

GAZETTE

Newsletter for the American Long Distance Hiking
Association West
SUMMER 2016 ISSUE 2



The 7 Summits of the Siskiyou Trail

The 7 Summits of the Siskiyou Trail, or 3ST, is an original adventure that I've designed in search of summits and snack foods. This 448-mile trail has many unique anomalies and features, among them being that it begins closer to a Farmer's Market than any LDH trail – less than 0.1m. On Saturdays the Ashland, Oregon market runs from 8:30am to 1pm and provides fresh locally grown food which can be purchased before setting off from Mile 0. From downtown's Lithia Park you immediately enter bear territory. Northern California has more bears per acre than almost anywhere and on my own hike I saw over a dozen



The Siskiyou Mountains, which this trail traverses, was the last New World land to be explored by the early pioneers. While in those days they were dining on black beans and even blacker coffee, today you can eat like the bears – feasting on an array of wild berries, nutritious greens, and fish. Like relics from the dinosaur age, massive salmon still swim in the creeks which you will hike along. On this trail, you'll also get a chance to capture water from pristine headwater springs which feed 6 different Wild and Scenic Rivers. On their descent, these waters fill the more than 40 glacial cirque lakes that are also encountered.

Wild strawberries on the 3ST

The real highlight, though, is that this trail visits the highest point in 7 incredible wilderness areas. On the final summit, at 14,179ft on Mt Shasta, there's a steam vent that's spewing forth sulfur crystals. Many people who've never been to Mt Shasta are familiar with it thanks to John Muir's now-famous writings; where in them he tells how the vent's scant warmth kept him alive thru the night on one of his own adventures here. Well I think Muir would be proud to know that in order to surpass Mt Shasta on any LDH trail in the US today, you'd have to hike on his trail; for only when *The John Muir Trail* reaches Mt Whitney can you go any higher.

Generally speaking, the Siskiyou is said to be one of the best sections on the entire *Pacific Crest Trail*; however, being a local I know that the reality is that the PCT misses the best of what it has to offer. Between the towns of Ashland and Mt Shasta the 3ST uses the PCT on 6 brief occasions. Also required to make this trip a thru-hike are 6 small road segments, which comprise 9% of the total distance. These scenic miles give you access to resupplies and allow for seamless continuation to the next wilderness area.



Mt. Shasta looms over McCloud, a 3ST resupply town.

The 7 Summits of the Siskiyou Trail is both friendly enough for newcomers to backpacking and rewarding enough for long-trail veterans. To read about the first thru-hike of the 3ST, and other long-distance trails that I've successfully completed, visit: www.trailjournals.com/Zoner. A petition asking for the official designation of this adventure as a National Scenic Trail can be read and signed at: www.change.org/p/president-of-the-united-states-the-7-summits-of-the-siskiyou-national-scenic-trail



Aria Zoner on the 7th summit

Aria Zoner

Whole Food Hiker is a publisher of original adventure guidebooks, inspiring thru-hiking documentaries, and informative nutritional videos that can help to achieve wellness out of suffering.

www.wholefoodhiker.com



Snorkel

President's Message

ALDHA-West members have always managed to be the most responsible hikers on the trail. This season's Gazette is dedicated to a theme of a higher calling—that calling that ALDHA-West members get when they realize there is more to the trail than All You Can Eat Buffets. Our members are doing amazing things in pursuit of our trail and trail community, and we want to thank each and every one of you for giving back to the hobby in your own way.

First, we're pleased to award the Andersons the Martin D. Papendick Award this year for their decade+ of service to the Pacific Crest Trail hiker community at Casa de Luna in Green Valley, California. ALDHA-West is partnering with the Wolverines to bring the Andersons to the Gathering. By honoring these fun-loving trail angels, ALDHA-West thanks them for the laughs, memories, and taco salad.

Next, we're pleased to announce that the Triple Crown Award application is open and ready to take your submissions until September 1st. All hikers who have completed the AT, PCT, and CDT in their entirety—linking up their footsteps—are eligible for the award, whether they hiked each trail in a single season or hiked it over a lifetime.

If you are in the Pacific Northwest, we hope to see you at our big summer event, PCT Days in Cascade Locks, August 19-21. This event is hugely important to ALDHA-West because it is for many PCT hikers, their first introduction to our organization. It is also our opportunity to talk face-to-face with their year's hiker class to discuss topics like Leave No Trace, respecting trail angels, and other issues important to the greater hiking community. We're looking for volunteers for the event to help talk about long distance hiking to the public and to talk with this year's PCT hikers. Of course, we always need help during the Thru-Hiker Breakfast on Sunday. PCT Days is like a mini-Gathering and is fun and free for the whole family. We hope you can join us!



