



SoBo2 Apr 11-May 29
Shakespeare Jun 1-Aug 10
2015



In case of loss, please return to:

Good Good Things

SoBo 2 April 11 - May 29
Shakespeare June 1 - August 10

As a reward: \$ 2015

(A)

O 1 3 5 X X	E D C G	O 1 2 3 X X	E C A F
I II III V		I III Y VII	

(B)

Dm C G



On the Loose
Tallahassee
Aigul
Texas
Michelada
Train!
Get the Time
Life Long Life
Long Road

27	27	28	29	30	31	1
		5-10PM 10p			Salmon	11:00 Salmon
2	3	4	5	6	7	8
Salmon	13:00 10p		K	BOAT	Marlin	Loon
9	10	11 05:42 11:34-13:00	12	13	14	15
Fair	21:29					
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

KILKUT

10 AUG

FAI → MSP → ABQ
21:29 0:542
11:34 13:06

						11
						Maupin Field
12	13	14	15	16	17	18
Carley Wood	Punchbowl	Thunder Hill		Daleville		
19	20	21	22	23	24	25
		Pearisburg	Woods Hole	Helveys	Chestnut Knob	Atkins
26	27	28	29	30	1	2
Partnership	Old Orchard	481.0	Damascus	Damascus	Iron Mtn	Kincora
3	4	5	6	7	8	9
Mountain Harbour	Clyde Davis	Erwin	Erwin	Low Gap	Little Lake	Hot Springs
10	11	12	13	14	15	16
Mother's Day	GSMNP Davenport	Icewater Springs	Spence Field	PONTANA HILTON	NOC	Bryson City
17	18	19	20	21	22	23
Lochness	8:45 ATL-LRG					
Atlanta	NYC	NYC	NYC	NYC	NYC	
24	25	26	27	28	29	30
Δ 110	ABly Gap	Tray Mt	NEELS GAP	NEELS GAP	AMICA LOLA	Atlanta
31	1	2	3	4	5	6
GRNFG Dave Fields						CLUCKING BLOSSOM
745-9F 18:25 ATL-SEA						Krengi
133-31F 21:50 SEA-FAI	FST Camp	FST Camp				
7	8	9	10	11	12	13
						→ CZ
						Crystal Method
14	15	16	17	18	19	20
	WEID				ALAMO 9:00	MM
						MSR
21	22	23	24	25	26	27
ALAMO 09:00					BIGI	
28	29	30	1	2	3	4
						SEWARD
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
		KJ		10p	JA	
26	27	28	29	30	31	

H2TWBB

DELTA
2496-31E

347-11A

RON BROWN
626-2825
(706) 669-0919

LPVDPUP

06:00-06:52

06:00-07:04

PKMXYK

06:00-06:55

09:25-10:29

3:30-7pm

Joy accompanied me
the first 4.8 to →
Paul C Wolf Shelter
register: Murrur, giggles

Nacho Libre

Kid from Punchbowl
came at 19:20

Instant
Breakfast

SATURDAY NIGHT 19:00

4-11-15 Maupin Field Shelter

Okay. Day 1. Right on schedule. 21 miles in here, pretty easy miles, left Rockfish Gap at 07:20 → 16:50 here. Not too sore or stiff — maybe I'll be 100% in the morning. And I have a nice long evening. Still very light at 19:30. And a similar easy day tomorrow — but with a couple big hills to climb. BUT... I didn't feel as good as I'd hoped. A bit tired. Sore feet. Coulda kept going when I got here — coulda gone 3 more hours, at least 6 more miles... but several good reasons to stay, chiefly my sore feet [and allegedly an over-full next shelter]. We've got 8 here so far — such a nice night, 7 of us are tenting it. Including me. So first night out → TENT. Six of us chatted here at the shelters WEB, KEECH, OLD, BUZZ SAW, HAM LADY. Good stuff. Now → Can I stay warm?

4-12-15 Seeley-Woodsworth

21:30 and I need to sleep. Only 21 miles today in 11 hours. 3000' climb up THE PRIEST slowed me down. Left at 08:20. Harpers Creek Shelter at 11:00. Cripple Creek at 13:00. Priest (Funny No8) at about 15:00. Short view break. Left priest shelter at 15:30. Spy Rock view break at 17:10. Left at 17:25. In here at 18:45. Shelter full with 5. Straight to water, clothes, dinner, tent. 25 for the next 2 days. Easier terrain. Hope I'm up to it. Hoping for good sleep now.

4-13-15 11:45 Brunch Break — out by noon

Top of the bald knob, 1 mile south of Cow Camp Gap. Woke up okay just before 6am. Started moving at 6:15. Started hiking an hour later. Clear blue sky. Clouds descended stunningly at 9:30. Somewhat overcast, windy, chilly — and my shirt is sweat-soaked. Just passed first 2 hikers of the day. 11 miles down, 14 to go. Feeling okay. Bugs.

4-11 7:20 - 16:50
 4-12 8:20 - 18:50
 4-13 7:15 - 19:15
 4-14 7:35 - 19:45
 4-15 8:35 - 20:10

PLENTY OF TIME TO THINK

PLENTY OF TIME TO SUFFER

HIKING VIKINGS
 EDDY 3rd-Wheel
 Ironman
 Two Brits
Some SoBo
 Stump Guy

4-13-15 Punchbowl Shelter Δ

21:30 Made it. Not too bad. 07:15 - 19:15, 25.3 miles.
 But then it takes a while to get settled... shelter too full
 for my liking. Didn't go 0.5 to Cow Camp. Had a nice
 break at Brown Mountain Creek. Bird NoBo has had solo
 shelters 2 or 3 nights in a row. Dammit,
 BIRD, POPPOP, PACKMULE (old stoner), and Bear Bag.
 Ate my Margot. And potato-tuna. Sent a SPOT.

BIG DAY TOMORROW!

(Two glowing eyes.)

4-14-15 THUNDER HILL SHELTER

Writing this the next night, cuz... I got rained on almost all
 day --- the rain started around midnight ~ I was in my tent.
 I listened at 5:50, and finally got out of my tent during a
 break in the rain at 7:00. Hiking by 7:35 (with a soaking
 wet tarp) and it was misty drizzly tolerable for a while,
 but by the time I reached John's Hollow Shelter at 11:20,
 it was coming down hard. Took a half hour there.
 Watched SoBo section guy pass. Then hurried 4 more miles
 to Matt's Creek shelter. Completely drenched to the bone.
 SoBo guy stopped. I put on a fleece and "rain jacket" and
 set off at 2pm to do 12+ uphill soaking miles. Slow, steady,
 wet, painful. Stopped for a drink on a knob top about
 halfway through and quickly felt some hypothermia. Passed
 a guy sitting on a stump - talked briefly but didn't make sure
 he was okay. Got to the shelter at 19:45. PACKED! Seven
 hikers with wet gear hanging everywhere. They nicely made space
 for me, but I had to stow and hang my gear creatively on the side.
 Stump guy showed up at midnight.

- ✓ Hibler
- ✓ Med NY
- ✓ Joy - Aldrich
Mt, Marathon
- ✓ Laundry
- ✓ Sew up shorts
- ✓ Glue shoes
- ✓ Call Relax Inn

American Airlines ticket
New schedule

4-15 Bobblets Gap Shelter

22:15 SOLO! I got here two hours ago, but since I'm alone, I've taken my time with spreading out gear (wet) and food (almost gone). Hung lots to dry in the shelter. Instant soup really grabbed me today, but I could've used something even more substantial. I'm down to crumbs, drinks, candy, and advil. Boiled 2 pots of water. Hot grape with #2. Wrote a long entry in the book. And caught up in this book. But I need to get to sleep. DALEVILLE for dinner tomorrow. This 6-day section has not been easy.

I was first out of Thunder Hill today, though all were stirring and getting ready. 5 miles to Cornelius Creek Shelter. Nobody there last night. Another 5 to the AMAZING Bryant Ridge Shelter (big & awesome like Peters Mtn.) Nobody stayed there, either. FFS. 7 to COVE MTN. Passed 4 NOBOS on the way: Attrition, Smokes, Nemo, Sasquatch. Oh, also California. Attrition seemed to be carrying a sword. Therefore he seemed to be a bit of a dorque. 6.5 miles to this shelter. Felt tired, racing sunset... Glad I pushed it. ZZZZZZZZ



4-16-15 DALEVILLE VA

Got into town at 5pm. Pretty easy, pretty psyched. Howard Johnson right here. My maildrop box not here. Came close to ruining my night. Wasted an hour calling USPS. Ate at pizza hut. Didn't accomplish much online.

(Got my box next morning. Cute but lame front counter girl.)
(sydney)

UP HERE IN DALEVILLE

4-17-15 21:30 CATAWBA SHELTER

I was kinda lame in Daleville. I blame the box Fiasco. But I didn't get phone/net stuff done. I DID get a decent rest + pizza + laundry, though. Got out at 11:45. Hot and uphill and sweaty. Nice views. A fair number of hikers and yahoos on the trail. A bit of cloud cover in the later hours. Then buggy. Scads of folks at the McAfee Knob shelter (Campbell 0.5N). And illegal campers on the knob. And day hikers going up as darkness falls. But when I got to CATAWBA SHELTER—NOBODY. Was gonna go 1 mile further to the next shelter, but stopped here. Three big days to get to Pearisburg. Gotta hit that hay.

4-18-15 22:35 FRESH GROUNDS' Leap Frog Cafe
A day that will live in infamy: I fell off the AT.
Started late... and slow. It got hot... and crowded
"Catawba Grocery" Dragon's Tooth.
Running against Daylight.
FRESH GROUNDS!

4-19-15 20:30 ^{WAR SPUR} ~~Little Laurel~~ Shelter

Woulda caught up and been on schedule last night but for Fresh Ground. Mighta done 28 and been on schedule today... Got a decent start. Up at 6 ~ coulda left 6:45 but ate FG breakfast. So off at 7:37 and it started okay but then slowly tapered in the rain. Took almost 90 minutes for lunch at Little Laurel Shelter. Then got to this shelter just after 6 pm. Wet and rainy. Didn't want to go 8.8 more in dark and rain and uphill. So... To bed before 9 pm, sounds of rain all around. 7 of us in here.

4-20-15 NOT IN PEARISBURG

Could be. Probably should be. But instead I'm in my tent at the RICE FIELD shelter. 7 miles shy of P-burg. All day I wanted to try to push the 32 to town. Not least because that was THE PLAN and I had a reservation at the PLAZA HOTEL. And also: why not? I'll tell you why not, Fireball: you are a cupcake. Your ass is a wad of cookie dough. I got started 90 minutes after sunup cuz WAR SPUR peeps weren't stirring. And then I just couldn't go fast. By the time I got to RICE FIELD, it was 19:15. Prob'ly shoulda pushed on, but the feet were hurten. Two NoBos at the shelter when I arrived. Swelt to 10 pretty soon. Thus the tent.

I DID manage to call PLAZA HOTEL and switch my rez to tomorrow. I also managed to fall on a rock on my sore ribs from 2 days ago. AND... I'm listening to Silver Ladder all the way through TWICE... Forgive us our foolish ways.

HAMMOCKS!

FST

Little Laurel

FVKNK

4-21-15 PLAZA HOTEL PEARISBURG

No hurry to leave the shelter this morning, I was almost last to leave. Except Furball. (Crap internet here so I can't get anything done.) I ambled the 7 here to town, Caught some Neymar on telly. Then LeBron. Now James Harden. Need to sleep. Last night was chilly and stormy.

4-22-15 WOODS HOLE HOSTEL

21:00 With luck I'll sleep soon and be up early. If I do 31 tomorrow, that'll make up for just 10 today. Such a loser. My reasons: Left Pearisburg really late (noon), feet hurt, this place got chatted up, AND there are guitars here. I prolly shoulda pushed on --- coulda hit the Wapiti Shelter 7 miles further on. Shucks. I partly came here cuz MacGyver said it'd be almost empty. He didn't count on old people and shuttled kids. Place filled up. With luck I'll sleep soon and be up early.

