



Discover America

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Joyce and Peter Cottrell are greeted by trail supporters at Limantour Beach in Point Reyes National Seashore, the western terminus of the ADT, upon completion of their historic trek.

Cottrells Complete Coast-to-Coast Journey on ADT

Joyce and Peter Cottrell reached the Pacific Ocean on August 18 to finish their historic feat as the first hikers to backpack the entire official route of the American Discovery Trail. They logged some 5,058 miles going coast to coast on the nation's longest trail.

More than 50 well-wishers greeted them at Limantour Beach in California's Point Reyes National Seashore. ADT Society Vice President Dick Bratton presented them with a plaque hailing their "outstanding achievement." Media coverage of their journey included articles in many newspapers across the country, listing in over 20 websites, and an interview with Voice of America.

Joyce Cottrell called it "the adventure of a lifetime."

"I would recommend this trail to anyone," she said. "Even if you can only go for a day or a week or a month."

Joyce and Peter Cottrell are hardly the young adventurers one might expect to tackle such a challenge. Peter Cottrell, 55, is 5 feet 4 inches tall and carried a 55-pound pack. Joyce Cottrell, 51, is 4 feet 11 inches tall and toted a 40-pound pack. They took up hiking in their forties, when Joyce was recovering from surgery and needed to give up smoking.

"Every time I wanted to smoke, I'd go for a walk," she said. "Before I knew it, I was walking from eight to ten miles a day." Hiking became a passion for her, and Peter said she "dragged me along with her."

They left their jobs at Wal-Mart in their home of Whitefield, N.H., to follow their dream of walking coast to coast. They departed from the Atlantic coast at Delaware's Cape Henlopen State Park on March 5, 2002. As they followed the ADT

(Continued on page 3)

Volkssport Association Meets along the ADT

The American Discovery Trail had a strong presence at the biennial American Volkssport Association Convention held in Colorado Springs, Colo., on June 24-27. More than 900 AVA members hiked on the ADT in Cripple Creek and over 1,000 did so through the Garden of the Gods Park in Colorado Springs. The ADT logo and the fact that the hikes were on the ADT were in the AVA website descriptions of the convention walking events. The ADT convention display was up in the exhibit hall for four days and the entire supply of membership brochures disappeared in the first three hours.

ADT Vice President of Public Relations Dick Bratton was the keynote speaker at the convention. He said, "Especially in our modern world of 'hurry scurry' with high speed cars, high speed internet, high speed indigestion and high speed ulcers, it is so great to see people WALKING. Taking time to smell the roses."

"For some of you I may be preaching to the choir since the AVA and the American Discovery Trail Society have been partners for quite some time. Several AVA clubs are already using the ADT to stage events. The AVA newspaper, the *American Wanderer* lists nine 'Quick Start' year-round events in Colorado that are using parts of the American Discovery Trail." This is a prime example of the great symbiotic relationship that the ADT Society has with other trail organizations.

ADT Links Declared National Recreation Trails

The ADT can now claim two more National Recreation Trails. On June 5, the Great River Trail in Illinois and the Cardinal Greenway Trail in Indiana were designated National Recreation Trails.

Scouting Trips Improve Trail through Utah and Nevada

By Harv Hisgen

Most of the previous thru-travelers on the ADT have missed some significantly beautiful and interesting parts of the trail in Utah and Nevada. That changed this spring in anticipation of the trip of backpackers Joyce and Peter Cottrell.

Until this year, the only people to traverse the official route of the American Discovery Trail across Nevada and Utah were the members of the team that scouted the route for the trail in 1990–91. The primary reasons other hikers, cyclists, and runners took alternate routes were because of uncertainties about reliable water sources, doubt about the exact location and viability of the route, and the lack of accurate maps and a turn-by-turn trail description.

The ADT Society set out to correct these inadequacies by sending out scouting teams to ride, hike, and drive the route in Utah and Nevada. Two ADTS vice presidents, Dick Bratton and Harv Hisgen, handled Utah and eastern Nevada. ADTS President Eric Seaborg and long-time ADTS member Lynne Cobb ventured into central Nevada. Nevada state coordinators Dale and Bonnie Ryan explored western Nevada. The teams also provided support to the Cottrells, who agreed to follow the official route and take GPS readings.

National Geographic Maps generously provided software and digital topographic maps on which the trail could be traced with GPS waypoints. These maps, as well as the previous maps and trail descriptions, were given to the scouting teams. The com-

binced information was then field-checked for accuracy by matching GPS data and other observations from the backpacking and scouting teams.

The primary goals were to:

- 1) craft an updated and more detailed turn-by-turn description of the route,
- 2) produce accurate topographic maps of the ADT route,
- 3) explore cycling alternatives where the trail passes through wilderness areas or other places not practical for pack-laden mountain bikes, and
- 4) compile a list of reliable water sources together with suggestions for water drops in areas where the distances between water sources require them.

