER

"Absolutely cannot wait to receive my Long Trail guidebook; I've been borrowing one from the library since I've graduated out of the day hikes book."

— MARLA KEENE, WEEK SIX WINNER



From End-to-Enders: What does hiking the entire Long Trail mean to you?

"I am not the prototypical naturalist hiker. I don't necessarily feel most comfortable when I'm covered in mud or climbing a miserable ascent or digging a hole to do my business. But there is something about completely immersing yourself in nature that allows you to uncover things about yourself that you'd otherwise never consider."

— DOUG "CAPTAIN" MCGOWAN

"The meaning of being a Long Trail end-to-end shifted during my time on the trail. I began by viewing it as an accomplishment: a specific physical challenge I wanted to achieve while appreciating the natural beauty of Vermont. Now, having finished the trail, "end-to-end" also incorporates a strong sense of community - I'm now part of a community of people who have experienced the same exact trail as I did, all coming away with vastly different stories and memories. Thinking of being an end-to-end fills me with gratitude for Vermont, for the Green Mountain Club, and for the countless kind and interesting individuals I met along the way."

— CLARA "BOOTS" SLESAR

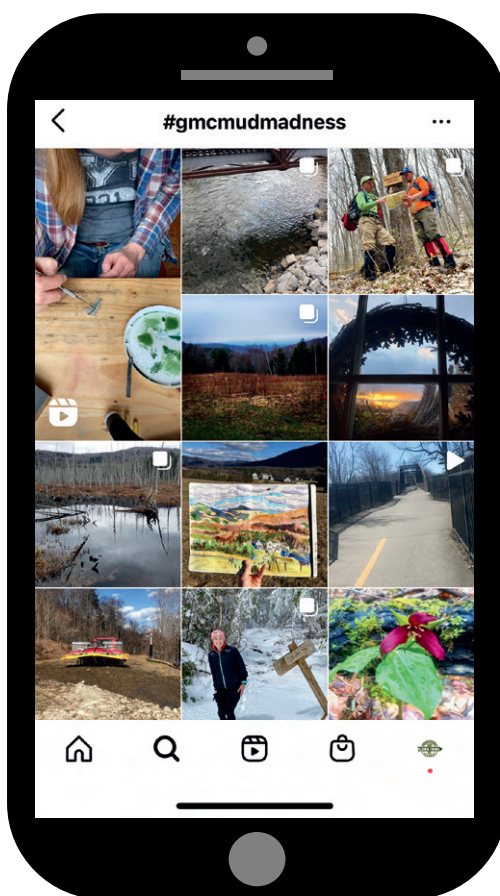
"Being an end-to-end means so much to me...It means that I took a big risk and followed through with it. It means that when you strip yourself of so many distractions, routine comes naturally... Having hiked the whole Long Trail means that I had to be my own support system for 25 days and that I couldn't depend on technology to numb the negative feelings. It means that I have walked 272 miles, and yet that doesn't make me a better or worse person in any way. At the core of the experience, being an end-to-end means one simple truth: it means I can persevere. It means I have grit. It means that I can do hard things, and it is this lesson that I will carry with me forever."

— MEGAN "EXTRA" GESELL

Long Trail Memories

"So very good to hear from you. I was tremendously involved during my years at Middlebury in the late '60s. Lots of trail construction work, shelter maintenance, repair, and so on. Wrote a chunk for the guide, and at least a few years ago it was still being used. Drank out of the streams without a thought to Giardia. Swam in Pleiad Lake and picked off the leeches."

— BART HALL, THRU-HIKED IN THE LATE '60S



The Mountains that Made Me

by Julia LanzDuret-Hernandez

In 2015 I stood atop a summit in Quebec just two hours north of Vermont. I was 13, away from my family for the first time, in contact with no one but my fellow hike-trip camp members. Looking intently toward the horizon at dusk, I saw the clear sky had become a shade of deep blue only found miles beneath the ocean's surface. I felt the power of the mountain rushing through me, and yet I had never felt so small. My many small worries were completely irrelevant.

I have sought beautiful connections between human experience and the natural world since I was small. My family is from Mexico City, and moved to Ontario when I was young. We were fortunate to travel often. As a lover of art, I was always drawn to photographs and paintings depicting people in nature, and I soon learned to seek such images in my physical world as well.

I recall the vibrant contrast of the pink flowers and white house in my grandparents' yard in Veracruz, Mexico. Walking through gardens in Japan, I noticed quiet caretakers who maintained and protected the manicured landscapes. It is easy to consider breathtaking landscapes part of the earth's magic, but I find it more fascinating to contemplate the ways people interact with and affect the natural environment.

In high school I learned the dangers that climate change poses to beautiful places, and I knew I wanted to study environmental impacts. I also knew that the University of Vermont was the place to do it. It was, after all, closely connected to the mountains across the border that had helped form me.

At 19, I am now finishing my second year at the University of Vermont, studying community and international development with a focus on environmental studies. This semester I took an entrepreneurship class in which small groups were assigned to start small businesses and donate 100 percent of sales to organizations of our choice. Five other students and I, initially strangers, formed "Project Green Peaks" with the Green Mountain Club as our beneficiary.

Though we spent the semester working and learning remotely, we connected through our shared passion and appreciation for Vermont's mountains, and we wanted to help foster their conservation. We liked GMC's longevity and consistency, and its commitment to educating Vermonters to protect the Long Trail for the future.

We had noticed that many UVM students love to ski and hike in the Green Mountains, but might be unfamiliar with the work needed to keep trails free, open, and in good condition. With Project Green Peaks we hoped to raise awareness among our peers of how much work maintains and protects trails in UVM's backyard, while learning more about conservation in general.

As the semester ends, my team members and I can celebrate the effect of combining our passion with a cause. We won our class award for best product design, and achieved the highest sales of any group in the class. While these are rewarding indicators of the importance of our cause, the real satisfaction



Project Green Peaks featured designs inspired by Vermont's beloved mountains, which could be custom printed as stickers, tote bags, and more. All proceeds from the group's sales were donated to GMC, which the group picked thanks to their personal alignment with the club's mission.

Design/photo credit: Sam Rothkopf, Avi Zatz, Laura Martin, Julia LanzDuret-Hernandez.

of this experience has been gaining a better understanding of the work of maintaining trails, and how we can all play a role in protecting this world's wild spaces.

Mountains speak to me. They are stable and grounding, and provide experience and growth that most will never gain. I am personally dedicated to creating sustainable and equitable communities through my studies, and I am glad to have had an opportunity to connect with an organization that shares my goals. Vermont mountains will never fail to make me feel happy, inspired and hopeful of a future that will serve us all.

Julia LanzDuret-Hernandez (she/her) just finished her sophomore year at UVM studying community and international development with minors in environmental studies and health and society. In her spare time, she enjoys spending time outdoors with friends and family; writing poetry and fiction; and learning about the motivations that govern societal practices and traditions. Julia hopes to publish a book before graduation and to work to create equitable and sustainable communities.



PHOTO BY RAPHAEL MOTTO

You Did It!

555 Hikers Complete the Long Trail in 2020

Congratulations to the whopping 555 hikers who became GMC-certified Long Trail End-to-Enders in 2020, the most Long Trail thru-hikers we have ever recorded in a single year.

Harrison "Send It" Aaron, Moultonborough, NH
 Jared "Preroll" Allen, Indianapolis, IN
 Ashley Allen, Cambridge, MA
 Rouwenna "YoYo Mouse" Altomose, Somerville, MA
 Liz Altieri, Watertown, MA
 Andrea "Crispy" Ameden, Bondville, VT
 Brian Anderson, Cambridge, MA
 Samantha "Penny Lane" Andrews, Exeter, NH
 Jillian "Ghost" Ardrey, Denver, CO
 Filip "Obi-Wan" Aubrecht, Mystic, CT
 Nicolas "Ricky Bobby" Audouin, New York, NY
 Mark "Mudslide" Ayles, Melrose, MA
 John Backus, Delhi, NY
 David "Intro" Bailey, Charleston, SC
 Leisel "Gilmore" Bailey, Charleston, SC
 Melissa "Roo" Bailey, Passumpsic, VT
 Katie "Lost and Found" Barok, Voorhees, NJ
 Sam "Community Service" Barone, Suffolk, VA
 Elise "Second Fiddle" Barry, Brookfield, VT
 Kamani "Catstyle" Barry-Fish, Brookfield, VT
 Kelly "Kicks the Arsonist" Bartkus, Littleton, MA
 Tobe "Crunch" Bartkus, Littleton, MA
 Frank "Tortuga" Bass, West Dover, VT
 John "Richard" Bass, Burlington, VT
 Nigel "Treebeard" Bates, Waterbury Center, VT
 Michael Battaglia, Philadelphia, PA
 Jon Bauer, Rose Valley, PA
 Cole "Roads" Beauchemin, Newbury, NH
 William "Scratch" Becker, Cohoes, NY
 Stephen Bernard, Saint Albans, VT
 Joseph "Data" Bernatowicz, Long Island City, NY
 Beatrix "Sprout" Berry, Fairfax, CA
 Meredith "TBD" Bethune, Albany, NY
 Christine "Woods" Bianchi, East Lyme, CT
 Mead "Boy & His Dog" Binhammer, Brookfield, VT
 Jonathan "Dunkin" Bird, Georgia, VT
 Gregory Blanchette, Dresden, ME
 Claire "Turtle" Blaudeau, Ithaca, NY
 Barbara Blauvelt, Waterbury Center, VT
 Christy "Puddles" Blouin Mank, Boscawen, NH
 David Blum, Waterbury Center, VT
 Brandon "Bellows" Bobisink, Washington, DC

