



# Discover America

Newsletter of the American Discovery Trail Society

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

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## The American Discovery Trail Celebrates 20 Years of Progress!



An ADT scouting team member explores a high pass in the Colorado Rockies.

Photo courtesy of Eric Seaborg and Ellen Dudley

As we celebrate the twentieth anniversary of the American Discovery Trail and America's first coast-to-coast non-motorized trail, we revel in what a long and winding road it has been and how far we have come. It was a journey that began in 1989 as *Backpacker* magazine and the American Hiking Society created the idea of a trail to become the backbone of the National Trails System.

A year later, in 1990, a scouting team, including current ADT Society board members Eric Seaborg and Ellen Dudley, was formed to lay the foundation for the route by meeting with local citizens in each ADT state for their input. From the beginning, the plan was to bring trails to the people and to be as accessible as possible. The ADT passes through metropolitan areas and incorporates urban and rural hiking trails as well as paths for bicycles, horses, and those with

disabilities (where local trails have been designed for such use). It took 14 months for the scouting team to test the 4800-mile route, ending in 1991 with a meeting with President George H. W. Bush in the Oval Office. That same year, Rep. Beverly Byron (D-Md.) introduced legislation directing the National Park Service to perform a feasibility study of adding the ADT to the National Trails System. Byron remains active with our legislation efforts and is a current Society board member.

In 1994, the Park Service study recommended that the ADT be added to the National Trails System as the first of a whole new class of trails to be called National Discovery Trails. This category celebrates the unique characteristics of the ADT with its purposeful inclusion and connections of people to people, community to community, and urban

areas to wilderness. The NPS presented this concept to the Secretary of the Interior, and in 1996 Rep. Doug Bereuter (R-Neb.) and Sen. Hank Brown (R-Colo.) introduced the National Discovery Trails Act.

As progress was being made on the legislative front, publicity of the trail began in earnest. *The American Discovery Trail Explorer's Guide*, by Reese Lukei Jr., was published in 1995. In 1996, ADT scouts Dudley and Seaborg published *American Discoveries: Scouting the First Coast-to-Coast Recreational Trail*. And the American Discovery Trail Society was formed to administer the affairs of the ADT and coordinate the efforts of the many local organizations that maintain it. In addition, coordinators were

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ADT scouting team members Eric Seaborg, Sam Carlson, and Ellen Dudley in Utah canyon country. Photo courtesy of Eric Seaborg/ Ellen Dudley

# American Discovery Trail Society Welcomes a New Membership Director

## Message from the Director

By Krista Lenzmeier

Hello, all American Discovery Trail members and supporters! As the new membership director, I want to introduce myself to all of you, but I hope to speak with or email many of you as we work together to grow this tremendous organization.

First, I have to thank Susan “Butch” Henley for her many years of hard work and dedication to the American Discovery Trail Society. She is a pioneering woman with a knowledge of trails that I can only hope to match. She has been extraordinarily welcoming and helpful as we have worked together to make this transition as seamless as possible. I know that Butch will remain an active supporter of the trail and her knowledge will be very valuable to all of us.

I currently live in Virginia, about 40 miles south of Washington, D.C., with my husband and two children. But I grew up out west in Idaho Falls (eastern Idaho), only a short drive from the Tetons and Yellowstone. My family was always camping, hiking, backpacking, and canoeing throughout Idaho, Wyoming, Montana, and Utah. My proudest and most memorable experience was climbing the Middle Teton with my dad when I was 19—my favorite mountain range.

I went to college in Tacoma, Wash., and expanded my outdoor experiences to Washington and Oregon. Mount Rainer (“the mountain” as we called it at school) quickly became my second favorite when it would break through the months of clouds in western Washington and show its beautiful face. I loved backpacking and hiking throughout the Cascades and San Juan islands.

As well as my love of the outdoors, I also bring to this position many years of experience with nonprofits. My first job out of college was a summer position in Tacoma with an organization called Paint Tacoma Beautiful. We recruited and managed volunteer crews to paint the homes of low income elderly and disabled individuals. It



*Krista Lenzmeier joined our staff in July.*

was my first taste of how much I enjoyed working with volunteers and the realization that I wasn’t really going to use the B.S. in biology that I had just earned.

