



Discover America

Newsletter of the American Discovery Trail Society

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Autumn 2010

ADT Featured Area

Colorado's Garden of the Gods



An early morning view of Garden of the Gods in Colorado Springs, Colo., on a clear fall day.

Photo courtesy of Reese Lukei

Can you believe that the American Discovery Trail passes through two Gardens of the Gods? That only serves to remind us how many beautiful locations the ADT route includes. While one Garden of the Gods is located along the River to River Trail in southern Illinois (see the Summer 2003 issue of *Discover America*), Colorado's Garden of the Gods nestles to the east of the Rocky Mountains' Front Range in Colorado Springs.

The most dramatic features of this 1320-acre park are the towering 300-foot red sandstone rock formations that protrude out of the earth like fins on a shark. Its crusty outcroppings, which began forming over 320 million years ago, have been sculpted over the years by the forces of erosion. Each of the 20 formations has a shape of its own, inspiring names such as "Balanced Rock" and

"Kissing Camels." The glowing red colors they take on at sunrise and sunset make them one of Colorado's most photographed sights. The backdrop of the snow-capped Rocky Mountains dominated by Pikes Peak highlights the uniqueness of this transition zone between the plains to the east and the mountains to the west.

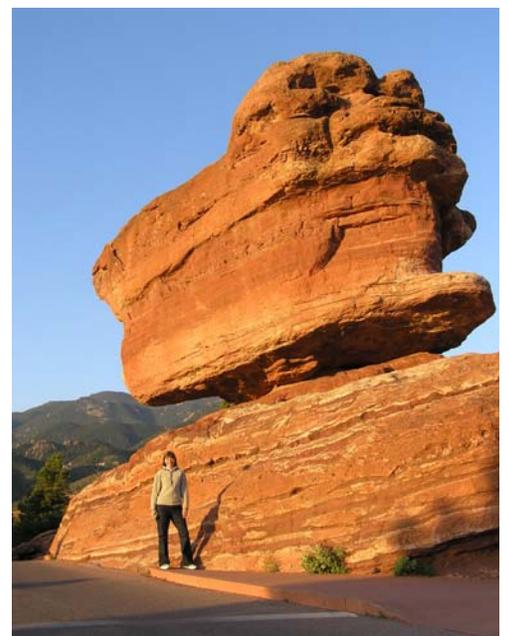
Owned by the city of Colorado Springs, Garden of the Gods Park is a registered National Natural Landmark, a designation reserved by the secretary of the interior to recognize and help conserve the best examples of biological and geological features in public or private ownership. Its features include guided nature walks; hiking, mountain biking and horseback riding trails; road biking; technical rock climbing; and a visitor and nature center. All are free and open to the public, a requirement mandated in the gift of the first 480 acres of the park to the city in

1909 by the children of railroad magnate Charles Elliot Perkins.

Garden of the Gods was given its name when gold was discovered in the South Park area of Colorado in 1859. Boom towns were created overnight as people flooded to the foot of Ute Pass, the only accessible route to South Park. Two surveyors in the area, looking to locate a townsite, came upon the sandstone formations. One of them, M.S. Beach, exclaimed that it would be a "capital place for a beer garden." His partner, Rufus Cable, retorted, "Beer garden? Why this is a fit place for the gods to assemble. We will call it Garden of the Gods." It has been called that ever since.

But miners were far from the first people to discover this location. Evidence suggests that the Garden has been visited and inhabited by people as early as 3,000 years ago. In the summer of 1993 ancient hearths—including stone rings, charcoal-colored ground, animal bones, and stone tools—were discovered. While some likely came

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Balanced Rock is a favorite spot for photos.

Photo courtesy of Reese Lukei

Nickel Plate Trail Paved

The Nickel Plate Trail in Indiana has recently completed a 20-mile extension that will soon become a part of the ADT. The trail now leads from Cassville in Howard County to Rochester in Miami County. The paving was done by the Indiana Department of Transportation thanks to a grant from the American Recovery and Reclamation Act—the economic stimulus bill. This additional section makes the trail about 38 miles, all of it paved.

Although some road sections remain in the town of Peru, there are plans for bike lanes through the city and a trestle bridge crossing over the Wabash River to complete the trail. The organization that manages the trail is also in the process of rail-banking a one-and-an-eighth mile section of track in Rochester to connect the Nickel Plate with the city trail. A grand opening with a multitude of activities was held Oct. 2.

