The Appalachian Trail Conservancy (ATC) now has more than 11,280 reports of hikers of the entire A.T. posted to its register of 2,000 miles.

This includes 633 reports, which were received since last year’s listing. Of those, 560 thru-hikers and section hikers completed the Trail in 2009.

* We would like to express our appreciation for these 2,000 milestones that have chosen to support the Appalachian Trail Conservancy as members (current as of April 1).

**Compiled by Volunteer Greg Stover**

2010

- Brown, Bruce Floater
- Santiago, Joseph A.

2009

- Acimovic, Phil Nicky
- Ancheta, Joseph Jason
- Akery, Matthew Jason Speeding
- Allbritton, Rachel Ketchup
- Albright, Don Cruiser
- Allen, Mark Pink Bear
- Alley, Matt Snappy Snakeman
- Allis, Joseph H. Snowdrop
- Almendinger, Joan Ami Grigg
- Altice, Charles Aaron
- Anderson, Michael Gooch
- Anderson, Ronnae Top Shelf
- Andriole, Anthony Union Brick
- Arensberg, Alex Splinter
- Armstrong, James Long John
- Arnold, Jeffrey R. Lucky Tom
- Ategeo, Marcelo Don Cooch
- Atterbom, Brad Rambler
- Atkinson, Nicki Noodle
- Atwood, Wes Big Chief
- Austin, Ashley Zombie
- Aydelotte, Karin Tumbleweed
- Babarakas, Graig Otter
- Baer, Jonathan E. Snooze
- Baker, Kathy Honey Box
- Baker, Richard Don Draper’s Dick
- Baker, Robert F. Bali Bear
- Ball, David Yukon Rappitous
- Ball, Jason Big Bear
- Ballard, Kim J 26
- Bastrup, Nicholas Rose
- Baumgartner, Christine Rock Lobster
- Beares, Erin Arco-Beads
- Beavan, Randy Handfumble
- Biviano, Ricardo Sonnient
- Blackley, Shay Wanderer
- Blackman, Todd Spunky
- Blonink, Joseph Natty Rumpo
- Bowen, Stephanie Yerkesball
- Boxall, David Dave from England
- Brady, Matthew “Older” of the Brother Bogue
- Brake, Jason Lembo
- Brauchlich, Christian Home Fry
- Breit, Josh Stark
- Brekke, Bruce E. Featherfoot
- Brower, Jared Hoover
- Bridges, Julia Mayer
- Briggs, Sally T’Tie
- Brown, James M. Boney
- Brown, Glenn S. Pick
- Brown, Jordan Liquid
- Brown, Trevor T’Grin
- Brucke, John Specimen
- Brundage, Jonathan Moonshiner
- Bufano, Paul Roof
- Burgie, Will Billy Goat
- Burn, Ron Grey Road Reaper
- Byrd, James W. Jayd
- Calder, Mary A. Goga
- Campbell, Caroline Sancho Panza
- Campbell, Christopher Missus
- Campbell, Jackie Mutt
- Campbell, Tom Pat Man
- Carroll, Edward Wally Talky
- Chaplin, Adam Black Toe
- Chamberlakin, Dennis Goose
- Charlton, Jeremy Car Hop
- Christman, Heinz Her Hair the Walker
- Church, Kyle Sted
- Clark, Elizabeth Chewy
- Clark, Nathan Tanks
- Clark, William Roats
- Clancy, Gary Cat
- Collins, Joseph Sunday Fella
- Conlin, John Gator
- Connolly, Matthew General Harrison
- Corey, Dorothy Snowy
- Costanza, Kelly
- Costoner, Stacey
- Cotter, Hayley
- Cotton, Zachary Bringer
- Cowdery, Eileen Apocalypse
- Coyne, Mike Sheep
- Cruz, Tony Lobo
- Daniels, Bobby Smiley
- Dann, Jeff Big Red
- Davis, Carson Dead Bear
- Davis, Brett A. Pig shit
- Davis, Greg Tindall
- Davis, Rich Wlopack
- Davis, Nate Drunken Salier
- Davis, Terr Munch
- Davis, Owen Tea Bag
- Day, Eric Brown Chicken
- DeBruyn, Peter Joseph Posse Bear
- Delisie-Mitchell, Donna Nature
- Delauca, Marc Spoken
- Dennisson, William H. Firebird
- dePolo, Chris Chance
- dePrin, Krista Elise
- Devine, Craig Daddy Goose
- Devine, Chad The Teacher
- DeHoet, Krister Threshold
- Dillman, Ashley Pickle
- Dion, Greg Grey Jack
- Diddles, Crystal Behead
- Dishaw, Lizzie Lady Samantha
- Doughty, Elke Lady Samantha
- Doubled, Mike Smiley
- Dow, Mike T.R.
- Doyle, Jordan Bossier
- Drew, Jamne Jabberwocky
- Driver, Madison Speed