Lastly, planning is well underway for the Annual Gathering. This year, it is September 30th through October 2nd at Camp Augusta in Grass Valley, CA. Last time we held the Gathering at this location, we raved about the food and the fun setting. We've got a great line up of movies, speakers, and costume themed parties. Put it on your calendar, because their year's Gathering is bound to be FUN!

Whether you're on the trail swinging a Pulaski, to schooling some hiker trash on town manners at a hostel, to volunteering at one of our events, to wearing a suit to talk to your Congressperson about why trails are important, thank you for all you do for hiking and the hiking community. The trail and our community wasn't built in one day and it's made possible by all we've done together. Have a fun summer and see you up the trail!

Snorks

ALDHA West Vice President, Liz "Snorkel" Thomas, has been filling in for President Whitney "Allgood" La Ruffa is out on the CDT.

Celebrate Trail Angels with the Martin D. Papendick Award.

Since 2010, ALDHA-West has presented annually the Martin D. Papendick Award to a deserving trail angel. The award was named after the legendary Martin Papendick, who was early among those who dreamed of the idea of touching all North American nations using only his own two feet along the crests of the Cascades, the Sierra, and through all those wild western places. His pioneering hike in 1952 was only recently recovered from the mists of history, and this award is named in his honor. No doubt the young recent World War II veteran at times wished that he had received the incredible kindness and support that many modern thru-hikers now enjoy.



The award is presented annually at the ALDHA-West gathering to an outstanding trail angel. The recipients themselves have distinguished themselves by giving to long-distance hikers -usually complete strangers- all manner of food, showers, rides, encouragement, time, laundry, beverages, smiles, stories and time. The modern thru-hike is impossible to imagine without an amazing experience with these saints of the wilds. As an organization we recognize these people and their giving spirit to those hikers on their incredible personal journeys. Most hikers will look to their time with these figures that they met along the way as some of the defining features of their treks, and will keep them in their hearts for the rest of their lives. The award honors that bond.

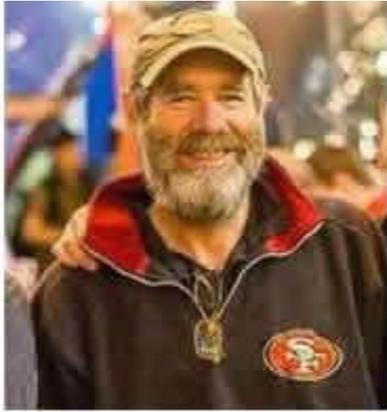
The nomination process for this year's Papendick Award ended June 1st. Please join us at the gathering this Fall in honoring our worthy 2016 recipients, Terrie and Joe Anderson.

Remembering Otter

I was hiking on the A.T. when I received confirmation of The Otter's passing. As fate would have it, I had potato chips in my food bag. That was The Otter's favorite trail snack. So with heavy heart and tears streaming, I ate some chips for Otter and it made me smile.

My trail name is Shutterbug, but close trail friends sometimes call me Shutter. The Otter was the only one who called me Bug. It bothered me at first. I didn't really like being called Bug. But I soon realized Otter didn't mean anything derogatory, it was just his easy going nature and "Bug" worked for him.

I met The Otter on the CDT in 2014. We shared trail through parts of Wyoming and Montana, finishing at the Canadian border on the same day.



Stephen 'Otter' Olshansky

I was having a tough time in Montana, both physically and mentally. The Otter was there for me. As I told him of my troubles, he asked thought provoking questions and gave insights that helped me tremendously.

The Otter was hiker family and an inspiration to me as a thru hiker. But more than that, he was my friend. As I continue on my quest for my triple crown, I am reminded to just enjoy the hike. Otter loved thru hiking the long trails and he loved the people he met along the way.

So you can call me Shutterbug or Shutter, but only The Otter could call me Bug.

Shutterbug

Shutterbug graciously took on the sad task of remembering our friend, hiking companion, and consummate long distance hiker Stephen 'Otter' Olshansky, who passed away hiking on the CDT this past winter. He will be missed by all who knew him.

501.c3 Non Profit Organization Update

As we reported in the last issue of the Gazette, the Board is investigating the change of ALDHA-West to a 501(c)(3) non-profit organization. As part of that process, we will be updating our bylaws and adopting a conflict of interest policy. We will also be updating our vision and mission statements to reflect and emphasize our shift towards education. These documents will be ready for membership review a month before the Gathering. Your thoughts about the process and the evolution of ALDHA-West are welcome. If anyone out there is a lawyer with nonprofit experience, we would love the opportunity to ask you a few questions!