I then started my long and rewarding career at Girl Scouts, first in eastern Oregon while my husband worked for Oregon Fish and Wildlife. I worked alone at a satellite office driving hundreds of miles a day to meet with and recruit new members and volunteers. We then moved to Boise, Idaho, where I worked at the local headquarters and took a promotion. My work there for eight years included volunteer management, membership recruitment, fund development, and marketing—all things I am excited to bring to the ADT Society.

Several years ago my family took an opportunity with my husband’s company that we couldn’t pass up and moved east to Virginia. I stayed home with our two young children and became active on the volunteer side of organizations for my children. I have worked on the board of our local

MOMS Club, neighborhood preschool, and swim team. I also started working part-time for my neighbor’s small business selling printing and promotional products. I helped with screen printing, newsletters, mailings, and local marketing. Their business and our great relationship will be a valuable asset to the American Discovery Trail Society.

I can’t express how excited I am to join all of you in working to expand our membership, public awareness, and funding for the ADT. I encourage any and all of you to email me at [Krista@discoverytrail.org](mailto:Krista@discoverytrail.org) or call me at 800-663-2387 to discuss your ideas, hopes, and dreams for the American Discovery Trail.

## Quotes from ADT Hikers

“There is no better way to be part of this great country than to walk its earth and meet its people. The highlight has been the wonderful people we have met along the way. It took us by surprise to know the American people were so generous.”

Joyce Cottrell, with husband Peter, first to backpack the entire ADT route

“We got to see America up close. It’s an amazing country.”

Marcia Powers, with husband Ken, first to backpack the entire ADT in one year

“I felt exactly as John Steinbeck had 30 years earlier, after his trip across America: ‘From start to finish I found no strangers... These are my people and this is my country.’”

Ellen Dudley upon completion of ADT Scouting Expedition

“I’m so impressed with the kindness, support, and compassion people shared with me along the way. It was inspirational. That’s a word I don’t use lightly.”

Jim Bragg, retired dairy farmer, ADT hiker

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## Small Discoveries



Two 16-patch squares called LeMoynes can be found on the Goodseed Farm near Peebles, Ohio. The LeMoynes are named after the LeMoynes brothers, who founded New Orleans.

Photo courtesy of Jim Shaner

## Quilt Barns

For those of us who are a certain age, the sight of “Chew Mail Pouch” painted on the side of a barn was a common sight. But it was on a walk through Adams County in Ohio that American Discovery Trail section hiker Jim Shaner discovered a new kind of barn, a quilt barn. He had heard about them from his friend and fellow ADT hiker, Debbie Schachner.

The quilt barns in Adams County began in 2001 with county native Donna Sue Grove, a field representative for the Ohio Arts Council. She wanted to honor the passion her mother, Nina Maxine Grove, had for quilting and her rural heritage, which included five generations of quilters.

Her dream was to find 20 barn owners who would allow quilt squares to be painted on their barns to form a “clothes-line of quilts” across the county. The idea was immediately met with great enthusiasm and the concept spread, first to other counties in Ohio, and then to other states.

That reception is not surprising because the quilt can be seen as a symbol of comfort and family, and barns are symbols of our

heritage and community. An emotional chord is struck by combining the two that becomes a visual symbol of who we are and where we come from. Today, there are said to be over 900 barn quilt paintings in 16 states, with 250 in Ohio alone.

Just as quilt patterns themselves vary, the way various localities approach barn painting differs. Some form quilt barn trail committees to decide on locations so there is a quilt barn spaced every five to ten miles. Others locate one in each township. Some hire professional artists to paint the quilts, while some individuals choose to paint their own barns on their own initiative.

Projects were developed in some areas that brought senior citizens, Scouts, or 4-H members together to paint a quilt. Quilt barns have brought pride to rural communities and encouraged farmers to tidy up their farms while family reunions and picnics often celebrate a completed project.

How patterns are selected for the barns varies also. Some committees require that the designs come from a quilt from the area that may have been in the fam-

ily for decades to provide an historical link to its heritage. For others, selection is approved to provide a range of colors and patterns.