Russell "Japhy" Bollag-Miller, Easthampton, MA
 Christy "Tenderfoot" Bonneau, Spofford, NH
 Jon "Recon" Booth, Golden, CO
 Alexander "Squints" Borsky, Princeton, MA
 Sandy Bossick, Burlington, VT
 Elizabeth "Crumples" Bowling, West Hartford, CT
 Susan Boyer, Williston, VT
 William "Wild Bill" Boyer, South Egremont, MA
 Maija "HB / cool birch" Bradley, Burlington, VT
 Chad Branch Guinan, Ballston Spa, NY
 Carly "Black & Blue Jean" Briggs, Clifton Park, NY
 Linden "President" Bronz-Russo, Winooski, VT
 Molly "Chai Tea" Brulé, Pelham, NH
 Elliot Buckley, Salt Lake City, UT
 Beckie "Sparrow" Bull, Burlington, VT
 Joan "Big Owl" Butters, Newton, MA
 Lorinda "Viamew" Button, Burlington, VT
 Clint "Hawkeye" Buxton, Richmond, VT
 Charlotte "Loon" Cadow, Jackson, WY
 William Campbell, Plainville, MA
 Jake "Tusk" Campbell, Burlington, VT
 Mike "Boy MacGyver" Campos, Lubbock, TX
 Tom "Deliberate" Candon, Shelburne, VT
 Frank "Silver Lining" Cangelosi, Rockland, ME
 Rachel "Top Knot" Canning, Clearwater, FL
 Emily "Autumn" Chaite, Wakefield, RI
 Garrett Chao, New York, NY
 Retha "Pikachu" Charette, Sunderland, VT
 Bradley "Grasshopper" Charko, Shirley, MA
 Michael "Chef" Chiauzzi, Acton, MA
 Tommy "Chaco Ninja" Christen, Ithaca, NY
 Jack "The Map Dude" Cibar, Phoenix, MD
 Delia "Heartrock" Clark, Taftsville, VT
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 Matthew "Space Cowboy" Costanzo, Center Ossipee, NH
 Abigail "Dr. Kevorkian" Costigan, Dobbs Ferry, NY
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 Stephan "Mountain Goat" Cox, Boston, MA
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 Dennis "Daddy Long Legs" Curran, Underhill Center, VT
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 Ryann Dear, Clear Lake, WI
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 W David Delibac, Grand Isle, VT
 Logan "Pipes" DeMarco, Denver, CO
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 David "Double D" DeSanctis, Easthampton, MA
 David "GeoDude" DeVito, Ithaca, NY
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 Jake "Jake" Dissinger, Leeds, MA
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 Kayla "RoboToes" Donohue, Jericho, VT
 Timothy "Tarzan" Dougherty, Wyomissing, PA
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 Will "Pre" Draxler, Heath, MA
 Russell "Night Terror" Drescher, Berlin, MA
 Shaughn "the Camel of Corvallis" Dugan, Alexandria, VA
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 Mary "Squeaky" Egan, Arlington, MA
 Mark "Keep Swerping" Eis, New Paltz, NY
 Krystyn "McStreamy" Elek, Watertown, MA
 Laura Emilo, Middlebury, VT
 Matt "More Cowbell" Emsley, Sterling, MA
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 Caroline "Captain" Epstein, Boston, MA
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 Shanon "Tuna" Fan, Northampton, MA
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 Thomas "TOMCAT" Ference, Essex Junction, VT
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 Alison "Fluffy" Lacivita, Albany, NY
 Phil "All I Got" LaCroix, Jericho, VT
 Jeff "Mule" LaFrenier, Warwick, MA
 May "Kelvin" Lamb, East Calais, VT
 Lindsay "Sunshine" Land, Baltimore, MD
 Aliza "Short Stack" Lapierre, Richmond, VT
 Jennifer "Jingle" Larese, Ashford, CT
 Mike "Marmalade" Lawrence, Oceanside, CA
 Calvin "Cowdog" Lee, Liverpool, NY
 Seth "Long Trail Lemonade" Leonard, Winooski, VT

(continued on page 9)



PHOTO BY RAPHAEL MOTTO

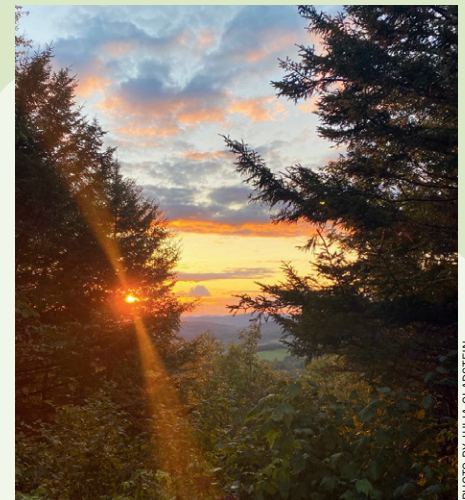


PHOTO BY JULIA GLADSTEIN



PHOTO BY CHRISTINE TODD

A Day in the Life of a Long Trail Thru-Hiker

Whether folks had more time on their hands or simply sought the solace of nature, the Long Trail saw a lot more use during the pandemic, as evidenced by the more than 500 names that grace these pages. Completing the 272 miles is a major accomplishment, covered in sections or all at once.

Curious about the details of a long-distance hike? Thalita “Wolf Mama” Ribeiro, who thru-hiked the trail in 2019 with Nala, her German shepherd, takes us through a typical thru-hiker’s day.



Thalita “Wolf Mama” Ribeiro preparing for her 2019 End-to-End hike.

6:00 a.m., Mile 179

It’s day 23 of my 36-day thru-hike of the Long Trail. I wake with bright sun streaming into Bamforth Ridge Shelter. Nala, my German shepherd, welcomes me every morning with a face lick. Yesterday we hiked 10.5 miles, up and over Burnt Rock Mountain, Mount Ethan Allen, and Camel’s Hump. We’re both tired and a bit stiff, but after a couple weeks the body adapts surprisingly well.

6:15 a.m.

After a few minutes to stretch my muscles, I begin my morning routine. First things first: I visit the privy. I take a washable pee cloth (Kulacloth) so I don’t have to carry toilet paper. I also have a small packet of baby wipes. I carry dirty wipes in a Ziploc trash bag, since they don’t break down easily.

6:30 a.m.

I grab my bear hang: a sealable dry bag 12 feet up in a tree at least 100 feet away from the shelter. I boil water with my MSR stove,

make instant coffee, and eat hot oatmeal straight from the bag. I serve Nala kibble in her collapsible bowl.

6:50 a.m.

I refilled my 3-liter water bladder and my Nalgene before going to bed last night, so that’s one less thing to worry about. I throw Gatorade powder into the Nalgene, shove Clif bars and a Ziploc bag of crushed potato chips into my pockets for snacks as I hike, and pack the rest of our gear. Nala carries her food, treats, bowl, leash and protective paw wax (Musher’s Secret Wax).

7:30 a.m.

Putting on my boots and covering myself with bug spray, I chat with the other overnight hikers. Today Nala and I plan to hike just over 12 miles to Buchanan Shelter. I turn on my Garmin InReach satellite communicator, update our location for loved ones, and we set off.

7:50 a.m., Mile 180

Nala and I arrive at an open ledge. I turn around to see a last

clear view of Camel's Hump and the miles I covered yesterday. It's really amazing to think how far my body has carried me over these mountains — and here I am, feeling stronger every day.

8:45 a.m., Mile 181

On a steep downgrade to the Winooski River Valley I slip and fall on wet leaves a couple of times. I lie there for a few seconds, and can feel my knees are getting a bit sore. I break out my stash of ibuprofen (a.k.a. vitamin I) and take two.

10:30 a.m., Mile 182

Today is a resupply day. Most Long Trail hikers go into town to recharge and resupply. Because I wanted Nala to eat her usual food, I arranged dead drop resupplies, courtesy of my boyfriend. At the trailhead on Duxbury Road I see a Home Depot bucket tied in a tree, labeled with "For Wolf Mama and Nala" and my expected pick-up date.

Inside I find the next few days' worth of food, a charged power bank, stove fuel, bug spray, toothpaste, baby wipes, vitamins, chewing gum, Ziplocs, and socks and underwear. Sometimes I find candy or a small can of Coca Cola. Leaving trash, extra food, and any other surplus weight, I rehang the bucket for my boyfriend to retrieve.

11:00 a.m., Mile 182

Since I'm stopped, I pull out my Thera-Rest butt pad and sit down for my usual lunch: Tuna Creations with chips and mayonnaise wrapped in a tortilla, an idea from Appalachian Trail thru-hikers I met early on. The energy boost, salt and crunchiness quickly made it my go-to.

12:30 p.m., Mile 183

Walking down the paved Duxbury Road feels strange after being in the woods so long. I feel like a wild animal, covered in dirt with sticks and leaves in my hair. Suddenly the trail veers off the road, and we climb a stile into farmland and pass through fields of grass and wildflowers. So much of the trail is the notorious tree-shaded green tunnel that the change of scenery is welcome.