- Ducworth, Chris Stump
- Dunn, Alexander Run
- Dunn, Peter Stonebender
- Dupont, John Paul Duke
- Eanes Jr., Billy C. Memo
- Edwards, Tim Will
- Edwards, Vicki Guess
- Eilers, Sue Get Supereasy
- Ellison, Marvin Hoosier Emn
- Emmons, Nathaniel Gitchy-McCoy
- Enright, Luke Bank
- Ericklie, Amy Wigs
- Eun Jin, Yoon MT Bear
- Evans, Richard Pacer
- Faassien, Graham Phineas Jack
- Facemore, Jon Puff Bear
- Factor, Stephen Rugged Shank
- Falls, Bruce M. Jase
- Falls, Marcia Mammal Maniac
- Farrell, Nick UCCD
- Fissel, Bob Footstool
- Flanagan, Peter
- Fleetwood, Cynthia Ms. Muster
- Fletcher, Kevin Fishing
- Floyd, John W. SWC
- Foley, Dave Duff Hare
- Foster, Judith Novocain
- Fox, Ryan Suck & Breathe
- Fraher, Ian Wolfpack
- Francour, Brittany Buck
- Francour, Kirstin T. Tea Kisan
- Freeman, Alan Monkeywrench
- Freifeld, Margaret Little Fat Pecker
- French, Ronald C. Pink Dinger
- Frenchman, Tom Tanglefoot
- Fries, David T.V. Poo Bear
- Fritsch, Chad "Old Gear" Mr. Muster
- Fruh, Ian Wolfpack
- Francour, Kirstin T. Tea Kisan
- Freeman, Alan Monkeywrench
- Fromm, Mark Fromm
- French, Kimberly A. Pitbull
- French, Ronald T. Tighten
- Fromm, Mark Country Runner
- Frye, David Trevor Flying Sinnamon
- Garrison, Patrick Touch Me
- Garrett, Bill Baltimore
- Gay, Brandon Goof
- Gay, Marit Anderson Moosur
- Gemmet, Andrew Fidget
- Gerome, Nicky Hicsour
- Gilder, Andrew Willow
- Glisch, Erin Lightning
- Gips, Rachel Snorlax
- Given, Madelyn K.
- Godd, Arike A. Goo
- Gouloob, Janet
- Gouloob, Adam Toplogerics
- Gordon, Chris Flash Gordon
- Gordon, Louis Sweet Lu
- Gone, William Wandering
- Grabin, Jeffery Unemployed
- Grauer, Michael Child of Fortune
- Grazel, Ian Multidime
- Graper, Kendra Paddle Pie
- Graves, Liz K半个月
- Green, David Green Doodle
- Green, Stephen Mr. Green Tea
- Green, Suzanne Graceland
- Griffith, Alan Thunderbird
- Grimm, David Chump
- Grumach, Tyler J (germ war)
- Guild, David
- Gunther, Fred Hazeldude
- Hanapie, Elizabeth Reckless
- Hale, Terry L. Run Button
- Hall, Arthur Blazer
- Hamilton, Rebecca Squawd
- Hanke, Benjamin Gideon
- Hanke, Nathan B. B.B.
- Hanlin, Neal Walker D.D. Old Grounder
- Harkins, Benjamin D.C.
- Harkins, Carlos Hoss
- Harlan, Steven R. Fleagle
- Harris, Dede Shitkicker
- Hasler, Brad Hawthorne, Shannon Short Bus
- Hays, Scott Honeysuck
- Hawtord, Todd Sneakercat
- Heaver, Patrick Windblower
- Hemburg, Matthew Mud
- Henning, Chris Fungus
- Henson, Michael Tebasco
- Herrman, David Turtle D
- Herzog, Janna Plain On’R
- Jericho, James Jim Dandy
- Heck, Don One Shoe
- Joffeart, Eric Tweek
- Johns, Kenneth L. Stinger
- Johnson, Bryan Tacoma
- Johnson, Chris Mr. Buffalo Man
- Johnson, Jordan Cody Goyboy
- Johnson, Sherrin Bubba
- Johnson, Todd M. Bum Brown
- Johnston, David H. Rainbow
- Johnston, Whitney Shreddy
- Jones, Robyn Grizzly Jones
- Joseph, Jessica Accipiter
- Kapoor, Maya Jungipal
- Keen, Tim Nanneck
- Kelley, Ralph Mountain Man
- Kellory, Samuel Spirit Fingers
- Keiyo, Rich Lazy Cat
- Kieso, Tina Speedy
- Killen, John K. Signal Mountain
- Killen, Graham The Phoenix
- Kinni, Andy Tender
- Killub, Ryan Edlund
- King, Edward, Jr. Shagbrak
- King, Bligh Apehead
- King, Tyler Patchles
- Kinella, Tom Lokats
- Klahm, Carrie Knuckles
- Klise, Joshua Master
- Klitzin, Dustin Special
- Konski, Jessica Pigeon
- Krafts, Matt Lunch Box
- Kreszler, Kereen Little Dipper
- Kuehn, Tom Just
- Kuehne, E. Phoenix
A fellow thru-hiker once wrote, I’m never going to forget, or fail to appreciate things like ‘new sock day.’ I think that pretty much sums it up.

