



Discover America

Newsletter of the American Discovery Trail Society

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Lewis & Clark Corps of Discovery II Visits the ADT

Modern day adventurers can follow in the footsteps of two of our country's greatest explorers as they travel the American Discovery Trail. Traveling exhibits in commemoration of the bicentennial of the original Meriwether Lewis and William Clark Corps of Discovery expedition are under way. The exhibits, called the Corps of Discovery II, are organized by the National Park Service and sponsored by federal agencies and local hosts. They will travel cross-country along the original route of Lewis and Clark, stopping at various points of interest that were critical in organizing the expedition. The ADT coincides in numerous places from West Virginia to Nebraska with the Lewis and Clark expedition's route and these points of interest. It is a perfect example of how traveling the ADT can be a journey of the mind as well as the feet.

The ADT passes Harpers Ferry, W. Va., as it follows the C&O Canal towpath. It was in Harpers Ferry that Meriwether Lewis began preparations

and gathered military supplies for the expedition. Commemorative events will be hosted at this location in March and April of 2003.

Along the southern route of the ADT, Clarksville, Ind., is on the banks at the Falls of the Ohio. It was here that Lewis and Clark joined together on Oct. 14, 1803, and took 12 days to enlist the nucleus of the Corps of Discovery members and prepare for the next leg of their journey. Two hundred years later exactly to that date, a "signature event" will be hosted to honor these days.

From here Lewis and Clark floated in a keelboat downriver, passing New Haven, Illinois. This is where the ADT enters southern Illinois. They continued past Shawneetown, Battery Rock, Cave in Rock, and Fort Massac, where they picked up George Drouillard, their hunter and interpreter. Drouillard was half French and half Shawnee and fluent in Indian sign language, a necessary means of communication with Indian tribes east of the continental divide. The ADT

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Follow Lewis & Clark in Missouri

By Darwin Hindman

Stephen Ambrose said that least 28 million Americans will take some kind of trip related to the Lewis and Clark expedition's bicentennial in 2004. The ADT in Missouri offers one of the most rewarding experiences possible if you'd like to take one of those trips.

The expedition wintered in 1803 in Wood River, Ill., the site of a new Lewis and Clark State Historic Site and visitor center. In spring 1804, the expedition crossed the Mississippi to the Missouri, passing the present Edward and Pat Jones Confluence State Park, Missouri's newest park. The ADT is near both places and enters Missouri at the Gateway Arch in St. Louis, America's most visited monument with the largest museum in the national park system, which will be heavily devoted to the Lewis and Clark expedition. If these sites tempt visitors to explore the Lewis and Clark route at least a little, they will want head for St. Charles, where the expedition set off up the Missouri River into the "wilderness."

The ADT in Missouri runs from the Gateway Arch through St. Louis to St. Charles and from St. Charles 152 miles up the Missouri River to Boonville. On May 16, 2004, a replica keelboat will arrive in St. Charles setting off a full week's celebration. On May 23, the keelboat and three red-and-white pirogues will leave the St. Charles waterfront and head up river to replicate the expedition. The



Corps of Discovery reenactors greet visitors near the Falls of the Ohio.

Photo courtesy of the Falls of the Ohio State Park website

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Iowa Progress

Getting the ADT entirely off roads in Iowa has made steady progress. Approximately 56% of the over 500-mile route in Iowa is now on trails. The construction of three miles in Atlantic and four miles from Audubon to Hamlin means that about one-third of the 21-mile-long T-Bone Trail is now paved.

New Leaders in Kansas

Dan Pickert of Ottawa and Frank Meyer of Herrington have agreed to be section leaders for the ADTS in Kansas. They are very active trail advocates in that state and have done incredible feats for the Flint Hills Nature Trail, the Landon Trail and the Prairie Spirit Trail. Welcome aboard!

Ohio Marathon

Running shoes may be more in order than hiking boots for the upcoming State to State Half Marathon near Oxford, Ohio. The Oxford American Discovery Trail Running Club is sponsoring a 13.1-mile half marathon race on September 21. The race is designed to help celebrate the bicentennial of Ohio and to help establish the running club in Oxford.

The idea is patterned after an annual marathon along the ADT in Colorado Springs, Colo., which was started in 2001. Oxford's race will include a 5K walk/run and a one-mile children's fun run. Race organizers would also like to see this become an annual event.

Contestants can register by visiting either the club's website (www.state-tostate.org) or www.active.com.

