

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
0	4/14/2019	34.627275, -84.193860	0.0					START @ Springer Mountain, skipped Amicolola Falls State Park 8.8 mile approach trail
1	4/14/2019	34.664719, -84.146218	7.3	16.0	-8.7	7.3	7.3	Stormy, met Matt from England, camped at Hawk (?), pee bottle leaked, tent now smells - ugh!, will it keep bears away?
2	4/15/2019	34.708707, -83.98402	23.9	31.0	-7.1	16.6	12.0	Sunny and cool, met Triman and Captain Ahab, Paul-lean, lost pole tip, camped at Lance Creek, saw Matt
3	4/16/2019	34.776373, -83.825791	42.7	47.0	-4.3	18.8	14.2	Sunny and cool, fixed pole tip at Neel Gap, Blood Mountain climb, trail magic with King Tut and Pilgrim, prayed for me as I left, met Red, Rosie and Haley, Cloud & dog Rain, camped at Low Gap Shelter, no Matt, major chaff, Rosie gave me some diaper rash cream
4	4/17/2019	34.803603, -83.676981	58.2	63.0	-4.8	15.5	14.6	RESUPPLY , At Trey Mountain Shelter, sunny and warm, hike 10 and caught hitch from Dee with sign into Hiawassee GA, bought resupply, went to MacDonalds for lunch, met shuttle driver, Ru, outside of MacDs, back on trail for 6 more miles, two big climbs, staying at Tray Mountain Shelter, met Brad Zpacks tent, Robert and Maggie, starting to bump into the same hikers, cool temp tonight, chaff better, got ointment at store
5	4/18/2019	34.945858, -83.588361	73.8	78.0	-4.2	15.6	14.8	At plum orchard shelter, cloudy, cool, then sunny and warm, met Bags, Small, Waya (wolf in Cherokee) in tramily of 3 gals and 1 guy (no trail name), THC, Phil big man, Tom and his dog Miles, MJ with Brad, Rain tonight?!
6	4/19/2019	35.041999, -83.548279	85.9	94.0	-8.1	12.1	15.7	Cloudy and very rainy from 1 AM to 1 PM, only did 12 miles, left GA now in NC, missed GA/NC sign, NC hills were hard especially with torrential downpour for hours, met Snake, Freckles, Fred/Chong & Coin, Dev, saw Scattered again, he said Tom fell off trail, sleeping in Standing Indian Shelter, a first.
7	4/20/2019	35.070055, -83.498175	102.2	110.0	-7.8	16.3	15.7	Snowy, and cloudy, most hikers in Shelter were gong to Franklin NC because of the snow, I had only 3 climbs, some interesting obstacles: stream crossing with logs, and very steep and rocky climb to fire tower on Albert otherwise smooth sailing, met Max at Shelter - took on-trail zero, Matt caught up to me - nice guy, sleeping in Long Branch Shelter. No cell signal - bummer.
8	4/21/2019	35.187922, -83.562398	120.4	125.0	-4.6	18.2	15.5	Sunny and cool, Max dropped bag and I followed and returned it, met many: Elevation, Situation, Rochelle, Odin; Matt left for Franklin NC, woke with sore right knee and hiked anyways, camping at Wayah Shelter, almost out of food, 2 left foot toes major issue - sore and now leaking beneath nail - neosporin, bandage, and glove tip - worried will get infected, some cell signal, do Laundry and resupply at NOC first, called ahead for Nantahala Mountain Lodge (Cindy) stay tomorrow, big climb out

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9	4/22/2019	35.331216, -83.59216	136.5	141.0	-4.5	16.1	15.7	RESUPPLY, HOSTEL, Sunny and warm, massive descent into Nantahala, very hard on my knees, met Nutz at lunchtime, he did the PCT in 2007, he is now section hiking to complete the AT, got resupply, Great Smokey National Park permit with the help of Joel, laundry (yeah!) and pizza dinner at NOC, staying at Nantahala Log Cabin, took a shower and re-banded my toes, although they look awful, they aren't painful, talked to Kathy and Katie by phone tonight
10	4/23/2019	35.373842, -83.733866	152.9	157.0	-4.1	16.4	15.8	Sunny and warm/ hot, dropped off at NOC by Cindy's husband on way to work, hell of a climb out of NOC, pizza for lunch, many other climbs with awful Jacobs Ladder last, I'm dead beat, met Lex/NTN, English black girl no name/NTN, 2 couples on section hike, Father and son Crash & friend Bearbait, tenting at Brown Fork Gap Shelter, have weak cell reception.
11	4/24/2019	35.448525, -83.794463	165.7	172.0	-6.3	12.8	16.0	Sunny and warm, re-met Ambassador, black English lady, quick hiker went by named Flyby who has done PCT and CDT, zoom and she was gone apt trail name, met Pez at top of climb, and along trail met Clip with English accent, at Fontana Dam dock met Lowgear, Charles/NTN, and Lex/NTN again and then I went on but they were getting a shuttle to town, short day only did about 13 miles because SMNP is next and it would have required me to do a big climb and 19 miles and I needed the break to just sit/recover, tenting on concrete pad with poison ivy around, using rocks to hold guylines, at Fontana Dam Shelter, aka the Hilton because it has indoor plumbing and showers, met more hikers camping including Tortoise, Packmule, and Longdrive, Homes (redhead) & Watson (her dog), and so many more.
12	4/25/2019	35.561564, -83.732708	183.6	188.0	-4.4	17.9	16.3	Cloudy and cool, crossed Fontana Dam, ate breakfast on Dam, entered GSMNP, tucked my permit in box, started to climb up and up, two hikers passed me: James/NTN & Mocha Joe, thought I'd only make 15 miles, but did 18, finally I might be getting my trail legs, at shelter met Just Jim, sleeping in Spence Field Shelter, group of 4 section hikers have reservations, Baby, Moss, two women, and more.
13	4/26/2019	35.565223, -83.542614	197.2	204.0	-6.8	13.6	15.4	Rainy, cold and windy, lots of torrential rain AND HAIL, just couldn't do the miles, stopped at about 14 instead of 17, at Double Spring Gap Shelter, tomorrow is Clingman's dome, high point of the AT @ 6700 feet, that is big climb, had to stay in the shelter, because in GSMNP, met Intruder, Nomad, Woodstock, Sunshine, Sunflower, Bill/NTN, and many more - Shelter is full and some are camping outside, will hike 10.5 miles, hitch into town tomorrow for resupply, and go to nearest shelter.

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14	4/27/2019	35.706468, -83.523409	207.7	219.0	-11.3	10.5	14.2	RESUPPLY, HOTEL , At Newfound Gap, sunny, freezing, clear, woke early, wet cold socks tough to put on, wore my puffy, lots of up and downs, at Indian Gap got trail magic from local church, had hot dog and Gatorade, yum, arrived at Newfound Gap, more trail magic, and they offered shuttle to Gatlinburg in 5 mins, perfect timing, driver Dalmer, got to town and immediate went to NOC outfitters and bought Mountain house dinners and Clif bars, but then started my journey to the Food City grocery store by local trolley/bus, took forever to get there, but bought lots of stuff including 3 fresh apples, took the trolley back, but it was too late to get a ride back up the mountain, so got a room with 3 other hikers: Space Cowboy, Sunflower, and another, splitting \$100 room four ways, just like living in the Shelters the past few days, the AT is a much more social/communal affair, ate dinner with Sunflower, sweet and interesting lady, had ribs
15	4/28/2019	35.693711, -83.25639	223.4	235.0	-11.6	15.7	14.1	Cloudy, sunny, cool, left Gatlinburg TN, Gary drive me and two other hikers: Dave & Renee up to Newfound Gap, cool and cloudy and began to hike at 8:45 (late), Mocha Joe and James zoomed by, met Baloo on trail as I sat and ate lunch, got to shelter about 4:45 pm, long hike, but it was ok, Nomad arrived, sleeping @ Tri-corner Shelter, a number of hikers here: Fanta, Mark and Andre, and many more. Shooting for 16 miles tomorrow and leaving GSMNP.
16	4/29/2019	35.780786, -83.11419	240.0	251.0	-11.0	16.6	14.9	Sunny and hot, Fanta went by, few other hikers, ended with a 6 mile downhill that was tough on the knees, left GSMNP, no longer need to sleep in shelters, in tent tonight, wore skin off tip of right big toe capped with latex glove finger tip - need to treat more, but bear bag hung with bandages already - grrr hanging is a pain, @ Cascade and Tents with stream nearby, nice, with Nomad, Sunny, Laptop, and a couple, the night was warm, treated sleeping bag as cover
17	4/30/2019	35.805087, -82.949824	257.0	266.0	-9.0	17.0	14.7	Sunny and hot, day started with a big climb up from Interstate highway 40, and the remainder of the day was one climb after another, very tiring, many breaks, at lunch saw Homes and her dog Watson, at one point got up to Max Patch, a grassy bald with no trees, a few hikers were setting up their tents, the sunrise must be spectacular, but so must be lightning, I went on to Roaring Fork Shelter, Lex and Low Gear stopped by but wanted to get close to Hot Springs, I'm all alone at the shelter, working on my feet and getting dinner, a group of 18 doctors arrived, they are taking a wilderness medicine course and at the end they take a hike, I'm now about 18 miles from Hot Springs NC, my next resupply, and the trail goes right through the town, which is my goal for tomorrow, the night was again warm

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18	5/1/2019	35.890585, -82.832515	274.6	282.0	-7.4	17.6	15.5	RESUPPLY, HOSTEL , Sunny and hot, by the time I woke all the doctors left to see sunrise at Max Patch, it was a long day with one enormous descent into Hot Springs NC, tiny town that caters to hikers, the trail goes right through it, as soon as I arrived around 3:30 I was in go-go-go mode, I'm staying at the Laughing Heart Lodge hostel, first I needed laundry done, but there was a queue, next I desperately need a shower, and most importantly I needed to resupply, for the next few hours I ran all over town including getting a huge hamburger at the diner, and bandages for my poor feet at Dollar General, finally around 7:00 I was all done as best as I could be, tomorrow there is a big climbs out of here with all the new food to carry, that's just the way it is, I've started planning my trip home on the 28th now that it is May 1st
19	5/2/2019	36.015276, -82.73587	294.5	297.0	-2.5	19.9	17.4	Sunny, hot and a few rain sprinkles, got up early and left Hot Springs NC, so-so town, was on trail at 6:05, the trail walked right through town, climb out of town by rushing wide river, aimed to get in 16 miles and then stop, lost other pole tip - grrr, but I'm glad I have a tip from Neel Gap outfitter, now I just need some glue, got rain sprinkles while eating lunch, while getting water in the afternoon Low Gear and Lex showed up and said the were going to Little Laurel Shelter, we agreed to meet there, it's 19+ miles, had big climb at end of day to shelter, kept checking map to see how much farther, it was a long day, at dinner asked if anyone had super glue and Low Gear did, for first aid cuts, so now I have a new tip on my hiking pole, whoopee! Now that's what I call good luck.
20	5/3/2019	35.970708, -82.613347	315.1	313.0	2.1	20.6	18.3	Sunny, then downpour and then sunny, big climb at the start, then had massive rock scramble/jumble to deal with but had great view at the top, it took an hour to go one mile across the rock field, passed the 300 mile mark, met Emma and Jordan at afternoon break, then another big climb at the end of the day, long long day, did over 20 miles, at Big Flats stealth camping by myself, worried it'll rain tonight and I'll be soaked tomorrow morning packing up, but I'm close to next resupply - Erwin TN in two days.

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21	5/4/2019	36.040821, -82.419884	334.0	329.0	5.0	18.9	18.8	Sunny, cool, downpour, clearing, lots of climbs and descents, nothing significant like yesterday's rock scrambles, thought there was trail magic at underpass, but was only a shuttle dropping of 6-8 hikers, who we kept passing all day long, but never stopping to chat, had very good lunch on a bald with a bunch of hikers and the view was great, again I heard there might be magic at Spivy Gap, but no, and I was pushing to get done when the clouds exploded with rain, having no set stopping place like a shelter, kept going as I was getting wetter and wetter even though I had an umbrella, oh and it was the last climb of the day while it was pouring and I was scanning for a place to camp, finally I found one, but in my ineptness setting up my tent in the rain I got totally drenched, however I did get a drier safe haven in my tent on my "tub" which was good, and now have on my dry base layers, so I'm ok, it's just I kept making mistakes, like guy lines pulling out, and I kept getting wetter, now the rain has stopped, the sun has come out and I'm comfy, at dinner I switched to new gas canister after 20 days, I know full well that putting on all my wet things tomorrow morning will be very very tough and cold, I'm stealth camping again tonight, I'm 10 miles from Erwin TN where I will resupply, the question is will someone pick me up if I hitch to town, I hope so
22	5/5/2019	36.104379, -82.396903	348.5	344.0	4.5	14.5	18.3	RESUPPLY , Misty, rainy, survived the night and the rain, headed down to Erwin TN and resupply, on the way down to town a day hiker said there'd be food for hikers over the bridge, yahoo, also resupply couldn't have gone any better, at the end of the trail was Johnny's Hostel and Store and I did my whole resupply there and never had to hitch into town, i got everything there that I needed, it started to rain again, then I crossed the bridge and got free food: double hamburger, hot dog, beans, potato salad, coke and cheese cake, met ADHD, then I bid goodbye to my feast mates and headed up out of town in the rain, two hours later having yet another climb, I arrived at the shelter wet and tired and set up my tent in much the same manner as yesterday, I'm by myself, the shelter crowd is chatting and laughing, but I'm in my tent in my dry base layers relaxing, got to do my feet tonight and review my hasty food choices, and prepare my plan and food for tomorrow, tent camping at Curley Maple Gap Shelter.

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23	5/6/2019	36.148292, -82.192647	367.8	360.0	7.8	19.3	18.6	Rained overnight, tent wet, clothes cold and damp, hard to put on, even sleeping bag is now damp, ugh, I thought today was to be clearing, I planned to go 19 miles to a tent site (not a shelter which is the norm), started hiking at 6:30 AM finally the sun peaked through and the rest of the day was sunny, dry, and warm, lots of up and down climbs, a big one to Unaka Mountain, had to manage my water, not many sources, stopped one mile out of camp to get water for 8 and 10 AM snacks, just before lunch checked to see water was 1.3 miles ahead, when I got there I reached for my phone to check, AND MY PHONE WAS GONE, I dropped my pack and raced back over a mile to where I had checked, whew it was there, I was so lucky, when I got back to my pack I got water but I was so unnerved that I needed to sit quietly at a nearby shelter's picnic table and relax and eat lunch, finally after recomposing myself and thinking all that could have happened, I got up and started hiking again, maybe I wasn't focused because within 5 minutes I stubbed my toe on a rock, lost my balance and crashed headlong onto the trail, luckily I didn't hurt myself, but I felt today just wasn't my day, I wondered if trying to push for 19 miles was a good choice, but finally and slowly I made it to the stealth campsite, dried my tent, and other things which were damp, made dinner and tried to get back to some normalcy, I am now low on water, stealth camping at Iron Mountain Gap
24	5/7/2019	36.125804, -82.051134	386.0	376.0	10.0	18.2	18.3	Cool, sunny, in time cloudy and rain shower, now clear, had two major climbs, the first was easy, but the second was awful, up and up and more up, met Nightingale, Tree Talker, and Groucho, at Carver pass parking lot was public toilet and garbage, gawd that was great and unexpected, unloaded all the garbage I had been carrying, pushed to get to 18 miles, was hiking like a zombie for the last two miles, because of those climbs, stealth camping at turn off to Overmountain Shelter, again set up while raining and then it stops, gotta be better at waiting or setting up
25	5/8/2019	36.222643, -81.99558	404.9	391.0	13.9	18.9	18.0	Clear, sunny, puffy clouds, no rain showers, tent wet from rain and grassy field, started right off with a climb, climbed Little Bump, clouds in the valleys below me, then Bump Mountain, grassy bumps is an understatement, tough climbs, then a very very long descent which was tough on the knee caps, left NC, I think I'm in TN, some more climbs, passed 400 mile mark and found sticks spelling '400' to photo, at end of day was zombie hiker again, did 18 miles to be prepared to go into Hampton TN for resupply and maybe overnight stay (shower too?, charge battery), dried off tent in light breeze, stealth camping with Beekeeper at Slide Hollow with stream, we had nice chat at dinner, very nice guy and knew Lightweight from Hot Springs.

