

*Your Hike 100*

# NEWSLETTER

Week of July 6-12, 2020

## Updates for your Hike 100 Challenge



Photo credit to <https://www.alltrails.com/trail/us/vermont/haystack-mountain--2>

### **Welcome to the Hike 100 Newsletter!**

This Challenge was created in partnership by Wings Community Programs & The Deerfield Valley Community Partnership in order to motivate our community to get out and explore the incredible natural landscape we share here in Southern Vermont. Most of this information and more can be found on the [Facebook group page](#). Not on Facebook? No problem! Check your email on Mondays for updates and summaries! I hope you have received your packet and started tracking your miles!

### **Virtual Meetup!**

Students are invited to join us every Monday at 12:00 pm via Google Meet for a Hike 100 check in! Share and celebrate progress, tips, ideas and more! Just use this link: <https://meet.google.com/qea-aecf-zuk>

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## Fun Facts!

- 194 Official registrants
- Our youngest participant is 2yo
- Our oldest participant is 73yo
- 59 families & 3 dogs have registered



## *Bonus Challenge of the Week*

**(+2 miles)** Take a walk/hike someplace *NEW* this week. Perhaps it's a road in your town you've never walked before, or a hike that has been on your list for years. Be curious, go exploring, and if you are heading outside your comfort zone, be sure to include some extra planning so you don't get lost!

## Tips of the Day:



**11 steps more...**at the end of your hike/walk, consider taking 11 more steps. This is a tradition among some distance hikers/skiers inspired by the famed English explorer Robert Falcon Scott and his team. Had they taken 11 more steps each day on their expedition in Antarctica in the early 1900s, they would have survived.

**Can you walk there?** For most of us living in the Deerfield Valley it's not practical to walk to our everyday destinations. However, we are trying to "Hike 100" this summer, so consider walking instead of driving somewhere today. Walk to a friend's house, a store, a restaurant, work etc. Walking slows us down and brings a whole new perspective to our "everyday" routes. What will you discover? (This might require some logistics like a ride home, alternate route, backpack or head lamp)

**Moonlight Miles.** Walking or paddling in the moonlight is truly magical. Consider a night walk on an open, dark, quiet road. Be sure to bring a light, and wear something reflective to warn a passing car. Unsure about walking in the dark? Watching a moonrise counts for 1 mile alternative activity on the tracker. (One time only) Hogback Lookout & Cooper Hill are great places to watch the moon rise.



**Make this challenge work for you.** Find the sweet spot for your goal. One that stretches you, but doesn't make it a chore. If hiking 100 miles seems easy...maybe your challenge is to slow down, smell the roses. And if it's all really hard, remember there is an alternative activity list in your packet to help move you along!

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## Featured Local Hikes



**From Megan Crowley:**

*“We love the Cross Town Trails and Sherwood Forest! Power Line Trail has fun ponds and bridges for extra adventure! Check out [Southern Vermont Trails Association](#) for more trails in Dover!”*

**From April Horton:** *“I think we’re following each other around!”*



**From Meg Staloff:**

*“Thanks to Hike 100 we got out to do the Primitive Trail. We always start at West Lake Road because then there’s ice cream at the end!”*

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## Featured Day Trip

*“Looking back at Mt Snow and Haystack from Putney Mountain this morning. Happy 4th of July!”*

**-Mike Clough**



**Putney Mountain** is a great “starter” mountain!

## Interesting History

**From Heather Kelly:** *“We’ve been exploring the Hathaway Trail off Blue Brook Road. We are trying to find a historical marker dedicated to the man who was killed by a bull on his way home from a local fair walking from Wilmington to Wardsboro.”*



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**From Nicki Steel:**

*“For the last two nights my cousin (actually first cousin twice removed!) has stayed with me as he is thru-hiking the Appalachian Trail. I picked him up on Saturday where the AT (and the Long Trail, too) crosses Rte 9 in Woodford. Sunday morning I took him back and he hiked 22 miles up along Glastonbury to the Kelley Stand Road. This morning he started up Stratton. So far he has walked about 1650 miles with about 550 to go - from Georgia to Mt Katahdin in Maine. We are so lucky to have both these trails in our backyards.*

*If you are hiking any parts of the AT take along a couple treats - maybe some maple sugar candy or fresh*

*fruit and give it to a thru-hiker. You will be a Trail Angel. And they may have wonderful stories to tell.*

*Who knows, maybe someone in this group will be a thru-hiker one day.”*

**That’s all for this week! Remember to hike somewhere NEW and earn 2 extra miles. Until next time...**