4-23 HELVEYS MILL SHELTER! SOLD!

6:40	Left Woods Hole	
6:50	AT	
9:40	Wapiti Shelter (brk)	0.5
10:00	Slack Kids	8.2
12:40	VA 606	
12:55	Trents (brk)	16.0
13:40	AT	16.5
16:10	Jenny's Knob (brk)	17.0
16:40	AT	23.5
17:57	Helveys Turnoff	33.3
20:06	Shelter	33.6
20:20	Wapiti	34.2

22:00
Long day
Good day
Clear sky, but cold
Mike hike hike
2 hours dinner and wind-down
Privy!
To sleep

WINDY

3	4-13	66.7	25.3	45.7	66.7		
4	4-14	91.8	25.1	50.4	70.8	91.8	
5	4-15	115.5	23.7	48.8	74.1	94.5	
6	4-16	134.0	18.5	42.2	67.3	92.6	
7	4-17	151.8	17.8	36.3	60.0	85.1	
8	4-18	173.1	23.3	41.1	59.6	83.3	
9	4-19	195.1	20	43.3	61.1	79.6	
10	4-20	220.1	25	45	68.3	86.1	
11	4-21	227	6.9	31.9	51.9	75.2	
12	4-22	237.4	10.4	17.3	42.3	62.3	
13	4-23	269.4	32	42.4	49.3	74.3	
14	4-24	293.4	24	56	66.4	73.3	
15	4-25	316.4	23	47	79	89.4	
16	4-26	328	11.6	34.6	58.6	90.6	
17	4-27	352.7	24.7	36.3	59.3	83.3	
18	4-28	377.6	24.9	49.6	61.2	84.2	
19	4-29	391.6	14.0	38.9	63.6	75.2	
20	4-30	391.6	0	14.0	38.9	63.6	
21	5-1	417.6	26.0	26.0	40.0	64.9	
22	5-2	441.9	24.3	50.3	50.3	64.3	
23	5-3	467.3	25.4	49.7	75.7	75.7	
24	5-4	491.0	23.7	49.1	73.4	99.4	
25	5-5	517.8	26.8	50.5	75.9	100.2	126.2
26	5-6	517.8	0	26.8	50.5	75.9	100.2
27	5-7	539.8	22	22	48.8	72.5	97.9
28	5-8	567.4	27.6	49.6	49.6	76.4	100.1
29	5-9	587	19.6	47.2	69.2	96	
30	5-10	606.8	19.8	37.4	67	89	
31	5-11	623.6	16.8	36.6	54.2	83.8	105.8
32	5-12	651	27.4	44.2	64.0	81.6	111.2
33	5-13	678.3	27.3	54.7	71.5	91.3	108.9
34	5-14	695	16.7	44.0	71.4	88.2	108
35	5-15	723.5	28.5	45.2	72.5	99.9	116.7
36	5-23	727.5	4.0				
37	5-24	750.9	23.4	27.4			
38	5-25	782.4	31.5	54.9	58.9		
39	5-26	802.4	20	51.5	74.9	78.9	
40	5-27	829.3	26.9	46.9	78.4	101.8	105.8
41	5-28	829.3	0	26.9	46.9	78.4	101.8 105.8
42	5-29	869.3	40	40	66.9	86.9	118.4 141.8 145.8
43							
44							
45							
46							
47							

1	4-11	21	21				
2	4-12	41.4	20.4	41.4			
3	4-13	66.7	25.3	45.7	66.7		
4	4-14	91.8	25.1	50.4	70.8	91.8	
5	4-15	115.5	23.7	48.8	74.1	94.5	
6	4-16	134.0	18.5	42.2	67.3	92.6	
7	4-17	151.8	17.8	36.3	60.0	85.1	
8	4-18	175.1	23.3	41.1	59.6	83.3	
9	4-19	195.1	20	43.3	61.1	79.6	
10	4-20	220.1	25	45	68.3	86.1	
11	4-21	227	6.9	31.9	51.9	75.2	
12	4-22	237.4	10.4	17.3	42.3	61.3	
13	4-23	269.4	32	42.4	49.3	74.3	
14	4-24	293.4	24	56	66.4	73.3	
15	4-25	316.4	23	47	79	89.4	
16	4-26	328	11.6	34.6	58.6	90.6	
17	4-27	352.7	24.7	36.3	59.3	83.3	
18	4-28	377.6	24.9	49.6	61.2	84.2	
19	4-29	391.6	14.0	38.9	63.6	75.2	
20	4-30	391.6	0	14.0	38.9	63.6	
21	5-1	417.6	26.0	26.0	40.0	64.9	
22	5-2	441.9	24.3	50.3	50.3	64.3	
23	5-3	467.3	25.4	49.7	75.7	75.7	
24	5-4	491.0	23.7	49.1	73.4	99.4	
25	5-5	517.8	26.8	50.5	75.9	100.2	126.2
26	5-6	517.8	0	26.8	50.5	75.9	100.2
27	5-7	539.8	22	22	48.8	72.5	97.9
28	5-8	567.4	27.6	49.6	49.6	76.4	100.1
29	5-9	587	19.6	47.2	69.2	96	96
30	5-10	606.8	19.8	37.4	67	89	89
31	5-11	623.6	16.8	36.6	54.2	83.8	105.8
32	5-12	651	27.4	44.2	64.0	81.6	111.2
33	5-13	678.3	27.3	54.7	71.5	91.3	108.9
34	5-14	695	16.7	44.0	71.4	88.2	108
35	5-15	723.5	28.5	45.2	72.5	99.9	116.7
36	5-23	727.5	4.0				
37	5-24	750.9	23.4	27.4			
38	5-25	782.4	31.5	54.9	58.9		
39	5-26	802.4	20	51.5	74.9	78.9	
40	5-27	829.3	26.9	46.9	78.4	101.8	105.8
41	5-28	829.3	0	26.9	46.9	78.4	101.8
42	5-29	869.3	40	40	66.9	86.9	118.4
43							145.8
44							
45							
46							
47							

Annoying
Man

Potato
Soup

2

4-24 CHESTNUT KNOB

'Twas a very tiring 24 to get here: Chilly night--- not freezing (nothing froze), but my little thermometer still read below 40° at 08:00 with the sun on the shelter for an hour. Got up, got water (0.6), made coffee, took off ~08:30 --- then got lost for 1½ hours on the way to the AT. Hal, so didn't get rolling till 10:00, and it was a fairly tough 10 hours to do the 24.

THIS SHELTER IS COOL, SOLID STONE ENCLOSED STRUCTURE at 4410' --- apparently the highest point between Mt. Rogers and Moosilauke.

VERY WINDY OUTSIDE, POTENTIALLY VERY COLD but cozy in here, should be good. 22:30 and everybody else is already asleep.

TOMORROW I AM SAILING TO ATKINS

4-25 ATKINS --- RELAX INN

Midnight. Need to sleep. Cozy. But I'm tired.

Not a super-enjoyable 23 to get in here today... Just slogging out the miles.

4-26 ATKINS

11:20 THE BARN- had a hiker burger last night. Really wanted breakfast this morning but I'm too late. Pamm. Sunday buffet, I guess (3 Plate limit).

Planning to take off at noon and do 12 miles to Partnership Shelter near some Mt. Rogers visitor center. Easy distance, but could be miserable if the rains come. Rained hard overnight. Currently ugly misty gloomy. And yesterday, 5 miles out of Atkins, I leaned over and popped a rib in my back. Hurts to cough, hurts to sneeze, hurts to blow my nose... Obstacles!

SUPERFEET!

SoBo - the story!

SoBo - the play!

A LA ALDRICH... HOW TO PRESENT
A NOBO NARRATIVE FROM A SOBO
PERSPECTIVE... BRIEF ENCOUNTERS...
LOG ENTRIES... INTERESTING

FVKNK - the secret rangers

where i'm unbound
new bird

TIAS - The Ascent of Rum Doodle
history of a fictitious race

avld secret rangers

on the loose
stateside

out to sea
time
texas
train
you never called
graybeard

4-26 PARTNERSHIP SHELTER

19100 Easy 11.6 up here. Stayed gloomy but didn't rain. Nice.

Everything feels good except my back --- proly hard to sleep tonight.
I wonder how long this will linger... Doesn't really hurt hiking...

When I got here, the place was packed with young scruffians and one ridiculous gandalf hippie old man. Loudmouthed and junk all over. This is a big shelter, so I took my swag upstairs where there was room. Then I went to the nearby Mt. Rogers Visitor Center (closed after 4:30pm) to scope out the pizza situation. It is this: Pizza Hut delivery, \$50 minimum. I considered a fifty worth of pizza for myself, but eventually decided against it. Meanwhile the loudmouth yahoo crew attempted to pack up and move out. They left a good bit of debris behind. But this shelter is right by the road... so... easier to trash, but easier to clean. This place has running water and a SHOWER! As I write, some goofball named Wally showed up and got into the shower. 19:43. Once the loud crew had gone, only one guy was left in the spacious downstairs - STONEY, who is zeroing here. A couple from upstairs went out ($\approx \frac{1}{4}$ mile) to camp... because they have no sleeping bags, and a tent is warmer than an open shelter ~~was~~ speaking of chill, I may wrap up in my tent tonight ~~was~~

So now there are only four of us in the massive upstairs loft... And the other 3 kids sacked out at 6pm. For almost an hour I was sitting here eating and writing, an hour before dark, and the other four shelter peeps were sacked out. Then this Wally guy showed up. He likes the social aspect! Very chatty.

Cocoa, jerky, candy bar, sunflower seeds
I'll turn in at dark. Maybe listen to Mulvey. Maybe read some Hamlet and/or Rum Doodle.

20:00 and the sky has cleared... mostly...

Could tomorrow be beautiful? Do I dare to eat a peach?

Missed Jay's
"TRAIL MAGIC"

Pecan Pie
Coke

Met a man on the way to Damascus

Pay Med
Call SPOT
Shorts
PCs

4-27 OLD ORCHARD SHELTER

22:20 NOBO SWARM...

Got to this shelter around 19:30. Shelter full of two people with their shit spread out all over. While I cooked and ate, about 12 more Nobos showed up and took all the good tent sites.

Now I'm in my tent in a decent site. Clear, no rain, easy hike —
08:30-19:30 24.7 miles. 30 miles to Damascus. I'm happy that I might be warm tonight. My "broken ribs" are killing me.

4-28 BY A CREEK... AND A ROAD

22:49 Was cold at 5AM. Was surprised that almost everybody was up and hiking before me... many before I even stirred at 7:30. I got away at 08:40. Great weather all day. Slow and steady. Had trouble going fast --- lots of up → Up to 5490'... and I did the Mt. Rogers side trail to 5736', Grayson Highlands! Ponies! Got to Lost Mountain Shelter at 19:40... Many peeps in shelter and tents. So I went 1.7 miles further and pitched my tent by a stream...

13 MILES TO DAMASCUS

4-29 DAMASCUS, VA

18:40 Sitting in HEY JOE'S, AVETT BROTHERS ON THE RADIO... place filling up with Nobos who know each other from the trail. Some signs of LIVE MUSIC in the corner --- and a sign that sez GUBMENT CHEESE. But I want to be watching NBA basketball... and my only remaining hope is the Old Mill Bar.

The Old Mill Bar doesn't open Sun-Wed. Maybe they will later in the season.