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26	5/9/2019	36.283958, -82.158079	422.7	407.0	15.7	17.8	17.7	RESUPPLY, HOSTEL , Sunny with clouds, no rain, left camp at 6 AM, as always there were two climbs right off the bat, met Cillybin, Raidan, (we've seen each other over the past day or so) and Babbles (was having a tough day, felt slow) at a Shelter, as the day went by I was delighted to be hiking next to the Laurel river for hours, the sound of the churning water was lovely, lots of rock steps to climb and descend, hard on knees, took 1 mile side trail to town (blue blaze), got lost on the way, tomorrow big big climb when I return, did resupply but NO MIO, walked a mile to buy and take out enormous double bacon cheeseburger at dinner, got shower - yippee! finally washed stinky sweat rag and socks, so busy just getting everything done, called Kathy for family news, sleeping in a hostel in Hampton TN, don't know if it was worth all the energy to come here and then get back on trail, all my other resupplies have been so easy or I have just been lucky
27	5/10/2019	36.366999, -82.05873	437.6	423.0	14.6	14.9	17.8	Sunny with some clouds, woke in hostel at 5:30 AM, got all my stuff together, left Hampton TN and walked the mile back to the trail, big climb at the start, always happens because towns are in the valleys and the trail is in the mountains, met Sassafras, Dare Devil and Blue Jay, Robin Hood and Hash on trail, but they were going on to the next shelter, Lex and Pumpkin arrived, but no Low Gear, water a bit scarce and far away and 0.3 mile down from the shelter, so arrived with enough water so I don't have to fetch any, naturally big climb at the end of the day, got to shelter about 2:30 PM which is early, a few people were here but moved on, no one else at shelter right now, more did finally arrive later, rain expected from 5-7 PM and all day tomorrow, set up my tent, camping at Vandeventer Shelter

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28	5/11/2019	36.555516, -81.930349	457.3	438.0	19.3	19.7	17.9	Rainy, stopped, rainy, stopped, etc. woke to light pitter patter of rainy on my tent, oh great, luckily I had time to take down the tent, pack up and leave before it really started to pour, so I put up my umbrella and hiked in it, it wasn't a cold rain, and with the exertion of hiking it actually cooled me down, to make better time I ate my snacks as I walked, luckily the trail wasn't too rocky, met Budsie who was having feet problems and wanted new shoe inserts, around lunch time it started to rain again as I descended to a parking lot and TRAIL MAGIC! Two ladies, Laura and Carla, we're serving lunch, they made me a ham and cheese sandwich with potato chips, for desert I had a cinnamon sticky bun, oh and two cokes, it was WONDERFUL, let me say that again, it was great and boosted my spirits, especially so because I've run out of Mio so no caffeine today until then, there were a bunch of hikers there including Blue Jay and Dare Devil, even with the intermittent rain I wanted to hike about 20 miles this would leave me 14 miles so I can get into Damascus VA earlier tomorrow for my resupply, the last few miles we're tough, Pumpkin and Lex went by, also I met Ravioli, I was drained, my back has been aching too which is new,so I sat down and ate my actual lunch (the one I would had have instead of the trail magic one) to get more energy, then I finally found the campsite I was looking for and setup before the next round of rain started, right now everything is damp (my gear is damp, my clothes are damp and I'm damp) and I'm just enduring until I can dry out, tomorrow is supposed to be rainy again, also rumor say that next Tuesday should be older than normal, I don't plan on staying overnight in Damascus, but moving on a few miles, Note: next weekend is Trail Days, the hiker extravaganza, which I don't plan on attending, many hiker around me plan to go back and attend, with my Hamilton commitment I can't take the time.

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29	5/12/2019	36.635885, -81.793599	470.4	454.0	16.4	13.1	16.9	RESUPPLY, HOSTEL , Rainy, middle of the night my main guy line slipped off its tent stake hook and the pole holding the tent fell onto me, startled I woke and realized what had happened, so I took off my clean sleep socks, crawled out of my tent in the dark and tried to find the tent stake, failing at that I pull up another tent stake (my tent has ten) and reanchored the front guy line, in the meanwhile I tried to straighten my pack and failed at get too, finally I got things settled, brushed off my feet, got my sleeping socks on, climbed in my sleeping bag, and tried to relax after the unexpected commotion in the middle of the forest all alone, lucky it wasn't raining, but several hours later whoosh and it started to pour, I tried to ignore it, but all I could think about was breaking camp in the rain and hiking 14 wet miles into Damascus. I tried to sleep in but only managed 30 minutes so at 5:30 I was up, packing my stuff in the tent, before exiting, packing my soaking wet and now much heavier tent and getting on the trail, which was one big muddy puddle that I had to splosh through. I hiked from 6:30 to about 12:30 in the rain which would sometimes abate but mostly just downpoured. I was feeling kinda down, but I chalked it up to no Mio (AKA caffeine). My back for the past day has a kink in it. Although I had planned to resupply and immediately get back on the trail I decided to get a bed at the Woodchuck hostel, there I washed my clothes, a first in weeks, get a shower, and resupply at the grocery store where I bought 3 (yup you heard me 3) Mio, which should carry me through to my Hamilton break, which is coming closer and closer. I met Steve/NTN another hiker at the hostel who is a software engineer. Also I began chatting with Art Rodgers about meeting up around mile 1050.
30	5/13/2019	36.63978, -81.63801	489.2	470.0	19.2	18.8	16.9	Overcast, moist, sun pokes out from behind clouds, no rain, got up at 5:15 in the hostel, quietly packed up, ate my breakfast (pop tart with Mio chaser) and left at 5:30, my pack is heavy with all the resupplies, walked through quiet dark Damascus as the trail goes right through it and back up into the mountains and my first of three climbs, I was planning to stop at a shelter 16 miles away, I felt good, made great progress and got there about 2 PM, another hiker Wunder Twin was there drying her tent, no one else was there, once her stuff dried she was moving on, since it was so early in the afternoon and there were several campsites in the next few miles I too decided to move on about 3 miles which is where I'm camped. I am all by myself in the middle of the forest and not a single hiker has hiked by in the last two hours. It's going to get cold tonight. Estimate is 39 degrees F. I've got my puffy jacket on, gloves, headband, buff, and still I'm cool. I need to eat some calories to keep me warm.

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31	5/14/2019	36.654124, -81.498449	504.1	485.0	19.1	14.9	16.3	Cold, gusty wind, burr, finally got up at 5:15, on trail at 6:15, all day wore vest, ear band, gloves, started with big 1500' climb, each day I plan my goal and most days I push to make it, however you don't know what you'll encounter, well today it was Mt. Rogers with a climb, hundreds of rock steps BOTH UP AND DOWN, constant rocks on the trail, so by the afternoon I was exhausted, my knees are sore, met Video, who took my video naturally, and DIY, they said a bear at Fox Creek got their food even though it was hung up right, many hikers are being shuttled north 30 miles to hike south back to Damascus for Trail Day's next weekend (May 17-19), I'll continue on north and skip it, I stopped at Wise shelter (after only 14.7 miles, because I was beat) instead of a campsite (at 18.1 miles), Wunder Twin briefly stopped by, I told her about Fox Creek's bear and she continued on, staying here is Mark, section hiker, and ChrisPol (Chris from Poland) and many more including Lex and Pumpkin, we are not to camp around the shelter, but most are and might get told to use the shelter if a ranger comes by, I'll take my chances.
32	5/15/2019	36.749557, -81.48109	524.2	501.0	23.2	20.1	17.3	Cool, no clouds, sunny, cold overnight, again left around 6 AM, several climbs but all manageable, some big descents, keep bumping into Wunder Twin somewhere on trail, Lex and I ate lunch together and discussed hiking to Trimpi Shelter (making it a 20 mile day to reduce tomorrow's hike) to make bus into Marion VA for resupply etc., met Grasshopper at Shelter, camping at Trimpi Shelter
33	5/16/2019	36.810669, -81.42133	534.1	517.0	17.1	9.9	15.4	RESUPPLY, HOTEL , Clear, sunny, nice weather, actually slept in to 5:45 AM, OMG, rushed to pack up, want to catch bus into Marion at 11:15, small climbs, easy 10 mile hike, Lex and I to room together, finished hiking early at 10:30 when arrived at Mt. Rogers Visitor Center (the bus stop), about 8-10 hikers there, bus was only \$0.50, it dropped us off at Walmart/Ingles, shopped at Ingles for resupply, could not find a small gas canister at Walmart, resupply heavy, buying more and more bars and candy, need those calories, stopped at Mi Puerto restaurant and had lunch with Lex, real nice guy, has farmed and so much more, checked in at Econolodge, got cell service, wrote tons to Art about meet up and help, I'm sure I overloaded him, got shower, talked to Kathy about flight home, talked to Katie too, made flight and hotel reservation, sent copy to Kathy, now I have to make it happen, Lex and I ate at Sonic with Chocolate Sundae to top it off, yum, sleeping in Econolodge in Marion VA