KAREN "TUMBLEWEED" WOODS 04-09 2009

328 HIKERS — FOUR STYLES OF TRAIL COMPLETION

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I first heard of the Appalachian Trail in my early teens. My younger cousin Ryan, talked about the Trail and his dreams of hiking it one day. I remember thinking, “sounds neat, maybe I’d like to do that too.” Time went on and I had long forgotten about the A.T. until I was 15 years old and went on my first official backpacking trip in Joyce Kilmer Wilderness, North Carolina. I was in love, and the thought of one day thru-hiking the Trail resurfaced. The dream continued to linger in the back of my mind as I made my way through the mandatory process of high school and college. I would announce on occasion that I would one day like to hike the A.T., but had no idea when or how to tackle the planning of undergoing such a huge expedition.

It wasn’t until the summer of 2006, that my dream of attempting a thru-hike began to manifest into a possible reality. I was in my first year of graduate school. I had been working since I was fifteen and had done little for myself over the years. I was focused on work and school, barely keeping my head above water. Although I wanted a career, I also desired to do something for myself before joining the work force. After some deep contemplation and conversations with friends I decided that after graduation, I would attempt to thru-hike the Appalachian Trail.

Why a thru-hike? Because I wanted to. There was something inside of me screaming to get out. The answer seemed simple and un-gratifying to most who asked me why. Others just thought I was crazy. A thru-hiker once stated that the desire to hike the A.T. is something that you can feel deep within yourself, but cannot find the words to express. I could not agree more.