19:50 I'm at THE PLACE --- the cheap Damascus hostel. It seems like a nice enough hostel, and it's not (yet) jam packed with Nobos, though there are plenty here. But I'm extremely disappointed with this TRAIL TOWN. It is exactly what I expected, minus 2 things which I really want for my city rest stops: ① Nice private rooms with TV ② a bar or any place with sports on telly. There are various rooms in town, but they're all hostel or BnB type things. And most of them are full tonight. Maybe some of the high end rooms are available tonight. Maybe some of 'em have TV. I got sick of calling around and thinking about dropping >\$100, so I came over here for a suggested donation. As I said - nice enough. But no sports telly in town.

And instead of plopping down to relax when I got to town, I walked all over looking for these things I want. Got to town at 13:30, and I immediately ate a big double bacon cheeseburger at the first place I came to ~ IN THE COUNTRY. That was the first thing I ate all day except a root beer barrel, which, when I bit into it, cracked a nice little bit out of a tooth → upper ~~left~~ left rear molar. Great.

The hike in was uneventful. Thought of a 6:30 departure, but stayed in my bag till then. Left at 7:30. Rest at Saunders Shelter. Short break at the re-route before Iron Mountain. In at 13:20 ish. Not fast. One nice thing → right after IN THE COUNTRY, I got free LEKI pole ends at SUNDOG. Nice.

4-30

ZERO

Watched Bulls crush Bucks
Watching Clippers v Spurs

23:06 Got a room at the Old Mill and so I took a zero.
A Good day to zero, as it rained all afternoon.
Now the day is gone and I need to get to sleep.
Plan to do 50 in the next 2 days to get to BOB PEOPLES.

DAMASCUS TOWN THINGS

5-1 MAY!

21:49 IRON MTN SHELTER

Left Damascus late - 9:30. Gloomy weather all day.

13:00 Abingdon Shelter (9.8) 16:30 Double Springs Shelter (18.4)

19:30 here (26) New pad. Weather clearing?

Rose at dawn

Venderveer:

Bob Peoples turned a 3-day
stroll from Irwin into a
5-day switchback hell.
Thanks, Bob!

5-2 Kincora Hostel

21:21 Rose at 6:30. Cold last night, but slept okay.
New pad seems cool, but hard to inflate.
Me and Captain K packed and left at 7:30.
Nice day all day --- passing lots of NBos.
Venderveer Shelter for 7:10-10:30 breakfast.
Great rock outcrop view right behind the shelter.
Watauga Dam ~12:45. Watauga Shelter (closed) ~1:10
Watauga Lake south shore --- 14:00-14:45 NICE
Over Pond Flat Mtn --- 14:45-16:15 Up
Laurel Fork Shelter 17:50-18:05
Laurel Falls 18:20
To Kincora at 19:00, Bob Peoples leaving in truck...
Took me to Hampton for food. Back to hostel. Nice, cozy.
Full of dopes, of course. And Ani girl.

This long section DAMASCUS-ERWIN ~125 miles
is humorously full of hostels... I did 50 miles to get here.
75 Mountain Harbour
100 Greasy
125 Notichucky

5-3 MOUNTAIN HARBOUR

21:30 In my tent at this hostel... bunkroom was all full.
I coulda slept on the bunkroom couch, and I think it
woulda been OK. Tent is okay... but longer to get going.
And a drag if it rains. Lotsa tents here, too.
Got going at 7:30 this morn. Cove Mtn Shelter at 10:00.
Scotty hostel for pizza 13:00-14:00. Here by 19:15.
Hot in the AM. Clouding over PM.

BIG MOUNTAINS TOMORROW!
Up into the 6000' range.

Tennessee
and now NC
↓
not many
privies

5-6	341.5		Erwin
5-7	315-319	26.5	
5-8	293.5	21.5	Little Laurel Shelter
5-9	273.9	19.6	HOT SPRINGS
5-10	255.9	18	Roaring Fork Shelter
5-11	237.2	18.7	Davenport Gap Shelter
5-12	217.2	20	Pack's Corner
5-13	196	21.2	Double Spring Gap Shelter
5-14	176.8	19.2	Mollies Ridge Shelter
5-15	153.1	23.7	Brown Fork Gap Shelter
5-16	137.3	15.8	NOC

5-24	114.0	23.3	Siler Bald Shelter
5-25	93.9	20.1	Carter Gap Shelters
5-26	74.1	19.8	Plumarchard Gap Shelter
5-27	50.5	23.6	Blue Mountain Shelter
5-28	29.3	21.2	Blood Mountain Shelter
5-29	8.1	21.2	Hawk Mountain Shelter
5-30	-8.8	16.9	Amicalola

NOC

105.6

Reeds Gap

5-4 Clyde Smith Shelter

22:45 Ugh. Late. Better sleep soon. 26 to Erwin tomorrow.
Only gotta go over one big mtn. though.

TODAY Left at 8:10, trail 8:25. Hard climb, 5 mi, 2500'.
Slow. Nice up top, though. Overmountain Barn.
ROAN HIGH KNOB shelter 16:30. Left and cruised
7.6 to this place. Slow cruise, I guess...
Got here at 20:00. Full shelter. Many tents.
Damn NoBo swarm.

TONIGHT I slowly pitched tent, made soup, got settled.
Clear sky. I'm in the tent without tarp. Stars.
Maybe I'll have to tarp up later...

EVERYBODY'S BEAR BAGGING

5-5 INTO ERWIN

WAS COLD WITHOUT TARP. TARPED UP AT 3 AM.

Woke just before 7:00, hiking at 7:47.

Kinda monotonous day. Cam not working in the morning.
Hot and parched over Unaka Mtn. Dragged into Coker Maple Gap.
Easy 4.7 to the Nolichucky River. Visited
Washington v ATLANTA
Golde

5-6 ZERO

Lazy. Pricey Hotel.

UEFA! Barcelona 3-0 Bayern Munich
CLEVELAND v Chicago

Made a Plan

the sky was clear.

4

5-7 Low Gap Campsite 321.1

22:30 Two NoBo dudes here.

Slow day for me. Didn't leave motel till 11:00. Then over a mile back to AT. Left Erwin/Uncle Johnny's at 11:30. Slow. Uphill. Got to NO BUSINESS KNOB shelter (5.6) by about 13:45. Left at 14:00. Then thunderstorm rain soaked me for an hour. Slow. Wet. Uphill. Bald Mountain Shelter (16.2) about 18:45. Left at 19:10. Socrates? Into this place in the gloaming... 20:45.

321.1	Low Gap
- 273.9	Hot Springs
47.2	

SPRING! FLOWERS, BIRDS, BUGS!

Trying to count the NoBos.

5-8 Little Laurel Shelter

22:22 It's pouring out.

There are only 3 of us in this shelter. Plus mice. The other guys were pretty much sacked out when I rolled in. I RAN down the mountain for the last 1.3 miles. Arrived 20:45. Proceeded to get, treat, heat water, make dinner, get bed ready. All the while the rain held off. Started pouring after I got in. Finally. I'd just hung my bear bag... (cable system)... I doubt it can take this rain. It may already have fallen to the ground.

I did the miles today, but it was hard...

Up at 7:00. Hiking just after 8:00...

LOCH NESS yelled at me at 9:00!

Apparently he's been trying to catch me since Waynesboro. He did a slack day back to Erwin hoping to catch me. It worked. Funny, it only worked cuz I zoned 5-6 and sucked 5-7.

Hogback 10:40, Flint Mountain 14:40 Jerry Cabin 17:40
Got poured on as I crossed the exposed ridge south of Jerry.

KELLY HOUSE

John K. Spitzberg

Asheville



5-9 HOT SPRINGS, NC

22:00 In a room at the laughing heart hostel, I gotta get to sleep. Today really zonked me out, and I wanna do 18 tomorrow. And there are some climbs. And...

HEAT

Just sapped my strength and youthful vitality.
Hot and humid, the climbs leave me soaked and exhausted.
And there are some big climbs to come.

Mice last night. I swatted one, shoulda stomped it.
One guy left at 6:30, other guy up late, but still left before me at 7:32. Downhill. MOM'S! Chili dog, pizza pocket, coffee, little chocolate donuts, pepsi. Harmonica girl. Spring Mountain Shelter. Full privies. Hippies. Tower. French Broad River. Town. Full.

SATURDAY NIGHT

Barcelona on TV at Spring Creek Tavern. Gose. Chili Cheese Fries.
SWEAT.

IN THE BUBBLE IN THE MOUNTAIN IN THE CLOUD

5-10 HOT IN CAROLINA

9:30 Eating at the Smoky Mountain Piner. Hoping to roll out of town by noon. Wondering if I can do 18 in the after-noon with the heat and my exhaustion. Nice morning. May well get hot today.
Oh, yeah... 6 nights till Nantahala... gonna try to go light on food and pick up 2 days at the Standing Bear Hostel (just before GSMNP) and 1 day at Fontana Visitor Center (just after GSMNP).

Hydrate

22:30 In my tent. On Max Bald. 18 miles got me to Roaring Fork at 20:15. The place was loud and packed with goofballs. I decide.

I decided to hightail it up here to this awesome bald summit. Arrived after sunset, fading twilight, just before 21:00. A few other tents spread out over this big bald area. Somebody flying a kite. Peaceful. I didn't heat water. Stars. A big city to the east lighting up the sky. Asheville?

Sewed up my shoe at noon and left Hot Springs at 12:40.

Skipped Deer Mountain Shelter.

Walnut Mountain Shelter at about 18:15. GNOME.

Big weird rash on my upper thighs.

Feeling quite good...

5-11 MAX BALD MORNING

6:30 Up earlier than usual for sunrise. Nice. Dewey. About seven other peeps. I'm in no hurry to move on, since I'm only doing 13-17 miles today. Lots of bugs. I may chill in my tent for a couple hours to let things dry. No reason to put away wet today. Didn't heat water last night. Might do so this morning... 'cepting I ain't got no water. Only brought up 1.7 L, and I drank one last night. Just a small bottle of bevvie for the morning. Feeling great. Sky looking clear. Should be a relaxed easy one today. For a change. Waiting for Loch Ness.

11:40 Oh, let's write mid-day! A little longer rest. Left Max Patch at 8:45. Lazy 6.1 to Groundhog ^{Creek} Shelter. Two NoBozos hiked in right ahead of me. Harshing my mellow. (There's a bag on the cables.) Got here at 11:15. Gonna leave at noon. 1300' up and then down to the ~~shelter~~ hostel...

16:40 Sitting in the scummy hiker kitchen at Standing Bear, waiting for the hard rain to stop. Debating where to stay tonight. Lame options. This place is \$20 for a scummy bunk. GSMNP is a hassle. I gotta deal with that for the next three days... The rain may make the decision for me — it's pouring now. I got in here before the rain — 15:00. Some deliverance types in the kitchen with me.

MICE

SONGLIST

3 bears

I can sometimes gauge how far I've come...
As I descended down to here, I was pissed off that I'd gone
well over an hour and hadn't come to the crossroads. 3.4 miles.
Angrily, I consulted AWOL, and it was 4.4 miles. And there I
was at the **STANDING BEAR**...

Pizza, old yogurt, 5 sodas, Uncle Ben, drink mix...
No phone internet.

21:16 Fucking GSMNP

In the lame-ass Pavenport shelter with maybe 10 other guys who were
sacked up before dark. Had to quietly arrange myself into a space
which wasn't really prepped for me--- even though we discussed it,
fuckers. Plotting to go faster, if possible, to get out of this nightmare
which is 71 more miles.

I ended up at Standing Bear for 3 hours--- everybody hiding out
from the rain. Took off during a lull at 18:00, but then it soaked me,
but then it mostly stopped and was nice when I got here and
made my Uncle Ben's risotto. **IT'S RISOTTO, YYY.**

Up into the heights tomorrow. Next day → Clingman.

5-12 ICEWATER SPRINGS

21:40 Fire going in the Fireplace here. Chilly, almost 6000'.
Super nice evening. Great day, so I did a longer one. 27.4
Cloudy most of the day, so cool, but no rain. Soupy fog early,
so no visibility when I got to the first tower. But up on the
ridge, it cleared up.