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34	5/17/2019	36.950015, -81.363094	552.4	532.0	20.4	18.3	16.4	Light drizzle in town, on trail got very dark and down poured, cleared, sun out, warm day, Lex and I checked out of Econolodge, walked over to Walmart at about 8:00 AM (late start for my typical day) waiting for bus, at 8:45 bus dropped us back at the Visitor Center and trail, on bus met Kung Fu, headed out, Lex is faster so he goes on ahead, downpour, met Grasshopper, Won't Get Up and Lex at old school house with Trail Magic, had a free Coke, tasted so good, then a few miles later Lex and I stopped at The Barn Restaurant that's on the trail around 2:30 PM, had late lunch of Chicken tenders and onion rings, final climb and descent to get 18 miles, arrived at about 6 PM, late, camping with Lex at Reed Creek stealth campsite has water nearby
35	5/18/2019	37.057775, -81.39925	569.7	548.0	21.7	17.3	16.1	Clear and sunny, moist, warm, left camp at 6 AM, 5+ climbs with the last to the shelter being the highest (2000'), second climb was across meadows saturated with dew, got wet pants, shoes and socks, agreed with Lex to stop at Chestnut Knob Shelter, got cell service midway and wished Matthew the best, Lex caught up to me (I leave first from camp and he is faster and chases me) at lunch, met Wilson at Lunch before big climb, have cell service at shelter, posted to blog, sleeping in Chestnut Knob Shelter with Doc (who was already here), Wilson and Lex. Shelter is hot inside, doubt I'll sleep much.
36	5/19/2019	37.103008, -81.201754	584.8	564.0	20.8	15.1	16.1	At night big rain/hail storm, morning clear, rain shower, stopped and again, we chose to be in the shelter and we are so glad we did, at about 9-10 PM the most gosh awful racket as a rain storm arrived, the metal roof just reverberated with the deluge, and it was just getting started, it changed to hail, OMG, it was deafening! I thought the world was about to end, finally after about an hour the storm abated, I expected the next morning to see all the trees and grass bent over, but alas the morning came and all was as it was before, Lex and I planned to go 15 miles today (Sunday) so tomorrow we could go to the Outpost near Bland VA to resupply (they are closed on Sundays), only 7 miles ahead and then continue on to a shelter without having to hitch into and out of Bland VA. Lots of rocks on the trail to negotiate. Requires my undivided attention so I don't trip and fall. Afternoon rain showers got me all wet just as we reached camp, damp yet again, mud and muck too, Got done hiking about 2:30 PM, had early dinner, now just laying in tent. Sent Lex my Hiking Plan. Tent camping at Suiter Road, VA-615, and Laurel Creek Falls.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
37	5/20/2019	37.155086, -80.98016	603.6	579.0	24.6	18.8	15.9	SMALL RESUPPLY , Clear, sunny, a few sprinkles, minor climbs, actually it was kind of flat and boring - ha! Left early at 5:55 AM and got to Outpost store for resupply at 9:45 AM, Wilson already there, ordered fried chicken filet sandwich and 2 cokes to eat there, and one sandwich to bring with me for dinner, resupplied there, paid cash, tossed garbage, and headed out with Lex, met Otter and Lady Sunshine on trail, ended hiking at about 3:15 PM and did 18.9 miles total, camping at Jenny Knob Shelter, met Try Try, Lolli and Pop at the Shelter.
38	5/21/2019	37.240938, -80.815301	620.5	595.0	25.5	16.9	17.3	Sunny, clouds, no rain, read watch said 3:45 went back to sleep, next time it 5:05, gotta get up, put away things in tent in the dark by feel, Lex is up and dropped off food bag that had been hung the night before, packed up tent, ate breakfast and downed bottle of Mio enhanced water, on trail at 5:50 AM, small down and then medium climb, flattened out for quite a while, Wilson caught up, we chatted as we hiked, crossed wooden suspension bridge, took picture, he split off to go to Trent's Grocery, will meet him at end of day campsite, went by lots of streams, Lex caught me at 11:30 and we agreed to meet for lunch at the next shelter, Wapiti, had lunch, only 2.4 miles to go, but 1400' climb, got water part way because campsite is dry, arrived at about 2:15, set up tent, had early dinner, Wilson arrived, got trail mix from him, in tents by about 6 PM which is early, tomorrow is Pearisburg VA resupply, have room with Lex, hope to get shower and laundry done, get meal and Dairy Queen sundae too! Soon Lex and I will be separating because of my trip home, we might reconnect because he wants more miles and I'm shooting/pushing to meet up with Art on June 21.
39	5/22/2019	37.330095, -80.737967	636.0	611.0	25.0	15.5	16.7	RESUPPLY, HOTEL , Cool, overcast, no rain, good hiking weather, up and going by 5:50 AM, rocky trail with gentle ups and downs, some tricky sections with rock climbs without poles, then the tough part, the 3 mile descent into Pearisburg was rocky, steep and treacherous, my right ankle was burning, I used my poles as brakes, after a mile or so I sat and rested, ate my lunch and then continued down, Lex, who is faster and more agile, had gotten a room at the Plaza Motel. They did my laundry, I took a shower, and resupplied across the street at Food Lion, I have 6 1/2 days of food, it is SO HEAVY! I'm set now to exit in Daleville and fly home on May 30 for Hamilton. Three zero days (May 30, May 31, and June 1) I'll return on June 1 and get some hiking in that day. I'm trying to get to Art on June 21. Here's hoping I can do it! It's going to be hard.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
40	5/23/2019	37.428703, -80.638061	652.3	626.0	26.3	16.3	16.5	Overcast, sunny, no rain, decent hiking weather, woke at 5 AM and thought why should I wait for a shuttle at 8 to 8:30 AM, I can just walk the 0.7 miles back to the trail in about 20 minutes, so while Lex slept in the other bed I packed up my backpack and left, I was at the trail just as dawn broke, I sat and ate my pop tart and drank my Mio water, I was back hiking at about 5:45, as always leaving a town like Pearisburg you need to climb, with the added weight of 6 1/2-days of food and water it was a tough climb, but by 9:15 AM I was done climbing, the trail runs gently up and down along the mountain crest for miles, but is rocky and twisty-turny. My poor sore right ankle is not happy, and my left foot might be getting a blister on the bottom from the descent into town, so I took my time, took breaks, ate lunch, I changed plans to camp from mile 650 to 652, I did this to make tomorrow's hike a little shorter, while hiking I met Radagast, Small Slice and Smiles all slack packing southbound, I asked Small Slice if she would tell Lex who was somewhere behind me that "Tartan was going to the campsite at mile 652", what's amazing is the message got to Lex! So Lex and I are at this campsite (not a shelter) together but the day is coming when we'll be separating. You had to bring enough water because there is none here, Wilson arrived a bit later and was almost out of water so he went on 3-4 miles to get water and camp. So it's just Lex and I here, For dinner I had the Chicken Ranch Sandwich I bought at Dairy Queen yesterday - yum! Only 77.4 miles and 6 hiking days before I leave for Austin. I'll be reducing mileage down to 10 miles per day shortly. By the way, the days are getting longer, and mosquitoes and insects have yet to be much of a problem except kamikaze flies that dive into your eyes.
41	5/24/2019	37.397751, -80.473738	669.0	642.0	27.0	16.7	16.8	Overcast, sun peeking through, no rain but a few drops in late afternoon, again, cool light breeze was nice, same old same old, up early, hiking at break of dawn, started with a descent, then a climb and a final awful descent, met Indian Summer and her dog Lobster Paws, by the end of the hike the ball of my left foot was internally feeling like it had a bigger blister inside, and my right leg's front muscle was again very tight and sore, was so glad to get this hike over, camping at War Spur Shelter, Small Slice was here but went on, Radagast stopped by for dinner and then went on, Pumpkin came late, I'm worried about tomorrow with 2 ascents and 2 descents and how my poor feet will handle it. Only 60.7 miles and 5 hiking days before I leave for Austin.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
42	5/25/2019	37.387977, -80.263903	687.2	658.0	29.2	18.2	16.7	Clear, sunny, then overcast, a minute of sun showers in late afternoon, left at 5:50 AM, first climb ok, tried to use left heel and right foot pointing out, past by a cooler with Trail Magic and should have had some soda and fruit, skipped getting anything, did first descent carefully and slowly to reduce impact on feet, before second climb got water, afterwards I slipped and fell, not hurt, this time I "turtled" on my back because of my heavy backpack and I struggled to right myself, on second climb went across meadows and the sun was hot, finished second climb which had many many uneven stone steps and at top had lunch, Lex caught up and ate with me, met Django, Pumpkin arrived, I left, Lex and Pumpkin passed me and disappeared, all alone, then it rained a little, OMG, trail became rock traverse across mountain side, worried about falling, one traverse after another, slippery when wet, exhausting, on second/last descent I went very very slowly with aching burning feet, so thirsty, dinner was Ramen, Spam, dried cherries and Oatmeal cookie, at end of day left foot is really hurting, showing redness and tenderness on bottom behind toes, I'll be limping tomorrow, this break is coming just at the right time, camping at Niday Shelter. Only 42.5 miles and 4 hiking days before I leave for Austin.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
43	5/26/2019	37.366776, -80.166357	702.4	673.0	29.4	15.2	16.4	Overnight downpour at 10 PM, clear, sunny, what a night and day! The downpour was sudden, I was fine but others weren't prepared, soon it stopped, tent and ground was damp but otherwise fine, planned to do 15.2 to Lost Spectacles Gap, 2 climbs and 1 descent, at top of first climb was a Trail Magic sign saying 0.1 away, Pumpkin arrived at same time, we dropped our packs and walked, THERE WAS THE BEST TRAIL MAGIC, had two cokes, two glazed donuts, and a slice of cold pizza, Lex arrived, they'd cook you eggs if you wanted, IT WAS GREAT, by Briar Patch and John, afterwards I was smiling as I hiked along, the descent was causal, got water with Lex and off he went, such a good guy, the next ascent was broken into three climbs and the last of 500' scrambled through rock jumbles up and up, but the best was yet to come - dragons tooth, at the end of the climb I thought there would be a typical descent to my campsite - wrong! It was the hardest most difficult scaling of rock faces, jumbles, steps, metal handle bars, boulders, it took me over an hour to go less than one mile, I constantly worried I'd fall and seriously hurt myself, at the end my feet were chewed up, I was exhausted, and I was low on water, it's the Memorial Day holiday weekend, I asked returning visitors if they'd give me some water, some did, so I'm camping with a bunch of other adults and young people, Small Slice is here too, we plan on stopping at the Catawba Grocery for treats (cokes, ice cream) tomorrow morning, all I have to do is 8.5 miles to the next shelter, a nearo, camping at Lost Spectacles Gap. Only 27.3 miles and 3 hiking days before I leave for Austin.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
44	5/27/2019	37.385284, -80.074239	710.9	689.0	21.9	8.5	15.0	<p>NEARO, Another overnight downpour at 10 PM with wind that blew some into my tent, clear, sunny, before I started I ate my pop tart and Mio water, this was planned to be a short hiking day, thanks to Small Slice I got to the road in 1.5 miles, turned left and went to the Catawba Grocery where I used their toilet (yay!), washed my hands (double yay!), bought two 16 oz. Cokes and a pint of Cherry ice cream (triple yay!), I was fully caffeinated, Small Slice arrived just as I was leaving. Then it was only 7 miles with some typical ascents, descents and rock scrambles but nothing like yesterday's and then I was at the shelter. I immediately got water whose source is poor. I hung my tent out to dry, I used my bear hang cord to create a clothes line where I hung my damp sleeping bag and other things. In time they dried. I set up my tent and did other campsite chores. Because I got here so early I'm just sitting here doing my daily log. I'm bored - wow! More to follow... Took a nap and the group that I was with yesterday has moved on to here, they are from Ohio, so I'm camping with a bunch of other adults and young people. Camping at John's Spring Shelter. Only 18.8 miles and 2 hiking days before I leave for Austin.</p>
45	5/28/2019	37.4338, -79.986885	720.4	705.0	15.4	9.5	13.6	<p>NEARO, Clear, sunny, some wind gusts, packed up and headed out, today is going to be short, only 9.4 miles, but I have two 1100' ascents and descents, the first to McAfee Knob, and the second to Tinker Cliffs, both were worth the climb especially Tinker with the large boulders, sheer drop off and the trail right next to it, got to Lamberts Meadow Shelter about 11:15 AM, use privy and got water, then went 0.1 ahead to campsite area which also has water, took a nap to kill time, I'm not good at just laying around, must be my inherent ADHD, camping at Lamberts Meadow Trail. No cell service here. Only 9.3 miles and 1 hiking day before I leave for Austin. Now let's hope I can somehow get a ride to the airport. Also my phone battery is getting low and I have to manage that.</p>

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
46	5/29/2019	37.395895, -79.910367	729.7	720.0	9.7	9.3	12.1	NEARO, HOTEL , Clear, sunny, was bopping down the trail fueled on Mio water and Cinnamon Bun pop tart, I was moving quickly because I wanted to get to Daleville, I was going as fast as I could, and I felt I was doing well, then an older hiker without poles catches me, we chat for a minute and I let him go ahead, zoom and he's gone, and I felt like I wasn't even moving fast, I just have to accept I'm slower and my stride is shorter too, oh well, I got put in my place, so I continued on but now at a less frantic pace, later I met a hiker family, they were Disciple (dad), Halo (mom), GG (girl about 11) and Flash (boy about 8), father was an AT thru hiker, and they were going for a few days family hike to Dragons Tooth which is about 30 miles away, wow!, soon I was at VA-220 highway, turned left and walked to the shopping center, ate pulled pork BBQ lunch at Three Li'l Pigs, went to Outdoor Trails to see what they offered, and got a Lyft to the hotel, at hotel got my travel clothes package, showered and tried to act like normal person (not a limping gimping thru-hiker). My feet are sore and my right foot is now burning on the pad behind the toes, phoned Kathy, late afternoon got other Lyfts to and fro the Coach & Four restaurant, had a nice dinner of prime rib and scallops followed by cheese cake - yum yum! I'm also liking Lyft. Phoned Katie and told her so. Staying at Quality Inn Roanoke Airport. I fly out tomorrow.
47	5/30/2019		729.7	736.0	-6.3	0.0	8.5	ZERO , flying from Roanoke VA to Austin TX, yummy pork ribs dinner, stayed up late
48	5/31/2019		729.7	752.0	-22.3	0.0	5.5	ZERO , woke up early early, Appalachian Trail time, working on my list of things to do, took long afternoon nap, slept deeply, Kathy and I had a picnic dinner in the car before Hamilton, saw Hamilton - wonderful!
49	6/1/2019	37.41968, -79.785719	740.9	767.0	-26.1	11.2	6.0	NEARO , woke at 3:15 AM, ouch!, flew at 6 AM from Austin TX to Roanoke VA, took Lyft to Outdoor Trails, got gas canister, resupply at Kroger's, got BBQ sandwich for dinner at Three L'il Pigs, had lunch and repacked backpack at Wendy's, back on trail at Daleville at 1:10 PM which I thought was quite good, messaged Kathy, Lex, and Bilbo when I started to hike, naturally there was a climb out of Daleville, met Otter, Lady Sunshine and four other hikers slack packing southbound, got water about 0.7 mile before Shelter, got to shelter about 6:15 PM which is late for me, but hours before darkness, set up tent, prepped food for tomorrow, hung food bag, had dinner sandwich and water, tent camped at Wilson Creek Shelter. Lex is 4 miles beyond Glasgow so he is about 50 miles ahead of me.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
50	6/2/2019	37.528653, -79.622555	757.9	783.0	-25.1	17.0	7.5	Sunny, some clouds, hot, humid, didn't sleep in, woke at 3:45 AM and tried to sleep more, but I kept checking my watch, got up around 5 AM, on trail at 5:50 AM, did "ten by ten" - a first because the trail was easy (follow Blue Ridge Parkway) and I felt OK, decided not to stay at Cove Mountain Shelter (13.8 miles, no water source) only ate lunch there, instead went on to Jennings Creek (17 miles, lots of water), have a hidden campsite, a local couple is also camping here, I'm a little uneasy, big climbs tomorrow so making it shorter is good. Could have gone further today since I got here at about 2 PM, several hikers relaxing here before going on including Otter and Lady Sunshine, sat in tent and planned to get to Art
51	6/3/2019	37.552568, -79.469175	775.2	799.0	-23.8	17.3	9.1	Sunny, cool breeze, dry humidity, great hiking weather, started early, lots of climbs, but I was able to handle them ok, was it the weather, the caffeine, my zero days, or a combo, met Revisit, southbounder & section hiker, got to Thunder Ridge Shelter at 12:30, ate lunch, decided to go on to Harrison Ground Spring, which has water, got there at 2-2:30, got water, set up tent, buggy, but I can deal with it, because my tent has mesh, called Kathy about computer glitch, reset fixed it, whew! Thinking about getting immediately back on trail tomorrow to cut 20 miler down.
52	6/4/2019	37.613014, -79.390898	788.4	814.0	-25.6	13.2	11.7	RESUPPLY , Sunny, started out cool, warm, was on trail at 5:30 heading to Glasgow VA for a resupply, called Stanimals at 8:30 AM on the ridge because no cell service at the trailhead, told them to pick me up at 11 AM, went by a stream and a lake (river with dam) for the last few miles, nice, got to trailhead with Box at 10:45 just as shuttle arrived, drove me and Box to town, him to town center and me to hostel, I explained to Donna that I was wanted to do a quick in and out (not stay overnight), she did my laundry while I shopped at Grocery Express (very expensive - \$130 for 5 days), then went across the street to restaurant and sat with three other hikers and had a hamburger, ordered a hamburger to go for tonight's dinner, came back to hostel (1/4 mile from town), repacked food into backpack, had shower, got on clean clothes, paid her \$20 with \$20 tip, and she drove me back to the trailhead - all told it was 3 hours and will make tomorrow 2 miles shorter (distance to shelter) and I'll be starting my climb earlier at 5:30 AM than 7:30 AM when Donna would have dropped me off. Total win! Now camping at Johns Hollow Shelter. Talked Little Hawk, a heavy-trucker southbounder who is a peace on the trail, hikes 6 days a week and rests on trail on Sunday, quite different than me that is so goal-oriented.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
53	6/5/2019	37.70967, -79.268224	806.7	830.0	-23.3	18.3	15.4	Overcast, rain at end of hiking day, big climb out of Glasgow was mitigated by caffeine, second, third climbs were done, lost count, were there fourth and fifth climbs, had lunch sitting on trail over a lake, only 1 1/2 miles to go and rain started, had my pack covered and umbrella up, two other section southbounder, brothers, already in Shelter, later father and daughter section southbounder arrived, one last thru-hiker filled the 6 slots in the shelter, all nice people, chatted about things and life experiences, sleeping in Brown Mountain Creek Shelter, don't want to get rained on and have wet tent tomorrow. Pillow pack, Shoes on, hat/pocket items, sleeping bag & mats to table, pack to front & down to table, pack backpack, poles, food down, Crystal light, Clif and granola in pocket, breakfast, leave
54	6/6/2019	37.827913, -79.121411	825.2	845.0	-19.8	18.5	16.9	Overcast, rained as I climbed in the morning, sun broke through, rain clouds threatening. Snuck out of shelter early, quiet as a mouse, on trail at 5:30 AM, started right off with 3000' climb, sheesh, had a total of 7 ascents, and 6 descents of 500', double sheesh, while hiking met NOBO thru-hikers So It Goes and Butters, met SOBO section hiker Fungi, got trail magic from 3 trail maintainers, 2 mini-Snickers, yummy, finished hiking at 2:30 PM, no cell service here, grrrr, raining/sprinkle at 4 PM, then stopped, sun back out, humid! I'm in my tent, camped at Spy Rock Junction, no one else around, tomorrow have more climbs including a 3000' descent followed by 3000' ascent midway - OMG - I need a break!
55	6/7/2019	37.884829, -78.993545	842.9	861.0	-18.1	17.7	17.0	Clear, then rain, rain, rain. Got up and packed up, about 20 minutes later, downpour, and it continued for hours, I didn't mind the rain, it just slowed me down, had three littler ascents/descents, then one long 3000' descent for 4 miles, and one awful 3000' climb for 4 miles with everything thrown in from rock jumbles, to using my hands (no poles), to walking across sheer rocks at the top, on and on all with rain slicked rocks. I did 17 miles and it took me 10 hours (instead of expected 9). All along I said it doesn't matter how long it takes. I just have to get to the shelter. Met Cubed who came to the shelter but is camping (more privacy in his tent). Sleeping in Maupin Field Shelter to keep drier, although everything I have is DAMP through and through! Shoes and socks are just plain wet.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
56	6/8/2019	37.985401, -78.883724	858.7	877.0	-18.3	15.8	16.7	Rain, rain, rain, clear but more rain expected. Woke to wind blowing, trees rustling, rain falling, cloudy mist, got up and on trail by 5:45, getting the darn bear bag from the hanger in near dawn was tough, on trail bopping along, rocks were slippery, many rock jumbles, crossed Blue Ridge Parkway, tough going, right hand getting blisters, had to change hiking pole grip to not worsen, needless/pointless ups and downs, on one I actually said "enough f\$@king steps", which were uneven rock steps that lead to a summit and immediately descend, argh! very typical of the AT, finally the last 4 miles of the descent were smoother and easier, got to shelter and Indian hiker/trailname unknown (Theorem Bum?) was drying stuff off and getting something to eat and drink, later he went on. Dog Treats and Pacemaker arrived to stay, met Dog Treats at hostel in Damascus, was named Steve. Rain seems to have stopped for today, but expected to continue until Tuesday - yee gads! Sleeping in Paul Wolfe Shelter to stay dry. Other tents are here and several other thru and section hikers, for example two Ukrainians. Tomorrow is Waynesboro resupply in & out.
57	6/9/2019	38.085576, -78.785534	871.4	892.0	-20.6	12.7	16.6	RESUPPLY , Rain, rain, rain and more rain - rumor has it at least three more days of rain and tomorrow is the worst. Got up and on trail at my normal early time, arrived at Rockfish Gap at 7:45 AM and called for shuttle, explained I was doing a IN & OUT, got to Stanimal's Hostel, got your, started laundry, got cash from ATM, did resupply at Walmart Marketplace, had breakfast at Hardee's, took out sandwich for dinner, got shower, and was back on the trail at 11:30, all in about 3 1/2 hours, then hiked 7.7 more miles to shelter, it is 0.3 miles off trail, far!, sleeping in Calf Mountain Shelter, full of people but I have a bunk slot on the bottom (it's a double decker), and the rain continues, I'm one of seven sleeping next to each other, Theorem Bum is here, the two Ukrainian section hikers from yesterday here too, I'm all damp because I kept on my wet clothes trying to use body heat to dry them, and they were just washed AND DRIED! But within minutes they were wet and dirty and within hours they were drenched in moisture from meadow grass and each pant leg was muddy and mucky. And my shoes, socks and gaiters are soaking. Tomorrow I hope to do a long hike to a campground in the Shenandoah NP Loft Mountain Campground, but it might be smarter to again go to a shelter (they call them huts there)