Quilt barns have become a fun and unique way to bring communities together, attract tourists to the countryside, make public art accessible to rural communities, preserve agricultural and cultural history, and add to the local economy. Driving tours, bicycle rides, photo tours, and special workshops on quilts, design identification, techniques used in quilting, and the quilting heritage of the area all have been inspired by this new/old art form.

Taking the slow approach by hiking, biking, or horseback riding on the American Discovery Trail is an excellent way to discover some of these jewels in the rural countryside.



This quilt barn is located in Brown County, Ohio, along the American Discovery Trail.

Photo courtesy of Jim Shaner

*Making Connections...*  
*Coast to Coast*

800-663-2387

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## Trail News

### Iowa

Trail enthusiasts in Iowa held a big party in August in the town of Slater to celebrate the 25<sup>th</sup> anniversary of the founding of the Iowa Trails Council. A booth there displayed ADT maps, both across Iowa and the national route. A number of interested people took literature, asked questions, and learned about the national trail in their own backyards.

### Colorado

The state of Colorado introduced significant improvements to the ADT during the past year. Bridges and boardwalks were replaced and some rerouting of the ADT was accomplished by the Colorado Trail Foundation (CT) and the Continental Divide Trail Alliance (CDT). The CT used crews of 20 to 30 volunteers on five week-long projects on the ADT East Mountain Segment at Swan River, Miners Creek, Janet's Cabin, Camp Hale, Half Moon Creek, and Twin Lakes.

The CDT used crews of 10 to 25 volunteers on five weekend projects to reroute the ADT from Webster Pass past Glacier Peak to avoid motorized traffic along the Continental Divide. The CDT has also worked on eight weekend projects to improve and reroute the ADT in the Winfield area north of Lake Ann Pass. A reroute around new commercial development in Sheridan (near Denver) is being constructed that will improve the ADT.

The town of Green Mountain Falls completed a widening of Ute Pass Avenue, a main thoroughfare through town. The \$320,000 project created a new one-mile-long pedestrian lane that greatly improves the safety of ADT hikers.

### Legislation

The legislation effort made a step forward with the commitment of Reps. John Sarbanes (D-Md.) and Roscoe Bartlett (R-Md.) to be the lead sponsors of the National Discovery Trails Act in the House. As a member of the House National Parks Subcommittee of the Natural Resources Committee, Sarbanes is perfectly positioned to be of help since that is where the bill will first be considered. Both congressmen have been previous co-sponsors of the legislation and the trail passes through their districts.

As soon as the bill is assigned a number there will be information on the ADT website so that members can contact their representatives to sign on as co-sponsors.

## Memberships and Donations

**A membership in the American Discovery Trail Society helps to promote and sustain America's only cross-country non-motorized trail. It also makes a great gift!**

Each membership includes a member I.D. card, a lapel pin, and *Discover America* newsletter. Discovery and Life members also receive an ADT decal, patch, and the book, *American Discoveries*.

- Yes, I want to be a part of this American adventure!
- Life Member - \$1,000
  - Corporate Member - \$250
  - Discovery Member - \$100
  - Family - \$50
  - Explorer Member - \$30

**Did you know that the American Discovery Trail Society is a non-profit 501(c)3 organization and your donations are tax-deductible?**

Here's my additional tax-deductible contribution of:

\$10    \$20    \$50    \$100    \$500    Other: \_\_\_\_\_

Enclosed is my check (made payable to ADTS)  
Charge my  MC    VISA    AMEX    Discover

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Mail to: American Discovery Trail Society  
PO Box 20155, Washington, DC 20041

**A membership in the  
American Discovery Trail Society  
makes a great gift any time of year!**

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**Membership Director**

Krista Lenzmeier



## Twenty Years of Progress

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designated to manage the trail in each state along the route.

The initial legislation died in Congress, and in successive years it repeatedly passed the Senate but failed in the House, despite the fact that in 1999 the American Discovery Trail was named by the Clinton administration as one of 16 National Millennium Trails. The Society remains committed to getting this important legislation passed, which will help allow us to mark the trail in areas where marking is currently prohibited. It will also add legitimacy and visibility to the trail as well as make us eligible for technical assistance from certain programs. This category of trail will benefit the National Trails System by supplying the connections that are currently missing by linking existing trails to each other.