Ohio News

The South Western Ohio Trails Association continues in its support of the ADTS and has become one of the race supporters as well. You may also see members out replacing ADT markers in the Cincinnati area when needed. Thanks for your help!

The Buckeye Trail Association, which continues as the premier hiking and trail-building group in Ohio, has been updating its maps. It offers a phone number where hikers can learn about campsites along the Buckeye Trail that may not be on maps (800-881-3062 within Ohio or e-mail to info@buckeyetrail.org.)

Paul Daniel, the ADT Ohio State Coordinator, recommends Buckeye Trail maps for anyone crossing Ohio. Write to the Buckeye Trail Association, P.O. Box 254, Worthington, OH 43085 or look up their website at www.buckeyetrail.org.

For information about the five campsites between Elizabethtown, Ohio, and Richmond, Ind., on the northern route of the ADT in Ohio, contact Paul Daniel or view the east to west ADT trail description on the ADT website.

The Pony Express in Nevada

A portion of the ADT near Dayton, Nevada was threatened with relocation due to the development of a major housing project until a compromise was reached. For years, Pony Express enthusiasts have used a section of trail along River Road that was marked as the Pony Express and California Overland Trails. The ADT uses this portion of the Pony Express Trail.

Dale Ryan, ADT Coordinator for Nevada, said there was conflicting information about the precise location of the routes. "All we really know is where the Pony Express stations were located," Ryan said. When contacted, the National Park Service was able to show the trail close to the Carson River.

The National Pony Express Association worked with the developers to gain an easement across a flood plain that could not have been developed. This easement provides



for an off-road trail in a more historically correct location, so everyone was happy. Plans were made to set up a procedure so the Nevada Historical Society would be notified in advance of any future development along these trails.

The 26th annual Pony Express re-ride is scheduled to begin June 8 in St. Joseph, Mo., and will reach the Dayton and Carson City area on June 17.

ADT Fun Fact

Did you know that the ADT was mentioned in the Sunday Comics on January 19? A syndicated children's section call "the Mini Page" featured an article about Delaware. The article was in A-B-C order and the ADT was the "X". It read:

EXcellent hiking includes the American Discovery Trail, a 6,300-mile path beginning on the East Coast at Cape Henlopen in Delaware and ending on the West Coast at Point Reyes National Seashore in California.

*Making
Connections...
Coast to Coast*

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Lewis & Clark

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coincides with the River to River Trail in southern Illinois in the vicinity of these sites. Lewis and Clark next moved on to Cairo where they practiced their navigation skills because here they could determine their exact position at the joining of the Mississippi and Ohio Rivers.

Just as Lewis and Clark next traveled upstream along the Mississippi River, the ADT follows mostly levee roads past Tower Rock, Fort Kaskaskia, Fort de Chartres, and finally Cahokia and Wood River, the site of the Corps of Discovery's winter encampment, called Camp DuBois. Events with re-enactors will be held in most of these communities. A signature event will occur May 14, 2004, marking the departure from Camp DuBois, and what is considered to be the real start of the expedition. ADT Southern Illinois State Coordinator John O'Dell will be portraying George Drouillard as a re-enactor during this Illinois segment.

The modern day ADT next enters Missouri through St. Louis. The Jefferson National Expansion Memorial commemorates our third president's vision of continental destiny in the downtown area. Lewis and Clark continued their sojourn by fol-



Reenactors set off in a replica of a Lewis and Clark boat.

Courtesy Falls of Ohio State Park website

lowing the Missouri River upstream. St. Charles, where the expedition camped for four days while Lewis completed final preparations in St. Louis, houses the Lewis and Clark Center in its historic district. St. Charles is also the start of the Katy Trail, a premier example of the many trails that make up the ADT. Exhibits will be hosted here May 14–23, 2004. After St. Charles, the ADT/Katy Trail follows the Missouri River for 152 miles to Boonville, passing several Lewis and Clark campsites. This is one of the few opportunities for off-road hiking and biking along the Lewis and Clark route since the original expedition relied mostly on boating along waterways.

After leaving the Katy Trail, the ADT passes Arrow Rock State Historic Site and Fort Osage National Historic Landmark. Captain Clark returned to this area after his expedition in 1808 to establish a trading post with the Osage Indians. Today, this reconstructed fort with living history exhibits bring that era to life.

Another Corps of Discovery II stopping point on the ADT will be in Kansas City, Missouri (July 3–4, 2004). In Omaha, Nebraska from July 30 to August 3, 2004, activities will revolve around the first tribal council that occurred across the river where Council Bluffs, Iowa now stands. The Western Historic Trails Center in Council Bluffs provides information on the Lewis and Clark, Oregon, Mormon, and California Trails which all pass this spot. In our time, perhaps we can add the American Discovery Trail to that list.