12:45 p.m., Mile 184

Nala and I cross the Winooski River footbridge. A group of teenagers



End-to-Enders (continued from page 7)

Jennifer "Long Trail Lemonade" Leonard, Winooski, VT
David Lester, Syracuse, NY
Daniel Lester, Atlanta, GA
Kaia "Teriyaki" Levey, Fayston, VT
Christopher "Frosty" Lewis, Brunswick, ME
Chase Lewis, West Point, NY
Mathew "Sadhu" Linskey, Burlington, VT
Brian "Jayburt" Litt, Randolph, NH
Victoria "B52" Livingstone, Oakmont, PA
Samuel "Samwise" Loeb, Weston, CT
Maren "String Bean" Lord, Brooklyn, NY
Kyle "Unicorn Fart" Luce, Grantham, NH
Mary "Frostbite" Lukaszewicz, Brunswick, ME
Kristin "Rocket" Lundy, Charlotte, VT
Julian "AngelSon" Lunger, Acton, MA
Maya Lurie, Lexington, MA
Eli Lurie, Lexington, MA
Jack Lynch, Goshen, CT
Michelle "Mountain Goat" Lynch, Fairfax, VT
Stephanie "Butter" Lynch, Fairfax, VT
Andrew "Fungi" Lynn, Danvers, MA
Leiha "Mycelia" Lynn, Danvers, MA
Tom "GH (Gung Ho)" Lyons, Quechee, VT
George "Baby Food" Ma, Hillsborough, NJ
Skylar "Trip" Macarthy, Biddeford, ME
Christina "Newt" MacIntosh, Brooklyn, NY
Thomas "Chickadee" MacMullin, Concord, NH
Stephen "Cruz" Mallat, Lebanon, ME
Madeleine "Firestarter" Manders, Brookline, MA
Miranda Margulis-Ohnuma, Scarsdale, NY
Laura "Flip and Flop" Maroon, Wolfeboro, NH
Isaac "Sisuphos" Marston, Auburn, ME
Cayla "Chickadee" Marvil, Cambridge, MA
Connor "String" Matheson, Glen Rock, NJ
Raphael "U-Haul" Matto, Portsmouth, NH
Patrick "Patricio" Mattson, Boulder, CO
David Mattern, Randolph, VT
Paul Matus, Mount Airy, MD
Tammy Matus, Mount Airy, MD
Carolyn "Braids" Mauger, South Berwick, ME
Kyle Mauller, Springfield, OH
Trevor "Machine" Mayer, Nashville, TN
Jon "Jonny 5" Mayhew, Pittsford, VT
Luke "AWOL" McCarthy, Burlington, MA
Dan "Curly" McCarthy, Burlington, VT

Joseph "Stringbean" McCaughy, Seattle, WA
Erin "Silver Lining" McCullough, Williamstown, VT
Jason "Silver Fox" McDade, Tampa, FL
Jack "Southy" McDevitt, Brooklyn, NY
Doug "Captain" McGowan, Bronx, NY
Beth "Gravity Girl" McIntosh, Ripton, VT
Matthew "Bug Eye" McIntosh, Ripton, VT
Marty McLea, Waterbury, VT
Amber "Energy" Menard, Montpelier, VT
Flannery "Slug" Merideth, South Hadley, MA
Alex "Crossword" Messenger, Burlington, VT
Matthew Messenger, Burlington, VT
Lila "+1" Meyer, Hardwick, VT
MacKenzie "Ragu" Michaels, Burlington, VT
Edwin Miller, Stowe, VT
Winter "Snap Crackle Poo" Mitchell, Shelburne, VT
Will "Boomer" Mitchell, Shelburne, VT
Sara "Raspberry" Molho, Burlington, VT
Oscar "Count" Montano, Woodstock, VT
Danny "Ultra" Moore, Franklin, IN
Dawn Morgan, Greensboro, VT
Adam "Toad" Morgan, Burlington, VT
Rick Morrill, Greensboro, VT
Bill "Jethro" Morris, Burlington, VT
Sarah Morrison, Bozeman, MT
Daniel "Boots" Mortimer, Worcester, MA
Bryan "Bags" Mowatt, Rutland, MA
Tilghman "Easy" Moyer, Philadelphia, PA
Dominick "One-step" Mucci, Norwich, VT
Lily "Beans" Muhlbaum, Bethesda, MD
Rob "Sweat" Mullen, West Bolton, VT
Jeremy Mullins, Salem, MA
Gillian "Pumpkin" Murphy, South Burlington, VT
Laura "Murph" Murphy, Ripton, VT
Chelsea Murray, Ware, MA
Nick Nanfito, Southington, CT
Paul "Gobbles" Neal, Cuyahoga Falls, OH
Daniel Neilson, Rumford, RI
Aloe "Flower" Nelson, Portland, OR
Landon "Coach" Nelson, Greenwich, NY
Jackson "Bomba" Newberry, Orono, ME
Alessandro "Supafly" Newman, South Hadley, MA
Stephanie "Webster" Nicheporuck, Morrisville, VT
Robert "Blaze Brothers" Nicholson, Salem, MA

(continued on page 10)



PHOTO BY JULIA GUADSTEIN



PHOTO BY RAPHAEL MOTTO



End-to-Enders (continued from page 9)

Christopher Nuckols, Essex, VT
 Shelley "Frito" Nuckols, Springfield, MA
 Paul "Beyonce" Nuckols, Springfield, MA
 Christina "Early Bird" Nutting, Washington, DC
 Suzanne "Movin' Moo" Occiano, Blacksburg, VA
 Mathew "Leif" Olsen, Newburyport, MA
 Vince "Odysseus" Orzel, Sagamore Hills, OH
 Cliff "Cliff" Osborne, New York, NY
 Shawn "Twister" Osgood, Loudon, NH
 Liam Osler, Jericho, VT
 Parminder "Goldilocks" Padgett, Burlington, VT
 Marcus "Cowboy" Pagliarulo, Avella, PA
 Daniel "Blaze" Panichas, Exeter, RI
 George Papagelis, Simsbury, CT
 Jeffrey Papagelis, Simsbury, CT
 Jerry "Tarheel" Parker, Cullowhee, NC
 Katie "Qoya's Angel" Paroline, Randolph Center, VT
 Christine Payne, Peacham, VT
 Joe "JoeCool" Pelletier, Westport, MA
 Sarah Penney, Keene, NH
 Brooke "Routini" Perisho, Stow, MA
 Susan H "Touches-the-Clouds" Perkins, Weybridge, VT
 Wilson "Growler" Peters, New Orleans, LA
 Thomas "Chores/Hog" Phinney, Somerville, MA
 Kristina Phipps, Charleston, SC
 Lincoln "Two Packs" Pierce, Burlington, VT
 Sandi Pierson, Orange, NH
 Stephen Pilch, Ware, MA
 Susan "Sister Sue" Plisinski, Burlington, VT
 Jeremy "Polecat" Polacek, New York, NY
 Rachel "Tunes" Pomerantz, Newtown, PA
 Karl "Sarah and Karl" Portzer-Penney, Keene, NH
 Rick "Rickety" Powell, Ridley Park, PA
 John "Snowdog" Predom, Island Pond, VT
 Iyal Preiss, New York, NY
 Maxine "Short Stix" Presto, Jackson, NJ
 Ellie "Whistleblower" Primeau, Newport, VT
 Brock "Megamind" Quesnel, Whiting, VT
 Sara "TUPT (Taped UP Turtle)" Quesnel, Whiting, VT
 Nathaniel "Freight Train" Quesnel, Whiting, VT
 Nancy Quevillon, North Adams, MA
 Owen "Sir Owen VanGrizzle, Duke of Beartown"
 Rachampbell, Huntington, VT
 Mark Ragette, Danbury, CT
 Jonathan "Roo" Rahilly, Londonderry, NH
 Emma "Tuck" Ramirez-Richer, Shelburne, VT

Geoffrey Ransom, Barnet, NH
 James "King Tut" Rauch, Orchard Park, NY
 Grace "Peaches" Rauch, Orchard Park, NY
 Kevin Ravas, Schenectady, NY
 Michael Record, Waterville, ME
 Alex "Snooze" Reiber, Hardwick, VT
 Brian Reilly, Waterbury, VT
 Justin Reilly, Everett, MA
 David Reilly, Boxborough, MA
 Andy "Ramsy" Rhodes, Bedford, MA
 Guy Rice-Lesure, Ashfield, MA
 Jerome "Rattler" Richard, Clinton, ME
 Ellie "Tigress" Richardson, Beverly, MA
 Stephen Ridgley, Amesbury, MA
 Kevin Ridgley, Essex Junction, VT
 Fabrizio "No Fly" Roberts, Mystic, CT
 Bonnie "ATB" Robins, Killington, VT
 Josue "Doc" Rodriguez, Watauga, TX
 Leah Rogstad, East Wallingford, VT
 Sarah "Mountain kitty" Roscoe, Middlebury, VT
 Emma "Roll" Rosenau, Shelburne, VT
 Michael "Marathon" Rosenberg, South Euclid, OH
 Noa Rosinplotz, Washington, DC
 Andrew "Grumpy" Rosser, Au Sable Forks, NY
 Haley Rowlands, Burlington, VT
 Brian "Momo" Roy, Winooski, VT
 Cassandra Royer, Hardwick, VT
 Jessica Royer, Hardwick, VT
 Jennifer Royer, Hardwick, VT
 Katharine "Huevo" Ruegger, Bennington, VT
 Magpie "Dirt muffin" Rutenbeck, Brooklin, ME
 Eleanor "Poster Child" Rutenbeck, Brooklin, ME
 Derrick "Ricky" Salvatore, Nottingham, NH
 Margo Sauter, Hamilton, OH
 Joan "Pole Bearer" Sbarra, Derby Line, VT
 Amanda "D.W." Schelling, Littleton, NH
 Allyson "Pops" Scheunemann, Johnson, VT
 Kim "Bat Girl" Schmitt, Shelburne, VT
 Elijah "Heat Lightning" Schreiber, Burlington, VT
 Samantha Schrager, Los Angeles, CA
 Mackenzie "Scraps" Schultz, Juneau, AK
 Donald "Don-Cicle" Sellarole, Walpole, NH
 Yuliya "Kremlin" Semenova, Bellmore, NY
 Akul "Gravy" Sethi, Woodcliff Lake, NJ
 Bryan "Numbers" Seward, Shelburne, VT

(continued on page 13)

swimming below know I'm a thru-hiker because of my big pack, and they wave and shout encouragement. I know by now that a thru-hiker in Vermont is tantamount to a celebrity, so I do my best to be a good ambassador for the trails. Onward.