St. Louis Reaches out to Walkers and Cyclists

St. Louis and the National Park Service are sponsoring a competition to improve the St. Louis riverfront and Gateway Arch area. They would like to make it more pedestrian and bicycle friendly. The southern leg of the American Discovery Trail crosses into St. Louis, Mo., from East St. Louis, Ill., in this location and could benefit greatly from these improvements.

Five proposals to revitalize the area have been selected as finalists. They all include significant improvements to bicycle and pedestrian access on both sides of the river, in Missouri and Illinois. Currently, heavy traffic and an interstate highway cut off the riverfront from the rest of the downtown area, making it dangerous for walkers and bicyclists to access the Gateway Arch even though it is only a short distance away.

Making Connections...

Coast to Coast

800-663-2387
info@discoverytrail.org
www.discoverytrail.org



Ron and Kathy Fowler were instrumental in developing the Paul Matson Trail in Nebraska. They followed up their effort by placing American Discovery Trail signs and directional arrows along its path.

Photo courtesy of Ron Fowler.

Volunteers Make the Trail

The Summer 2010 *Discover America* newsletter showcased the opening of the Paul Matson Trail along Johnson Lake near Lexington, Neb. The background to that story is the volunteer effort by Ron and Kathy Fowler. They not only helped to develop the trail but then went on to revise the ADT routing information to include the new trail and erected on-the-ground signs to show users the way and the fact that they were a part of the American Discovery Trail.

Here are excerpts from an interview with Ron about this project:

Editor: When did you first learn of the ADT and how did you become interested in the project?

Ron: During the construction phase of the Paul Matson Trail early this spring one of the members of our trails committee ran across a reference to the American Discovery Trail. We looked it up on Google and you can imagine our surprise when we found we were building a local trail

segment that was right on the ADT route through Nebraska. Using the information from the ADT website we made contact with Gary Gebhard, Nebraska ADT coordinator. We invited him to be a guest speaker at the Matson Trail dedication on Memorial Day. Gary and his family stayed overnight at our house and, as you can imagine, by the time he left we were ADT volunteers! I offered to put ADT route markers on the trail across Gosper County, Nebraska. I'm still waiting to meet someone that uses the local trails as a part of a cross country ADT trip!

How does the ADT benefit local trails?

Ron: The fact that the ADT pulls trails of national stature together with small, local trails like the Johnson Lake project gives increased importance to the local efforts. People are interested in, and more likely to support, the local efforts when they understand that they are a part of a much bigger picture.

Ed.: Can you tell us a little about your-

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Volunteers Make the Trail

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self and how you use the trail?

Ron: I am 56 years old and an avid recreational biker, for my health. My favorite ride is the 10.3 miles around Johnson Lake. I retired in June 2009 after 33 years in industrial management. Kathy and I have been married 38 years, and she is also a biker. We have one son and three grandkids. We moved to Johnson Lake when we retired and soon became involved in the local trails committee. The Paul Matson Trail (and ADT) runs practically through my backyard.

Kathy helped with putting up the route markers across Gosper County and Chuck Olsen (member of the local trails committee) helped me with the rewrite of the ADT turn-by-turn directions.

Editor: The very existence of the American Discovery Trail relies on the help of volunteers like Ron and Kathy. All of the ADT Society state coordinators and board members are volunteers with an interest in trails and bettering the lives of those who use them.

Our thanks go out to Ron and Kathy for all their efforts on this project. Now we need to have a cross-country ADT user show them some appreciation by using their section of trail.



Already an ADT thru-hiker when he completed his run using the southern route in 1998, Brian Stark is now tackling the northern states one at a time. This summer Stark ran through all of Nebraska and part of northeast Colorado.

Photo courtesy of Ross Greathouse

ADT Journal Excerpts

Karen Clark & Jerry Bowerman (in Illinois): 8/22/10 “We needed to get water at one of the few houses near Goddard Crossing, and we picked just the right house. A pleasant gentleman assured us we were welcome to as much water as we needed, then brought us out ice-cold Gatorade and hung around to visit.