From March to September, 2009, I lived out my dream. When I returned, the question on everyone’s mind was “how was your thru-hike?” How in the world do you sum up a 2,179 mile thru-hike from Georgia to Maine? Don’t get me wrong, I love that my friends, family, and even complete strangers, are totally enamored by my experience and want to know more. But how do you even begin talking about the last 6 1/2 months of your life? I hiked. I hiked through sun, rain, snow and mud, with biting bugs, with pain, during the day, and at night. I just hiked. Yet I know that my thru-hike was much more than putting on my pack everyday and moving forward. I still have yet to comprehend what I really did.

So how do I answer this question? “Incredibly life-changing.” Before leaving on my hike I had a list of goals I wanted to achieve; getting fit, becoming more spiritual, and becoming more confident. The list went on. I admit that I had no idea what I was getting myself into. Still, I knew I had the drive and passion to stand on top of Katahdin in the end. Did I achieve what was on my list? In many ways, yes, but more importantly I believe that I gained what I needed from my hike. This experience provided me the opportunity to wake up to things in my life that I had either been asleep to or too emotionally weak to let go of. I will never look at the world the same, nor will I ever view myself the same.

I chose to get real with myself. It’s easy to be honest with others, but not as easy to be honest with yourself. I began to appreciate the truth and felt empowered to change. I have spent much of my life striving to meet the expectations and desires of others and have almost always put myself at the bottom of the list. I blame no one but myself. This has been a clear pattern throughout my life, and even throughout much of my hike. It took nearly 1,800 miles for me to wake up to the reality of my actions, but I woke up. I got real. I have no regrets. My hike was meant to be what it was meant to be for me. My hike was life-changing.


"A thru-hiker once stated that the desire to hike the A.T. is something that you can feel deep within yourself, but cannot find the words to express."
The American black bear, ancient denizen of the primeval Appalachian forest, is reclusive and rarely seen. However, wildlife managers report that both its numbers and range appear to be increasing along the Appalachian Mountains.

Black Bear Neighborhood

BY BOB PROUDMAN AND SUSAN DANIELS
American black bears have sharp, curved claws that make them excellent tree climbers. Although their natural diet is about 75 percent plant based, black bears are highly adaptable omnivores and opportunistic feeders.

Ranging over almost 60 square miles of habitat, this underscores the need to secure wildlife corridors as part of broader environmental goals. In fact, the Appalachian Trail, augmented by the many state and federal forests, parks, and game reserves along its length, may be an important travel corridor for the American black bear and other wildlife. Appalachian Trail Conservancy (ATC) director of conservation Laura Belleville has worked with Dr. Bill McShea of the Smithsonian Institute to survey wildlife along the A.T. in the mid-Atlantic area. This survey work has helped us to understand where wildlife species, including black bears, occur along the Trail in this region. Survey work such as this one, as well as studies to better understand landscape dynamics, will help A.T. managers enhance corridor protection for migrating fauna and flora. Recently, A.T. MEGA-Transect scientists have been engaged in developing a decision support system for managing Trail lands.

American black bears are highly adaptable omnivores and opportunistic feeders. They are opportunistic feeders.

Any A.T. hiker still consider a black bear sighting relatively rare, and a special treat. One thru-hiker recollected his Vermont sighting as his deepest spiritual experience, writing of his long walk many years later in the Tidewater A.T. Club’s newsletter. Nonetheless, negative encounters along the Appalachian Trail, particularly at shelters and campsites where hikers and others fail to follow good food-storage practices or leave garbage behind, may be on the increase.

Ed Reed, wildlife biologist for the New York Department of Environmental Conservation, says that black bears naturally fear people and generally avoid human contact, even in park settings where encounters are likely. However, bears can become habituated to people and may grow to tolerate or ignore them. If people fail to follow good food-storage practices, this habituation can lead to the serious problem known by wildlife managers as a “food-conditioned bear” — one that associates humans with acquiring food. The mother bear, or sow, teaches this behavior to its cubs and yearlings during their first year spent foraging together. Research in the western U.S. has shown that a bear will become food-conditioned if it is successful as few as two times in 50 attempts to obtain human food. A bear that successfully obtains food by aggressive behavior becomes more dangerous.