1:15 p.m., Mile 185

Reentering the woods we find a white foam cooler: trail magic. My mouth waters for a sweet, cold beverage, but unfortunately I find only empty soda cans. I feel crushed by this small piece of bad luck, wishing I had been here just a few hours earlier. But I can't dwell on negatives, I have more miles to go.



The empty trail magic cooler was a disappointment.

5:00 p.m., Mile 191

We've been hiking for what feels like an eternity on a long, slow uphill in the green tunnel. Usually I hike with just Nala and my own thoughts, but occasionally I catch up with another thru-hiker or two, and pass some miles chatting. After a few miles of PUDS (pointless ups and downs), I finally see the sign for the Buchanan Shelter spur trail. It's invigorating to know we're finally almost at camp, just another 0.3 miles to the shelter.

5:15 p.m., Mile 191

I immediately collapse like a sack of potatoes on one of the bunks. Nala and I are alone tonight. I just relax for a few minutes before diving into my long list of camp chores.

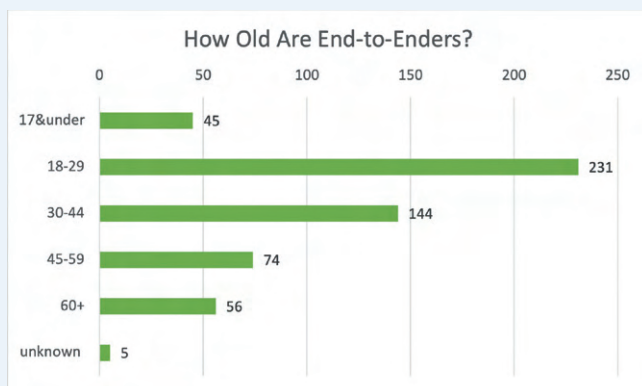
5:30 p.m.

After a quick pit stop at the privy I unpack my sleeping gear and set up in the shelter. I use shelters about half the time. I used my tent a lot more in the southern half, because shelters were full of AT thru-hikers. Buchanan Shelter has a front door

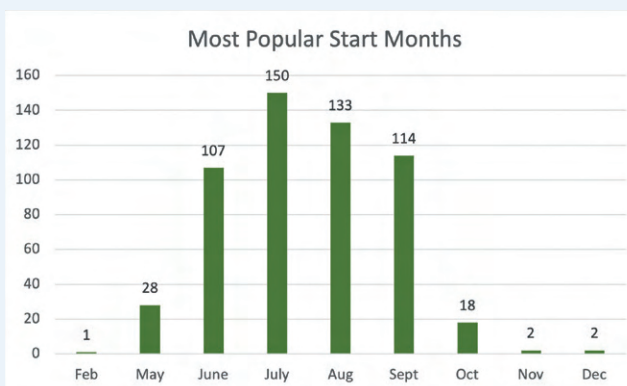


PHOTO BY RAPHAEL MOTO

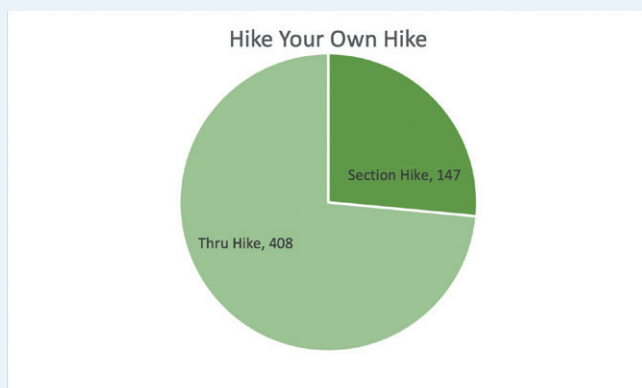
2020 End-to-Enders by the Numbers!



The average End-to-Enders was 34 ½ years old when they finished their hike; section hikers were 44 ½ and thru-hikers were 31 (on average).



July is the most popular start month for all End-to-Enders; thru-hikers favored August start dates while section hikers favored June and July equally.



74% of End-to-Enders who completed their certification in 2020 thru-hiked the trail; 26% section hiked.



555 is a significant increase in certified End-to-Enders.



PHOTO BY RAPHAEL MOTTO



PHOTO BY JULIA GLADSTEIN

Former End-to-Enders Answer:

“What’s the one thing in your pack you couldn’t live without?”

Most popular answers include:

The Magical Buff

A lightweight, quick-dry fabric loop that pays for itself in pack weight. Sweat rag, ear warmer, headband, bug guard, washcloth, and even a face covering in a pinch in town. Stuff it with a jacket or put it over an inflatable pillow for extra comfort at bed time.

Camp comforts

Treat your feet after a long day of walking. Lightweight Oofos or Crocs will cradle your tired feet. As for socks, a dedicated pair that stays clean and dry makes all the difference.

Safety first

Blister tape (KT, Leukotape, or duct tape), Permethrin (tick deterrent), nail clippers.

Rain gear that’s actually waterproof

Lightweight and accessible like a poncho. Pants to protect you while brushing through wet foliage, even when it’s not raining.

Next level hydration

Electrolyte packets or Nuun hydration tabs make your water go the extra mile. Powdered drink mixes like Crystal Light are a bright spot when things get monotonous.

What makes YOU happy?



Mackenzie Schultz

Maple syrup and double microbrewery local IPAs, right Dan Panichas??

Like · Reply · 1d



Zach Cavacas

Instant decaf coffee

Like · Reply · 2d



Sara Pierce

Muscle roller stick.



Margaret Twitchell-Wood

A bottle of essential oil mix called Now - Peace & Harmony.



Mike Marzicola

Cigars, always pack a few cigars..

Like · Reply · 2d



Jasen Boyd

Jolly Ranchers because no matter how bad things get, they are worse if you don't have a Jolly Rancher....

Like · Reply · 2d



Chris Gulley

Food

Like · Reply · 2d



Responses came from a discussion in Long Trail Hiking — GMC Community Facebook Group. Join in on the conversation!



and a door to the sleeping area, so it's pure luxury compared to the typical three-sided lean-to on the Long Trail.

I do my best approximation of a shower with baby wipes and baby powder (great for chafing!). Then I do “laundry”: change into my camp clothes, and hang today’s hiking clothes up to dry. I grab my stinky socks and underwear, cooking pot, water filter, and water containers, and follow the sign to water.

6:00 p.m.

At a small brook a few hundred feet from the shelter I set up my Katadyn pump filter and pump clean water into my containers. Filling once a day is usually enough unless it's a particularly long or hot day, when I stop occasionally and filter more. I finish

my laundry, which consists of soaking and rinsing my dirty underwear and my buff in water and wringing them out a couple hundred feet from the water source. Nala laps up water while I soak my feet in the cold brook for the perfect refreshment.

6:30 p.m.

With small twigs and dead leaves I make a small fire in the fire ring, boil water on my stove, and I can finally relax. Dinner is kibble for Nala, two packets of beef ramen for me. I'm so hungry I can't even think about anything else. I savor every bite by the glow of the fire. I build a fire in camp as often as possible; I find it's the perfect way to feel warm and relaxed. However, fires are prohibited at some high elevation shelters.



8:00 p.m.

The sun is setting, so I head into the shelter for my nightly routine. Nala lies down in a corner and gets comfy, and I massage her legs a bit to relax her muscles. Nala and I went on many training hikes where I slowly added weight to her pack to get her used to carrying several days' worth of food. She constantly runs back and forth on the trail, even when we're climbing, so the miles are as hard on her as they are on me. But she is always ready for more.

I do a quick tick check on Nala and myself, then plug my phone and satellite tracker into the power bank to charge overnight. I take more ibuprofen and crawl into my sleeping bag with my journal and guidebook.

8:30 p.m.

I plan for tomorrow, and read what we're in for. I hope to reach Taylor Lodge, which would put me in position to climb Mount Mansfield, the highest peak in Vermont. While each day has its challenges, I feel an immense sense of accomplishment I don't find in everyday life. This feeling is what it's all about. With a big smile I drift off to sleep, ready to wake up tomorrow and do it all over again.