7:45 left Pavenport

● 11:00-11:40 Cosby Knob

14:45-15:20 Tricorner

17:15 passed Peek's Corner

20:15 arrived Icewater

BILLY BALL
&
NORAH

Dead L contact

Ridgerunner Carl
10:00 ish uphill
after Mollies Ridge

5-13 SPENCE FIELD

22:00 Pushed again, Raced dusk again. Got here at 20:50.
Maybe 6 peeps in the shelter, 3 in tents, whatever.
Cannot wait to get out of the GSMNP. Tomorrow afternoon.
Then Fontana Dam snacks, Fontana Hilton shelter... who knows?
Maybe Fontana Dam Village.
Up Clingmans Dome at 12:30. Lame gift shop. \$15 "snacks"
Sunny blue sky all day. Amazing clear starry sky now.
(but not too hot)

5-14 FONTANA HILTON

20:30 Got in pretty early ~ 14:00. But it was hot and I was drained,
even though I had a major descent for the last 8 miles---I was
actually running for a good bit of it. Passed three slow guys and
really rocked it for awhile. Visitor Center → shower! YAY!
no gift shop! BOO!

I walked 2+ miles into town for a pizza, drinks, food...
Woulda loved to stay for LeBron game 6 vs. Chicago.
But back to the Hilton, now full of boisterous 160-milers.
Back before 7pm. Lazy waiting around. Loud kids. Dorky dudes.
Maybe sleep early!

Some allergy symptoms coming—
eyes slightly disturbed
congestion

Met "The Dude" coming north → he said the way to NOC
is rough.

Met "Bad Dinner" at the Hilton → he said not so much.

YAHOOOS and YOKELS

Lonely Old Hikers

ATL → NOC

padvorac
calhoun
wallace
folks
the band

Reed's Gap

Amicalola → ATL

hammocks!

tiny rec
big-time tent

amazon hammock!

VAN DOWN BY THE RIVER

YUKON RIVER PROPERTY

fireball and the gloms

ASC

THANE OF GLOMS

5-15 Near NOC* 22:45

Well, THE DUDE was wrong/dumb. It was pretty easy to get here. 28.5 miles, and ups and downs, but nothing too bad. Left at 6:50, Arrived 19:50. Everything closed. Kinda lame. I'm in a tent down by the river.

"Jacob's Ladder" a steep section of trail

"The Jump-Up" idk... a rock near some steep trail

I went down both of those, so it was a cake walk...
really a cake run...

8 DAYS OFF!!!

5-16 NANTAHALA/BRYSON CITY

11:00

This NOC is pretty cool — in high-season, it's not great for a tired hiker. no rooms to be had, no camping allowed, everything closed early... but plenty of facilities, tables, and roofs. If it was raining, you could probly find stealth refuge easy enough.

I worked hard last night to get in here before 8PM. And then there was nothing. Wearily I cooked up cocoa and potatoe soup. Tasty. I half expected to get hassled for my stove. Nice restrooms. Kids running around. Nantahala River. Just a really pleasant place.

But it sucked to get here with no food, lodging, tenting options.

ALL HAIL STEALTH GUERRILA CAMPING

11:40 TRAIN! GREAT SMOKY MOUNTAIN RAILROAD

Sitting by the river, listening to Canty, 4 bottles of Ginger Beer,
#20 ride to Bryson City, Scenic View Motel, Guayabita's Special Dinner,
Malkovich, ZZZZZZZ

CBX

on the loose
out to sea
mulvey
unknown legend
jane
thank you
chuck

two gents
airplane
train
cop killer
wrecking ball

TIME IN TOWNS

Daleville	17:00-11:45
Pearisburg	11:00-12:00
Atkins	18:00-11:30
Damascus	13:00-- 9:30
Erwin	18:00-- 11:40
Hot Springs	-- 12:30
NOC	20:00
Reeds Gap	

5-17-15

9:45 Fell asleep with the TV on last night.
Up and "packed" and a \$20 ride back to NOC.
Sitting at NOC for lazy rainy morning waiting.

10:30 Lochness shows up.

12:45 The Folks show up.

13:45 We take off.

19:00 ATLANTA

22:30 Sitting in a Super 8 room with the folks. Not my favorite thing.
So back to NYC tomorrow. Trying to pack/reorganize ~
stuff for NM, stuff for NYC, and everything for the rest of the AT.
Traveling light ~ sending a lot back to NM: stove, sleeping bag,
puffy parka... But I'm gonna quit thinking about the trail for 5
days.

Was fun meeting Lochness today. Perhaps I'll jot more notes
about that sometime... But now → ZZZZZZZ

LOCHNESS, CORNBREAD, AND ME

~~Cancel ATL rental~~
~~check other rentals~~
FAI-ABQ flight

5/23-5/25

NEW FAI RENTAL

6/1-

SPOT

~~AK storage~~

Hobo Knife

PO

stinky-magn

AMERICAN SNIPER

5-18 ATLANTA to NYC

13:45 In an airplane halfway to Laggardia. Relatively painless transition from AT to NYC ~ assuming we land safely and at the right airport, but not without some silliness → dad again failing badly in his driving navigation, relying on a cartoony google map which led him astray so that I had to investigate and point out our whereabouts... and by the time I'd done that, we were off course enough to stretch our 2½-hour trip to 5 hours... and because of that, I didn't get to see any of the Game 7 CLIPPERS-ROCKETS. No big deal. I lazily sorted and sifted my stuff and got a good sleep. Up at 6:00, off at 6:30, ATL at 7:00, long lines... and then the flight delayed 4 hours. No big deal. I didn't have any pressing NYC biz today... EXCEPT STUDYING!

Now let's hope my checked bag makes it. That's my AT stuff... My new stripped-down AT gear → no stove, no sleeping bag, no puffy parka, no trail runners...

NOTE: iodine tablets, batteries lost in transit

5-20 KARLOVA TEST NOTES

2 hours - small group, small room, Czech proctor

Martin Vokurka - prof

4 subjects, 20 questions each

BIOLOGY

CHEMISTRY

PHYSICS or MATHS

I went through biology and chemistry, leaving a lot of blanks, 50-70%. Then I went through physics, and left some blanks there too. Then went back to make best guesses. With less than 20 minutes left, I zipped through the math. Easy. Pretty sure I got the 18 I answered. Not quite time for the last 2.

Biology

genetics

blood type

color blindness - sex

eye color fruit flies - sex

%s given % homozygous

def of phenotype

hydrolase

plasmid

ardosterone

Chemistry

oxidation

pH, $[H^+]$, $[OH^-]$

copper

iron III dihydrogenarsenate

mono/poly saccharides

cellulose

lactose

fructose

sucrose

maltose

sodium hypochlorite

anabolism, ...

Physics

atto - 10^{-18}

fento-

pico-

nano-

capacitance

spherical

$\epsilon \neq \epsilon_0$

magnification

tension

surface tension

elastic modulus

5-19 NYC!

5-20 NYC!

13:30 Sitting on the 9th floor of 1140 6th Ave — Test Center. Went to bed just after 23:00 last night. Good sleep. Up at 7:00. Out at 7:45. Crowded 1 Train. Got here by 9:10. Sitting around ~12 other testers. Tested 10-12. Wandered Bryant Park, THE AUSTRALIAN - salad and cider.

Waiting

Didn't pass. Scored 168, needed 190. Didn't even look at

moscow mule

~~CASSEL~~

~~KENDRA~~

~~BEKKA JEAN~~

~~BAK~~

~~BUDD~~

5-21 PALACKY TEST NOTES

BIO 25
CHEM 25
PHYS 25
MATH 10

alcohols, esters, cis isomers, pH, allele frequencies,
electron affinity, ΔH , ΔS , halogens, weak acids, sp^3 orbitals
hydrolytic enzymes, oxidation/reduction hybrid

smooth/striated muscle — stimulated by electrical — $\times 2$
or muscle contraction speed

where are the nerve cells with myelin-sheath coated axons?

what cells can become nerve cells?

5-21 NYC!

12:45 The Perfect Pint on 45th, Guinness and a Ruben [sic]

TWO TESTS DOWN... Awaiting the results of today's.

Once again cautiously optimistic...

14:24 Starbucks on 41st and 7th?

So... the tests seemed very similar yesterday and today...

Plenty of BIO and CHEM that I didn't know, thought my guesses were "educated..." Yesterday I got smacked down. Today:

64% biology 75% chemistry 90% math ^{9/10 but the test was wrong; actually 100%}
 $|x-2|$ if $x \leq 1$ and $|x+2|=4$

On today's test I got the highest... 229%!

Which is just the sum of 3 percentages, and considering the math was a flimsy page-long 10-questions, that's a misleading composite...

But it works to my advantage.

So, accepted to Olomouc... for 2015-2016... Now to figure dates and dimes.

And sitting in the city with not a lot to do.

5-22 NYC!

Page 1 of 2

WILLIS FERENBAUGH

Date: 2015/05/21 09:14 AM
Tenant: Office Space Solutions, Inc.
Building: 1140 Avenue of the Americas
Contact: Denver Francisco



5/21/2015

LAUNDRY

POST

Cornbread

NOC

\$\$

road to US MD

HAMMOCKS

~~PADVORAE~~

BAK

HANSON

remember: iodine✓

check Aquamira✓

batteries 3AAA, 2AA

bottles✓

tortilla, cheese,...

WILD IRIS

i'm not like all the others
... has oym

5-23 in the sky

14:00 And I'm outta NYC... easy and lovely departure...

Aldrich and I got in at 1:30am. I ate cheese, spinach, tortillas.

Downloaded and backed up photos since April 10.

Slept 02:00-08:00. Up and showered.

Then packed 4 Priority ~~USPS~~ USPS boxes to Alaska.

Painful carrying 'em all the way to Aldrich's local PO, but I managed.

\$60ish. Be there when I am.

And now → I don't have much stuff. Ultralight!

We'll see if I get cold or hungry in this last bit...

Back to the crib at 9:50.

Bid farewell to Aldrich. Dyckman Station. The ① train to 125.

Got a bit confused looking for the M60 bus to LGA.

Wandered east on 125th to Amsterdam, found a bus stop, just missed a bus but another came right away.

Airport at 11:30. LGA the iPad airport. Terminal D is just crazy super cozy. On time departure

Great NY weather.

I think I booked a Delta COMFORT ZONE seat, but I can't identify the benefits. Maybe more legroom, but the guy next to me is spilling into my seat, and he's not even that fat.

5-23 BACK ON THE AT

23:00 In my tent. Maybe 4 miles from NOC. Maybe 4 inches from the trail. No rooms in Bryson City. First shelter packed. Hiked into the dark. A couple good tentsites, both taken. Headlamp. This place. Up early, I hope.

5-24 TENT BY A STREAM

Right by Winding Stair Gap, US 64 → To Franklin
2015 It turned out there was a much better tent site
about 100 yards further from where I stayed last night. Dang.
Tonight I'm at a great site... but I stopped early → 7 PM!
Not sure if this is the theme for the week... I don't have to
push... 120 miles in 6 days. Today I did 23.4.
Tonight I'll be in bed by dark. And maybe I'll be warm.
I was cold without my bag last night. Stupid sheet.
Loads of hikers...

MEMORIAL DAY WEEKEND

Loch Ness left great messages in the
books at Rufus Morgan (last night) and
Cold Springs. Not Wesser Bald or Wayah Bald.
I didn't go to Siler Bald Shelter - way off trail.
I DID go up Siler Bald summit. Hot steep climb.
Sunny clear sky. Views all around. Man and 2 kids.
Ryan from GA trail maintenance. Sent a GPS.
Verdict still out on the running shoes...
Definitely flimsy, less support, thinner soles...
And I forgot SUPERFEET.