The project accomplished other important tasks, including on-site observations; discussions with U.S. Forest Service, Bureau of Land Management, and National Park Service trail and hydrologist officials; state and local property managers; and private citizens. The teams adjusted the route to provide a safer and more enjoyable experience, and recorded important information such as where to find the best ice cream and showers.

The result is that the backcountry route for Utah and Nevada is tested and true. The scouting teams, backpackers, and a horseman (see below) have been on the trail and recorded a lot of data about it, which will soon be posted on our website.

Harv Hisgen is the ADT Society Vice President for Discovery and Education.

Indiana Creates GIS Dataset

By Mike Martin

In order to assist state and local trail, recreation, and transportation planners, the Indiana Department of Natural Resources has created a geographic information systems (GIS) dataset of the American Discovery Trail's routes through Indiana. GIS is a computer-based system that combines the geographic location of a feature such as a trail with descriptive information. This enables a GIS user, from the computer desktop, to view and analyze datasets based upon their location and any of the attribute data associated with them. It also allows the user to analyze them in combination with other GIS datasets. For example, a trail can be analyzed by its proximity to other trails, roads, streams, urban areas, and more.

The Indiana ADT Routes dataset includes information on what road or trail each segment follows, whether or not the segment is off-road, and the segment's distance. The dataset was created by digitizing (drawing on the computer screen) the trail's road segments on top of a 1:12,000 scale aerial photograph. A roads dataset was also used to help identify the correct road to follow on the aerial photo. The off-road trail segments of the ADT routes were taken from the Indiana Trails Inventory GIS dataset.

The Indiana ADT dataset is available in an ESRI shapefile format. To obtain a copy, email mmartin@dnr.stata.us.

Mike Martin is the GIS Coordinator for the Indiana Department of Natural Resources.

People on the Trail

Matt Parker, who is riding his horse coast-to-coast on the ADT, has stopped for the winter. After riding over 975 miles from California to eastern Utah, Parker was forced to stop in the Manti-LaSal National Forest about 100 miles south of Moab. His horse, "Smokey," was "tuckered out" and had lost considerable weight. His pack mule was showing signs of going lame, and the route through the high country of Colorado would soon be closed by snow. So Parker decided to break for the winter and resume his journey in June. He will winter over at his home in Ann Arbor, Mich., and begin writing his memoirs of his adventure so far.

Jim Shaner of Thorndale, Pa., has started the "One Nation Under God - Walk Across America." The object of the walk is to have each mile of the ADT (using the southern Midwest route) walked by a Christian who is praying for our nation. He is hoping for 100,000 people to walk at least one mile of the ADT. So far, members from his church have covered 168 miles of trail. Shaner expects the project to take at least five years to complete.

John Fazel, ADT state coordinator for California, has been running or biking the

ADT state by state over several years. Before attending the ADT Society board meeting in Cincinnati in September, he completed Ohio. One interesting experience he encountered was watching an entire farm family, including the 84-year-old mother, spearing and hanging tobacco leaves in the barn to dry. He reports, "The people along the ADT are the true fabric of America."

Fazel has completed the ADT from Cape Henlopen, Del., to Lincoln, Neb., (with the exception of Maryland) as well as his home state of California.

Coast-to-Coast Hike

Continued from page 1

through 13 states, they experienced the most beautiful scenery the country has to offer as well as the most beautiful acts of kindness its citizens have to offer.

In the East, they frequently pitched their tents in backyards because of urban sprawl. The Midwestern summer humidity wore them down. But it was the vast, dry stretches of the western states that proved to be the greatest challenge.

The American Discovery Trail Society provided support along the way, making water drops in Utah and Nevada which the Cottrells found using global positioning satellite signals. The Cottrells, in turn, helped to record valuable GPS waypoints for the Society to improve mapping and directions for future hikers.

The couple climbed seven Colorado mountain passes over 10,000 feet, endured a sandstorm on the route of the Pony Express Trail in Nevada, were stopped by snow in the Utah mountains, had their tent ripped by a bobcat in Illinois, and had countless other memorable experiences.

“Many people say they dream about doing an adventure like this,” Pete said, “but people get caught up in the daily grind. A lot of people live to work, but they don’t work to live and enjoy life. We tell people, ‘Just go out and do it.’”

Join Us on a Hike

Are you looking for friends who also enjoy hiking? The River to River Trail Society in southern Illinois offers weekly hikes along various sections of this trail throughout the fall. Trail guides are also available from the RTR Trail Society. For more information, contact ADT Southern Illinois Coordinator John O’Dell at 618-252-6780 or jodell@shawneelink.net.

Making Connections...

Coast to Coast

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ADT Featured Trail: Cardinal Greenway

At 59 miles, the Cardinal Greenway has turned an abandoned CSX railway line into the longest rails-to-trails project in Indiana. Beginning in Richmond, adjacent to the Whitewater Valley Gorge Park at the historic Gas Company Works, this asphalt trail wends its way through numerous small towns in five counties in eastern Indiana. It bisects the heart of Muncie, crosses the White River, and eventually stretches all the way to Marion, allowing for both a nearby stroll after work or a longer distance workout for those with more time. Although some unfinished sections remain, great progress has been made since 1993 when the former railroad corridor was purchased. The groundbreaking of the first section was held in September 1997, and the trail now includes trailheads, rest areas, and interpretive signs.