In the worst cases, a food-conditioned bear will begin daylight foraging for food at shelter and camping areas. It may be hard to chase off. (Ranging pots, yelling, and throwing rocks will generally discourage a bear from approaching.) It is difficult to change the behavior of a habituated bear, but land managers may use “aversive conditioning,” including firing on it with rubber slugs or bean bags. Bears may be captured, tagged, and tattooed for future tracking. If the problem bear’s behavior worsens, remediation requires moving the bear to another location or euthanizing it.

Although the natural diet of Urtus americanus is about 75 percent plant based — soft mast (berries, apples, and other fruits) or hard mast (nuts such as acorns, beech, or hickory nuts) — these highly adaptable omnivores are biological “generalists” — they will claw through a tree for bee honey, rob squirrel, bird, and insect’s nests, prey on fawns, and eat carrion. They are opportunistic feeders.

Black bears are strong, with sharp curved claws that make them excellent tree climbers. The males grow larger and wander farther than mature females, and causing significant property damage at private homes or farms. The New Jersey Fish and Game Council’s Draft Comprehensive Black Bear Management Policy, required as a result of a 2005 New Jersey Supreme Court decision, should help wildlife managers to proceed with an integrated management approach that includes hunting. Sadly, it appears too costly to rebuild the state’s solid waste infrastructure to require bear-proofing trash collection facilities.

Is the American black bear dangerous? Compared to its cousins, the grizzly, brown bear, or polar bear, attacks on humans are extremely rare. In the eastern U.S., the black bear is a benign animal for the most part. However, there have been three reported killings by black bears in the eastern U.S. in the past 10 years — two in Tennessee (in the Great Smoky Mountains National Park and Cherokee National Forest) and one in New York. In those attacks,
According to Leave No Trace standards, bear bags should be hung properly from a tree, at least 12 feet off the ground. Problems are most likely to occur where campers fail to follow Leave No Trace practices, do not keep shelters, tents, and bedding free from food spills and smells, and do not store their food properly.

How can hikers protect themselves, fellow hikers, and the bears whose home the Trail passes through?

- Pack food carefully to reduce spills and smells on your gear; launder tents and bags if necessary.
- Practice Leave No Trace camping. Do not leave excess food behind. Pack out all trash. If you can, remove trash left behind by others.
- Use food-storage devices properly. Do not place trash in privies or bear boxes.
- If there are no food-storage devices, hang food properly from a tree, at least 12 feet up and at least six feet from the tree trunk or substantial branches. Techniques for hanging packs and food bags can be researched on the Web.
- Use bear bags or bear canisters. Ed Reed of the New York Department of Environmental Conservation reports that the required use of bear canisters for food storage in the High Peaks region of the Adirondacks, an area that previously had many bear/hiker problems, has achieved a 95 percent compliance rate among hikers and reduced black bear food-conditioning to near zero. Bear-resistant products can be found on the Web.
- Do not cook near your tent or keep food in it.
- Never deliberately feed a bear. In some locations, it is illegal even to feed them inadvertently. Feeding bears and storing food improperly in the Great Smoky Mountains National Park can result in fines of up to $5,000 and jail sentences lasting up to six months.
- Never run from a bear. In the very unlikely event of an actual attack, fight back. As visitors to the bruin’s neighborhood, we owe the bears a living, not just food. We are required to follow Leave No Trace practices, do not keep shelters, tents, and bedding free from food spills and smells, and do not store their food properly.

Problems are most likely to occur where campers fail to follow Leave No Trace practices, do not keep shelters, tents, and bedding free from food spills and smells, and do not store their food properly.

According to Leave No Trace standards, bear bags should be hung properly from a tree, at least 12 feet off the ground. Problems are most likely to occur where camers fail to follow Leave No Trace practices, do not keep shelters, tents, and bedding free from food spills and smells, and do not store their food properly.
The halfway point of the Appalachian Trail is roughly 45 miles south of Duncannon, Pennsylvania, near Pine Grove Furnace State Park. It’s at the little general store in the park that northbound thru-hikers traditionally celebrate reaching the midpoint of their trek by consuming a half-gallon of ice cream.