The American Discovery Trail's "Grand Opening" in 2000 brought publicity and membership to the trail and included events across the country led by the Ford Adventure Team. The idea that people could cross the country under their own power ignited the pioneer spirit that our nation was founded on and helped those who attempted it gain a new perspective of our country's history, diversity, and scenic beauty.

The ADT Society continues to promote and manage the trail and bring more services to its members and trail users. As an increasing number of people attempt this adventure in a variety of ways—thru-hiking long-distances, piecing small sections together bit by bit, biking or horseback riding across the country in sections where permitted, or "virtually" hiking the trail by tracking their local miles against their progress across the country—products are becoming available to help them accomplish their goals. A many-years long effort has recently culminated in the availability of up-to-date maps, data books, and GPS downloads to help modern day explorers follow the trail across our country. These are now available on-line or by mail. Each year, more of the trail is relocated off roads as new local trails are developed. ADT Society members can track the progress of the Society's offerings, trail improvements, or trail users through our newsletter and website.

As a collection of more than 200 local, regional, and national trails—each with its own constituency and caretakers—the ADT is more than a sum of its parts. It provides connections, inspiration, and value to its local affiliated trails to help them secure funding, exposure, or the impetus to get them built.

Today the American Discovery Trail is as unique, broad-shouldered, and spirited as the nation it traverses, as it links thousands of miles of hiking, biking, and horseback riding trails from the Atlantic to the Pacific. With one terminus at Point Reyes National Seashore, California, and another at Cape Henlopen State Park, Delaware, the ADT runs through 15 states and the District of Columbia, passes within 20 miles of 32 million Americans, and touches more than 10,000 sites of historic, cultural, or natural significance.

Your membership in the ADT Society has helped to get us where we are today. We continue to need your help to make the American Discovery Trail a household name across the country, to improve the trail, and to provide an opportunity for people to experience all that it has to offer.



Many thanks to  
The Coleman Company  
for its continued support  
of the  
American Discovery Trail!



## Thanks and Fond Farewell

Longtime ADT Society Membership Director Susan “Butch” Henley is stepping down from the position she has held for 12 years. She officially retired in July.

Butch has been the friendly voice on the end of phone when people call to order maps, guidebooks, and other products, or gain information about the American Discovery Trail. She has generously shared her thorough knowledge of the trail and hiking experience to those who email the Society or ask questions on our website guestbook.

Henley’s contributions to the hiking community span a variety of accomplishments. She was a participant in HikaNation in 1980–1, the American Hiking Society’s (AHS) cross-country expedition that drew attention to the need for more hiking trails. She later became the executive director of AHS, where she hung up her hiking boots to walk the halls of the U. S. Congress to encourage protection and funding for trails on public lands. Her achievements there included advocating for a National Trails Day and laying the



*Susan “Butch” Henley received the ADT Society HappiFeet Award at the annual meeting in 2008 in Evergreen, Colo.*

groundwork for the development of the American Discovery Trail.

While working for the American Discovery Trail Society, Henley submitted the proposal for the ADT to become one of America’s National Millennium Trails, helped our membership base grow, and sought

funding to make the Society viable.

The ADT Society appreciates all her efforts over so many years and wishes her the best in her well-deserved retirement.

## Quotes from Hikers

*(Continued from page 2)*

“It is neat to learn the history of the towns I walk through. Somehow it never interested me in school. Every day on the ADT is an adventure. The trail has so much to teach and I am eager to learn.”

Debbie Schachner, ADT thru-hiker

“What impressed me the most about [Adams County, Ohio] was its rich diversity in its people, its history, its geology, and its flora and fauna. The people range from the high-tech world of the engineers and technicians of the General Electric Peebles Test Operation, where they test jet engines, to the low-tech world of the Amish, who live near the center of the county.

Jim Shaner, ADT section hiker

## Federal Employees can Donate through Combined Campaign

Federal employees and U.S. Armed Forces members can designate the American Discovery Trail Society to receive funding via their charitable pledge for the Combined Federal Campaign.

It’s an easy way to give and contributions are tax-deductible. Simply include our new five-digit code # **11245** when filling out your pledge card.