

Dream It!

Plan It!

Live It!

# RMGHA Adventures Newsletter

News & Hiking Tips

from  
"Windtalker  
& Mom"

May 2010

## New A.T. Book Now Available!

We are extremely excited to announce that our new book, "The Walk—Reflections on Life & Faith from the Appalachian Trail" is now available. The book made its public debut earlier this month at the Appalachian Trail Days event in Damascus, VA, and received a very warm, enthusiastic, and supportive response. Our booth, in the town's park, was bustling with activity all weekend and many who visited us took home an autographed copy. We also had the opportunity to give our multi-media presentation, "Spiritual Reflections from the Appalachian Trail," based on "The Walk," at the First Baptist Church of Damascus.



Hiking the Appalachian Trail, from Georgia to Maine in one continuous hike, is a life changing adventure--a journey fraught with unimaginable obstacles, yet rich in unrivaled rewards. It is also a journey awash with spiritual significance.

Spending six months in the wilderness, free from the rush of civilization, surrounded by the wonders and beauty of nature, provides numerous moments to reflect on life and faith. Using stories of our 2006 thru-hike, thoughtful use of scripture, inspirational quotes and words of wisdom from Native Americans, we, "Windtalker & Mom," describe the many similarities between "walking the trail" and a "walk of faith." In unique, insightful and relevant ways, we tell of the spiritual lessons that were part of daily trail life and how those lessons mirror a Christian life.

*"...uniquely informative and inspirational...a must have for those who seek spiritual insight while in the wilderness. Windtalker and Mom share pictures of the peaks and valleys of their trail experiences as well as the wisdom they gained during their adventure. You will find treasures in every chapter."*

- **Craig and Suzy Miles** - Founders, Appalachian Trail Servants, Inc. & Authors of, *Seeker's Guide to the Spiritual Wilderness*

*"...is an insightful book that weaves experiences on the Appalachian Trail, Native American wisdom, and scripture into an enjoyable, spiritual read...describes the challenge, beauty and wonder of the A.T. from Randy and Georgia's perspective as thru-hikers...inspires the reader by relating those footsteps to the challenges of our daily lives, and more specifically, to our walk of faith...I found a trail of tales and challenges, bits of wisdom, guiding scripture and devotionals that stopped me in my tracks and made me evaluate where I am in my walk...this book may lead you to Maine or Georgia, or somewhere in between to start your own walk."*

- **Nick Melnick**, worship leader and hiker

If you order a copy of "The Walk" at our website, [www.QualtechResourceGroup.com](http://www.QualtechResourceGroup.com), before May 31st, 2010, and use PayPal, we will refund you the shipping charges. If you prefer paying by check, there is a "Mail-In Order Form" you can print out and mail with your check. Simply, disregard the shipping charges on the order form. ("The Walk" is also available at Amazon.com, Barnes & Noble and D. Dalton)

### Headed for the beach or the woods for vacation? Don't forget to take along a good book.

In 2008, we published our first book about our 2006 A.T. thru-hike entitled, "Solemates—Lessons on Life Love & Marriage from the Appalachian Trail." It chronicles our journey from the perspective of what it is like to spend six months, 24/7, hiking with your spouse. Not a day-to-day journal of our adventure, this book is a candid, introspective, and oftentimes humorous, look at the challenges of taking on such a difficult and life-changing adventure and the range of emotions that surface because of it. It is a warm-hearted journal depicting countless lessons in love, perseverance, courage, human nature, compassion, tolerance, understanding, and teamwork; lessons that everyone can adapt to their own lives and relationships. Woven through our stories, and those of other couples who were part of our thru-hiking family, are inspirational insights into the human spirit and refreshing perspectives on what is truly important

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### Presentation, Concert and Book Signing Schedule

**May 29th, 7:30 pm:** Greenbrier State Park Visitor Center, Boonesboro, MD — "Appalachian Trail Reflections, Windtalker & Mom's AT Thru-hike"

**June 5th, 10:00 am & 4:00 pm:** National Trails Day, Big Meadows Campground, Shenandoah National Park, Byrd Visitor Center— "Appalachian Trail Reflections, Windtalker & Mom's AT Thru-hike"

**June 5th, 11:00 am & 5:00 pm:** National Trails Day, Big Meadows Campground, Shenandoah National Park, Byrd Visitor Center— Book Signings

**June 12th, 10:00 am and 2:00 pm:** PRESS on the Potomac Gift Shop, 1080 Washington Street, Harpers Ferry, WV—Windtalker Performs Native American Flute Music

**June 12th, 11:00 am and 2:00 pm:** PRESS on the Potomac Gift Shop, 1080 Washington Street, Harpers Ferry, WV— Book Signing

**July 4th, 8:30 pm:** Appalachian Trail Museum, Pine Grove Furnace State Park, Gardners, PA— "The Joys of Backpacking as a Couple"

**August 7th, 9:00 am:** Long Trail Festival, Vermont State Fairgrounds, Rutland, VT— Windtalker Performs Native American Flute Music, Vendor Booth and Book Signings.