— THALITA "WOLF MAMA" RIBEIRO
END-TO-END 2019



End-to-Enders (continued from page 10)

Matthew "Posi" Shinn, Randolph, VT
Lawrence "Early" Shippee, Winchester, NH
Elise "Sunny" Shulman-Reed, Essex Junction, VT
Natalie "Pepper" Silver, Stowe, VT
Kimberly "Pantry" Simonsen, Cambridge, MA
Shawn "Feathers" Sironaitis, Orange, MA
Maryjane Skelton, Craftsbury, VT
Charlotte Skutch, Brooklyn, NY
Clara "Boots" Slesar, North Ferrisburgh, VT
Travis "Footloose" Smith, Washington, DC
Ivey "Kaleidoscope" Smith, Arnold, MD
Lauren Smucker, Hendersonville, NC
Zuzanna Sowinska, Northampton, MA
Bob "Speedgoat" Speed, Winchendon, MA
Zachary "Mojag" Sprott-Scribner, Watertown, NY
Craig "Sweaty Spaghetti" St. Pierre, Fairhaven, MA
Mary "Martian" Stack, Gibsonia, PA
Joshua "Strawberry" Stein, Scarborough, ME
Sarah Stephens, Burlington, VT
Ryan "Slug" Sterling, Perkaskie, PA
Allegra Stewart, Brooklyn, NY
Rebecca "Bog" Stormberg, Somerville, MA
Margaret "Nutmeg" Stover, Block Island, RI
Daryl Straw, Essex Junction, VT
Brian "Bison" Strothmann, Farmington, ME
Anne Marie "Gigs" Stupinski, Burlington, VT
Christopher "Doc PED" Stutler, Millington, MI
Nancy "Nurse Ratchet" Stutler, Millington, MI
Sarra "Gumes" Sundstrom, NJ
Jacob "TreeTap" Surks, Underhill, VT
Tasha "Jingles" Sussman Moss, East Greenwich, RI
Brody "Little Legs" Sweeney, Williamstown, VT
Keith Sweeney, Williamstown, VT
Benjamin Talbot, Decatur, GA
Nell "Fireball" Tarno, Moretown, VT
Graham "Bango Skank" Taylor, Stowe, VT
Michael "Brightsides" Terkla, Arlington, MA
Colby "Dark Lord Supreme" Thompson, Vernon, VT
Christine "Nemophilist" Todd, Rosman, NC
Jim "Tidbit" Tolan, Bath, ME
Peter "Wotan" Trapp, South Hampton, NY
Karen "Frog" Troy, Shrewsbury, MA
Maggie "Fluff" Trundle, Charlottesville, VA
Connor "Doobie" Tucker, Delhi, NY
Heather Turcotte, Waterbury, VT
Tony Turner, Somerville, MA
Anna Turner, Portland, ME
Maggie "Old School" Twitchell, Waterbury Center, VT

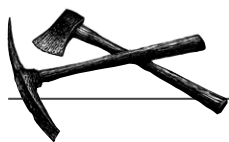
Jacob "Longshanks" Urtes, Baltimore, MD
Eduard van Breen, Norfolk, VA
Renier "Renier" van Breen, Norfolk, VA
Carol "Hillwoman" Van Dyke, Stowe, VT
Zach "Hurculeas" VanderPlate, Atlanta, GA
Sean "Myth Man" Vanzo, Westford, VT
Hans Veltheim, New London, CT
Bud "Old-Tomato" Venturini, Rochester, VT
Matt Vezina, Bennington, VT
Kelly "Alpine" Voigt, Newberg, OR
Jacob "Spud" Voyzey, Shaker Heights, OH
Lyra Wanzer, Somerville, MA
Chris "Spoons" Weddle, Brandon, FL
Noah "Frog" Weinstein, Princeton, NJ
Julie "3 Awesome Ladies" Weisman, Franconia, NH
Julie "Joules" Weiss, Franklin, IN
Ari "Tarzan" Wells, Amherst, MA
Elena "Bookworm" Wells, Williston, VT
Stephanie White, Windham, CT
Sarah "Cutie Pie" Whitney, South Burlington, VT
Frances "Spagert" Whyte, Bronxville, NY
Andrea "Awfully Chipper" Wicher, Rochester, VT
Dylan "BabyBlue" Wilcox, Woodsville, NH
Cameron "BB" Wilding, Bedford, NH
Keith Wilding, Bedford, NH
Jefferson Wilkins, Boalsburg, PA
William Williams, Jericho, VT
Francis Willis Jr, Queensbury, NY
Megan Joy "Rascal" Wilmarth, Burlington, VT
Curtis "Grubber" Wise, Canton, TX
Maggie "Giggles" Wise, Hudson, OH
Madie Wittmann, Montclair, NJ
Toby "Son of BillyGoat" Woodard, Gardiner, ME
Pamela "Fern" Woods, Schenectady, NY
Claire "The Three Awesome Ladies" Woodward, Shoreline, WA
Heather "Heathrow-like-the-Airport" Workman, Orwell, VT
David "Zandry" Wrenner, Essex Junction, VT
Maisie Wright, Albany, NY
Michael Wyatt, Duxbury, MA
William Wyession, Randolph, NH
Connor Yauss, Cincinnati, OH
Emrys "Merlin" Yetz, Torrington, CT
Yvonne "Sugar Rush" Yeung, Newburyport, MA
Kaid "Snax" Young, North Kingstown, RI
Noah "Loverboi" Zinn, Orleans, MA
Matthew "Briar" Zipf, Washington, DC
Anna Zoodsma, Poughkeepsie, NY
Emily "Neurosnake" Zuraski, Burlington, VT

Congratulations to the latest side-to-siders who hiked the 88 side trails on the Long Trail System, totaling 166 miles!

Cindy "Hug A Rock" Griffith, North Middlesex, VT
Ira W. "Mountain Goat" Sollace, North Middlesex, VT
Michael "Satchmo" DeBonis, Moretown, VT
Brendan Magill, Moretown, VT
Nigel Bates, Waterbury Center, VT
Nancy "Yellow Jacket" McClellan, Colchester, VT
Cecilia Elwert, Bristol, VT



PHOTO BY RAPHAEL MOTO



Long-Awaited Work on the Rugged Northern Long Trail Begins

I think of Long Trail maintenance in three sections: the southernmost 100 miles, co-located with the heavily used Appalachian Trail (AT); the middle section, known for popular destinations like Mount Mansfield and Camel's Hump; and the rugged northernmost stretch from Route 15 to Canada.

The first section benefits from the AT's National Scenic Trail destination, and GMC manages this portion of trail in cooperative agreements with the U.S. Forest Service and the National Park Service. Partnerships and funding are ample to keep it well-maintained. The same is true of the middle portion: close to Vermont's population centers and state government, its prominent peaks draw funding from state and local partners.

This can't be said for the northernmost 50 miles of the Long Trail. Its rugged treadway winds through sparsely populated mountainous terrain, and has neither the funding partnerships nor the visibility of the rest of the trail. If you've ever hiked from Tillotson Shelter northbound or up Belvidere Mountain, you're all

too familiar with steep grades, washouts, bypassed stone stairs and waterbars, and spots that might as well be classified as wetland.

I am immensely grateful to the GMC sections and individual volunteers who carry the burden of keeping the trail passible, but maintenance alone is not sufficient to keep up with the challenges this stretch of trail presents. It needs a serious investment in solid infrastructure. Laid out to minimize the work of its early clearing, the trail goes straight up and down mountains (see *Long Trail News* Winter 2018 "The Long Trail: Our Legacy" to learn more). Today it endures high traffic (just look at the record number of End-to-Enders) and extreme weather caused by climate change.

I have been working on a plan to manage these isolated miles sustainably since my arrival at GMC four years ago, evaluating the treadway with a 100-year horizon. Is the trail in the right place? Is it made of the best materials (e.g., wood vs. stone structures)? And are the design and layout the best they can be?

Staff members and volunteer leaders agreed the northern trail



Severely eroded sections of the Long Trail on Belvidere Mountain will be addressed using check-dams, check-steps, and stone staircases.

needed dedicated funding and professional crew to tackle its challenges, and a five-year plan for its improvement is a pillar of the Long Trail Legacy Campaign. Thanks to the generous support of so many members and friends of the club, we can now break ground on the first of many projects this summer.

Our fundamental goals are the same as always. We want to protect resources, provide an excellent hiking experience, and ensure the trail will be there for generations. That means reducing erosion, limiting the impact of increasing numbers of hikers, and ensuring that average hikers can find their way, all of which comes down to keeping water off and people on the trail. In 2021 the Long Trail Patrol will be hardening the worst wet areas between Tillotson Camp and Haystack Mountain, from Bruce Peak to Route 242, and from Jay Camp to Jay Peak.

We won't be able to bring the entire northern trail to sustainable trail design standards in just one summer, but this work will be the beginning of a drastic improvement in tread condition, and it will help strengthen and preserve the Long Trail for decades to come.

Farther south, the club will invest substantial work in the federally designated wilderness areas between Lincoln Gap and Brandon Gap. Through our partnership with the U.S. Forest Service, we have secured funding to significantly upgrade Cooley Glen Shelter, Emily Proctor Shelter and its privy, Boyce Shelter, and Sucker Brook Shelter.