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
58	6/10/2019	38.247002, -78.668032	892.7	908.0	-15.3	21.3	17.2	Rained over night, but was just overcast for my hiking or maybe a few sprinkles. Very quietly got up, packed backpack and headed out, got water at spring on shelter side trail, then I was movin', did 5 miles by 8 AM, did 10 by 10, and was zooming along, originally expected to arrive between 5-6, but the trail tread and climbs were so easy I was there at 1-2. 20 miles DONE, Wow! It was a very good hiking day, About 4 or 5 other hikers are camped here so I just followed their lead, and registered with the ranger, I'm at campsite A80. Slack packed the rest of the camp loop so I don't need to back track tomorrow morning, bought two I cream cones and two cookies at camp store, checking it out for upcoming resupply, cut my hand and foot nails real short to look less dirty. One foot nail (right pinkie) was caught in my toe sock and was causing it to hit the inside of my shoe, after 20 miles it was sore and yup I might lose it, that would be number 3. Had dinner of SPICY noodles - varying my diet, not bad, but very spicy, the Campground has fresh water, sinks, flush toilets, trash bins - so much easier than having to do it all myself. I'm camped in grass, so tomorrow everything will be damp and the ranger said it will rain tonight - double whammy! I'm camped on a slight slope hoping most rain water will drain away from me. Camped at Loft Mountain Campground. My original plan to get to Greenbrier SP is now getting confused because I've been changing it to do in & out resupply and longer distances. Ugh!

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
59	6/11/2019	38.333305, -78.55849	906.2	924.0	-17.8	13.5	16.2	<p>At night rain and extreme gusting wind. Woke in my tent around 11:30 PM to pouring rain, shortly it stopped, but became very very gusting wind, I wasn't too worried, however when my primary guy line let go at 1 AM causing my tent to collapse I got out of my sleeping bag, kneeled on the rain soaked grass with my micro light in my mouth trying to find the tent stake, no luck so put in a longer one, yet I was worried, I sat with my back against the hiking pole that held up my tent as it quivered and shook with each tremendous gust of wind, I could sit there for hours, I could also lose my tent to a tear in a sudden gust, so I decided to save my tent and since it was not raining I thought the campground bathroom would be a good safe less windy place to go, slowly inside my dark tent I put away my sleep stuff, a ritual I'm now very practiced in doing, packed everything in my backpack, got out of my tent, collapsed it, stuffed it and my ground sheet helter-skelter into the stretchy pocket in the pack, got my food from the bear box and headed to the camp bathroom, there I reorganized the messy wet tent, and got my food ready for today's hike. My only loss is one tent stake and a nights sleep. Never a dull moment hiking the AT. It's now 2 AM as I write this. I tried to sleep in the shower room by sitting on a bench and leaning against my pack, but I was cold and shivering with the shower room windows letting wind gusts, I ate a Clif bar to see if I could generate any warmth from that, I had on my puffy, gloves, hat, and still I was cold. I might have dosed off, but I doubt that. Finally it was 5 AM and I began my morning prep for hiking, I ate my breakfast pop tart and Mio water to wake me up, i was punchy but OK, I was worried if I'd get blown around on trail, I left still all bundled up and was fine hiking in the wind which was reduced by the forest undergrowth but the rustling noise of the leaves was impressive, after my first climb I was sweating and took off all the extra clothing, although I was cool on the descents the cold air felt good on the ascents. I was doing fine and I was moving along. Rounding a curve my right foot caught a root, I didn't fall but it jammed under it and struck my little toe, the very toe that was sore from yesterday and I had hit it hard, the pain was sudden and overwhelming, and I knew I had damaged it, yet I hiked on, in a little while it was still throbbing so I stopped to see if it was bleeding, but luckily the sock was clear, so I continued, each step hurt, my feet are so important to me, I had at least 10 miles to the shelter so I just tried to ignore the pain, on the ascents it would hurt less because my foot slid back towards the heel reducing pressure on my little toe, but the descents became very difficult, I used my poles to slow me down and reduce my little toe from jamming forward in my shoe, but it still hurt like the blazes, while doing this I met Sharpshin, a SOBO hiker, by the time I got to the shelter I was grimacing and gritting my teeth on each step, there I finally took off both my shoe and sock, my poor little toe was all swollen and red, I immediately took 2 Advil to reduce swelling and inflammation (the first medicine I've taken on the hike so far), and a picture, I'm worried, and all I can do is see how it feel tomorrow. I set up my wet tent to dry it out. It was early so I ate my lunch. Since I had little sleep I laid</p>

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
60	6/12/2019	38.531896, -78.436847	926.6	939.0	-12.4	20.4	16.7	Overcast, cool, sunny. Worried about toe, took 2 Advil at 5 AM, but was not a problem all day both ascents and descents, saw a bear at 6:45 AM and mile 908.6, thought about my Bilbo, Art, and David meet-ups, figured to speed up to Art, overshoot Greenbrier, have Art pick me up at a later trailhead, then drop me off so I can get to David by Friday 7/5, got to Lewis Mountain by 9:45 (another 10 by 10), did resupply in 30 minutes at the campground store, probably bought too much food, afterwards I was hustling as fast as I could go for the 8.8 miles to Big Meadows Campground, I'm at site #1 for the night. That makes it a 20.4 miles day - I can that's a speed up! Now I have to plan the speed up and tell everyone about it. Sat in Big Meadow Lodge Tap room, had 2 dark beers and a meatball sub, worked on planning my speed up, charges my batteries. I can only go as fast as there are tent-sites and shelters, grrrr! Sent Slack messages to Art and Dave. Sent email to Bilbo. Need to figure out a time to meet Bilbo at trailhead. It's only 3 days from now - OMG!

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
61	6/13/2019	38.676671, -78.318872	945.0	955.0	-10.0	18.4	17.3	<p>Foggy, clear, overcast, mid afternoon sprinkles, clear. Overnight gusting wind but this time it was still light out, the tent back was facing into the wind, and I got up and out to readjust all guy-lines especially the prime front one. Then the gusts stopped and the rain started. I fell asleep. In the morning everything was damp. The tip of my sleeping bag was wet and came through to my sleep socks. Nothing much I could do about it so I stuffed it into its stuff sack. I packed the soaked ground sheet, tub and tent. They now weigh significantly more - ugh! Checked out of my site and was on trail about 5:40 AM. I decided to hike fast and without poles (unless absolutely needed). I made good time. On trail is the Skyland Resort Restaurant and I took a quick detour to get a soda and two oatmeal cookies. Shortly someone left some Trail Magic in a bag and it was Tootsie Roll Pops. I took all four cherry ones. At Pinnacle Picnic area I met Rocket Man and his wife Buzz. They had water and a garbage can. I ate my granola and chatted with them. Then we left and the clouds were low and it was foggy. Soon the sun burnt them off. I got to Panorama Parking Area which had a picnic table. It also had cell service. By this time the sun was out and I was nearly to my goal Pass Mountain Hut. So I ate lunch and dried my sleeping bag, ground cloth, tub and tent. Ahhh, much lighter weight even though I had just another mile. The shelter is 0.2 (far) off trail. No one is there. No cell service. I looked at the food I have and everything makes sense except I have too many dinners. I have six. How that happened I don't exactly know. One was for yesterday night's dinner which was replaced by the meatball sub. But the rest are a mystery. Tonight I'll eat the heaviest. It looked like it was going to rain but no longer. I don't know about tonight's weather. Hmmm, I wonder. The sky looks clear except for a few puffy clouds. Other hikers here are Goose, Fireman, McDouble and Pace Car</p>

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
62	6/14/2019	38.763928, -78.233514	958.1	971.0	-12.9	13.1	17.3	Clear, breezy, cold. Was up at 4:30 and snuck out of the shelter by 5:18 AM, stopped at Elkwallow Wayside at 8 AM, and waited for them to open at 9, had their full breakfast (eggs, sausage and toast), hot chocolate and blueberry milkshake. There was no seating inside and it was 50 degrees out, brrrr. I ate and went back to the trail. The exercise especially the climbs warned me up. On top of the next climb I got a cell signal and phoned Art. We talked about my overshoot and him picking me up and dropping me off without Martha there. All was possible. He was worried that 9 AM on Sunday was too late. I said it was fine. I got to the shelter early at 1:15 PM. Some other hikers were there eating lunch and left soon. Two SOBOs arrived: Twisted (doing a yo-yo and double triple crowner!) and The Honorable Leech, later Goose arrived. I'm getting ready for bed and tomorrow's excitement with seeing Bilbo in Front Royal VA.
63	6/15/2019	38.890057, -78.083053	976.7	986.0	-9.3	18.6	16.8	RESUPPLY , Overcast, no rain, sunny. On trail at 5:24. Was moving licking-split towards Front Royal. At 8:00 AM had done 6.6 miles at 23 min per mile - wow! Tried to text Bilbo my ETA of 10:45 but no cell service. At 9:30 was able to recompile updated ETA of 11:00 AM and text him. I arrived at the trailhead at 11:02. He was there with a Coke! Went to Spelunkers hamburger place, ate, talked and planned my next week to get to Art. Then we traveled around town for resupplies and to charge my battery. At 3 PM he dropped me off at the trailhead with a very heavy full pack (full of food) and off I went. So thankful to Bilbo for doing this! Typical climb out of town, but then relatively flat. On the way passed about 15 Boy Scouts and their leaders. They said they too were going to the same shelter. I rushed ahead and got to the shelter at 5:05 and took a spot inside. They arrived, we chatted and they're a nice group. Sleeping inside Denton Shelter.
64	6/16/2019	39.090418, -77.886136	1,002.0	1,002.0	0.0	25.3	19.2	Clear, a few sprinkles, sunny. As always woke early, was on trail at 5:15. Zoomed along. Stopped at 9:45 to chat with a hiker family about thru-hiking. Finished my planned 18 mile hike at 1 PM at Rod Hollow Shelter. Talked to two hikers sitting on shelter approach trail about thru-hiking and they had just done some of the roller coaster. Didn't want to sit around at this shelter. Also it's going to rain tomorrow and the rollercoaster will be more difficult. So decided to go on either to campsite (wet tent ugh) or next shelter (better). Decided next Shelter which is 7 miles further. Making it a 25 mile day - OMG! The roller coaster to the campsite would be four climbs: 400', 500', 400' and 100'. The shelter adds 100', 400'. The last climb was AWFULLY STEEP AND HARD! I'm glad that's over with. I'm so sweaty afterwards that my clothes won't dry and I changed into my T-shirt and fresh dry underwear. Wow! Sleeping in Sam Moore Shelter.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
65	6/17/2019	39.227242, -77.779169	1,016.2	1,018.0	-1.8	14.2	17.9	Clear, sunny, overcast, no rain. Out early but took my time today. Finished the roller coaster and texted Bilbo that I was past it. His experience and insights were crucial. I changed my endpoint to a shelter in case of rain (but there was none). Met a section hiking couple and chatted for a few minutes. They said that Blackburn Trail Center was a long trail down and not do it. Then I met a flip-flop-flip couple and they said it wasn't that bad. So I had the time and went down and down and down. The water was potable and I had two bottles of lemonade water with my lunch. I sat in their screened in porch at a picnic table. Afterwards I fill all my bottles, slowly climbed back to the trail and did about 4 miles to the shelter. It has water but it's 1/4 mile below so that's why I lugged water from Blackburn. Got there about 2 PM. Strider and Tim had just made the 1/4 mile hike down and back for water. They left to get to town - Harpers Ferry. I was glad I don't need any water until tomorrow. I laid out my bed and did my arrival chores: for example, Garmin InReach, food for tomorrow, etc. Another hiker, Sir Mead, stopped for water. After he returned we chatted a bit. Later two other hikers arrived to stay the night. My sweaty clothes are drying out so I'll be able to sleep in them I hope. Things look good for meeting with Art at a trailhead on Friday north of Greenbrier SP. I'll pass the pass on Wednesday and be 37 miles later. This puts me closer to Dave Rodgers so he can pick me up on Friday 7/5.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
66	6/18/2019	39.41269, -77.637205	1,036.0	1,033.0	3.0	19.8	18.2	<p>Overcast, coolish breeze, no rain. Up and out as normal. Heading into Harpers Ferry. Skipped the Sweet Shop because it was too too early. Steep descent down to car bridge. Crossed the Shenandoah and assumed I'd enter town so collapsed my poles, but nope. On the other side was steps and more climbing. Finally got to ATC side trail and more stone steps. At last arrived at ATC about 15 minutes before opening. Did more Kathy birthday stuff while I waited. Once open I went to the hiker lounge and bought two cans of Cokes. Ahhh! Plugged in my battery. Dumped my garbage. Filled my water bottles because next shelter has distant water (1/2 mile!). Got a picture of Bilbo's brick and texted him it to prove I was there. While I waited for my battery to charge I took a survey about the trail, leave no trace and invasive species. And drank two more cans of Coke. Once it was full I left to find ice cream. Instead of going back on trail I skipped a bit (shhh, I won't tell if you won't), but unfortunately the shops were closed at 10:30 AM. Grrrr! So I got back on trail and hiked the C & O path and then climbed up to the shelter. Just before the shelter I met a group of five young men who were out for a few days. They said they were going on 4 more miles to the next shelter and tent camping there. So I changed my plans and went on too. I was zooming along trying to stay ahead of the young men (for no actual reason other than it felt good) However I wanted to stay at the shelter in case it rained. Although it sprinkled for a few minutes every so often it did not rain. As I hiked I planned to ask some of Kathy's friends to stop by the house and wish her a happy birthday in person because I'm not there. Also take a selfie with her and the yard sign. Ha ha ha! Near the end I went through a Garland state park and got water in the men's room. This next shelter is 1/4 mile off trail which is really far, but it has a spring and I've been unusually thirsty. And hungry too - since I had two dinners tonight. I seem to be carrying too much food. Eating it is a way to reduce that. Sleeping in the Crampton Gap Shelter.</p>