5-25 BLY GAP

22:30 Did 31.5 miles. The miles seem pretty easy. Didn't start till 8AM. Got here about 20:20... then had to search for water.

Toying with consecutive 30s. Maybe even 35 or 40 tomorrow... but I'd want to roll at first light, and I might not be up for it. And... it's been raining a bit for the last hour... What'll it be like at 6AM?

47 miles to Neels Gap

78.6 miles to Springer

0.1 miles to Georgia

I have 2 big hands and a heart
pumping blood
BOOM BOOM

5-26 RAIN

8:40 What'll it be like at 6AM? Rain. Raining still, I was "warm" last night but didn't sleep well. Looks like I've gotta pack up wet and go. So--- no hurry... no 30...

20:00 RAIN

All day... actually tapered to almost nothing by late afternoon, then exploded into a thunderstorm downpour about an hour before I got to Tray Mtn. Shelter. Kinda sucks. I got here about 18:30. Of course the shelter is full of dopey barely-hiking daytrippers. I considered going on, over the mountain; rain seemed like it might stop. But it hasn't. Glad I stopped. If it rains all night, though... Puddles may get me. I'm down to my last dry stuff. Pushing for a hostel tomorrow, in any case → Red Clay Gap or Neels Gap.

Shelters:

7:20	Tray Mtn.	start	50.6
10:30-10:50	Blue Mtn.		50.5
13:00-13:15	Low Gap		43.2
15:15	Whitley Gap		38.4
17:40	Neel Gap		31.7

3rd Loch Ness sighting ~~skipped~~ 1.2E

10:20 26.9

Almost no thru-hikers passing anymore.
 The ones that are passing aren't gonna make it.
 Hilarious fat couple at the hostel last night.
 Doing 5 miles a day, and it's killing 'em.
 But he's LOVING IT!
 Jesus, it's Neel Gap. I guess I was almost as lame
 at Millinocket.

Anyway, Muffinman told me that I passed an ultramarathoner
 on DAY 1 of doing the whole AT. I remember the guy.
 I was jogging down a hill in the afternoon. He had only
 a Camelback water thing. We said hi. Neither relinquished
 the trail. I mentally made fun of his Camelback

5-27 NEELS GAP

21:20 Watching a movie at a hostel!
 Once in Gorham, once at NEEL GAP.
 So here's what I did today:

CADDY SHACK
 on VHS

Early in the wee hours, the rain stopped.
 I listened to Mulvey and U2. I wore a garbage bag
 under my shirt. Seemed weird but warm enough...
 but I didn't sleep well. Did sleep and dream at 5AM,
 and then it was light out and nice. Got out, wet tent,
 off about 7:20. I'd almost convinced myself that I'd
 be going to town ~ couldn't've handled another night
 after a rainy day. But the weather was great, so I
 started working immediately. Up Tray Mtn, Up Rocky Mtn,
 up Blue Mtn. All along, I checked my pace, needing
 to go 27 miles in about 10 hours--- to get to the
 hostel by 6PM. Kept the pace but couldn't get ahead
 of it. Rolled in here at 5:44pm and they said the
 place closed at 5. Fucking AWOL. But I can hang
 out in the hostel and pay (and get my maildrop) tomorrow.
 Funny crew of 5 in here...

No food around, so I ate my salmon packet, then the
 HIKER BOX SPECIAL → sardines and tortillas.

Did my laundry... more or less.

Dried my tent... Kinda.

Tried some txt and email--- but limited phone
 and no internet.

Probably not leaving early tomorrow.

CatDog
 and
 Bubblewrap

Horrible Bosses:

"What happened there?"

"You can't win a marathon without putting some bandaids on your nipples."

5-28 BLOOD MOUNTAIN CABINS

Lazy days...

For a variety of reasons, I'm taking a zero here.

An extremely cozy zero.

There's no reason to hurry now... the only reason would be to race Lochness' last leg... and to do my own last leg as fast as possible.

But here were my reasons to zero:

- ① IF I raced to Amicalola, I'd have to sit there 2-2½ days.
Not enough to do there.
- ② If I feel like it, I can try to do a 40-mile day.
The last 40 miles
- ③ Zeroes are fun.
- ④ e-mail, post cards

5-29 AMICALOLA LODGE

DONE WITH THE AT!
FORTY ALWAYS HURTS

I did the 40. Didn't feel so bad at 31.7 up on Springer.
7 PM. Then tried to "run" the 8.8-mile approach.

Feel very tired. AND weird bites, rashes, redness...

Recovery time...

7:08 Leave NEEL GAP

9:30 Blood Mtn Shelter

13:00 Gooch Mtn

15:45 Hawk Mtn

17:40 Stover Creek

18:30 Springer Shelter

19:00 Springer Summit

banana

banana

21:45
Amicalola



Hiker Shuttles

RON'S SHUTTLE SERVICE

Cell: 706-669-0919 / Phone: 706-636-2825

Shuttling To / From

Atlanta to Fontana, AT-BMT-DRT-PINHOTI-
Jacks River-Consauga River

E-mail: hikershuttles@outlook.com

Facebook: Ron's Appalachian Trail Shuttle

Ron Brown

Your Shuttle Driver

STATS 8/15-11/12	I. 90 days	77 hiking	13 zeroes	1330
4/11-5/15	II. 35 days	33 hiking	2 zeroes	725
5/16-5/23	III. 8 days		8 zeroes	
5/24-5/29	IV. 6 days	5 hiking	1 zero	145
	139 days	115 hiking	24 zeroes	
	$\frac{2200}{139} = 15.8$	$\frac{2200}{115} = 19.1$		

Mail-Gen/Jenn delivery - Dad

2000-miler

~~Cancel May 30 Flight~~

Pay Olomouc deposit

GCI Contract

Kayak to Montana

Summer classes: Bio, O Chem, A&P, Islam

Jane's

CB set - My Lovely
wedding set - YOUR SONG

GUITAR

Alumni/Rec

Futbol

bike/tent/storage

Anthony Bourdain WTF

LOCH NESS, CORNBREAD, AND ME

Waynesboro-Damascus	19 days	391.6 miles
0	20.61/day	
Damascus - Erwin	5 days	126.2 miles
0	25.24/day	
Erwin - NOC	9 days	205.7 miles
0 x 8	22.86/day	
NOC - Neel Gap	5 days*	105.8 miles
0	21.16/day	
Neel Gap - Amicalola	1 day	40 miles
	40/day	

SATURDAY

5-30-15 GEORGIA

I woke up before 7, took another shower, went and ate a slow, large buffet breakfast full of bacon, — after all, I barely ate yesterday — then I walked over to the falls and down the 600 steps to the "reflecting" pool, back up the 600 steps (8 minutes) and to the lodge. Checked out and caught my RON BROWN shuttle to the Atlanta airport.

ATLANTA AIRPORT

RON BROWN

ALOHA

Ron Brown got me to the Motel 6 at 12:30. Grumpy black guy at the counter said, "Check-in at 3."

So I've been sitting at Malone's Bar and Grill for 90 minutes. Gumbo, Chicken Caesar, Finch's Fascist Pig Ale...

French Open on TV - Azarenka v. Williams

It's nice to realize that most of my body is fine after this last leg of the AT, and especially after yesterday's big day. No sore muscles at all. A tiny bit of stiffness in my shoulders. My feet aren't perfect, but I think they will be by the time I get to Arizona. The weird thing — the thing that has preoccupied me since I got off the trail last night — is how fucked up the skin on my legs is. This is just what happened before I got to Nantahala, and it quickly faded in NYC. But the effect after yesterday is/was much more severe.

Both my front upper thighs are red as if chafed and infected.

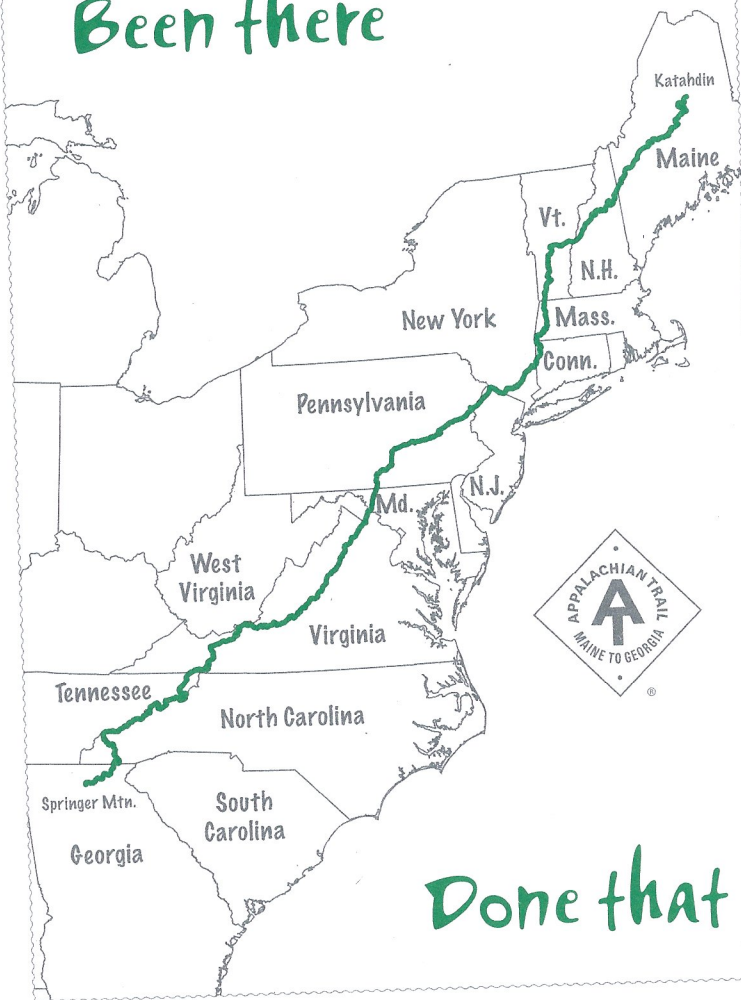
This is somewhat on my feet (tops), too.

There are several big BITES on my left leg which may or may not actually be bites, but they were huge and inflamed unlike bites I've had.

All of this is fading, and will soon disappear from body and mind...

But it's weird and it's not something I've seen before. It seems like the extreme heat/sweat and prolonged exercise must be contributing.

Been there



Done that

PREFONTAINE

MARGOT

Duritz
Bono

It's cool to have a code name.
It's not that weird.

Storage

Gulliver tix

Big I - online → runs, music Tennis

~~Jenn - get stuff~~

~~Kathy Marie~~

Tent, bike, camp

DATELINE
GULLIVER

UAF gymni-rec
practice
rehearsal

PICS and VID > AT organize and save
STORAGE

PICS > FST
and VID new cams?
stands for phone/pad
batts for phone/pad

SUNDAY

PRAISE THE LORD

8-31-15 The Voyage ~~Home~~ ON DOWN THE ROAD

Up in the air over Middle America. Right to the heart of matters.
Lots of clouds blanketing the land ~ occasional holes in the blanket.

A couple hours out of ATL, a couple hours from SEA-TAC.
Liam Neeson on my iPad ON inflight entertainment. I like this TAKEN 3
stuff, but maybe a slightly more believable hero guy. Not an old guy.
OR a ridiculous guy, even older and less believable than Liam.
Like Stallone or Schwarzenegger.

A fun lazy hazy transition weekend. Had the Barcelona match on
at Motel 6 yesterday, but I slept through it. Missed a quintessential
Messi strike. Then didn't get to sleep till 4AM. Already on AK time.
Slow morning. At the airport at 11:30. Couldn't check my bag till 3PM.
So, tennis and

We're following a river... the Missouri?

Snow! Mountains!