(For more information about The Corps of Discovery II events, visit www.lewisandclark200.gov)

Follow Lewis & Clark in Missouri

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entire celebration will take place next to the ADT. To follow the boats and be as close as possible to the actual route of the expedition, visitors can hike or bike the ADT. The ADT follows the Katy Trail—a spectacular rail-trail conversion—up the river, and the trail offers the only place you can walk or bike off roads along the expedition's route for such a long distance in the Missouri River Valley.

The ADT passes many Lewis and Clark campsites and places mentioned in their journals. Interpretive signs are planned along the trail. The trail offers spectacular views of the river, bluffs, and river bottom, and passes many charming small towns and through wine country. The towns offer restaurants of all qualities, interesting shopping, beds and breakfasts, and campsites. People can follow the Lewis and Clark Trail and hike, bike, eat, drink, and be merry on the ADT in almost any style they choose. Nearly every town is planning its own Lewis and Clark event in 2004.

In mid-Missouri the trail goes through Boonslick country, which Sgt. Floyd of the expedition described as “butifull.” Here the ADT traverses more than 22,000 acres of public land acquired since the floods of 1993 and managed to restore wildlife, which will give the trail user a sense of what the expedition actually saw before modern modifications to the river. Many side trips are possible to towns across the river or to Columbia with the original Thomas Jefferson tombstone and a display of the 1815 survey maps of Missouri resulting from the expedition. The area also offers much fascinating Missouri River history in addition to that of the Lewis and Clark expedition.

Darwin Hindman, ADT Coordinator for Missouri, is mayor of Columbia.

Salty Discoveries

By Mike McCann

During the summer of 2002, I pedaled my bike from Seattle, Wash., to Washington, D.C. For over 56 days, I rode 4,181 miles. Most of my time was spent on or next to the ADT.

Usually, a discovery is only new information to the person who happens upon it. Most of the time the newly found item or idea has been around for quite some time. Christopher Columbus' discovery of the New World surprised Europe...and I'm sure it must have surprised the natives, who must have been very pleased to know that they existed. The truth of the matter is that a discovery is usually a rather personal experience...like the first time a person realizes that they cannot put their elbow in their ear.

The ADT helped me discover new parts of America that I had visited many times before. The fine art of slow, human-powered travel exposed new elements of the land, and especially the people. Walking or pedaling through an area can completely change your knowledge of it. Cities and metropolises dissolve away into towns and communities. Outside of a

car you actually meet families and townsfolk, instead of just encountering gas station attendants and toll-booth operators. People don't just give you loose directions to the freeway; they welcome you into their homes and lives. (Six months ago I set about the challenge of trying to thank those people who helped me out so much on my trip. I am still struggling with this task).

To their credit, Lewis and Clark were the first white people to see most of the Pacific Northwest. Specifically, they were the first from the east coast to make it to the west coast, and then back again just to describe what they had discovered. They also received plenty of help along their way. They found mountains, plains, and raging rivers. On a remote stretch of land near Pomeroy, Wash., they even "discovered" that, in addition to making great pets, in a pinch dogs can make nutritious meals.

On a similarly remote stretch of land, just paces away from where Meriwether and William's historic feet once shuffled, I made a personal discovery of my own. For three days I had been battling a ceaseless headache, sore muscles, nausea, general weakness and fatigue. I was cer-

tainly debating whether I'd be able to continue the journey, when I lived a dream that Lewis and Clark never could have imagined.

On the side of the road, many miles from anything, I came across three women on a similar bike ride. As luck would have it, two of them were doctors. And that was when I "discovered" hyponatraemia...the nemesis of many a distance athlete. On that sunny afternoon, as I was tended to by a couple of heavenly seraphs, I was informed of my oversight. A quick assessment of my diet revealed that I had neglected to adjust my sodium intake accordingly. I was so concerned with dehydration that I had pumped all of the salt right out of my body with excessive libations of water.

Sodium was the key. It's hard to imagine the need to heavily salt your food when you're pedaling a hundred miles a day in a high-plains desert...but trust me, you need it. Ironically, Lewis and Clark were well aware of the need for this essential element. Upon their arrival to the Pacific Ocean, they built kilns to cook the salt out of the water. I guess it always pays to listen to the ghosts of those who've been there before you.