Naomi "the Punisher" Hudetz- *ALDHA-West Board Officer at Large*

2016 Triple Crown Application

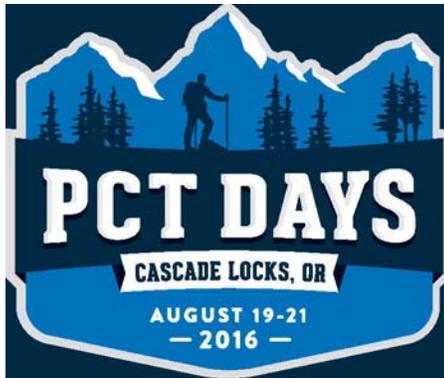
ALDHA-West recognizes those individuals who have hiked, in their entirety, the complete lengths of the Appalachian Trail, The Continental Divide Trail and the Pacific Crest Trail. For hikers who have completed all trails ALDHA-West presents the official "Triple Crown of Hiking" (TC). The award is given as a plaque and personalized poster if the individual would like one made.

The TC is based on the Honor System (you tell us if you honestly completed each trail). ALDHA-West is not judge or jury of the award and we believe that long distance hikers are an honest group of people. The award only symbolizes the great achievement that each hiker has done.

The deadline for the Triple Crown Award application is September 1. Time is needed to assemble the plaques and posters.

For more information check out the [Triple Crown FAQs](#) at ALDHAWest or go directly to the [Triple Crown Application](#) form.

Trivia: To put the Triple Crown Award into perspective fewer than 300 people have received the TC, yet, over 400 people ascended Mt. Everest this year alone!



Don't miss out on a great time at the 10th Anniversary Celebration of Pacific Crest Trail Days!

PCT Days is an annual 3-day festival that promotes outdoor recreation, with a focus on hiking, camping, and backpacking. Attendees can check out the latest outdoor gear of exhibiting sponsors, participate in activities, win awesome gear at the raffles, listen to music, enjoy local food and beverages, and relax in the beautiful setting in the Marine Park of Cascade Locks, Oregon, located in the Columbia River Gorge. PCT DAYS is free to attend, with a small fee for overnight camping on Thunder Island. For event info, please visit: www.pctdays.com

Trail Advocacy

If you're reading this article, we probably share a passion for trails and the outdoors. But what else do we have in common? Are you as lazy as I am? Do you tell yourself that you would certainly get out there and do trail maintenance if you lived closer to the trail, when in reality you are not that much of a badass and maintenance looks exhausting? Are you so clumsy that a McLeod or Pulaski in your hands would become an accidentally devastating weapon justifying the wearing of helmets and leading to a gratuitous number of "training missions" by National Guard helicopter rescue units? Do you like the idea of contributing to the protection of trails without having to put on pants?

If you answered "yes" to all of that, you are so like me it's scary. We're practically twins. And this is the article for you because it's about advocacy.

For the past two years I've represented the CDT during the annual "Hike the Hill" effort, wherein we go to D.C. to talk to Senators, Congressmen, and their staffers about National Scenic Trails and their importance. We discuss the economic impact, the positive effects on local communities, and the valuable role played by volunteerism. We tell funny and occasionally meaningful stories about our time on the trail, and we give out trail maps, calendars, and Salazon chocolate bars. And then we get down to what we need to continue our mission of building and protecting the CDT (which feels strange, because we are effectively lobbying one part of the government on behalf of another part of the government).

I've learned quite a bit from these missions. I've learned that, when described effectively, the protection and maintenance of trails, forests, and wilderness areas can be a bipartisan issue. I've learned that it's virtually impossible to not get lost in Senate office buildings. And I've learned that Salazon chocolate bars are a

component for any in-person lobbying effort because they are so delicious they can make people compromise their principles (Note to Self: contact Salazon's marketing department -- we may have the makings of an excellent slogan here).

But the most important thing I've learned from talking to our representatives and their staffers is that despite what you might think, they're actually responsive to the concerns of their constituents. They don't get as many emails and calls as you'd assume, so they will take your concerns seriously; particularly if your concerns are not about FEMA camps and chem trails. AND YOU DON'T WRITE IN ALL CAPS.

If you ever get to D.C., I highly recommend stopping by the offices of your representatives. But even if you can't do that, you can still have an impact by contacting them on important issues. Here are some tips on making your voice heard.

KNOW WHO TO CONTACT

Just as Beck has two turntables and a microphone, you have two Senators and a Congressman. If you don't know who they are, just go to senate.gov or house.gov to look them up. They all have their own websites with contact info, handy email forms, and staffers for specific issues to whom the messages get sent.

LEARN ABOUT THE ISSUES

Social media may be the best way to discover issues relevant to the trail. CDTC, PCTA, ALDHA-West all have their own Facebook pages. They also have newsletters and blogs to keep you up to date. Once you know an issue exists, you need to learn more about it.