SEA-TAC

21:57 In the plane at SEA-TAC waiting to take off...

MARY LOU LORD - AIM LOW

Jesus, God, it's a sign... It's an omen...

BLOSSOM

TRUTH & PASSION

Check/Form to Olomouc

AT Form

Laundry

SRC/shower

Study

Storage

CAM PREP

charge

delete

card 4 cam

new cam

jeff
brookes
jrb
honza
graham

6-1 BACK IN THE BANKS

00:45 airport
01:00 big I
02:00 dave fields
04:00 sleep at dave's
06:30 up
07:00 sam's with kenny
08:30 big I closed
09:30 storage
12:00 jenn on flux
14:00 kj at cch
15:30 cch work
17:00 uaf
18:00 fst at jack townshend
22:00 big I - run sign up
23:00 camp
tiny tent

REMEMBER THE BUGS

6-2 BANKS DAY 2

It's kinda blurry so far...

Woke at camp, ran the FST3 (25:43), went to Sports Authority/BEN/Sportsman's, went to Hilltop for lunch, went to REI, bought a \$430 tent, went to CCH for coffee and computer, DATELINE to print Shakespeare stuff, UAF alumni office to get smacked down, SRC to pay for 2 months - SHOWER! - Two Gents 6-10pm, beer, Marlin-PBR, I-Russian... FST Camp Big Tent.

6-3 BANKS DAY 3

I got up at 5AM to throw the rainfly on the tent... as drops started falling. That set the tone. Wet all day. I slept till almost 10am. Barnes & Noble coffee. Sportsman's Warehouse → tables, cot, stuff...

SOAK - bastards, no int'l \$ transfers

Western Union at Fred Meyer - idiots, no clue, no method

CCH

Back to camp to light fire in the shop. 5 pm.

6:00-9:30 table read with Cassel, Levi, Nicki

3 BEERS - Music practice

6-2	6-2	6-4	6-5	6-9	6-11	6-12	6-15
Beacon		0:48	0:50		0:46	0:45	0:46
		4:19	4:22		4:16	4:13	4:15
Danny	6:03	5:53	5:56		5:36	5:41	5:
Bottom	7:55	7:41	7:46		7:38	7:31	
							9:06
Wigwam	10:50	10:28	10:28		10:21	10:15	10:02
Pavement							
CHS	12:28	12:00	12:00		11:49	11:40	11:
Pavement			13:26				
Wigwam							
Bottom		16:04	16:05		15:55	15:51	15:35
Danny	18:43	18:14	18:19		18:10	18:05	17:
							19:52
Beacon		24:03	24:11		23:55	23:54	23:11
FIN	25:43	24:47	24:55	26:00	24:31	24:30	23:49

For camp ~ lighter
headlamp
water
shelves, tubs

print → ANOTHER TRAIN, LANDFALL
scan → andrew's paper

extend car
HD search
bikes? Beaver? 4-7pm

STORAGE:

~~Checkbook~~

~~Suit~~

~~Check lyrics~~

tubs

Done
LLL

6-4 THURSDAY BANKS DAY 4
Up at 9, played tunes in the shop, ran the FST3 24:47
Burnes and Noble coffee, 11-13:00, ? , CCH ...
SRC 4-5. Oasis 6-10

6-5 FRIDAY

6-6 ~~THU~~ SATURDAY

ON THE LOOSE
MY TIME
~~OUT TO SEA~~
SUMMERTIME
ANOTHER TRAIN!
LANDFALL
THANK YOU

A
D
E'
G'
Am
G'
C

Actual

A
D
E Naked Miles
G
Am "F"
Bb
C

Saturday, June 6 - 4PM Musers Hall

4-19-37
34-12-26

6-7 SUNDAY ~

1AM - 3AM SHAGG - Howling Dog
3AM - 11AM Krejčí's couch
12PM - 4PM UAF - Shakespeare
4PM - 5PM Oasis - NBA Game 2
5PM - 7PM SNTP *lost my Neymar shirt*
7PM - 8:30 PIKE'S
9PM - 10PM 10K

mail AT
investigate HK/\$\$

~~Graham~~
Rose

AYP

Alumni - wifi?

~~Contacts~~

Camp coffee

~~Stove!~~ Pot?

Rug tarp

BIKE/SHELVES/ORDER

↓
Bike tools

STORAGE

SHOES

WEDDING SET

YOUR SONG

AULD SECRET
RANGERS

BILLY BALL
& NORAH

on the loose

~~stateside~~

~~new bird~~

~~where I'm unbound~~

gettysburg

out to sea

time

texas

train

you never called

greybeard

into the sunrise

chemical boy

secret

FVKK

you never called

FVKK

FBAAG

PARTY BY MYSELF

Nobody still does

Graham

Avery

Brady

Choir

Drew

F ball

George

Keech

Kreici

Vogt

Equiano
Kylesha
Katrina
Levi

Schubio
Sonny
Beckel

Luke
Schubel

6-8 MONDAY

Didn't rise fast. Didn't run. ^{Prove} ~~Prove~~ in to the BIG I at 10...
and Jackovich was there--- he told me they'd open at noon.

6-9 TUESDAY

Slept all morning. FST 3 at noon. Slow 25:50.
Up to Hilltop for 1PM lunch chef salad.

(HIT)

~~DOMINICK~~
SSSPRING (AA cargo?)
CALL AA

MAIL
✓ for Olomou
AT app

STAMPS!!!

6-10 WEDNESDAY

AT card
web
SOBOZ

~~RIKET~~
~~POTS?~~

Classes
Shoes
SHAVE

6-11 THURSDAY

~~LAUNDRY~~

~~DATELINE~~ but missed schedule

MED STUDY — Jana — I'm waiting for new doc
When \$\$\$ due

~~AT MAIL~~

Sacrificing the Gift

SEWING
MIRANDA

SATURDAY

~~PRINT AA doc~~
✓ GCI → print NO!

~~Wells Fargo — 10:00-16:00~~

~~21D~~

~~\$300 + \$1700~~

~~Savings Xfer~~

~~Xfer info~~

~~e2 olomouc~~

~~SHAVE~~

ABC interview

You've already done extensive self-interviews...

Not holding any version sacred, rather using the FF text
as the basis for the story.

BUT using Shakespeare's words

Eglamour, Duke-Guard
Chicks in Disguise

FRIDAY, 6-12

MARLIN
Hobo Knife
Green Tara
Mythological Horses
Dutchess

Chris West, Brad, Chuck

~~need hardcore~~
~~strip~~ 1 yard 2" JOANNA'S \$5.39
SEWING:
blackpack
bluepants
beigepants
AT pack
sleeping bag

BIKE: PUMP
BUNGEE
PANNIERS

SATURDAY, 6-13

Sleep at 2AM in the tent
Up at 7:30 in the tent
Sourdough Fuel for coffee
8:15 JTP

LAUNDRY

✓ ~~SHADES ?!?!?~~

CLASSES

AMAZON

12-MONTH

AK AIR KNOWN SHIPPER

Damn.

~~ASC~~

~~FED EX SCAN~~

BRING A CHAIR TO JTP

CONTACT PAPER
PAPER CLIPS/PUSH PINS

big I

6-26-15

PARTY BY MYSELF ✓ *GEmCD*
CHELSEA HOTEL ✓ *missed a verse*
LET'S GET MARRIED ✓ *Fed bridge*
TANGLED ✓ *A*
MAMA ✓ *D*
BLIND WILLIE *G#m*

CANDLEFLAME

LIFELONGLIFE ✓ *G*

DONE DONE DONE *G*
WANDERING MAN

DIXIE DRUG STORE ✓
FUZZY *D*

IOWA *G*

THANK YOU *C/Am*
MY TIME *D*

ON THE LOOSE

~~OUT TO SEA~~

TEXAS ✓

AIGUL ✓

BUTTE ✓

LAST CHOPPER

ECUADOR ✓

WANNA SAY LOVE

COFFEE

CARMEN

TALLAHASSEE ✓

MICHELADA ✓

PARIS

Another Island Song ✓ *Fed*

TRAIN ✓ *5v*

~~BIG TIME~~

~~MY LOVELY~~

HUSHABYE ✓✓

LEMONADE ✓

CIRCLING
NORMAL ✓

Naked Miles ✓ *medley*

Galesburg ✓

Long Way Home

BALTO
Valentine's Day

Mrs. Patter

BOTH HANDS LIKE HEAVEN

RAIN KING ✓ *Fed chorus*

UNNAMED ✓

SUNDAY, 6-14

14:23

7:08

7:15

1:45	1:45	1:48	1:48
3:32	1:47	1:49	3:39
5:18	1:46	1:54	5:33
7:08	1:50	1:55	7:28
8:59	1:51	1:54	9:22
10:49	1:50	1:52	11:14
12:40	1:51	1:54	13:08
14:23	1:43	1:45	14:53

MONDAY, 6-15

23:49

TUESDAY, 6-16

Cleveland loses GAME 6, Golden State wins 105-97
Lebron loses in the Finals for the 4th time.

14:53

7:28

7:25

2GOV interviews

name

art/acting bio

characters in 2GOV

shakespeare bio

shakespeare thoughts

why 2gov?

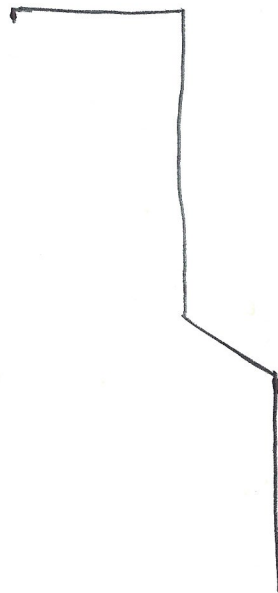
NEW BIRD

NEW BIRD

NEW BIRD...

I AIN'T HEARD

YOUR SONG BEFORE NOW



SIT AND WATCH THE SUMMER SUN BIRDS FLY

↑
verse semi-tag
chorus SB explanation
(K)

cf sonnet

To leave my Julia; shall I be forsworn?
To love fair Silvia; shall I be forsworn?
To wrong my friends, I shall be much forsworn,
And ev'n that Power which gave me first my oath
Provokes me to this three-fold perjury.

WEDNESDAY, JUNE 17

24:39

big I, SRC, rehearsal, back to camp

THURSDAY, JUNE 18

08:00 up

09:00 wake Equiano

10:00 Equiano with Groundlings at UAF

11:00 Guitar with Groundlings

UAF

5:00 rehearsal

10:00 bike to FST

11:00 beer with Petrie, Bruce, Equiano

12:00 tent

FRIDAY, JUNE 19

08:00 up - bike to airport

09:20 Alamo car - Fred Meyer - JTP - dump - camp

11:20 Driving south towards Anchorage

Construction, Tourist Traffic, Willow Fire

16:30 Contact Stange for BB pickup

1091 PRIME?

18:30 into Anchorage

19:00 Stange

20:00 Spenard Road House

22:00 Sleep

LAUNDRY

So long as men can breathe and eyes can see

Now I know I ain't no Peter the Great,
But I'm not so bad for a fallen saint.

SATURDAY, JUNE 20

BRINEGAR!
STIGMATA!

contact paper
hibler vid
kayak
amp
med practice tests

SOLSTICE!

SUNDAY, JUNE 21

Are you torturing me on purpose?
I've fallen in love,
I don't think so, you know why?
Because I've fallen in love. And this is what people who've fallen in love
Look like.
You've picked the unrequited variety. Longemony
It's very bad for the skin.

MISSOURI

Lewis & Clark

Gear ~ boat
paddle
LOCK

float vest

dry bags - 2 red, 2 clear

bag/pad
tent
tarp

tape binder
camp art
tent cleanup
MUSIC

tent fly fixup
platform work

check kayak, paddle, vest, etc.
drill hole

sobo map

$\frac{1}{4}$ " adapter, etc.