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
67	6/19/2019	39.631162, -77.55661	1,056.7	1,049.0	7.7	20.7	19.7	Foggy, burned off, sunny. Started at 5:30 AM. Stopped at camping area, had 8 AM snack at table with two other hikers, chatted with them, got water and moved on down the trail. Passed by Greenbrier SP and the side trail leading to it. Went over Interstate 70. The climbs had many log steps - ugh! Also there was a very rocky section which made me wonder if I was in PA. Met SOBOs Credence, 68, and Old Bay, 65, today. Done about 2:30 PM. Sleeping in Ensign Phillip Cowall Memorial Shelter. Two girls have been staying here for two days because of bad sun burns on their backs from rafting. As time went on we had eleven people here with space for ten. I'm glad I have my slot. Another Austinite named Crusher. And a woman named Liberty. A man who was at the ATC named Red.
68	6/20/2019	39.80513, -77.47786	1,074.7	1,065.0	9.7	18.0	19.6	Overcast, sun breaking through, a few sprinkles, overcast. I was on trail at 5:10 which is my earliest. The trail started with a climb and some rocks. In the early dawn I was very slow and careful not to trip and fall. But it didn't last long - the climb, the rocks and the darkness. Soon I was hiking along. Lots of rocks requiring careful foot placement. In one spot there was a steep descent in steps. As I looked back up there was a couple of Chinese hikers. Soon they passed me and were gone. We crossed through a park where I got water, tossed my garbage, and used the men's lavatory. The couple was there doing the same. A little later I stopped for lunch at Deer Lick Shelters and they were eating there too. We chatted about where we were going for today. Also an outdoor urban youth group came by and the leader told us about the upcoming trail. The leader said supposedly tomorrow's 10 miles is rocky. The couple changed their destination shelter to match me. The youth group left, then the couple and finally me. In a few miles was a park. As I crossed a small bridge there was a sign saying "Trail Magic" - Yippie! A couple and their friend were serving hot dogs, handing out sodas, and had sweet rolls. One hot dog and two Cokes later I said thank you and headed off to the shelter. It was just over a mile and I was there. Actually two separate shelters (designated snoring & non-snoring). The Chinese couple are in a tent. Met Goggles a section hiker who was going to go on to the next shelter but decided to stay the night here. More hikers arrived including Red, Dakota, and Loon. Some only to stop and go on: Crusher. Sleeping in the Tumbling Run non-snoring Shelter. Looking forward to tomorrow with Art and the children.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
69	6/21/2019	39.905798, -77.489576	1,084.3	1,080.0	4.3	9.6	16.5	Overcast, clear, sunny. i was on trail about 5:20 excited to see Art. We had a 1000' climb. Goggles zoomed by because he was upset. The guy he was trying to leave behind appeared at the shelter and slept next to him. I caught up to Goggles when he took a break. He decided to hike behind me and we chatted. I tried to move as fast as I could but there were many rocks. I felt the pressure to be quick. Finally at 8 AM I stopped for my snack and he went on. The rocks immediately became bigger and harder to traverse. I was glad he had left me and I could focus on them. At 9:30 I got to US 30. I checked Lyft and it would cost about \$50 dollars to go from there to Greenbrier SP. It would save Art the hassle of picking me up. So I used Lyft. It took over 30 minutes to get here. After arriving I found the campsite: Ash #8. My right ankle was sore because I was pushing it when hiking with Goggles. Although it was cool in the shade I ate lunch and waited for them to arrive. I think it was about 2 PM when they pulled in. We set up their big tent and my little one next to it. They ate lunch and walked to the beach as I took a shower and switched clothes. The battery seems slow to charge. I lost my knife tool so ordered a new one from REI to be sent to Dave Rodgers. Tomorrow I'll do my laundry and resupply shopping. The children are fun and the break from hiking is good for me. I've also enjoyed all the giggles and fun from Kathy's birthday happenings. Sleeping in my tent in Greenbrier SP MD.
70	6/22/2019	39.534838, -77.620018	1,084.3	1,096.0	-11.7	0.0	13.6	ZERO, RESUPPLY , Clear, sunny, hot, some clouds. Woke late at 5:15! Went to men's room to charge battery and cell phone. After a few hours it finally got charged. By the way my right ankle has been hurting for the past two days. It makes me gimp. I blame it on hiking fast with Goggles through the rocks. It worries me. Tomorrow I'm going to take Advil. I took the car while Art and the children went to the beach. I did laundry in Boonsboro where a kind lady helped me get machines to work. Had a Coke and Cherry Garcia Ice cream waiting for them. Then I went to Walmart in Hagerstown to resupply. Bought what I needed and a a small knife to temporary replace the one I lost. Attached it with an S-Biner. Also bought a medium size gas canister - grrrr! Came back and packed it. Had lunch. Went to beach with Art and the children. Returned and went to dinner to Dan's Restaurant and Taproom. Back at campsite the children toasted marshmallows. Finally called it quits at 9:30 PM. Overall a nice quiet relaxing zero day. Tomorrow morning we pack up and drop me of at the trailhead on US 30. Sleeping in my tent at Greenbrier SP.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
71	6/23/2019	40.031959, -77.308044	1,104.1	1,112.0	-7.9	19.8	13.6	HOSTEL , Sunny, no clouds, warm. Was up early as normal. Ate some breakfast. Packed up my tent and backpack. Waited for Art and the children to wake. Art started a fire to entertain the kids. We packed up his car. It was stuffed so we put my backpack between the children. We got to the trail at about 8:45. Said our goodbyes. And off I went. I stopped briefly to eat breakfast (pop tart and Mio water). Immediately started to climb. About a 1/2 mile I checked my GPS and guess what - I WAS GOING SOUTH NOT NORTH! Sheesh. Turned around, grumbled to myself that I was an idiot and walked back to US 30. So I really started at 9:15. Hiking was pleasant. Climbs were easy. The trail was relative rock free - imagine that! I met Dave and he was going to go on to Pine Grove Furnace Park - only 4 more miles. The more I thought about it I decided to do the same. I got there about 6:30 PM. My ankle is sore but no sharp pains. Dharma Bum was sitting with some people so I got some ice cream and joined them. It was getting late so I excused myself to go get a campsite. This was a total failure and I had to walk about 1-2 miles. Office not open, host MIA. Argh, I was pissed. So I signed into a local hostel. Paid my money for a bunk bed, made dinner and did my nightly prep work. Sleeping at Ironmasters Mansion Hostel.
72	6/24/2019	40.148721, -77.11823	1,122.8	1,127.0	-4.2	18.7	13.2	Sunny, cloudy, possible rain. Left hostel and blasted along the trail. By 10 AM did 12 miles! Whoa! Then slowed down. There were several climbs and boulder fields to navigate - fun! Re-met two women from yesterday night who were interested in my water bottle clips and umbrella use. While talking Pace Car and McDouble went by. I wanted to go beyond Boiling Springs PA, but everything says there are NO campsites and little water for 14 miles! OMG! So the only way to do it is stop now in Boiling Springs and do it all at once tomorrow. The campsite is free but far out of town with a porta-potty and no water or garbage can. Went to town pool office to fill my bottles. Then back again to town to get a Gatorade and a soda. Too much walking so I'm in my tent. Oh, the campsite is next to railroad tracks and a stream. Noise and mosquitoes - great. Oh well it's just for one night. So I won't be able to eliminate a day to DWG on this leg. Grrrr!

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
73	6/25/2019	40.363566, -77.067246	1,145.1	1,143.0	2.1	22.3	14.1	Rain overnight, rain early morning, cloudy, sunny. Woke in the middle of the night to rain shower. I keep feeling tiny droplets of water. Maybe an outside rain drop hitting my tent causes an inside tiny droplet. In the morning my sleeping bag was damp especially the toe end. Nevertheless I packed it up. The tent was super wet. Ate breakfast in my tent. By then the rain had stopped. Visited the porta-potty on the way out. Then I was in zoom mode. I hiked as fast as I can. Make as many miles as I can. By 8 AM I had done 7, by 10 I had done 13. My goal was 22 miles. However there were two climbs at the end and the last 4 miles were VERY ROCKY! Foot placement crucial and slow. And tomorrow more rocks! Got to shelter at 2:30 PM. Dried out tent, tub, ground cloth, sleeping bag and liner. More hikers arrived including J.J. - Just John. Met Red Beard, La Bamba. Zorro from yesterday is here. And there is more. Sleeping in Cove Mountain Shelter. Going in & out to Duncannon PA tomorrow.
74	6/26/2019	40.425857, -76.87932	1,160.0	1,159.0	1.0	14.9	15.1	RESUPPLY , Clear, sunny, hot, humid, some clouds. Got early start. Climb through more rocks. Then many rock stairs to highway. Up side street to Muztabaugh Grocery. Shopped for resupply. Bought too much - heavy load! Charged battery, filled water bottles, had Coke, repacked food bag, and left. As I walked through town I called Kathy about Financial Advisor feedback form. Crossed Susquehanna River. Ended call and began climb. Lots of rocks. Met Black Widow, very nice. Met couple and chatted about AT years ago. Got to shelter about 2:30 PM. Exhausted and sweaty. Black Widow there for lunch and water. Chatted. Water is far down hill and she got me more. Thanks! Crouton and Jenna arrived and knows Black Widow. BW leaves. Pick and eat wild raspberries near Shelter. Yum! A number of other hikers arrived and some are tenting. I was fortunate that two hikers got me water. Sleeping in Peters Mountain Shelter.
75	6/27/2019	40.496303, -76.594834	1,178.5	1,174.0	4.5	18.5	18.8	Clear, sunny, scattered clouds. Woke and left shelter. Turned right leaving shelter. Was thinking about the meetup with Dave. Came to a powerline and rocks with graffiti and instantly realized what I had done. I WENT SOUTH AGAIN! WRONG WAY TARTAN! This time for over 2 miles (one hour). Ack! I turned around and raced back in 40 minutes. Today was going to be 18 miles and now it would be closer to 23 miles! Double Ack! I've got to check my direction before I leave camp. Just past the shelter I stopped and I had a second Mio with my Clif bar. Later told Red Beard as he passed me. He told J.J. When we met at a spring. At end-of-day met Black Widow again but she is moving on. I am Tent camping tonight. No one else here. Got nice water source which is a creek. Hung my food. Had noodles and 1/2 ham steak with Chessmen cookies - so-so. Tent camping at Tentsite & Rausch Creek.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
76	6/28/2019	40.513018, -76.346548	1,195.0	1,190.0	5.0	16.5	18.2	Sunny, hot, a few sprinkles. Hiked the correct way - NOBO. Passed and repassed the Chinese couple. Stay at the 501 shelter are Trash Panda and Sparky, JJ, Iron Man (has infected leg and went to emergency room insisted by Black Widow and taken by Borderline), Red Beard, Giggles, Liberty. Was here and moved on Chinese couple, Black Widow, Dave, Snow Man. We all ordered pizza (\$170 dollars of pizza!) and ate together outside at the picnic tables. Nice! Sleeping in bunk in 501 Shelter. Private shelter run by Borderline, a good guy and hiker.
77	6/29/2019	40.557414, -76.110964	1,213.1	1,206.0	7.1	18.1	18.1	Sunny, then overcast and finally rain and thunderstorm, and clearing. Left shelter at my typical early morning time. Felt good so zoomed along. Passed Black Widow talking to another hiker, zoomed by her, and never saw her again. Ate lunch at Eagles Nest Shelter with silent hiker dude, weird not to face you or say anything - HYOH. Looked for Tentsite and stream where I was going to camp. Couldn't find it. Met Sage who said Guthook app is wrong. Went 0.4 miles and found stream and then Tentsite. Clouds are threatening. Got my tent up and ducked inside. Began to rain and thunder. Looks like I'm here for tonight. I'm in a cove protected by bushes and trees. I feel pretty safe at the moment. The storm is cooling things off. Did my shopping list for tomorrow. Rain stopped and everything is damp. I think I need a new tent. The tub let's water through. Going into Port Clinton I'll have wet rocks and steep descent - gotta be real careful tomorrow. Tent camping at stealth location.
78	6/30/2019	40.574473, -76.020262	1,219.9	1,221.0	-1.1	6.8	15.0	RESUPPLY, HOTEL , Sunny with clouds. Packed up tent, tub is wet, water permeated it, mat is wet, tent is too low to the ground, I'm losing trust in this tent, time for a new one? Descent into Port Clinton is steep but not scary, made it easily, on the way met hiker practicing for Grand Canyon and three bikers stopped to chat. Barbershop is closed - will have to wait to next week. Walked to Walmart about a mile, bought resupplies. Walked to Microtel hotel and tried to get a room but was too early. Went upstairs to do laundry, then got room (smelled like smoke but no other choice, I won't stay at Microtel again), took warm shower, felt so good, called Justin and asked about borrowing his tent, but he plans to use it, Katie called, so nice to hear her, walked a long way to Cabelas to see their tents but nothing there I could use, forgot to get small gas canister, I'll wait until Dave next weekend. On way back to hotel I went to Logan's Roadhouse for steak dinner and a beer, I needed that. I plan on getting up very early and walking back to the trail (about a mile). I now feel better with full stomach, clean clothes and clean body. Onwards to Dave! Sleeping in bed in Microtel hotel.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
79	7/1/2019	40.656463, -75.955138	1,236.8	1,237.0	-0.2	16.9	15.4	Clear, sunny, hot. Got up at 4 AM so I could leave the hotel. Grabbed a Coke and guzzled it from the nearby Shell gas station store. Hiked the mile on the highway back to the trail. Wore a blinkie so cars could see me in the dark. Ate my breakfast of pop tart and Mio water before starting. And then it was back on the trail and a climb out of Port Clinton / Hamburg PA. It was a nice day with a cool breeze and the hiking felt good. At Pulpit Rocks had a rock maze that was fun. Bumped into Red Beard, his Dad Wizard, Black Widow, Giggles and Liberty. Let them go on ahead and soon I was alone again. As I thought about things, like meeting up with Dave, I missed a turn and got off trail. However a nice couple coming the other way told me I wasn't on the AT. That I had missed a turn about 1/8 mile back. Whew! So we walked back and chatted. They were practicing for hikes in the Rockies. Back on trail I stopped at the Eckville Shelter and ate my lunch at their picnic table, got some water and was soon back on trail. Originally I had planned to stay at the shelter, but it was such a nice day that I went two and a half more miles to a tent-site. The only problem was I had to climb up about 900' to get there. Although I was sweaty afterwards it's a nice campsite - less moisture. Sleeping in my tent at stealth campsite at mile 1236.8.
80	7/2/2019	40.77035, -75.692797	1,254.2	1,253.0	1.2	17.4	15.1	Sunny, humid, steady rain at 6 PM. Woke in my solo campsite as no one else arrived late, packed up and got on trail. Little did I realize that today would be Rocks-a-lot! Got to the Knife Edge and I slowed to a snail's pace as I climbed over, around, on and off boulder after boulder. Sometimes I was scared, but mostly I liked the challenge. Nevertheless I got through it and a number of other boulder jumbles or mazes that followed, but it took time. Halfway I got trail magic from Paula of a Coke, and cookies at a parking lot at noon. Met SOBO section hiker in lot and he said my upcoming shelter had no local water. So he gave me some and Paula augmented with Gatorade. Only a mile to shelter where I ate a late lunch but found no nearby water and went on. Glad I had gotten some earlier from those two nice people. It was a hard day and I'm glad I went further yesterday to reduce today's distance and effort. Sleeping in my tent at stealth Tentsite as the rain pitter-patters on my old leaky tent.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
81	7/3/2019	40.817707, -75.453651	1,269.3	1,268.0	1.3	15.1	14.9	Misty, clear, sunny. Woke to rain downpour in the middle of the night. Went back to sleep. Everything is damp - myself included. Tent is wet but packed it up as-is. Enjoyed breakfast because water was short and I guzzled it. After 4 miles came to shelter with last water for 20 miles. A NOBO section hiker was there. He hadn't found the water because he was getting off trail in Palmerton PA the next town north. I dropped my backpack at the shelter and walked the trail north and found the spring. I yelled back to him. After my snack I filled all my bottles, left them there and returned for my pack. In the meanwhile the section hiker left. I made my way down to the valley, across the bridge over the Lehigh River and started to climb. So I was in a boulder jungle and the white blazes told me to go through it. Several times I wondered if I could make it. Using no poles, only hands, knees and sometimes butt I slowly traversed and climbed boulder after boulder. Scary - yes, fun - yes too! It was 1000' of climbing. Then rocky trail for miles. Not just on boulder field but more than one. Exhausting! I met Onion a SOBO section hiker on the way. I asked if there were more before my campsite. He said no. Whew! I didn't have the energy to go 6 miles to the next shelter with water. Stopped and setup my wet tent at Delps Spring. While there I heard "Tartan, tag you're it". It was Black Widow going by. She said her family was doing Trail Magic on 7/5 at the NJ border. Great! Sleeping in my tent, now dry, at Delps Spring campsite.
82	7/4/2019	40.936625, -75.186439	1,289.0	1,284.0	5.0	19.7	15.2	Clear, sunny, warm. Woke early, packed up, ate breakfast, and was off hiking. So many rocks. But little climbs except for Wind Gap. No boulder jumping until Wolf Rocks - it was too easy. But all day rocks, rocks, and more rocks. Black Widow, Liberty and Giggles passed me. My poor ankle needs a break. Got my 19.7 miles in. So I'm set for tomorrow 9 AM at the Visitors Center with David. AND TRAIL MAGIC! Can't wait. At shelter met Martha Stewart, a fast nice guy hiker (25 mpd). Also section hiking couple who put their tent up inside the shelter. Sleeping in Kirkridge Shelter.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
83	7/5/2019	40.829476, -74.203999	1,296.6	1,300.0	-3.4	7.6	15.3	RESUPPLY, HOME , Clear, sunny, hot. Made my way down into Delaware Water Gap. The descent wasn't too difficult, but I tried to be gentle to my left ankle. I could hear the traffic in Interstate 80. Finally reached the town and crossed the long bridge over the Delaware. Just like Washington except it was Tartan crossing the Delaware. On the other side I met Black Widow's brother Mike and his wife putting up signs for the trail magic. I told them that Black Widow was special. Dave pulled up and we talked and waited for the trail magic to begin. Had a root beer float and muffin. Excused ourselves and headed to Montclair. Got here, JoAnn was very welcoming. Had shower, started laundry and had lunch. Trimmed my beard and mustache. Dave and I went to Barbershop and got haircuts. Then to REI for small gas canister and see Big Agnes Tiger Wall 2. Dave bought things for their travels and day hiking. Back home had steak, potato Mac-and-cheese and ice cream. Lots of great stories and talk. Such wonderful people. Time for bed. Sleeping in the Rodgers' home in Montclair NJ. Will visit Aunt Dorothy and resupply shop tomorrow.
84	7/6/2019	40.82938, -74.204106	1,296.6	1,315.0	-18.4	0.0	12.0	ZERO , Clear, sunny, hot, humid. Got up at about 5 AM. Went through my pack and what good I currently have. Adjusted resupply to account for current food. Left house with front door ajar. Went out to Sunrise Bagel and got cinnamon raisin bagel and hot chocolate. Sat in park across the street and ate my bagel. Walked back to home but door locked. Luckily Dave left for gym and Joanne already at gym. He let me in. Easy day. Sat and relaxed. Dressed as Tartan. Went to Shoprite and Local store for resupply. Returned to house and pack food. Went to see Aunt Dorothy and did show and tell if all my hiking equipment. She thought I should write a book about my journey. Back at house had dinner and nice conversation with Katherine. Emily and friends arrived. Friends left. Emily sat and talked at the dinner table. Sleeping in bed on third floor in the Rodgers' home in Montclair NJ. Up at 4 AM, drive to Delaware Water Gap, and back on trail at 5:30 AM
85	7/7/2019	41.120174, -74.885108	1,316.1	1,331.0	-14.9	19.5	12.4	Sunny, some clouds, humid, hot. Got up at 4 AM. Dave drove me back to Delaware Water Gap and dropped me off. I ate breakfast and started hiking about 5:45 AM. It had rained yesterday so I got soaked as I brushed against the plants. Got trail magic from RifRaf team - fresh water and apple pie. Met and talked to a number of people on the trail. Met Shocka, and Hanalai, thrus who had been hurt and were doing recovery hikes. Pretty views today. Less trees, but still the damn rocks. My ankle is quite sore. Finished hiking about 4:30 PM - late for me. Did 19.5 miles. Setup tent in Tentsite. I think I have poison ivy on my wrist from touching my pole tips which is very itchy. Sleeping in my tent at Tentsite @ 1316.1