The 2021 field season is certainly the busiest I have faced in my four seasons at GMC, not least because the work from the cancelled 2020 field season will be added to projects planned for 2021. If you've ever been curious about trail maintenance, or are thinking of giving back to the trails this summer, we always welcome volunteer support.

And if you see a Long Trail Patrol crew on the trail this summer, please thank them for their work — it's making possible your hike and the hikes of those to come.

—KEEGAN TIERNEY
DIRECTOR OF FIELD PROGRAMS



Wooden puncheon will harden the trail in areas prone to flooding.

PHOTO BY MATT HELLER

What 2020 End-to-Enders had to say about the rugged Northern Long Trail

"Since we have hiked the White Mountains in New Hampshire and out west, we brought some attitude to the Long Trail assuming it would not be so challenging. We ate those words rather quickly after **a few days in the north navigating roots, mud, boulders, ladders, cobbles, thin trails, ups, downs, ups, downs...**"

— LAURA "FLIP AND FLOP" MAROON, SECTION HIKE FALL 2020

"I completed many other long distance trails prior to the Long Trail and even still, I was presented with some new challenges. The Long Trail consisted of some of the hardest sustained hiking I've done...I can confidently say that my least favorite stretch was going up Haystack Mountain and along the ridge to Belvidere Mountain. This mostly had to do with it being our second day, when I was most tired and sore. But **also the trail was pretty rough through there.**"

— LEAH "TWIG" HARMAN, THRU-HIKED SOBO IN SEPTEMBER 2020

"There's something magical about the Northwoods that comprise the Northeast Kingdom. **The rugged trail feels like a playground comprised of roots and rocks**, and the moss-strewn floors inspire visions of fairies and gnomes."

— CHARLOTTE "LOON" CADOW, SECTION HIKE IN 2015 AND 2016

LONG TRAIL LEGACY CAMPAIGN

Your Mountains. Your Trails.

When James P. Taylor gazed out at a misty Stratton Mountain more than a century ago, he envisioned a trail the length of Vermont. But he probably didn't anticipate how many people would use America's first long-distance hiking trail, or that the need for outdoor recreation would rise so dramatically in a global pandemic.

Now, with trailhead parking lots overflowing and double the usual number of registered Long Trail End-to-Enders, we are thinking about the trails and the land in their current condition, and the people who enjoy them, and assessing what is needed to ensure that the future of Vermont includes the Long Trail. This means stable funding, sustainable trail management, protected land, and resources for the hiking community.

To ensure that the Long Trail remains a valuable recreational, economic, and ecological resource, the Green Mountain Club is embarking on the Long Trail Legacy Campaign to protect your mountains and trails for future generations.

This campaign is an opportunity for everyone who loves the Long Trail to have a role in improving it for our current enjoyment and protecting it for future generations. We invite each of you to join the campaign by making a gift that reflects how much you value and treasure the Long Trail. You can support the campaign by making a gift today and by joining us for what we love most: a hike to celebrate Long Trail Day on August 28th. Details and sign up at greenmountainclub.org/longtrailday.

"As former field staff, we understand the importance of protecting and maintaining the trail for future generations. We are excited to be part of a campaign that will allow others to see a sunset from the summit of Mount Mansfield, hike along the banks of Little Rock Pond, and continue to share in the beauty of Vermont's woods. We hope that everyone will see this as an opportunity to be part of supporting the trail and the GMC for years to come."



- CAITLIN MILLER & JAMES ROBERTSON

Your Legacy.

YOUR OPPORTUNITY

Investing In OUR FUTURE

By donating to this campaign, you will grow our endowment, which will help provide reliable annual revenue and strengthen positive connections to Vermont's mountains for generations to come. With your support, we'll invest in the long-term sustainability of the Long Trail and the other trails we maintain in Vermont, including the Appalachian Trail and Northeast Kingdom Trails.



Investing In OUR PEOPLE

By donating to this campaign, you will invest in year-round planning, learning, and work at the Green Mountain Club. You'll enable a modern, multipurpose renovation at our headquarters with better public access and visitor experiences, and a place for GMC's rich archives to safely live on display.



Investing In OUR TRAILS

By donating to this campaign, you will invest in a sustainable trail in the rugged northern reaches of Vermont, improving the quality of the Long Trail System as a whole and creating more enjoyable hiking in the north.

Additionally, you will ensure that the trail is better managed for year-round use and is able to handle a changing climate, which will include more frequent and intense storms.



Investing In OUR LANDS

Protecting the land along the Long Trail is critical to its future. With your support, we have already protected 97 percent of the 272-mile trail. By donating to this campaign, you will help permanently protect another mile of trail. In addition, you'll help GMC invest in its rental cabins and land around Wheeler Pond in Barton, Vermont, improving public access and protecting this remote and scenic area from development.





Sections Make the Club

Meet the Presidents of GMC's Regional Membership Sections

This is the second installment in our year-long series profiling GMC's section presidents. Catch previous profiles in the Spring 2021 Long Trail News. Below, meet the presidents of GMC's Brattleboro, Manchester, Killington, and Upper Valley Ottauquechee (UVO) sections.



Meet BONNIE HAUG-CRAMP Brattleboro Section

In 1984 Bonnie Haug-Cramp and her friend Betha started south on the Long Trail (LT) toward Spruce Peak. Bonnie, then living in Massachusetts, had started backpacking with Betha, who was training for an Appalachian Trail thru-hike.



"[The new Spruce Peak Shelter] wasn't completely done. A group from the Brattleboro Section was working on it. They were really great folks, and I just kept coming back," recalls Bonnie, who moved to Brattleboro in 1988, inspired by the friendships she formed at Spruce Peak Shelter. A year later she moved to Williamsville, and now she is in her second year as the section's president.

The Brattleboro Section formed in 1947, and now has 126 members. It maintains nine miles of the LT between the Winhall River and Route 11/30, including William B. Douglas Shelter and Spruce Peak Shelter. Since the pandemic curtailed recreational section outings, the section has shifted its focus to trail maintenance.

"It's important to show that we take care of the trail and shelters, and we hope it inspires visitors to also take care of them," Bonnie says. "We want it to be a really obvious part of our culture." The section traditionally also hosts at least two overnight work parties before the summer hiking season.

Bonnie has section hiked about half of the AT, 100 miles of the LT, and the Monadnock Greenway. She and her

husband Rob spent 14 years as seasonal caretakers on the AT in Massachusetts. As she nears retirement from a career in counseling, education and vocational services, she anticipates more time for trails. She plans to hike the White Mountain Presidential Traverse this year.

"It's been so much fun, honestly," she says of her involvement with the section. "The trail work is important, but it's really a vehicle for getting outdoors and enjoying the company of others who like to do the same."

The Brattleboro Section plans a lot of work this summer. "The supplies are ready to go, and it's all hands on deck!" she says. "Our events are open to all, regardless of experience. New members and volunteers are always welcome."

They also aim for some kid-friendly and lighter activities each year. Their schedule is published on the section's website (www.brattleborogmc.org), but updates are more easily found on their Facebook page.

Meet MARGE FISH Manchester Section

"There was an Eagle Scout," recalls Marge Fish. "He was to put 150 yards of puncheon into an area that used to be a mud wallow, 15 to 20 feet wide."

The puncheon – planks set across bogs, boulder fields, or small streams – had been delayed by late-season snow. Now the high school senior had only one weekend to finish the project near Manchester.

Marge was the volunteer adopter of the Bromley Tent Site, so she was nearby



when the Scout arrived on that prom weekend around 2001 with the material and 30 of his friends to bridge the mud 0.7 mile up Bromley Mountain from the road. However, they lacked tools. Marge, impressed by their effort, stepped in to support the crew.

"Those kids worked from eight in the morning 'til five at night, when they all ran home to get ready for the prom," Marge recalls. "They came back [the next morning] to build the puncheon." The team finished their task, and the mud wallow, which formerly grew wider each year, is now dried up.

Marge's participation that day earned her the trails and shelters chair position in the Manchester Section, which oversees the 10-mile stretch of the LT from Route 11/30 to Griffith Lake, including Bromley Shelter. Marge has been section president for more than six years.

Her dedication to GMC has extended far beyond the section. She has served on most of GMC's committees, from land conservation to the centennial committee, and as vice president three years and president three years.

Marge moved to Vermont to pursue her education in 1968, and joined GMC as an at-large member in 1973. The 76-year-old Bronx native had spent most of her life before then on trails. "I have been hiking since I was three years old, and backpacking since I was in my teens," she says. Her parents ran Camp Woodcliff, a children's camp in Sawkill, New York. "We spent every weekend from April through October there while my dad did pre- and post-season maintenance."

Today you'll generally find her hiking and backcountry camping in her MSR one-person tent with her homemade trail mix when not working as a nurse or volunteering as a paramedic. In May she retired from her 35-year nursing career, but she continues to teach CPR and work at COVID vaccine clinics.

The Manchester Section is small, with a dedicated core of 10 to 20 volunteers, but is heavily involved in the community.

They run outings for and work with local schools on service-learning projects. Marge hopes to increase the number of section trail workers and donors. If interested, check www.gmc-manchester.org, and sign up for the section's quarterly email newsletters.

Meet WAYNE KREVETSKI Killington Section

In his late 40s Wayne Krevetski read *A Walk in the Woods*, Bill Bryson's memoir of his 800 miles on the Appalachian Trail. "I thought, 'It'd be neat to do that someday,'" recalls Wayne. He'd had the same thought in college when he'd first heard of the AT, but hadn't followed up.