ALASKA KNOWN SHIPPER

PALACKY MONEY

T-SHIRTS PIL JSEM JAKO RYBA
MY JERKIN IS A DOUBLET

MONDAY, JUNE 22

TUESDAY, JUNE 23

THE UNREQUITAL SONG

GPS
battery 4 phone
BIO
AT Card

Sure, I myself know all
the reasons...

but I thought I kept 'em hid.

BOWIE!

Oh hear me, Robert Zimmerman,
though I don't suppose we'll meet

A_b
B *
C
D_b
D
E_b *
E
F# *
G

A
B_b

F

3AM - tent, tired, STATE OF PLAY

WEDNESDAY, JUNE 24

21:30 Marlin open mic

22:30 BERNIE! Marlin Open Mic
"New Beat of My Heart"

0:00 Zimmerman - "Tallahassee"

~~WORK TABLE~~
~~SAFETY PINS~~

0:20 Keech - Wild World, Roxanne

0:40 Fball - Hushabye, Landfall, 35
B B D

Call AA cargo

Check Kayak
rack?
vest, paddle,
skirt

THURSDAY, JUNE 25

10 PM track night - smoke much better
than it's been since Sunday

15:25

7:02

8:23

1:43
3:28
5:14
7:02
9:56
11:49
13:43
15:25

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate,
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date,
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimmed;
And every fair from fair sometime declines,
By chance or nature's changing course untrimm'd.
But thy eternal summer shall not fade
Nor lose possession of that fair thou ow'st,
Nor shall Death brag thou wand'rest in his shade
When in eternal lines to time thou grow'st.

So long as men can breathe or eyes can see,
So long lives this, and this gives life to thee.

Oh me
 adjective

YOUR SONG
YOUR SONG
YOUR SONG

ROLES
psychological development (of character)

ALL v K

same characters, same setting
different words, different story

PATEK, 26.6.15

\$ → Olomouc
Known shipper

ETERNAL LINES TO TIME

SATURDAY, 27.6.15

WRITE AND RUN
KAYAK

SUNDAY, 28.6.15

Lazy, rainy, cozy in my tent. Didn't return the car.
Slept till 11. Nice blue sky morning. Run FST3 at noon.

24:04

	6-28	6-29	7-3	7-6	7-9	7-20	7-23	
Beacon	0:45	0:47	0:48	0:43	0:45	0:44	0:43	0:42
								3:55
Top	4:14	4:21	4:21	4:03	4:10	4:01	4:04	
Danny	5:43					5:32	5:36	5:23
Bottom	7:30		7:55		7:45	7:18	7:17	7:00
Crick	9:14			8:52	9:16	8:52	8:53	8:32
Wigwam	10:16	10:		9:56	10:2	9:56	9:56	9:33
Pavement								
CHS	11:45		12:14	11:29	11:58	11:28	11:27	11:00
Pavement								
Wigwam				13:00	13:30	12:56	12:56	
Crick				14:00	14:30	13:	13:58	
Bottom								
Danny	17:51	18:	18:40	18:14	18:19	17:38	17:44	
Top	20:00	20:35	20:48	20:14	20:24	19:49	19:55	
Beacon	23:23	24:13	24:14	24:04	23:47	23:18	23:20	
	24:04	24:52	24:52	24:46	24:25	23:56	23:58	

GTSD

Write and Run

Kayak

Shave

Sew

Cleanup

MUSIC

stickers/Ts

TASR name/songlist

USB prep
cameras, (phone/mac
charge)

ANC return plan

Still got a passport?

Where's the other Kilian
book?

NEW Olomouc Papers

\$\$\$

Spray skirt?

PFD Life vest

PDF the journal

MONDAY, 6-29-15

24:52

TUESDAY, 6-30-15
Read Proteus.

WEDNESDAY, 7-1-15

McPhee

HIT? HIT! HIT!!!

SOBO!

TWO GENTLEMEN OF VERONA

interviews

metalbanging

notes

Shakespeare in Love

cf. Two Noble Kinsmen

read RIVERSIDE

amphibolous

Andrew: Self-Discovery?

THURSDAY, 7.2.15

I Don't Have a Pen Today!

UMBRELLA?

~~OOOOOO~~

PEN

~~JULY 8 TICKY~~

SCAN THE MAP/
JOURNAL

Copper mug, ingredients

SEW

TUNES

VIDS

METALBANGING

HATS & GLOVES

relocate

AMAZON

NICKI~MED KIT

14:26

1:46

3:37

5:26

7:16

7:16

9:06

10:56

12:45

14:26

7:10

UNITED NATIONS
 — CARNATIONS
 LAMENTATIONS
 TEMPTATIONS
 SAPIENS
 LONG MIGRATIONS
 GOOD VIBRATIONS
 GALATIANS
 OURBITRATIONS
 DOMINICANS & HAITIANS
 LIBATIONS
 HIMALAYAS & APPALACHIANS
 CONFRONTATIONS
 CONTEMPLATIONS
 CONSECRATIONS
 SPACE INVASIONS
 ORATIONS
 COMMENDATIONS
 DISTANT STATIONS
 DURATIONS
 ABRASIONS
 ASIANS
 SUPPURATIONS
 EVOLUTION & CREATION
 SOUL and
 TIME & CADENCE
 SOUL & CAJUNS
 ABRASIONS
 DECORATIONS
 APHASIANS
 REVELATION

TIME DILATIONS

i was thinkin' 'bout i---
 'sland nations
 ↗ global webs and isolation
 ↘ dominicans and hatians
 and the politics of need
 the tangled web we breed
 i was thinkin' 'bout ^{tree} long wing
 migrations
 faraway temptations
 himalayas & appellations

VACATION

all things in
 moderation

altercations
 galactic

TIME and CADENCE

interstellar
 HIBERNATIONS

TINY PERMUTATION
 changing
 CONSTELLATIONS

CONGRATULATIONS

GRAD(U)ATIONS

SALUTATIONS

relations
 SENSATION

TIME and PATIENCE

mollusks and crustaceans
 evolutions and creations
 the urchins and the kings

I was ~~thinking~~ 'bout change
 and stasis
 the dark and the oasis
 the stillness/standstills and the races
 & wild translations that we read

FRIDAY, 7-3-15
 Rebby's car

24:52

SATURDAY,

5:40 AIM LOW by MLL on the airplane
 AGAIN!
 of 5-31-15

THE MILLION LONE GUNMEN
 THE MINOR TRIBUTARY

SUNDAY, 7-5-15 15:39

LIBS books

DRUNK SHAKESPEARE
 KUNG FU HAMLET

i was thinking 'bout dis
 tant stations
 humelones and homo sapiens
 the neverending revelations
 forever ponder fleeting things

1:42 1:42
 3:29 1:47
 5:15 1:46
 7:06 1:51
 8:59 1:53
 11:36 2:37
 13:39 2:08
 15:39 2:00

Laundry
Tents
Hibler

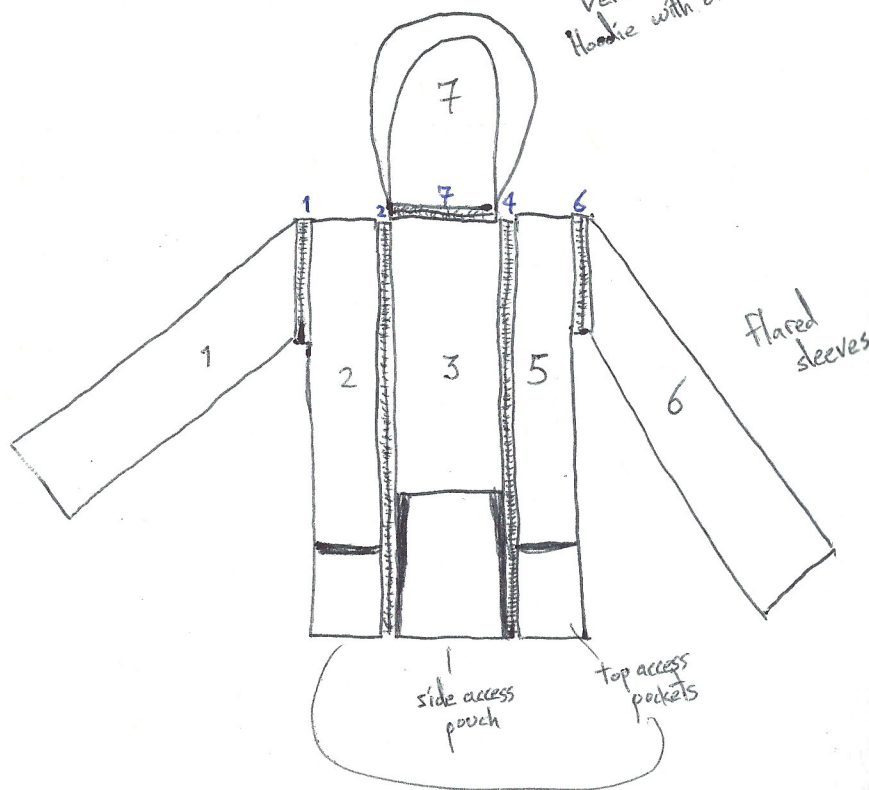
Scan/Print
SoBo map
shave

Storage
~~July 8 sticky~~
Olomouc papers

WEDDING MUSIC HIT

KAYAK!
PPF
skirt

Detachable
Hoodie with drawstring



7 pieces, 7 zippers

MONDAY, 7-6-15
FIVE MORE WEEKS

24:46

~~ZIPS~~ ✓

~~ZIP SLIP~~

~~STAKES~~ ✓

~~CORNER SEW~~

⇒ WATERPROOF

TUESDAY, 7-7-15

~16

16:50, 3rd lane
indoor SRC

MOUNTAIN
HARDWEAR

Lightpath 2

POLES ②

MOUNTAIN HARDWEAR

MUIR TRAIL

4 poles

Pole x
w/2 busts



WEDNESDAY, 7-8-15

stopped at Beacon
stopped at 5 laps

Marlin → FIREBALL and THE DOC

On the Loose
Wrecking Medley
Carmen

Tent repair kit

Shakespeare dolls

Shakespeare water dish

THURSDAY, 7-9-15

24:25

So much to do... So nice to sleep...

Tho' I wanna do med and SoBo,
I s'pose I'll prioritize

TARPS

stake sacks, pole sacks

Note:

Lightpath 2 poles

same (w) as Muir Trail
cross poles

FIREBALL! 7-10-15

14:52

1:46

3:35

5:24

7:16

9:06

11:02

12:58

14:52

GREAT OPENING
NIGHT

Wed prep - suit, etc,
guitar, harps, ...
words R&J
helicopter
songs

Cast gifts
MetalBang
RUN!

"[Julia] and Lavnce are the only two people in the play prepared with open eyes to suffer and be humiliated for love."

How many masters would do this for his servant?

How many women would do such a message?

OUT OF ALASKA

tents - tiny tent 4 bike and foot
Kayak tent

stove

AT stuff

skirt, paddle*

watercases

GPS

SPOT

Chopper

Guitar

Uke

Harp

Holder

Lyrics NB

Script

Suits

R & J

Computer

iPad

iPod

iPhone

CORDS!

SATURDAY, 7-11-15

MARY LOU LORD

on the plane.

EVERY TIME

SUNDAY, 7-12-15

best friends of / jessie's g
positively 4th street
love the one you're with

AIM LOW

MONDAY, 7-13-15

25:00

METALBANGING
HIT
RIVERPREP
SONGS
e2olo-re: #

Countries and Leaders
Los Canaleiros

Jan & the Welzls
The Darkness
Björk

FST
stage roller

UMBRELLA
socks

Storytelling
Schnabel
Some HIT
WEIO

KUIPER

2d collages of 3d things

Laundry -
* Wash and sew shorts
jacket
tent bags

THURSDAY, JULY 16

FRIDAY, JULY 17

7:19, 7:33

Zzzzzz. Slept very late. Hurried to Lemongrass for noon lunch with Funk. Funk called at ~~11~~ noon to cancel. Funk. So I went to the Big I, got a coffee, read the paper. Talked to Bruce. Then got in my kayak ~ 60 up the Chena, 30 back down. More I. WV track--- COBINE! Back/neck still stiff. Did two 1s. Slow. No cookies at College Corner. No food in the car... Guess I forgot it.