The Cardinal Greenway is named after the last passenger train to regularly travel this route; the name is meant to be a tribute to the golden age of American railroads. Early interest in developing the trail came from the department of landscape architecture at Ball State University. Construction was made possible by federal funds from the Intermodal Surface Transportation Efficiency Act (ISTEA) and private matching contributions from the Ball Foundation (funded by the makers of the famous Ball jar).

The Cardinal Greenway was built to accommodate a variety of users—walkers, rollerbladers, birders, parents with strollers, cross-country skiers, wheelchair users, and cyclists. In rural areas, an earthen horse trail parallels the paved trail. The trail was also designed to allow the user to visit a number of special features along the route. The Prairie Creek Reservoir and Park adjoin the trail in Delaware County, and there are overlooks of the Mississinewa River. A new community park is being developed to abut the trail in Muncie. This spring, an historic century-old railroad station in Muncie

was renovated and turned into a visitor’s center and headquarters for Delaware Greenways, Inc., the nonprofit organization dedicated to nurturing the trail. This once bustling railway station and treasured piece of Americana had become an unused eyesore until this trail project brought it back to life. Bicycles can be borrowed at no cost at the greenway office and the Radisson hotel in downtown Muncie, making it easy for out-of-town guests to experience the trail.

Greenways have a way of bringing communities together and inspiring new projects. People see the Cardinal Greenway as a place for families to spend time together, for kids to play safely, for nearby exercise, to showcase local history, and to experi-



Photo courtesy of Delaware Greenways, Inc.

ence nature or spiritual renewal. Ron Craig, ADT state coordinator for Indiana, says, “The Cardinal Greenway is a great addition to outdoor recreation in Indiana. Although it’s primarily a Delaware County project, it’s something the entire state can be proud of.”

The Cardinal Greenway was recently recognized as a National Recreation Trail. Being part of the American Discovery Trail brings additional exposure and users to the Cardinal Greenway, while the trail offers benefits to the ADT as well. Craig explains, “It gives people coming through Indiana a long section of off-road experience on a high quality rail-trail with modern enhancements.”

For more information, contact Delaware Greenways, 614 E. Wysor St., Muncie, IN 47305, (765)287-0399, or visit www.delgreenways.org.

Henley Receives Award

Do you ever wonder who the face is behind the e-mails, phone calls, and letters at the ADTS national office? ADT Society Acting Executive Director Susan “Butch” Henley is our point of contact for many who inquire about the trail. Although she keeps a low profile, her trail experience goes back over a lifetime and is well-known to many in the hiking community.

Henley’s love of hiking began in her youth and scouting adventures. In 1978, she “kicked it up a notch” by thru-hiking the Appalachian Trail. That must have whetted her appetite because in 1980 she began the 13-month trek with American Hiking Society’s HikaNation that became the precursor for the American Discovery Trail. When Henley couldn’t be out on the trail (she also completed a trans-America bicycle tour in 1985), she became an advocate for trails, helping others to experience what she had. Serving first on the American Hiking Society board of directors and then as its executive director, Henley influenced a lengthy and impressive list of initiatives. These included the AHS publication *Pathways*, the “Trails for All Americans” task force, the first National Trails Day, and the American Discovery Trail. Her development of the ADT included arranging meetings with government agencies and *Backpacker* magazine personnel to solidify support for a trans-continental trail and identifying trails organizations for the ADT scouting team to meet along the proposed route.

Henley’s hiking often took the form of



Henley with former U.S. Forest Service Chief Dale Robertson in the early 1990s.

walking the halls of Congress to secure increased funding for trails and to gain support for the legislation directing the National Park Service to study the ADT as a national trail. When she retired from AHS in 1996, AHS established the Butch Henley Award to be presented annually to a dedicated trails professional.

The American Discovery Trail Society is fortunate to have such a dedicated and knowledgeable trail supporter on our staff. And that is why we were happy to learn of

her most recent award that is so richly deserved. At the American Hiking Society reception for Trails Advocacy Week in March, The Partnership for the National Trails System presented its Lifetime Achievement Award to Henley for her “lifelong advocacy for the creation of trails for hikers” and for being “instrumental in bringing scenic and historic trail activists together to secure and fund support for the National Trails System.”

Congratulations, Butch!

ADT Marathons

It looks like we will have to add running to the list of hiking, biking, and horseback riding as multi-use activities along the American Discovery Trail. Colorado’s third annual ADT Marathon took place in Colorado Springs over Labor Day weekend. The first State to State Half Marathon and 5 K Run was held in Oxford, Ohio, on September 21. Both events bring good exposure to the ADT and help local communities appreciate this resource by bringing people together.

Attention Federal Employees

The ADTS is participating again this year in the Combined Federal Campaign nationwide. Please consider a donation to the ADT when you give this year.

The ADTS donation number is 2350.