“Soon, we learned that he was a retired nurse and his name was Kenny Goddard. He told us the story of Goddard Crossing. Many years ago, a man came by and asked if he minded the trail going by his house on its way back into the woods. He couldn’t see any problem, so he said okay. The man said the crossing would be named after him. Of course, the man was John O’Dell (*Ed note: John is the ADT Southern Illinois Coordinator*). Kenny autographed our River to River Trail Guide on the map page with Goddard Crossing.”



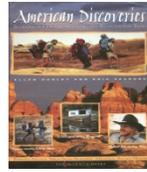
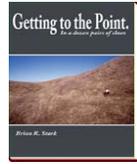
Many thanks to
The Coleman Company for its continued support of the
American Discovery Trail!

2010 Long-Distance ADT Travelers

Are you wondering who has been out on the ADT this year? The list below gives a quick idea of who is exploring America. For more up-to-date information, the ADT Society website (www.discoverytrail.org) has links to many of their journals.

Traveler	Start Date	Mode	Heading	Last Location
Bruce & Cheryl Pooler	2/22/10	Hike	W	Nipgen, OH (Jun. 1)
Karen Clark & Jerry Bowerman	2/25/10	Hike	W	Cora, IL (Sept. 1)
Jeannette & Richard McGrath	3/04/10	3 horses, 1 mule	E	Boulder, UT (Sept. 21)
Ken Keeler	4/16/10	Hike	W	Council Bluffs, Iowa (Aug. 13)
Mark Turner	05/11/10	Hike	W	Ottawa, IL (Sept. 3)
Jim Shaner	2002	Multi-year walk	W	Aurora, IL (Sept. 2)
Brian Stark	6/17/10	Run	W	Ran NE and part of CO (July 7)
Jeff & Kristin Vandagriff	6/03/10	Hike	W	Cairo, WV (Sept. 1)

American Discovery Trail Merchandise



ORDER FORM

	Quantity	Price	Member Price	Amount
American Discoveries – Scouting the First Coast-to-Coast Recreational Trail , by Eric Seaborg and Ellen Dudley - Describes the adventures while scouting the initial ADT route in 1991.		\$24.95	\$22.45	
Getting to the Point In a dozen pairs of shoes - by Brian Stark–He bills his book as the first modern day run across the United States.		\$15.95	\$14.35	
ADT Trail Data (updated ADT Data Books of Bill and Laurie Foot, who hiked and biked the trail in 1997/1998). An excellent tool for detailed trip planning and on-the ground navigation. <input type="checkbox"/> DE to Cincinnati(Cin) <input type="checkbox"/> Cin to Denver (South) <input type="checkbox"/> Cin to Denver (North) <input type="checkbox"/> Denver to CA		\$20.00	\$18.00	
ADT Trails Illustrated Maps - Good for overall trip planning and traveling in the urban areas. Please check those you want: <input type="checkbox"/> CA <input type="checkbox"/> OH/Western WV		\$9.99	\$8.99	
NEW ADT Wide Mouth BPA Free Liter Water Bottle		\$14.95	\$13.45	
American Discovery Trail Glossy Decal (4-inch)		\$1.00	\$0.90	
American Discovery Trail Patch (3-inch)		\$3.50	\$3.15	
ADT Bandana – Beautiful 4-color 22"x22" cotton bandana with a map of the ADT		\$7.00	\$6.30	
ADT Tee Shirts 100 % Cotton Color Sand Size: Sm____ Med____ Lg____ XLg____ XXLg____		\$15.00	\$13.50	
Tamarak Hiking Stick w/ADT Medallion Check one: <input type="checkbox"/> Standard (43"-48") <input type="checkbox"/> Tall (53"-58")		\$70.00	\$63.00	
ADT Medallion only		\$5.00	\$4.50	
Sub Total				
Shipping and Handling				\$ 5.00
Yes, I'd like to Join the American Discovery Trail Society! <input type="checkbox"/> \$30 Explorer <input type="checkbox"/> \$50 Family <input type="checkbox"/> \$100 Discovery <input type="checkbox"/> \$1000 Life Member				
TOTAL AMOUNT				
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Order by mail to: ADTS, PO Box 20155, Washington, DC 20041 or by phone to 800-663-2387.				



Erosion and time worked to carve the Garden of the Gods. ADT travelers can experience this beautiful scenery when they take the slow, human-powered approach to sightseeing.