It helps to actually know what you're talking about, and I should know because I very frequently have no idea what I'm talking about. To take a recent example, when Congress failed to renew the Land And Water Conservation Fund there was a hullabaloo among trail folks who, unlike me, are *not* lazy and *do* pay attention to what's going on. So I went to the LWCF Coalition's website and learned how wildly successful the Fund has been, with projects in every state ranging from National Parks to local playgrounds. And from the CDTC blog I learned that the Fund is the primary tool used to acquire land for the trail from willing sellers. I also learned what action Congress needs to take and what the roadblocks were. Armed with that information, I felt able to make a case for my concerns to my representatives.

MAKE YOUR VOICE HEARD

Here's the thing: Just "liking" a Facebook post doesn't really do all that much. It's literally the least you can do besides nothing. Sharing a post or link is helpful for spreading the word -- and doing that is great. But taking a couple of minutes to write an email makes a tremendous difference, in part because so many people can't be bothered. Armed with whom to contact and my knowledge of the issue, I fired off a few quick emails about LWCF reauthorization while eating a burrito in my underwear. At this point, I should probably clarify that the burrito was not in my underwear. I was in my underwear. The burrito was in my mouth. And the emails were in my "sent" box.

KNOW THE PROCESS AND FOLLOW UP

In April of 2016, the Senate passed an energy bill that included the permanent reauthorization of the LWCF and there was much celebrating online. But then I discovered this wasn't the finish line. It turns out the bill still has to go through the House, and then it has to survive a Conference Committee and get voted on *again* by both chambers. So while it's possible to be lazy and advocate for trail issues, unfortunately, you do have to have somewhat of an attention span.

So I sent a letter thanking one Senator for voting for it. One to the other Senator telling him I was disappointed with his "nay" vote, and wishing him well in whatever job he gets after his reelection bid fails; and one to my

Congressman asking him to do whatever he could to move the process forward. Then I clicked the “Get Alerts” button on the bill summary at congress.gov so I’d know what was going on without actually doing any work.

And that was that, for now.

We can all take part in helping to build and protect trails -- even if we’re busy, even if we’re nowhere near the trails themselves, even if our idea of “exercise” is “walking to the fridge for more ice cream.” I hope you’ll join me in contacting Congress on issues that affect NSTs -- after all, the squeakier we are, the greasier the trails. Or something like that. I think.

Shane “Jester” O’Donnell

Jester is a Triple Crown recipient, confirmed trail junkie, movie maker, and all around nice guy.

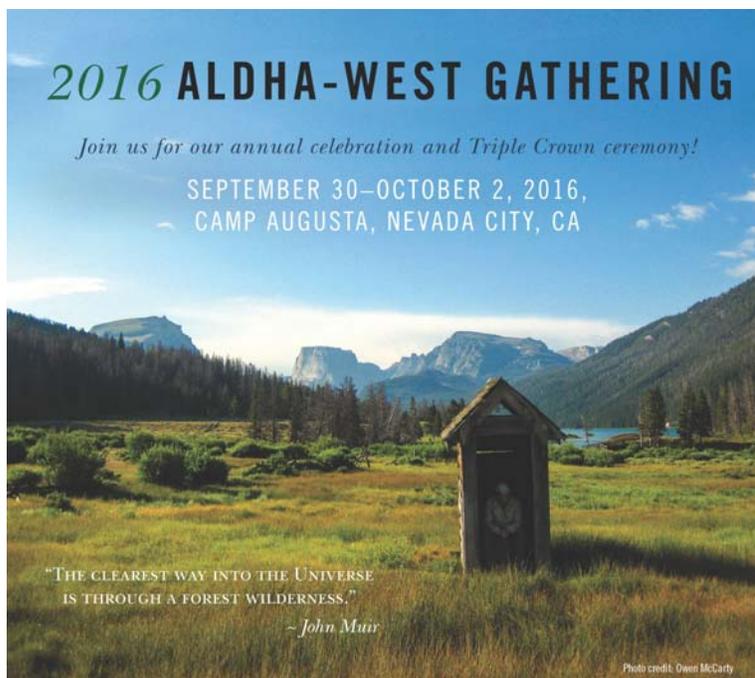
Remember the Annual ALDHAWest Gathering
is September 30- October 2, 2016
at Camp Augusta, Nevada City, CA

Idaho Centennial Trail-
Clay “Woodward”
Jacobson & Kelly Bussard

Bigfoot Trail-
Mary “Fireweed” Kwart

**The Triple Crown
Awards Ceremony**

Hiker Olympics



Hot Springs Trail
Aria “Whole Food
Hiker” Zoner

**Great Himalayan
Trail**
Justin “Trauma”
Lichter
& Shawn “Pepper”
Forry

[Watch ALDHAWest.org](http://ALDHAWest.org) for Registration and more information.

ALDHAWest Gazette is edited by Bob “Beaker” Turner and Charles Baker.
We are always looking for material for the Gazette. Think about sharing one of your stories.

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Non-Profit Partners