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
86	7/8/2019	41.277094, -74.678321	1,335.7	1,347.0	-11.3	19.6	13.3	Rainy all morning, stopped in afternoon, sun out. Woke to rain pattering on my tent, a first. I was under a pine tree which helped protect it. Packed up everything including the wet tent. Wore head net all day. I'm in mosquito hell. Met Calamity who also hiked the PCT while getting water. Stopped at Sunrise Mountain for lunch. Sat on bench and watched the rain clouds below and talked to Calamity. Got to Shelter about 3:30. Did 19.3 miles. No one else there. It's 0.4 miles (a long way) from trail. I don't expect anyone else (one other hiker did come there). Very buggy so I'm hiding in my tent. Put Desitin and bandaged my wrist which has Poison Ivy blisters and itches like hell. Only 12 miles to Unionville NY for resupply. Only 95 miles to Pok. Sleeping in my tent at Rutherford Shelter.
87	7/9/2019	41.271086, -74.516122	1,352.2	1,362.0	-9.8	16.5	12.6	Sunny, hot. Stopped in Unionville for weak resupply, that is, things are missing. I think I have enough food to make it to Pok. Fell flat. A number of other hikers are here at this shelter: Charity, section hiker, Sparky and Trash Panda who dropped his hiking pole 4 miles ago, and others. Sleeping in my tent at Pochuck Mountain Shelter. Only 78.9 miles to Pok.
88	7/10/2019	41.268554, -74.267986	1,375.9	1,378.0	-2.1	23.7	15.9	Sunny, hot. Woke up and other tents were now pitched next to me. Tried to be extra special quiet. Off I went on my very very long day - 23.8 miles. Did over a mile on wood boardwalk over water/swamp surrounded by cattails. Did stairway to heaven rock climb - fun but tiring. Got some trail magic of a Coke from a cooler at a road crossing. Met Velma. Crossed from NJ into NY. Immediately had rock climb after rock climb. Is NY trying to prove something? Asked Velma to take my picture. Met Pegasus. Stopped after 21 miles to get an ice cream sundae and 2 orange sodas at Bellview Creamery. Refilled my water too. Then at parking area found two coolers and had a Sprite. Cold soda yum! Magic twice! Fell flat. Finally got to shelter after 12 hours of hiking. I'm exhausted and all sweaty too. Lots of mosquitoes are here. Called Mark trying to arrange meetup. Rebandaged my poison ivy - it's looking bad. Pop and Lolli here too. Sleeping in my tent at Wildcat Shelter.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
89	7/11/2019	41.279712, -74.059567	1,395.4	1,393.0	2.4	19.5	19.8	Sunny, hot, humid, rain. Feet hurting a lot. Hiking with blisters on soles of both feet. Lots of ascents and descents. NY is kicking butt. After a very long day I was looking for a white blaze. Decided to walk back on trail to see if a different perspective would help. Heard a buzzing. Looked down in front and a rattlesnake was moving away. What! OMG! Setup my tent. We had a massive rain storm. It poured. Everything is damp. Water under tub and seeped under most bags. My mat and air mattress kept me somewhat dry. Martha Stewart slept in shelter. I stayed in my tent because of mosquitoes and rain storm. Slept in tent at William Brien Memorial Shelter. Forgot to write up my entry I was so exhausted and overslept to 4:45 AM. Wow!
90	7/12/2019	41.347454, -73.919406	1,411.9	1,409.0	2.9	16.5	19.2	Sunny, hot. Many climbs today. My poor feet have taken a beating. But I have to ignore the pain, and pins & needles and get my miles in. Went through Bear Mountain State Park with Calamity. Also descent from Bear Mountain was hundreds of stone steps. The stairs were less a problem for my feet because I had poles and could lead with my heels. Talked to Kathy while crossing Bear Mountain Bridge and the climb afterwards. Set up my tent at Franciscans. Jazz Hands, Johnny Appleseed, Calamity, and others. So much looking forward to seeing Jack and Nance hopefully tomorrow. Ordered a Zpacks Duplex tent tonight.
91	7/13/2019	41.585376, -73.779652	1,431.1	1,425.0	6.1	19.2	19.1	Sunny, some clouds. Woke in the baseball field at Graymoor. Both feet are feeling better today - whew! Decided to listen to an Audible book as I hiked. It really helped the time pass faster. It also made the climbs go by more easily. I met Gecko, SOBO section hiker who hiked with his son, Thunder Thighs. He told me to take the second blue blaze trail to the Canopus Beach food stand. Got there, passed the first blue blaze, but never got to a second one. So no Coke, Hamburger, or ice cream - gul durn it! Got to Miller Hill Rd at 3:15 PM. Called Jack and got picked up in 15 minutes. Left foot is sore. Bandaged it. Right foot is not as sore. Had call with High School buddies. They said I am in their thoughts and concerns. At Jack and Nance's Met Maddie who is the sweet youngest daughter of Jamie. Very mature to talk to an old geezer like me. Also Jamie drove here from Washington DC. So nice to see her all grown up. She is so lovely. Sleeping in a downstairs bed at Jack and Nance's home. Will do laundry and resupply on zero day tomorrow.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
92	7/14/2019	41.585344, -73.779781	1,431.1	1,440.0	-8.9	0.0	15.8	ZERO, HOME, RESUPPLY, Sunny, clear, hot. Woke in a bed at Jack and Nance's. Trying to plan out resupply. Looks like I'm stopping in Kent CT but it's only two days away. Feet are better. Pad bandage helps. Jack helped me get laundry done. Went shopping with Jack. Got most everything - and some luxury items like apples & sharp cheese. Went to HVFCU and got \$300. Prepared all my food/stuff for tomorrow. Looks like I have too much food - and I do because I have 5 mountain house dinners. Got new snot rag thanks to Nance. Relaxed during the rest of the day. Had wonderful filling dinner and rich cherry dessert. Sleeping in a downstairs bed at Jack and Nance's home. Jack will wake early and drop me off. Then it's on to Kent CT.
93	7/15/2019	41.603701, -73.618891	1,447.6	1,456.0	-8.4	16.5	14.3	Sunny, some clouds, hot. Jack dropped me off at the trail around 5:15. I thanked him and we said our goodbyes. Once on trail I ate breakfast and drank my Mio water. I listened to the end of the Bobiverse audio book and then started Gene Kramer memoir on the space race. Met up with Castaway who was talking to SOBO Voice of Reason and hiked together until lunch. Got to shelter about 2 PM. Feet were OK. Left foot is still healing and hiking is causing it to be re-injured. Met Zadia a section hiker. Jazz Hands is here and another thru, Gluttony. Sleeping in my tent at Telephone Pioneer Shelter. Might push 21 miles to Kent CT tomorrow. I'll see how I feel.
94	7/16/2019	41.731911, -73.496304	1,468.8	1,472.0	-3.2	21.2	14.7	Sunny, humid, hot. Listened to "Failure is not an option" audible book. It made the miles fly by. Made it to CT. Stopped at Bulls Bridge Country Store had 2 Cokes and a pint of Cherry Garcia ice cream. Castaway was there. Also "B" and a bicycle trekking family going from St. Paul MN to Boston MA. Also resupplied there so don't need to go into Kent CT. CT had several steep ascents and descents - I thought that CT would be flatter. Did over 21 miles plus walked into Bulls Bridge. Feet are again getting blistered - grrrr! I'm sweaty and damp. Sleeping in my tent at Mt. Algo Shelter.
95	7/17/2019	41.881599, -73.391569	1,486.1	1,487.0	-0.9	17.3	14.8	Sunny, hot, cloudy, some rain, some thunder. Very tough day because of number of steep climbs and descents. On way down St. John Ledges I tried to step too far and the other leg collapsed and pulled a back muscle. Kept hiking but every time I lift my heavy backpack it hurts with a sharp pain. Hiking tomorrow will be difficult. CT is very hard. Had over 5 climbs. Even though I walked by a river for 5 miles. Completed over 17 miles. Raining now. Sleeping in tent at Pine Swamp Brook Shelter.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
96	7/18/2019	42.015731, -73.452573	1,504.8	1,503.0	1.8	18.7	14.7	Overcast, humid, no rain. Hike was better today. Although it was longer it seemed easier. Still taking Vitamin-I two tabs each day. Back seems better, but the pain is masked by the Ibuprofen. I'm damp damp damp. I sweat so much that I can't dry out once I get done. Also it rained yesterday night so all my gear is damp. Sleeping in tent at Riga Shelter. Plan to get to Great Barrington MA tomorrow for my next resupply. It's 18 miles away. Thinking about getting a hotel room. A shower and laundry would be nice too.
97	7/19/2019	42.212605, -73.339233	1,522.8	1,519.0	3.8	18.0	18.3	RESUPPLY , Hot, humid. Three very tough climbs and descents. Bear Mountain, Mount Race, and Mount Everett. Very slow, much sweat. After last one someone left ice water on picnic table that was a very welcome sight. Got a shuttle to Great Barrington via Joe and hikers Professor and Point Blank. Setup for return to trail with Joe tomorrow at 7 AM. Staying at Community Center. Tried to get motel room but all full. Had to setup tent. Paid \$8 at community center for day pass to get a towel and shower. Clothes still dirty and damp. Resupplied at Price Chopper. No dehydrated dinners (got one left and a Ramen). Sleeping in tent at Community Center.
98	7/20/2019	42.251991, -73.224649	1,540.5	1,534.0	6.5	17.7	18.6	Sunny, hot, humid. Woke, and packed up at Community Center campsite. Still taking two Advil each day.. Went to McDonald's for breakfast. Ate with Death March. Shuttled with Death March, and Yet To Be back to the trail via Joe. On trail just after 7 AM. Since I was late starting I had to assume I might only do 14 miles. Actually did 18 miles and got done around 4:15 PM. Met Too Tense on trail. He was looking for Death March, and Yet To Be. I am damp from sweat and it's too humid to dry - I feel sticky, and slimy. And I took a shower yesterday. Who would know! The phone has a hard time working with the screen and my fingers all moist with sweat. Back still has some weakness especially if I bend over for a while. Advil helps mask the issue. Sleeping in my tent at Shaker campsite. Also here are Point Blank, Professor and Too Tense.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
99	7/21/2019	42.355578, -73.154418	1,559.3	1,550.0	9.3	18.8	18.1	Hot, sunny, a few rain drops otherwise no rain. Packed up and on trail about 5:20. Stopped at nearby stream to fill dirty bottle with 1L water. Nearest shelters were either 10 or 19 miles. So I knew I had to do the longer 19 miles to be ready for Dalton MA (1571.1). Can't listen to a Audible book because my backup battery is nearly empty. The Audible app eats too much power. I need to try podcasts. Stopped for a snack as I always do at 10 AM. Sat on a rock and when I got back on trail I WENT THE WRONG WAY! Sheesh, not again! I realized it when I saw I sign I had already passed after 0.6 miles. Yelling at myself I turned around. It was already a long day at 19. Stupid me I now was going to do 20 miles. Later I took a break and phoned the Dalton Shamrock motel for a room. I need a break from this constant sweaty, dirty, smelly me. I can do laundry there - yippee. I wanted to do it in Great Barrington but the motels were full. The last 4 miles was a "death match". I passed City and Recon two more NOBOs on the last 2 miles. Arrived about 3:30 PM. Point Break and Professor are here too. The soles of my feet are again tingling which means more blisters forming. Also got some crotch chafing too so after dinner put Desitin on it. City stopped by at the shelter and went on to the cookie lady, whoever that is. Recon stayed and at dinner said he got bit by a tick, got a ring infection, and is taking medicine for Lyme Disease. He said he had trouble finding a doctor who would treat him. Wow! I had Bear Creek Broccoli Cheddar soup. Not bad. Now I'm back in my tent trying to dry out (damp and sweaty as always). Weather is changing and should be cooler tomorrow, but rain too. Sleeping in my tent at the October Mountain Shelter.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
100	7/22/2019	42.473574, -73.163452	1,571.4	1,566.0	5.4	12.1	17.1	<p>RESUPPLY, HOTEL, Overcast, rain/drizzle at 11 AM. In my tent the night before I stripped down to my shirt and underwear trying to get cooler. However when I tried to sleep my legs stuck to each other from the sweat. So I finally pulled on my damp pants and got to sleep. Later as I got colder I got into my sleeping bag. Unfortunately this dampness then permeated into my bag. I woke and packed up at my usual time. I should have used the Privy, but didn't. So after over an hour of hiking and increasing cramps I stopped and did "my business" in the forest. Afterwards I felt much so better. I've got to use the shelter's privy from now on. Later I was passed by Point Break and Professor. I thought the trail would be flat or downhill, but instead there were several climbs too. The AT is the AT and climbs are always there. I expected to get to Dalton MA about 11 AM and got there around 10:30 AM. Nevertheless it seemed to take forever. Near the end I listened to another Audible book until I got to town. Just on the outskirts it started to rain. I covered my pack and put up my umbrella for the short walk to the Shamrock Village Inn. It was early and my room wasn't ready. However they let me change clothes in a bathroom and do my laundry. As my laundry was running my room became ready so I took my shower. Afterwards I went to a nearby Sub Shop and got a Cheese Steak, Coke and cookie for lunch. Also I got to the Post Office and picked up the package that Kathy sent me containing my HBP pills, Velcro straps, suckers and anniversary card. I called Tom, a trail angel, and asked if he could shuttle me to Walmart because I wanted dehydrated dinners. I told Point Break and Professor and they came too. On the way over to Walmart Tom said to buy the minimum because Mt. Greylock is 2500' climb tomorrow. He said then resupply at Route 2 Stop and Shop after descent (left 0.5 miles). He was very nice. I don't know if I followed his suggestions though. Next resupply is Bennington VT. Back at the motel I sorted food and prepared for tomorrow. Around 3 I went to Jacobs restaurant and had fried scallops, fries, 2 beers and cake. Then on the way back to the motel I bought B&J Cherry Garcia and ate it while chatting with Kathy on the phone. So I'm done for the day. I've got some minor chaffing, sore/kink in my back, and leftover blister/tingles in the soles of both feet, but OK otherwise. Tomorrow I'm only doing 13.4 miles because Mt. Greylock. This should be interesting. All I can do is to continue my trek one step at a time. Sleeping in a bed in Dalton MA at the Shamrock Village Inn with dry clothes and clean body. Feeling less tense.</p>