Photo courtesy of Laurie Foot

Garden of the Gods

(Continued from page 1)

from the relatively more recent use by the Ute Indians, other artifacts point to the nomadic hunters and gatherers who probably appreciated not only the area's diverse flora and fauna but also its natural beauty.

Today, the rock faces, with their abundant holes and crevices due to weathering, continue to offer roosting areas and homes for a variety of animals. White-throated swifts, swallows, canyon wrens, falcons, wood rats, and bats all use these ready-made homesites.

As the American Discovery Trail winds through the Garden of the Gods, it once again reminds its travelers of the connections between plains and mountains, past and present, conservation and recreation, weather and life-forms. The ADT continues to make connections coast to coast.

Rep. Sarbanes Champions National Discovery Trails

Rep. John Sarbanes (D-Md.), the lead sponsor of the National Discovery Trails Act of 2010 (H.R. 4671), has made an unprecedented effort on behalf of our bill.

The American Discovery Trail traverses 15 states and 66 congressional districts. To convince his fellow members of Congress—both Republicans and Democrats—of the benefits of national trails system designation for the ADT, he printed up individual cards for every one of the 66 members who represent districts traversed by the ADT. Each card shows the individual district's map and lists the historic and scenic attractions that would draw tourists and travelers to that region if the trail received national designation.

Rep. Sarbanes not only had these specialized cards made but he distributed them personally to his fellow members on the

floor of the House. This was a very strong lobbying effort and we all owe him a debt of gratitude for going to these lengths in support of our bill.

However, despite his extraordinary efforts, and despite our 29 co-sponsors, we have not reached the critical mass necessary to move the bill through the national parks subcommittee and onto the House floor for a vote. In particular, it's crucial that we have more evidence of grassroots support in the ADT states, especially the Midwestern and Western ones.

So those of you in the heartland, let your members know that you and your neighbors and fellow businessmen want this trail in your state. And if the ADT is in your district, make a special effort to let your member know their constituents support this bill and that you would appreciate their support in the form of signing on as a co-sponsor.

After all, this trail already exists; no new lands are needed; and maintenance is already taken care of in various municipal, state, and federal budgets, so no one can claim it's a big government, big money bill.

In addition, members of Congress like to hear more than just requests and complaints, so if your member is a co-sponsor, please send a big thank you for this support. You can find the list of co-sponsors by going to <http://thomas.gov> and searching under bill number H.R. 4671. You can send a message to your representative by searching their name at <http://house.gov>.

And if you're a Maryland resident, please send Mr. Sarbanes your heartfelt thanks.

Backpacker Magazine:

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Jeanette and Richard McGrath cross Nevada on the American Discovery Trail. See the list of other long distance travelers on the ADT this year on page 3. Photo courtesy of Ted Oxborrow

More ADT Journal Excerpts

Jeanette & Richard McGrath:
6/24/10 “We’re taking this trip one step at a time,” Richard said, “but we’re both very positive about meeting Nevada’s challenge head-on.”

Right now they’re averaging 10 mi/day (one horse, Apache, is still recovering from a Lyme disease setback) but the goal is 20 miles a day by the end of June. –Ted Oxborrow (Nevada Coordinator)

8/6/10 “Yippe-aye-kayay! We made it to Utah! State number 3! :) Did 100 miles in four days when it normally takes us six (due to water shortage of course!) - but we are all resting and in good spirits. Here we come Colorado!”

Mark Turner :
7/1/10 “Today I woke up feeling refreshed. I slept completely secluded in the middle of a national forest in Ohio. I ate lunch on a rock next to a herd of about 15 horses. Occasionally one

would come up and check me out.

“A little later I had to straddle an electric fence while standing on a wobbly rock. Then I met a woman who suggested that I get a goat. Apparently they can carry up to half their weight, and you can milk them. As tempting as that sounds, I think I’ll carry my pack.”



Attention Federal Employees and Armed Forces Members

Federal employees and U.S. Armed Forces members can designate the American Discovery Trail Society as a recipient of their charitable pledge for the Combined Federal Campaign.

The Combined Federal Campaign is one of the most important sources of income for the American Discovery Trail Society—so even if you are not a federal employee or armed forces member, but have a friend who is, please pass on the number below.

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