If you sit on the porch of the store, though, and talk to those dairy gluttons, you’ll soon learn that as much as they enjoy gorging on that carton of Rocky Road or Neapolitan, the celebration most of them are really looking forward to will come a few days later when they reach the legendary Doyle Hotel. Originally built by Adolphus Busch, the co-founder of the Anheuser Busch Brewing Company, the Doyle maintains its sudsy tradition, serving a solid variety of brews, including that unofficial, official beer of the A.T., Yuengling Lager, the choice of most hikers as they toast having passed the midpoint of their journey.

Since Pat and Vickey Kelly took the place over in 2001, the Doyle has also been known for Pat’s fine cooking. Burgers as big as your head and plates of fresh cut fries piled nearly as high as nearby Cove Mountain are probably the most popular menu items with hikers, who make up more than 50 percent of the Doyle’s clientele; though beer and burgers are hardly all the place has to offer its walk-in crowds. The hotel offers a full menu of southern-influenced entrees, cheap rooms, hot showers, free internet service, and one of the best juke boxes you will find anywhere, filled with an eclectic mix of CDs handpicked by Pat Kelly himself. Since taking over the Doyle, the Kellys have worked hard, both at their hotel and with other businesses in town, to make sure hikers can find what they require when they hit Duncannon. “We’re like concierges,” says Vickey Kelly. “We try to find out what the hikers need.”

That philosophy resulted in an arrangement with a local doctor who works hikers into her busy schedule when they need medical care, and a shuttle to the local supermarket, which carries a lot of hiker-friendly items. “Pat will tell me what they are looking for and we try to get it in,” says Stan Mutzabaugh, of Mutzabaugh’s Market, who agreed to run a shuttle for hikers looking to resupply after Pat and Vicky explained how dangerous the one-mile road walk was from the hotel to his store.

Most hikers who spend a night in one of the Doyle’s 17 rooms start their day across the street at Goodies, an unpretentious...
little eatery that gets so much hiker traffic from mid-May through early July—the peak of thru-hiker season in Duncannon—they actually have to hire extra seasonal help. “We get pretty full with hikers. They go crazy over our pancakes,” says Katrina King, the owner’s daughter, who credits Vicky Kelly with helping fuel the restaurant’s popularity with hikers by sending them across the street for breakfast.

Duncannon has a real appreciation for the hikers who pass through, says Fred Lauster, the former president of the borough’s council who, in his role as chair of its parks and recreation committee, helps facilitate the annual Billville Hiker Feed and Feast, held each summer in the town’s community park. Hikers camp for free on the park’s baseball field, and hang out under the park’s pavilion while stuffing themselves on a three-day feast served up under the watchful eye of Duncannon resident Mary Parry, better known to hikers as “Trailangel Mary.” “Duncannon is known as a hiker friendly town. We sort of cater to hikers,” says Lauster. “The town takes pride in having a mile of the Appalachian Trail run right through Duncannon.”

“It’s a quiet town,” says King, “it’s probably the biggest thing of the year when the hikers come through.”

The appreciation is a two-way street. “The people in Duncannon really focus on the hikers,” says Larry Luxenberg, president of the Appalachian Trail Museum Society, who walked through the town on his way from Springer to Katahdin in 1980. “It is a quiet town. “The whole town really loves hikers.”

“What’s not to love? “They are really friendly people,” says Mutzabaugh. “It brightens my day when I am able to greet hikers and they stop to talk to me,” says Duncannon resident Daphne Cotton. “It is an enjoyable experience to communicate with them.” Cotton says the hikers give her children a window on the world that is not commonly found in such a small, rural community. “The kids like to hear about where they come from, where they are going. In a town this size, it helps; you realize the rest of the world is alive and well.” The A.T. is “part of what this community is about,” said borough manager Tanuya Matter. “It’s a part of the town.” “There is an attitude in town that we want to embrace them.”