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
101	7/23/2019	42.668227, -73.169804	1,591.4	1,581.0	10.4	20.0	17.3	Rainy, downpour until 1 PM, clearing after, some sun. It was raining when I woke. I hike rain or shine. So I put on my pack cover and opened my umbrella. The first climb was leaving Dalton. The trail was a stream. On the flat sections it was big puddles and muddy. My feet are soaked. Then I descended to Cheshire MA and walked through town. I stopped at the community center to use the lavatory. The next climb was the big one, Mt. Greylock. I delayed lunch until I summited. It was foggy at the top. By the time I was out-of-it. I stopped at 1 PM at the top at Bascom Lodge and had a yummy hamburger and 2 root beers. Then I descended to the shelter. It was a longer hike than expected. The Guthooks app lied and instead of 13 miles I had to do 20! Argh!! But I'm done with Greylock. However my feet are probably beat up now. It's cooler and my newly washed clothes are not all sweaty, which is good. However my pant legs are wet and muddy as are my shoes. While I hiked a stick went into the toe hole in my shoe in both my left and then later my right shoe. Luckily the stick went under my foot and didn't cut or hurt me. I'll now have to send a note to Kathy asking her to send the next pair of shoes and insoles. Sheesh, only 250 miles!!! Sleeping in my tent at Wilbur Clearing Shelter.
102	7/24/2019	42.847903, -73.109722	1,608.5	1,597.0	11.5	17.1	17.1	RESUPPLY , Fog, clearing, sunny. Normal morning pack-up and leave. Climb and descent to North Adams for 3 miles. Went to Stop & Shop (0.6 miles) to buy two days of food so I can skip Bennington VT. At store had Coke, powdered donuts and cashews. Bought ham sub and chicken wrap for tonight's supper. Then back on trail and yet another climb out of town. Listening to Shonda Rimes "Year of Yes". It's very good. Met Sarasota Scott and Strider on trail. Crossed from MA to VT and had my picture taken at sign by Theory and Sun. Passed 1600 mile marker and took picture. Very very slow going for last few miles. All day numerous rocks, muddy patches and water on trail from recent rains. My shoes are a mess letting in mud and grit through holes. At one point stood in stream to wash them off and out having sunk deeply in the muck. Arrived at 4:30 exhausted and feet aching. Met and ate with three SOBO section hikers who are nice guys my age. Sleeping in tent at Congdon Shelter.
103	7/25/2019	43.01406, -73.04286	1,627.2	1,613.0	14.2	18.7	17.3	Sunny, cloudy, cool. Woke late at 4:38 AM and on trail at 5:38 AM. Listened to podcasts most of the day. Three major climbs. The mud is less mucky. Past several SOBOS. Feet hanging in there but they tingle late in the day. Got done hiking about 4:30 PM exhausted. Made reservation at Green Mountain Hostel in Manchester. Sleeping in tent at Kid Gore Shelter.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
104	7/26/2019	43.100417, -72.963917	1,642.3	1,628.0	14.3	15.1	16.6	Sunny with some clouds, warm. Climbed Mt. Stratton. It wasn't as hard as anticipated. Listened to podcasts to take my mind off hiking and climbs. I tripped twice and fell hands first into some muck because a big gaping hole in my right shoe. Need to get new shoes in Manchester Center. My back on the left side has been sore. It's been that way for days if not weeks. Got to shelter about 2:30 PM. Did about 15.1 miles. Need to do 10.6 tomorrow into town, hitch, shop and call hostel. Shelter costs \$5 but can't find caretaker to pay. Sleeping in Stratton Pond Shelter (lots of mosquitoes so using Deet and head net, but doesn't seem to be working). However I don't want to walk a mile to a campsite or go to next shelter 4 miles away.
105	7/27/2019	43.154136, -73.046744	1,652.9	1,644.0	8.9	10.6	16.3	RESUPPLY, HOSTEL , Sunny, hot. Marched 10 miles to VT 11/30 highway trailhead. Stuck out my thumb and smiled. In about 5 minutes two guys in a pickup pullover and offer me a ride to town. They are bothers and commercial painters. They are from Minnesota upper peninsula and are painting local ski areas. They drop me off at the grocery store. I walk to the Mountain Goat outfitter, walk in and say I need a pair of hiking shoes. The sales lady, Casey, shows me two pairs. One Oboz which is structured and heavy and one On which is lighter. I chose the Oboz. Along with the shoes I get two pair of socks, three dehydrated dinners and a small gas canister. Done. I ask where I can get a hamburger. Then I walk back to the grocery store for the rest of my resupplies, a Coke and a pint of B&J Cherry Garcia. Then walk to the hamburger joint to get a double cheese bacon with fries. I phone Kathy who is trim painting the upstairs room. I eat my ice cream and burger. Then call the hostel around 1 PM to pick me up. Very very nice hostel - clean, organized, rule driven, well run. A pleasure. I'm the first to arrive. I quickly take my shower and do laundry. Slowly more hikers arrived until the place is full with about 12 hikers. Remet Pink Socks, 10-4 and One Step who were at yesterday's shelter eating lunch. I'm worried about myself. My back aches. I'm kind of crooked. I'm awkward going up and down stairs with the new shoes on. The exertion is wearing me down and it's only going to get harder. I'm wondering why I am doing this. Mentally, emotionally and physically I'm beginning to doubt myself and this goal. New shoes might help. New tent might help. Sleeping in a bed in Green Mountain House hostel.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
106	7/28/2019	43.36338, -72.944155	1,669.3	1,660.0	9.3	16.4	15.6	Sunny, some clouds, a few sprinkles around 5 PM. Woke in the hostel about 5 AM. Had a bowl of cereal with milk they provided downstairs in the kitchen. Chased it with a Coke. Got text from Kathy. Sent secure note to Dean B. Slackers left with Duffy at 7 AM. Hiker family of four and I left with Jeff at 7:30 AM. At trailhead I had my pop tart and Mio water. Had 4 climbs: Bromley, Styles, Peru and Baker. I made it over them. I tripped and fell once. I met the slack packers at the top of Peru. Baker was the most interesting because you climbed up rocks to the top. New shoe tips are already separating/delaminating - grrrr! I'm unhappy about that. They are supposed to last! Got to campsite about 4:30 PM. Sam, a VT LT hiker who I met two days ago, Liberty, and a couple with a dog joined me at the Big Branch River campsite. With people around I feel better. I feel less alone. Sleeping in my tent at Big Branch River campsite.
107	7/29/2019	43.52353, -72.912848	1,686.3	1,675.0	11.3	17.0	15.6	Sunny, clear, warm. Had 4 climbs today and the last one, which wasn't the longest one, was up a steep rock ravine/channel. I got all sweaty just before getting to the shelter. I fell today. This time I caught my toe on the tip of a branch/log at a step down. I crashed and luckily landed on my pack and didn't hurt myself. There was another hiker about 50 ft below me who came to see if I was alright. I was OK. Did 17 miles. Met Turtle and Lark at the shelter. Sleeping in tent at Clarendon Shelter. Tomorrow I'm trying to make it to Rutland (16.7 miles with 4000' mountain climb)
108	7/30/2019	43.67928, -72.842488	1,704.1	1,691.0	13.1	17.8	15.4	RESUPPLY , Sunny, hot, downpour. Woke, packed and hiked. Listened to Audible book. Up and over Killington Mountain. Got to VT 4 and hitched into Rutland with Bruce. Dropped me off at Walmart. Got two Mountain House dinners. Phoned Kathy about Broadway mistake and Dean Blissit about funds transfer. Walked back to bus station trying to get back on trail. Bus already left and next was at 8:15 PM. Too late. Phoned shuttle from trail magic cooler. Said he'd be there in 15 minutes. Drove me to trailhead. Clouds look threatening. Had 1 1/2 miles to shelter. Got 1 mile and downpour. Put on pack cover and umbrella. Within minutes the trail had an inch of water. I was soaked. Got to shelter and no one there. Lots of mosquitoes. Nearby lightening and thunder. Scary. Took off wet clothes and switched to dry top. Crawled into liner and sleeping bag with head net. I felt as though mosquitoes would still bite me. Took a long time to fall asleep. Middle of night I became very hot, but couldn't take off anything because of mosquitoes. Very uncomfortable and sweaty. Sleeping in new Tucker Johnson shelter

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
109	7/31/2019	43.662318, -72.622118	1,723.0	1,707.0	16.0	18.9	16.1	Overcast, late afternoon rain shower. Finally it was morning and took off dry top (now sweaty) and put on wet clothes, socks, and shoes. My left heel has skin worn off from new shoes. Hike with it as-is. Went through VT Park. Used toilet, filled water and tossed garbage. Lots of climbs today. Got very sweaty and unable to dry off. Planned a 16 mile day, but got to Lookout cabin and it was closed and I couldn't get in. Went on to next one, Winturri shelter. Did 19+ miles. Listened to Audible book. As soon as arrived at shelter I put up my tent but it started to rain. Once it stopped I finished. Ate dinner in shelter with four other hikers including Lightening Rod. Bandages my left heel. Sleeping in my tent at Winturri Shelter.
110	8/1/2019	43.71195, -72.416382	1,740.2	1,722.0	18.2	17.2	17.5	Sunny, hot. Another day and more climbs. Some quite steep. At Pomfret Rd. took a break at trail angel's house and bought two Cokes and an enormous ice cream sandwich. Yum! Then back to climbing. I arranged a meetup with Tim/Hog when I had cell service on a mountain top. Also new tent is ready and I am sending it to Lincoln NH. I listened to Audible book after lunch to pass the time. Talked on phone with Kathy and later with Katie. Sleeping in my tent at Trail angels Linda and Randy house in West Hartford VT. Tomorrow is Hanover NH and Hog!
111	8/2/2019	44.471143, -72.232382	1,749.9	1,738.0	11.9	9.7	16.1	RESUPPLY, HOME, Sunny, warm. Woke, packed up. Tent and sleeping bag wet with dew. Slipped away from Linda & Randy's where I stayed. Thank! Got to Hanover about 10 AM which included a 2 mile road walk. A nice easy 10 mile hike. Sent picture to David of Dartmouth College sign. While I waited for Tim to arrive I resupplied at The Food Co-op based on input from Tim. Met up with Tim. Ate at Lou's. Had 1 lb hamburger (yes, 1 lb and 6" tall), fries, Coke and pie ala mode. Tim drove 90 minutes to his house. Met Elizabeth, his wife. Took a shower and put on loaner clothes. Had dinner of homemade tacos and dessert of fruit, whipped cream and pastry - yum. They did laundry for me. Talked family, hiking and trail with Tim and Elizabeth. Tim is an official triple-crowner. It was so nice to get off trail, relax and talk with Tim and his wife. Sleeping at Tim & Elizabeth's home in Walden VT.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
112	8/3/2019	43.784187, -72.11237	1,766.5	1,754.0	12.5	16.6	16.0	Cool, foggy, overcast, clearing, sunny, warm. Woke at 4:45 AM. Planned to leave at 5:30 AM. Tim drove back to Hanover and dropped me off. Started hiking at 6:45 AM. Later for me but not too much. Climbed out of town with full food and water - ugh! Met No Eyes again (he was at the co-op yesterday), Sir Stops A Lot, Sunglasses and his two companion NOBO thru. There were two climbs but I got them done without much trouble. Had trail magic with soda and hot dog about 3 miles before the shelter. Although I had just eaten lunch I can't refuse free food. I listened to an Audible book after lunch. Sleeping in tent at Trapper John Shelter. Two days until the Whites! I'm scared and excited. Gotta go slow and steady.
113	8/4/2019	43.921849, -71.957896	1,785.6	1,769.0	16.6	19.1	16.3	Clear, sunny, warm. Verified I was going north when I left the shelter. Remet Jolly thru hiker. He says we met in Franklin NC a long long time ago. Climbed Smart Mountain and Mt. Cube. Both were hard steep climbs. Hiked 19 miles to position myself for Moosilauke (4800') tomorrow. Attempting to do 16.8 miles to Beaver Brook and camp there. Sleeping in my tent at Ore Hill Campsite.
114	8/5/2019	44.038149, -71.795075	1,802.3	1,785.0	17.3	16.7	15.9	Clear, sunny, cool. Massive ascent and descent of Moosilauke Mountain. Listened to Audible book. Hiked for 12 hours. Completed only 16.7 miles. Exhausted. Stealth camping near trail and Beaver Brook. Will attempt to get to Lincoln tomorrow.
115	8/6/2019	44.13752, -71.731925	1,814.2	1,801.0	13.2	11.9	14.8	Sunny, cool to warm. Left Beaver Brook and climbed Mt. Mist on regular trails. However Kinsman was different. Very steep boulder field in a stream bed for miles up and down. I knew I couldn't make the post office by closing at 5 PM so I stopped at Kinsman Pond Campsite. I also had extra food that I could use tonight and tomorrow. Paid \$10 to stay here. I'm worried that it'll rain tonight and the descent is slippery. Gawd I hope it doesn't rain or wind storm tonight. My leaky tent is barely anchored. My new one is at the PO. Still have 5 miles or more to get to the trailhead parking to hitch into Lincoln NH. But at least I know that the PO will be open when I get there. Sleeping in my tent on a wood platform held down by rocks at Kinsman Pond Campsite.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
116	8/7/2019	44.117875, -71.646523	1,821.5	1,816.0	5.5	7.3	14.3	<p>RESUPPLY, Warm, sunny, clouds, rain shower, downpour. Woke and did my daily packing up. Slowly descended Kinsman. Took me an hour to descend the first mile. Very rocky, very steep. Stopped by Hut and looked in but continued on. After another mile the trail eased up. Got to trailhead just as two section hikers were ending their 4 day hike. They drove me Lincoln NH. Thanks! Went to post office and got my new tent and package from Kathy. Sent old tent home. Went to outfitter for 6 dehydrated dinners. Got \$ from bank. Shopped for the rest at grocery store. Bought about 5-6 days of food. Very heavy. Had Coke, Hershey's bar and Cherry Garcia ice cream while in town. Called shuttle to get back on trail which cost \$8. Took about 3 hours for the in & out resupply. Climb was very tough. All my clothes are sweaty - I'm a big ball of sweat. Stopped at Liberty Springs Tentsite. Rained on the way. Paid \$5 money to be here. Set up my NEW TENT! Sorted food trying to fit it all in my food bag - not possible. The tent feels enormous inside. After dinner there was a downpour. But I'm relatively dry except for secondary splashes through the netting. Sleeping in my new tent at Liberty Springs Tentsite.</p>
117	8/8/2019	44.190896, -71.608393	1,829.1	1,832.0	-2.9	7.6	12.5	<p>Foggy, rainy, windy, clearing, sun. I woke to rain hitting my tent. It's going to be one of those days. Put my pack cover on and umbrella. My nice new tent is all wet and dirty. Regardless I packed it up. Used the privy, ate breakfast of two pop tarts and Mio water, and filled all my water bottles because there is little water from here to Garfield Shelter. Started to climb in the fog, mist and rain. I listened to Audible book to help pass the time. At Mt. Lincoln and Mt. Lafayette I was above tree line. It was very foggy and couldn't see anything. I followed a rock edged path up and down from peak to peak. I got cold in the fog and wind so I put on my rain jacket and rain gloves. Once I got back below tree line I had to take them off because I was getting hot. Then I climbed Garfield. OMG! It was steep, wet, slippery, raining, and so treacherous. Finally I slowly descended to the shelter. It took me over 8 hours to hike just 8 miles. Unbelievable. Paid \$5 to stay here. I set my tent on a platform and tried to dry it out. I got some water and cheese. As I put my knife away after cutting the cheese I sliced into my thumb - stupid! Now my thumb is bandaged. Hopefully it won't get infected. I've got to be more careful. It might rainy again tonight and tomorrow. I hope not. I'd like to get to Ethan Pond tomorrow but it's 14 miles. Sleeping in my tent at Garfield Campsite. On Saturday I'm to meet and hike with Mark. I worry that I'll be too slow, awkward and boring.</p>