"I realized that if I don't make up my mind, *someday* is never going to come," says Wayne. So he decided to thru-hike the 2,200-mile trail as soon as he retired from his job with the State of Connecticut. He retired early, and hit the trail in 2004.

He wore a Tilly hat the entire time, which earned him the trail name *Madhatter*. "A long-distance hike—I spent just short of five months on the trail—it changes you. You're never the same," recalls Wayne.

In 2005 Wayne and his wife moved to Vermont to continue skiing, a long-held goal, and Wayne joined the Green Mountain Club then. He has served an earlier one-year term as section president, and also two three-year terms as a general director on the club's board.

"I was basically giving back to the trail after my AT thru-hike," he says. "Some [hikers] don't appreciate the time and effort that went into putting that trail on the ground. I wanted to help maintain that trail."

The Killington Section, formed in 1911 as the Rutland Section with 25



members just 18 months after the GMC's birth, is one of the club's oldest sections. Its 251 members maintain the Long Trail between Route 140 and Maine Junction, just north of Route 4. Their section includes five shelters.

Wayne completed an end-to-end hike of the LT in 2006, shortly after moving to Vermont. In 2014 "my wife said I was getting cranky, and I needed to do another long hike," so he started the Pacific Crest Trail from Mexico to Canada. About 260 miles short of Canada he came home for the birth of his first grandchild, but returned to complete the trail. He's also hiked the 133-mile Northville Placid Trail in the Adirondacks.

"It's been hell trying to stay still," laughs Wayne.

Now Wayne spends his summers backpacking and supporting hikers as a volunteer with the Appalachian Long Distance Hiking Association. In winters he teaches skiing at Killington Resort. He's looking forward to a post-pandemic society, when it will be safe again to connect with out-of-staters and table for GMC at high-traffic events—and spicing up the calendar with weekend outings. Find more information on the section website: www.gmckillington.org.

Meet DICK ANDREWS UVO Section

Dick Andrews recalls advocating for additional legislative protection for parts of the Green Mountain National Forest in the 1970s and 1980s. The forest was established in 1932, but wilderness designation would provide the highest level of protection for its remote areas.

But wilderness designation would forbid the use of chainsaws. The Green Mountain Club opposed the legislation, partly because "Protecting the wilderness



Section Directory

Bennington

Maintenance: Harmon Hill to Glastenbury Mountain
President: Reed Goossen, (215) 595-6391
E-mail: rgoossen@gmail.com
Website: benningtongmc.org

Brattleboro

Maintenance: Winhall River to Vt. 11 and 30
President: Bonnie Haug-Cramp, (802) 380-5165
E-mail: onacloud@myfairpoint.net
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: Jonathan Breen, (802) 764-1275
E-mail: ghostman2651@gmail.com
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: conngmc.com

Killington

Location: Rutland area
Maintenance: Vt. 140 to Maine Junction
President: Wayne Krevetski, (802) 282-2237
E-mail: wkrevetski@hotmail.com
Website: gmckillington.org

Laraway

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

Manchester

Maintenance: Vt. 11 and 30 to Griffith Lake
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: Dana Lawrence, (802) 223-1007
E-mail: hikeski51@gmail.com
Website: gmcmontpelier.org

Northeast Kingdom

Maintenance: Willoughby and Darling State Forests and the Kingdom Heritage Lands
President: John Predom, (802)-377-9654
E-mail: gmcnek@gmail.com
Website: nekgmc.org

Northern Frontier

Location: Montgomery
Maintenance: Hazen's Notch to Canada
President: Ken Whitehead, (802) 933-5352
E-mail: mrsswhitehead@gmail.com
Website: gmcnorthernfrontier.org

Upper Valley-Ottawaquechee

Location: Upper Connecticut River Valley, and New Hampshire
Maintenance: Appalachian Trail: Maine Jct. 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: Kevin Hudnell, (802) 851-7019
E-mail: khudnell@gmail.com
Website: gmcterling.org

Worcester

Location: Worcester, Massachusetts
Maintenance: Stratton-Arlington Road to Winhall River
President: Ram Moenns, (508) 210-6965
E-mail: shivratr@gmail.com
Website: gmcwooo.org

Join a Section!

Interested in taking part in section outings or trail maintenance volunteer opportunities? You can join a section at: www.greenmountainclub.org/members/our-sections/ or contact Rick Dugan, Membership Coordinator at rdugan@greenmountainclub.org or (802) 241-8325.



would make trail maintenance more difficult,” explains Dick. “That made sense to me, so I joined the club in 1978 and began helping maintain trails.”

That was Dick’s introduction to GMC. He’s now president of its Upper Valley Ottauquechee (UVO) Section, but his dedication is club wide. He’s been a shelter adopter, was club treasurer for six years and club secretary for one term, and has served on six committees, including the land conservation, endowment, and trail management committees today. He also copyedits the *Long Trail News* and shuttles hikers to and from trailheads.

Dick’s professional life has been similarly varied: he has worked as an engineer, researcher and lobbyist, backcountry ski guide, and newspaper reporter and editor.

Dick also invented the backcountry moldering privy GMC favors today, inspired by a Clivus Multrum toilet he installed at his off-grid house in the ’70s. There are now hundreds of moldering privies along the Appalachian and Long Trails and in other places around the country.

The UVO section maintains 46 miles of the Appalachian Trail, from Maine Junction to the Connecticut River, including four shelters. Forty-six miles is a lot, says Dick, even for 303 members. The section, which formed in the 1980s, originally maintained 23 miles, but it took on another 23 miles from the Dartmouth Outing Club about 10 years ago. Since then the section “has been experimenting with our maintenance regime,” he says.

There is a coordinator for each 15 miles of trail, and there are about two dozen adopters of two- to three-mile segments. Today the section relies on GMC staff for major construction, which is a substantial change in Dick’s 35-year experience.

“We used to build privies and bridges and shelters on our own, but we don’t now,” he says. “We used to drop a couple of telephone poles across a stream and put a deck on them. Now a bridge has to be designed by an engineer.”

It’s not all work, however. The section normally schedules about 175 events annually, of varying length and difficulty to accommodate different ages and abilities. More information can be found on the UVO website: www.gmc-o-section.org.

— ANGELA HILSMAN
COMMUNICATIONS COORDINATOR

Rapid Fire Questions

Go-To Trail Snack?

“Forget Snickers bars; go for the PayDays. They don’t melt.” —*Bonnie*

“My gorp with multiple kinds of nuts, dried blueberries, and M&Ms.” —*Marge*

Favorite Outdoor Activity?

“If you call bushwhacking a separate activity; I like exploring areas that are sort of unknown.” —*Dick*

“If there’s snow on the ground, I’m skiing. If there’s no snow on the ground, I’m hiking.” —*Wayne*

Gear you can’t live without?

“I’ve been 10 years in a hammock now. Most times I find a place to hang the hammock, and I’m very happy.” —*Bonnie*

“A compass. On most hikes, I’m the only person who’s got one on a lanyard in their pocket.” —*Dick*

“My MSR one-person tent and my Jetboil stove.” —*Marge*

“My beige Tilley T3. It’s wonderful. It keeps the rain off your head. It helps keep the bugs away from you. If it’s really buggy, you put your bug net over the top—out west that was a lifesaver.” —*Wayne*

Favorite local hike:

“Mount Ascutney in Windsor, not far from I-95. It’s seven miles round trip, 2,400’ ascent. The trails are very pleasant and well-maintained. It’s a good workout, and it has a 360-degree view.” —*Dick*

“Up Killington. But if I take someone up who isn’t much of a hiker, Deer Leap is relatively easy with a view from the top.” —*Wayne*

Favorite GMC memory?

“Going to Spruce Peak in the wintertime. It’s one of the only shelters with a stove, four walls and a door. Being there in the winter is really a favorite thing to do.” —*Bonnie*

Favorite part of volunteering?

“Doing projects that are challenging and having some pride in completing them.” —*Bonnie*

“I like leading hikes and going on hikes. We have a very active outing schedule – 175 in a year.” —*Dick*

“It’s that people-orientation thing. GMC and its people are like a big family.” —*Wayne*



Mourning the Loss of Legendary Shelter Builder LOUIS “SANDY” STARE JR.

In March the club learned the sad news of the passing of longtime GMC member and volunteer Louis “Sandy” Stare Jr. Sandy was a giant among Green Mountain Club volunteers, and his contributions have benefited countless hikers over the years.

Sandy is probably best known for the construction of Lost Pond Shelter in what is now the Big Branch Wilderness. In 1963 he saw the new U.S. Forest Service shelters at Little Rock Pond, and was inspired to build one. Using a Forest Service blueprint, he constructed the shelter at his Cape Cod home in the winter of 1965. He had to modify the design so it could be disassembled, transported 250 miles via a convoy, and reassembled in the Vermont woods.

The epic transport and construction of Lost Pond Shelter alone would cement Sandy’s legacy in GMC’s history. But his impact extended far beyond Lost Pond Shelter. Sandy was widely considered an expert Long Trail shelter builder and project manager, and he was called on to help lead many shelter projects on the Long Trail, including Minerva Hinchey, Lula Tye, East Shore (Little Rock Pond), and Tucker Johnson Shelters.