SATURDAY, JULY 18

SUNDAY, JULY 19

BOA
MAIL
MUSIC
RECORDING
OLOMOUC
METALBANGING
TENTS
CAR
HIT
WEB

Repair Guitar Case
Laundry

TENTS →

- 1 AT1 → EMS
- 2 MUIR TRAIL - test new poles
- 3 REI - equiano - stakes groundcloth
- 4 LIGHTPATH 2 - needs test stakes
- 5 REI - circus - sew fly cord
- 6 yellow and grey - needs H₂O

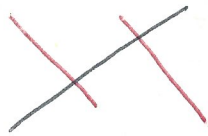
Banjo to Nome

Sewing → Zip on Backpack Case

Love the One Yer Wit

③ REI

3 poles, connected -
into grommets



⑤ REI circus

4 poles tent - 2 orange, 2 silver
1 pole fly/vestibule - orange

CAMP BONFIRE! CAMPFIRE ANYWAY...
WEDNESDAY, JULY 22

21:30 Got to the Marlin at 21:00.

Slow start after the festivities last night. Clean camp. Clean out and take down big tent. Finally out about 13:30. Tried a run, bailed at Beacon. Test drive to Amanita. Dump. Diner burger. Big I → Jamaica beat US 2-1. 90 minutes in the Chena kayak. Then rain, briefly, but enough not to set tents. Tried a track run, felt lame, stopped after 2 laps 3:49. Shower at SRC. Sitting. Down to the Marlin.

THURSDAY, JULY 23

23:58 Twice in a week! But we need 23...

Big I - practice 3 tunes

10th planet - Forever to record 2 tunes with Vagt/Krejci
Equiano lost.

Forever for backing vox on 1 song → ON THE LOOSE
Tent time at UAF.

First Aid Kit

Isaac Bellis

✓ Andrew's List

Cat

Bags/Pads.

tiny tent

stove/fuel/mess/food/p/lighters

toilet

Laundry

Tent Instructions/stakes

Quarters

Jane's fix

Umby
ettunes

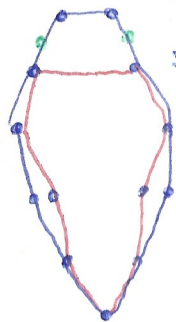
Music, cams, coats, comps



19 crimes
a bottle of red
a beer
an old sugary half
of Fireball

② MHW - MUIR TRAIL

4 poles - gold x2 front²-back
set with 13 round stakes + 2 optional



Fly → vestibule window, tent window
blood stain → one zip, right
fly hooks, elastics, velcro

black x 2
sleeve

Jobs
Umbrella
Coon
Stakes
lighters?
Bags

FRIDAY, JULY 24

guitar-pack zip

④ MHW - LIGHTPATH 2

2 poles - ~~red~~ orange x 2
set with 14 round stakes



Fly → small vestibule window
two zips, left/right
fly hooks, velcro



poles
into
grommets
pole
hooks

⑥ Ye olde PERFORMANCE tent

2 poles - faded gold



Fly → 1/3 waterproofed
two zips, left/right
front elastic



poles
into
eye-rails
(?)

I DON'T KNOW HOW TO WRITE THE SONG
TO FIX IT

(We just have to sing it to sleep.)

There's not enough time to write a good _____ before the next _____

7-23-15 these tents packed
with 6'x8' tarps

HAMMOCKS-

Duct Tape for Gtar case
Songs- Time, Gettysburg, etc.
Budd
sew- k, shorts, blue sweats, khakis
uke case
shave
metabanging
CDD

Isaac CD

Chuck CD

e guitar, amp

2+ songs
✓ Cassel e
Calendar
Storage
Ts and sticks*

The New Amsterdam

WEDDY, JULY 29

Open Mic --- No Bernie, Fireball hosts, 8 performers

AEROPLANE

FOR MACHISMO
till all the girls are gay

endless #d jazz - and the band played

TAKE DOWN YOUR FLAG

DURHAM - IT'S NOT FOR EVERYBODY

cheesy

old cds - SONGIST

Redoubt
Iliamna
Augustine

CHAUCER
DEVOTION
L & C

Long Ryders
incompatusies

The land I left behind
was rocky,

The girl I left b
least that's the word
on the street

FRIDAY, JULY 31

FAIRBANKS TO SALMONFEST

08:17 In the airplane in the sky. Woke at 5:30 (4ish hours sleep).
Returned rental to S Cushman. Cab to Airport. 7:40 departure.

CONFLUENCE Chena - Tanana UPLANDS - Denali - Suttana
NO MLL ☹

13:45-14:15 WOOD RIVER RUCKUS <sss> on bass

15:15-15:45 MM & SPIFF

NO WHIPSaws--- traffic accident, mi 81 sterling

16:45 Easton

23:30 - car 02:30 shooed out of parking. 03:30 homer spit car sleep

SATURDAY, AUGUST 1

HOMER TO SALMONFEST

Not a great sleep on the spit... not as far as zzzs anyhow
Up at 8:30, stumbling around SPIT TOWN. Headache.
Not great breakfast at Spit Sisters. Meet with 'La.
Back to Salmonfest at 2pm. Beckel.

A TOPLESS TED DANSON SINGS LIE LIE LIE LIE
EVAN PHILLIPS, BALTO, SOCIABLES

midnight ~ waiting for whipsaws... left at 01:30 w/6 em.

URCHINS
and
KINGS

SUNDAY, AUGUST 2

KENAI TO SALMONFEST

Not a great sleep at a roadside pullout near clam gulch.

MONDAY

TUESDADDY



The Guy at the other End

Sew - K, Gtar, Pants
e2 price
summary to Pat

10-song lyric/chord PDF
PK
JVK
mix notes

JW Ts
cds → bb

ranger photos - KK
DVS
Film J&W

PCT stuff

e2 smitch
e2 rangers
tonglen L&F blues
e2 every repies

SUNBIRDS
COULD WE

way back in the full-on youthful days
when it was coming out me left and right
somewhere she's doing something with somebody

SATURDAY

9:00 NP half-marathon

18:00 Georges

21:00 Loon

SUNDAY

13:00 JW practice

20:30 JW Fair

Krejci → "You Never Called" pay no attention to breakvax

The Final Countdown

7" → brookes ✓ with
texts → NM ✓ checked
hat → dykstra ✓ with
cds → BB KC ✓ with
dvds → KJ ✓ couldn't find
quarters → Bruce ✓
checks cashed ✓ nope... with me?

8-10-15... I guess...
23:00 AK time, and I guess
maybe I'm still in AK airspace.
I'm in nowhere land headspace,
I'm headed to MN airspace.

Fairly outrageous departure
this time around. Made crazy
by ① not prepping all summer,
② my music gigs,
③ balto gigs,
④ storage transfer
Thank God for Bruce...
Even with his help, I stumbled
out of Dodge. Jesus Maria.

I was at the Loon till 3:30 Sunday morning. And sick when
I woke 6 hours later. Accomplished little in the morning, just
able to get to Krejci's by 13:00, then Uhaul, then Hilltop, then
a tiny snooze, then the TV Fair. Drizzly. Nobody watched J & the W's
Then some "Life of Brian" and a good sleep.
Monday morning, Bruce calls, I get U-haul truck on Old Steese,
get Bruce at the big I, we get shelves and books from storage,
Kayak from the I, out to camp, stuff to storage, some sifting -
then crosstown to KPegg for coffee (and returning Uhaul)...
Back at camp → most stuff into storage (courtesy of Bruce),
Octagon kinda cleaned up but lotsa stuff still in, stuff still in
the patio --- took off in my rental --- had a bunch of stuff
I meant to put in storage, no time to go back, transfer site →
trash, some clothes, hockey stuff, cds... everything else → backpack + 2 tubs
no time to gas up, taxi, no lid for one tub → \$210. FIN

10:25
Weepies in the airport

108 Ellwood St.
Apt. 54
New York, NY 10040

LUKE BECKEL
3037 SE Belmont Street
PORTLAND, OR 97214

MAJA PEDERSEN WRITES UNDER
pedersen.maja@gmail.com
(907) 590-9694 PTHX

rachellinneakaplan@gmail.com

~~e2 dd~~ salmonfest mug
~~e2 kj~~
~~e2 dykstra~~
call enterprise
~~e2 lipton~~
~~e2 kuharich~~
~~e2 levi~~
~~e2 hopper~~
greg-mike-alex-darc
\$ → bd
~~e2 maja~~
~~e2 bb~~ books, JC vhs,
~~e2 rebby~~ first aid
~~e2 robin thx~~

could secret rangers
songlist
lyric/chord PDF Vinyl?
mix notes PDF
photos - robin
jim
keech
paul
schnabio
levi
kuharich

e2 pat
e2 jim
e2 price
e2 paul

e2 manger rangers
schnabio/sarah
paul → jeremiah

HIT - print

K jacket

SoBo books

PCT prep - time? joy?

RIVER PREP
absorb Missouri guide
~~e2 Bekka Jean~~
Mississippi info
Lewis and Clark
try to arrange gear

FST → 4 tents in tub, circus →
4 sleeping bags in OCT

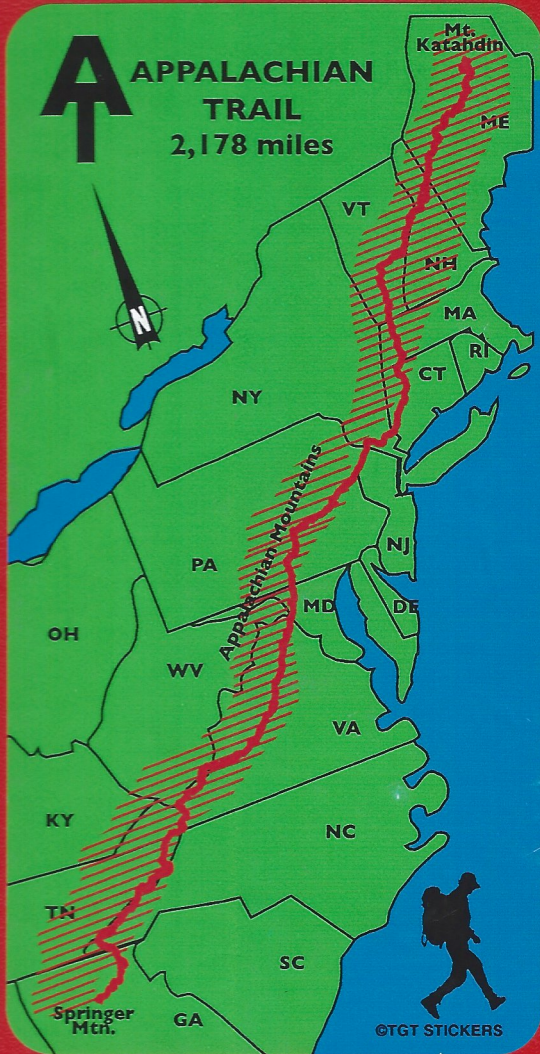
OCTAGON → suits, ukulele
food, stove fuel
books, dvds, incense

PORCH:
audio gear
cds
dvds

Tea, cocoa, coffee
thermos
laptops?
plastic storage x2
Filing box
IN SINK?



APPALACHIAN
TRAIL
2,178 miles



©TGT STICKERS

MOLESKINE®