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If you have questions

Contact us at

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## APPALACHIAN TRAIL MUSEUM GRAND OPENING, JUNE 5, 2010



The Appalachian Trail Museum Society is proud to announce that it will hold its Grand Opening on June 5th, 2010, at the Old Mill in Pine Grove Furnace State Park. The mill building is within two miles of the 2200-mile Appalachian Trail's midpoint. The building is next to the Pine Grove General Store, home of the "Half Gallon Club," and near the Ironmasters Hostel. This is a favorite stop for long-distance hikers where they try to eat an entire half gallon of ice cream at a single sitting and as quickly as possible.

The Main Ceremony will begin at 11:00 am. Expected to be in attendance will be pioneer thru-hiker Gene Espy, the second person to thru-hike the A.T., as well as Grandma Gatewood's daughter, and hopefully other pioneer thru-hikers.

To kick off the opening of the opening of the museum, there will be a "Hike to History" from the Kings Gap Environmental Education Center on South Mountain. The six-mile route to Pine Grove Furnace State Park tops off at 1,525 feet at the 1.75 mile mark before descending to reach the gentle, rolling terrain of the three-mile homestretch. The hike is limited to 150 hikers, on a reservation basis. Staggered starting begins at 7:45 am and runs up through 8:30 am. For more details, and to print out a PDF registration form, go to <http://www.atmuseum.org/Hike%20to%20History%20June%202010.pdf>.

Proceeds from the hike will benefit the Appalachian Trail Museum. The registration fee includes:

- Light, cold breakfast treats and drinks at the Check-in
- Preferred seating for the A.T. Museum's Dedication ceremony
- A special edition A.T. Museum commemorative patch

There will be other programs throughout the day to choose from, although details are not fully in yet. There will be something for everyone and the day should be quite historic in itself.

The Appalachian Trail Museum has been a dream of Larry Luxenberg's dating back to 1998, eight years after he completed his thru-hike and five years after writing his seminal book on hiking the A.T., *Walking the Appalachian Trail*. After years of dedication and hard work, by not only Larry but by so many others who believed in the dream and came alongside him to help, a museum to commemorate the rich and varied history of the famed Appalachian Trail, and to preserve its legacy for future generations, is now a reality.

The opening exhibits will feature the Earl Shaffer Shelter, and artifacts from other early hikers, including Grandma Gatewood, Gene Espy and Ed Garvey. Future plans call for a children's discovery area to introduce children to the A.T. and outdoor activities. They will also have the opportunity to play with and learn about camping equipment. The museum plans to include inside and outside areas to welcome hikers and give visitors a chance to hear trail stories directly from hikers.

**For more information, or to donate to the A.T. Museum Society, go to [www.atmuseum.org](http://www.atmuseum.org)**

**We hope you will join us at the museum on July 4th, at 8:30 pm, as we present *"The Joys of Backpacking as a Couple."***

## LONG TRAIL FESTIVAL 2010

*"A celebratory gathering to inspire individuals to participate in the outdoors"*

**Saturday, August 7, 2010**

**Vermont State Fairgrounds  
Rutland, VT**

In this, only its third year, the Rutland Long Trail Festival is fast becoming one of the premier trail festivals to attend each year. Timed so as to coincide with the bulk of the A.T. thru-hikers reaching Rutland, VT on their way to Maine, it is a perfect place to take a "zero day," listen to some great local music, eat fantastic food and participate in some informative presentations. Georgia and I have been attending this festival since 2007, when fellow thru-hiker Wayne Krevetski ("Mad Hatter"), one of the organizers of the event, asked us to fill in for one of their presenters who had to cancel at the last minute. The topic of the presentation was to have been on food, so we put together a quick presentation called, "The Care and Feeding of the Long-Distance Hiker," and jumped in with both feet. We come back each year now, in conjunction with our section hikes of the Long Trail, and give talks, have a vendor booth, and "Windtalker" performs Native American flute music on one of the stages. It is an event that we look forward to each year. If you happen to be in Vermont in August, do yourself a favor, and attend this festival.



For more information, go to [www.longtrailfestivalvt.com](http://www.longtrailfestivalvt.com)

## NATIONAL TRAILS DAY—SATURDAY, JUNE 5TH



American Hiking Society's signature trail awareness program, National Trails Day® (NTD), inspires the public and trail enthusiasts nationwide to seek out their favorite trails to discover, learn about, and celebrate trails while participating in educational exhibits, trail dedications, gear demonstrations, instructional workshops and trail work projects.

Come meet us and members of the Potomac Appalachian Trail Club Trail Patrol at Big Meadows Campground, Shenandoah National Park, Luray, VA