Sandy was quiet and humble, but showed great pride in his work, whether it was his hand-crafted wooden toys that he donated to kids or talking about his approach to



Mike and Sandy.

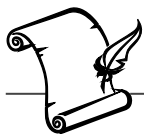
designing and building Long Trail shelters.

Former GMC President Ben Rolston said it best when dedicating Lost Pond Shelter in 1966:

The work is done. Now we shall reap the benefits. As hikers prepare their meals at the shelter, breathe the pure Vermont air, enjoy the wilderness setting...gaze at the stars and the endless depths of the heavens above, watch the dying embers of the evening campfire, and restore their strength with refreshing slumber, we know that Mr. Stare’s wishes will have been fulfilled.

Thank you, Sandy. You will be missed.

— MIKE DeBONIS, EXECUTIVE DIRECTOR



Board Report

The Green Mountain Club Board met on March 13 via remote conference.

After President Tom Candon welcomed board members, staff, and guests, Treasurer Nancy Thomas and Director of Finance Jason Buss reported the club is financially strong despite the pandemic. As of March 1 revenue was above budget. Fund raising at the end of the fiscal year was strong, and staff held expenses below budget. The board unanimously approved a \$2.1 million budget for fiscal year 2021, which began May 1.

Hope Crifo, chair of the club’s endowment committee, reported an endowment balance of about \$5.9 million. The committee had reviewed responses to its request for proposals for managing the endowment’s investments, and the board unanimously approved the committee’s recommendation to engage Morgan Stanley’s Alpine Legacy Group.

Alicia DiCocco, director of development and communications, and Nancy McClellan, chair of the capital

campaign committee, described plans for the public phase of the capital campaign.

The board approved a statement of commitment to inclusivity drafted by the working group on diversity, equity, and inclusion, and presented to the board by group chair Caitlin Miller.

Mollie Flanigan, GMC Land Conservation Manager, reported the status of the Long Trail Protection Campaign, which began in the 1980s when many miles of trail hosted by private landowners were protected only by handshake agreements.

The campaign has completed 103 projects involving 21,000 acres protecting than 60 miles of the trail. Still unprotected are 6.28 miles on 12 parcels of land. Mollie described efforts underway to develop a strategic conservation plan to guide future protection efforts.

The summer board meeting will take place by Zoom video conference on June 12 after the annual GMC business meeting.

— ED O’LEARY, SECRETARY



GMC Camps Program Grows and Adapts Through the Pandemic

On March 20 last year I hiked to Bolton Lodge and Bryant Camp in Bolton Valley to close the cabins in GMC's initial response to Covid-19. It was a raw and cloudy late winter day, matching the feeling of raw uncertainty in my stomach.

Surrounded by deep snow, the cabins would ordinarily welcome several more weeks of happy campers. What would the near future hold for these beloved cabins, I wondered. How could GMC offer safe and accessible outdoor recreation in an unfolding pandemic? Questions scudded through my mind like the clouds above.

I would have hardly guessed it, but today we look back on the busiest and perhaps most appreciated year of backcountry cabin rentals in GMC's 17 years of managing them. After a spring of monitoring the progress of the pandemic in Vermont, we planned carefully and reopened our three cabins in July 2020, still wondering how it would go. We were amazed by the response. Occupancy was up 22 percent over the previous fiscal year, booked at 70 percent capacity between August 2020 and March 2021, up from 48 percent the year before.

Safely reopening required following the state's Covid guidelines for lodgings, and cooperation by renters. We had to gather more contact information than usual, and to certify that guests were following quarantine rules. GMC stocked the cabins with cleaning supplies for renters to sanitize surfaces before and after their stays, and we increased the time between rentals to separate groups of guests.

While focusing on successfully managing the cabins during a pandemic, GMC's Camps Program also made strides in planning for its future. In April 2021, GMC sold Headwaters Camp in Avery's Gore to a group of local residents, including the grandson of the cabin's builder.

GMC had bought Headwaters Camp in 2015 as a possible overnight site for hikers on the Kingdom Heritage Trail and as a backcountry rental cabin. Over the last six years GMC has explored numerous management scenarios, but eventually determined that the challenges presented by the cabin's remote

Feedback from guests showed what the chance to stay at a backcountry cabin meant to renters:

"I made my reservation for Bryant Cabin in the early days of the pandemic, unsure of what conditions would arise when my September reservation date came along. Originally planned as a mama's get away hiking weekend for me and several friends, it evolved into a weekend for me and the dog. The change of scenery, the welcoming woods, and the pair of moose I saw not once, but twice! was a welcome respite and break away from my (un) usual pandemic routine."

—CHRISTINA ERICKSON, BURLINGTON

location, annual lease term, and structural issues were too significant for non-profit management and made the decision to sell. We wish the new owners well and will work to develop tenting sites along the Kingdom Heritage Trail that will better serve backpackers.

While saying farewell to one cabin, we are eagerly planning to welcome another. Part of the Long Trail Legacy Campaign will finance rebuilding the former Beaver Dam Cabin at Wheeler Pond in Barton. We closed the beloved but structurally unsound cabin in 2016 and are planning on building a new cabin that will be universally accessible. We are eager to double our capacity for guests at Wheeler Pond, and we welcome all to enjoy the Northeast Kingdom. If you have enjoyed a night at one of GMC's cabins, you know their value. I hope you'll support the new cabin by donating to the Long Trail Legacy Campaign.

—MOLLIE FLANIGAN, CONSERVATION MANAGER



A sketch of the proposed new Beaver Dam Cabin, by Chad Forcier.



Hadsel-Mares Cabin

No Trail Name, No Problem

Thru-Hiking 50 Years Ago

By TOM MCKONE

"If he didn't have a trail name, he didn't hike the trail." That conclusion made me laugh. Two years ago, when my sister told a recent Appalachian Trail thru-hiker that her brother had done the AT, too, his first question was what my trail name was. Hearing I didn't have one, he lost interest, deciding I couldn't be a real thru-hiker.

No, I didn't have a trail name when I did the then-2,029-mile AT back in 1971. I hiked much of the trail with a college friend, Bob Winslow, and we met a couple of long-distance hikers with nicknames, but no one with what would later be called a trail name.

Bob and I were avid day hikers, and months before starting the AT, after someone mentioned the trail, I wrote the Appalachian Trail Conference (now the Appalachian Trail Conservancy) for information. This was just before trail resources started to expand, so the planning process was slow and difficult.

Trail names were among many things we didn't have then—from GPS apps and cell phones to hostels and stores catering to backpackers. Guidebooks were few and basic, and there was almost no support system beyond shelters, signs at roads and trail junctions, and those beloved white blazes.

Trail magic existed, since people did nice things for hikers, but the term didn't. I hiked the trail in cut-off jean shorts, and my only other pants were jeans that weren't cut off. Too heavy, too hot and very slow to dry. Equipment options were extremely limited, and except for my Svea stove, none of my brand-name gear was fully up to the task.

Vermont is the 12th state for northbound thru-hikers, and the only place where the AT took a backseat to another trail. In those days, when the AT and the Long Trail split just north of Sherburne Pass, the Long Trail kept white blazes and the AT switched to blue. Though recently designated a National Scenic Trail, the AT was effectively relegated to being a side trail to the venerable LT.

The Long Trail was better maintained than most of the AT, and its natural beauty and warm encounters with Vermonters made the Green Mountain State one of the favorite parts of my 2,000-mile hike. On my second day in Vermont, several other hikers and I, drenched after a thunderstorm, arrived at

an overfilled camp. The caretaker left to make a phone call. He returned with a GMC Bennington Section member who, in two trips, drove 10 of us to his house for the night. We camped in his living room and an outside playroom. Best of all, he invited us to use his washer and dryer.

In Gifford Woods State Park, the ranger told me that the state government had warned that 200,000 hippies were expected in Vermont that summer. After all, the 1967 Summer of Love and the legendary 1969 Woodstock Festival were still fresh memories. "In my report to Montpelier," he told me, "in the section on hippies, I said they had been 100 percent perfect, and that I hoped I got a lot more of them."

In 1971, 23 years after the first thru-hiker, we were still a novelty. When I finished, the ATC told me I was just the 35th thru-hiker, though 20 section hikers had also finished. There were far, far fewer people everywhere on the trail then. In the 500 miles between the Smokies and Shenandoah National Park, Bob and I met only a few hikers, and almost always had the trail and shelters to ourselves.

We had a trail-beaten look, so people often asked how far we'd come and where we were going. During my 127 days on the trail, I was asked for my autograph several times, even though I was just a guy putting one foot in front of the other for months on end. We coped with entire weeks of rain, occasional minor injuries, equipment failure, dried water sources, losing the trail, closed stores, sleeping in odd places, aggressive shelter mice—all the usual stuff.

I have traveled and walked widely in the last 50 years, but following white blazes from Springer Mountain, Georgia, to Mount Katahdin, Maine, is still one of my best trips. I liked Vermont so much that I kept coming back, and a few years later I moved here. I've called the Green Mountains home ever since.

Tom McKone is a lifelong walker and writer. His full account of his AT thru-hike is in both Hiking the Appalachian Trail and Great Stories of Hiking the Appalachian Trail. The Connecticut native has lived in Vermont for over 40 years. A Montpelier resident, he is a retired teacher, principal, and library administrator.



Tom McKone in 1971, Springer Mountain, GA.



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