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
118	8/9/2019	44.177592, -71.426518	1,843.6	1,848.0	-4.4	14.5	11.6	Foggy, very early morning downpour, clearing, sunny, warm. While eating breakfast the rain started to downpour. Put on pack cover and prepared umbrella. However no more rain happened. Climbed Twin Mountain, Guyot Mountain and Zealand Mountain. All were hard and steep. Fell a number of times descending on slippery wet or damp rocks. Fell on a root in the right butt cheek. It is the most sore. Got bruises and a few small cuts, but no major injuries. Very lucky! I wonder if I'll be able to move tomorrow. More Vitamin-I. Death march at the end to get to the shelter. Did 14 miles so as to meet Mark tomorrow at US 302 trailhead. Sleeping in my tent at Ethan Pond Campsite.
119	8/10/2019	44.219005, -71.370749	1,852.9	1,863.0	-10.1	9.3	10.1	Clear, sunny, cool, rain, cold, breezy. Woke and packed up. Was excited to get to Mark down at US 302 in just 3 miles. There was no cell service all day. Just before there was TRAIL MAGIC! So I took a short break and had an egg & bacon muffin and a Mountain Dew (no Cokes). Then I met Mark and Maria at about 7:45 AM. We hugged, I got my packages (some of which I didn't take and asked they mail it to Gorham), and we discussed our plans. Then we we off at 8:30 AM to climb to a tentsite on Mt. Washington. It took us 6 hours to climb it. Some great views of massive mountains. During which it started to rain and made the rocks slippery and further slowed us down. Luckily I didn't fall today, but I was somewhat stiff getting started. At 2:30 PM we arrived. We had suggested that we might go further, but after this climb we felt this was enough. I am wet from the rain and my clothes and shoes are soaked. I wore my puffy to try to warm up. We went to the hut to warm up. During dinner it started to rain again so we each ducked into our tent. After dinner we put our food in the bear box and said good night. It was a 9.3 mile day for me. At was just too too short a time together. Sleeping in my tent on a platform next to Mark in his tent at the Neumann Tentsite. It's breezy and chilly.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
120	8/11/2019	44.327699, -71.28449	1,864.8	1,879.0	-14.2	11.9	10.1	Foggy, overcast, very windy (40+ mph gusts). Did not sleep much. Probably the chocolate in the cookies. Wind blew gusts all night. Caused moisture on all my stuff especially my sleeping bag. Tent and ground cloth is soaking wet but packed it up. Took one of Mark's dinners. Bid goodbye to Mark. It just wasn't long enough. Weather was crappy too. Started hike with rain coat, pants and gloves on. As I got higher the wind was harsher and colder. I was getting concerned about getting chilled - hypothermia. So I stopped and got on my puffy, wool gloves, head band and hat. Got to Lake of the Clouds Hut (4 miles). It represented safety. Had left over breakfast of pancakes and eggs. Also had Choco chip cookies. Decided to move on to Madison Hut. Mt. Washington was in 1.5 miles. Did not summit. Nothing see. All fogged in. Continued on. It was 5 miles and would take 5 hours. At the end I was going so slow and descending. My knees were hurting. Only with Advil can I operate. Once it wears off I'm very gimpy. I'm worried. Arrived at Madison Hut and asked to stay. The only way is Work-For-Stay by doing some chores. Another benefit is I get dinner. So I washed dishes, silverware, pots and pans. I'll slept in the dining room between the tables at Madison Hut.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
121	8/12/2019	44.39984, -71.111712	1,872.6	1,895.0	-22.4	7.8	10.2	<p>HOSTEL. Clear, very windy, gusting over 40+ mph, sunny, some clouds, no rain. Quietly got up in the dining room and tried not to disturb the other sleeping WFS thru-hikers. Left hut, put on my rain jacket and rain gloves as wind breakers and began to climb Madison. Steep and rocky. Enormous uneven steps. I was in a bad mood. I vowed this hike was the last one. I said to myself I am not doing the CDT. Why would I put myself through more of this. Who am I believe I could do the AT. I'm old and have physical disabilities that do not allow me to hike easily. My balance is poor. The wind wasn't especially cold. It wasn't raining. But the wind. Oh the wind was nearly blowing me off the mountain. Each pole placement and step had to be carefully placed. From rock to rock to rock. Up I climbed. At the top the wind was the worse. And the descent was even harder. From cairn to cairn to cairn. It took me 5 hours to go 3 miles. I finally got below tree line and things got a little better. The trees blocked most of the wind but the descent was steep, rock strewn, and went on for over a mile. Along the way I went off trail by a raging river and descended further until I realized. Then I had to reascend about 0.3 mile to get back on trail. That didn't help my mood. I stopped for lunch and Little Engine, who I met at the hut the day before passed me. When I restarted I caught her finishing her lunch. So we hiked and chatted. She's very nice and a positive person. She was going to the Pinkham Notch Visitors Center, then to town to the post office to pick up a package and finally to Rattle River Hostel. This is the one that Mark dropped off my overflow items and I planned to stop at in two days. However I thought screw the two days maybe I could go along with Little Engine today. I even decided I needed a zero day now and not in two days. So I stopped, found I had a cell signal and phoned them. I asked for a private room. I don't need to infect other hikers with my pissy mood. Then I caught up to Little Engine and we finished the hike chatting to pass the time. At the Visitors Center I got a Coke and a pint of ice cream. Then she and I hitched into Gorham NH and the post office. She did the hitch (in this case she known as a ride bride). However at the PO she found that her package was back at the Visitors Center. So a lady who had stopped by the PO gave us a ride back. People are so nice. Lots of other hikers were arriving. Finally at 5 PM the hostel shuttle arrived and took 4 of us there. We went through their decontamination process which included leaving our shoes and poles outside, come inside and hang our pack, sign in and pay, get a towel and loaner clothes, and take a shower before entering the hostel proper. Wow! For the rest of the day I relaxed because I would zero tomorrow. I ordered a large all meat pizza and milkshake to be delivered. That would serve as my meals for today and tomorrow. Two of my toes on my right foot are infected and losing the nail. I cleaned and taped them up. They washed my clothes and by bedtime I was out of the loaner clothes and back into my outfit/costume. Started posting the slew of pictures and captions. to my blog. Sleeping in a bed in a private room at Rattle River Hostel.</p>

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
122	8/13/2019	44.399797, -71.111691	1,872.6	1,910.0	-37.4	0.0	8.7	ZERO, HOSTEL, RESUPPLY , Puffy clouds, sunny, looks like rain but no rain. Woke but slept in until 5:30 AM. Had 2 free pop tarts and a root beer for breakfast. Also a slice of pizza. Posted the rest of my pictures to the blog. One of the staff asked me my name and told her. She left and returned with my wallet. She said I had left it in my loaner clothes. I had over \$300 in there with my ID and credit cards. None was missing. It had been in the wash and the money was damp. So we spread it apart in a net bag and put it in the dryer - as they say... we laundered the money - ha ha ha. Wow! That was a close call. Talked to both Kathy and Katie today. Definitely boosted my spirits to hear them. Added Andover ME as the next resupply point before Rangeley ME. Told to use Shaws to have a resupply bucket dropped off in the hundred mile wilderness. Went to Walmart for resupply. Was told to make the Wildcat & Carters traverse in three days, not two. Made a reservation here when I'm done with the Wildcat & Carters traverse. Some of the hikers here: Martha Stewart, Hauzit, Josie, Rascal, Little Engine, Shoes, Gomer Pyle, Sawbones, Just Jake, Trek, Florida Flatlander, Firefly, Zoomy, OG Bob and many more. Sleeping in a bed in a private room at Rattle River Hostel. Will be leaving back to the trail tomorrow at 7:30 AM. Be on trail with a very steep climb at 8 AM. Planning on doing only 6 miles to Carter Hut and stealth camping nearby.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
123	8/14/2019	44.260751, -71.194475	1,877.6	1,926.0	-48.4	5.0	6.8	Clear, sunny, pleasant, cloudy. Woke about 5:30 in the hostel. Went downstairs and ate two pop tarts and drank two cokes. A few other early risers were there. I got my pack ready. Filled my bottles with water. Added Mio to one. Wandered around listening and talking to the other hikers. At 7:30 AM they shuttled ten of us to Pinkham Notch Visitors Center. Another pop tart and my Mio water and then I was off. I knew we were going to climb. So I marched up the trail only to check my GPS and see the AT trail turned right and I went straight. Walked down about 100 feet and I was off. After a short time i began to climb. A group of about 10-15 students were also hiking on the trail. I followed behind and paused when they slowed. I was in no hurry. I'm only doing 6 miles today to Carter Hut. Up, up and up we climbed. Steps, rocks and cliffs. Mostly hiking poles, but few times I had to use my hands. Almost at the top was the Wildcat gondola from the ski area. Then we summited. Other hikers from the hostel were around here. At about 2 PM I got to the hut. Sat with Sawbone, Shoes and another hiker and ate a snack. Afterward I left and returned to a stealth campsite on the lake just before the hut. I set up my tent and began to do my daily chores. A passing trail runner stopped and told me that I'd probably be fined by a ranger to camp here. It was close to the hut and lake. He suggest a spot that was ok. I thanked him and took down my tent and hiked to the hut to ask for help. There they told me of a campsite further north on the ascent to Carter Mountain. I got there and re-set up my tent. Found and prepared my food hang. Made my dinner. While eating I swatted at a fly and spilled much of my dinner on my tent floor. In typical hiker fashion to clean it up I just ate the spilled dinner. Then I wiped up the rest with my newly cleaned snot rag. After dessert I hung my food and washed as best I could my rag. That'll teach me to swat at flies while eating. I re-taped my right foot toes which are slowly getting ready to fall off. Sleeping in my tent at a stealth campsite next to the trail. Today was a good day. The climb was hard but it wasn't windy and exposed.
124	8/15/2019	44.400011, -71.111562	1,893.2	1,941.0	-47.8	15.6	8.1	HOSTEL , Some clouds, cool, sunny, great weather. Got up at 4:30 AM. Hiked up Carter, Mt. High. Arrived at Imp Shelter at 11:30 AM so went on. Then Mt. Moriah with long steep descent. Finally trail smoothed out for last three miles. Met up with Sawbones and Gomer Pyle. Got to Hostel at 5:30 PM. Went through decontamination - shower and laundry. Had Sprite, pint of ice cream, free Fritos, free Trail mix and free milk. Did daily chores. Sleeping in bunk bed at Rattle River Hostel.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
125	8/16/2019	44.450845, -71.066222	1,905.5	1,957.0	-51.5	12.3	8.1	Raining, clearing, little sun. Woke to rain. Put on rain jacket and gloves but soon took them off because I got too hot. Had my umbrella up but soon took it down since it stopped raining. Climbed out of Gorham NH. Hard rocky/boulder climbs. Foggy so no views. Finished an Audible book so started another. They help pass the time and keep me from over thinking ascents and descents. Passed 1900 mile mark. Got to Tentsite about 2:30 PM for 11.7 miles. Exhausted. Setup tent on platform. Met Which Way and Airborne. Tomorrow is Mahoosuc Notch, the hardest one mile. Thinking of stopping and camping just before it. Do it first thing the next day along with steep climb. Sleeping in my tent on a platform at Gentian Pond Campsite.
126	8/17/2019	44.52497, -70.980949	1,915.1	1,973.0	-57.9	9.6	8.5	Rained at 4:15, stopped, foggy, cool. As I lay there waiting until it was 4:30 AM to get up it started to rain. Sheesh! I got up regardless, packed inside my tent, crawled out and packed up my wet tent. One more heavy thing to carry. Today I was hoping to get to a stealth campsite just before Mahoosuc Notch, but the rain made me change to stop at Full Goose Shelter, which is 2 miles early. When I left the shelter I got turned around and went the wrong way so I immediately checked my GPS and went the right way. Instead of 6 climbs I would only do 5 to the shelter. But OMG the climbs and descents were very steep and rocky. I had to push to just get to the shelter. Yet another death march. Met Poet and Harmony at shelter. My sleeping bag is quite damp. My 2 sore toes (losing their nails) are just hanging in there. They don't especially hurt, but I'm worried about them if they get infected. Sleeping in my tent on a platform at Full Goose Shelter.
127	8/18/2019	44.56472, -70.973439	1,920.2	1,988.0	-67.8	5.1	9.5	Overnight rain, foggy, clearing, sunny with clouds. Left camp at about 6 AM. Everything is wet: Tent, floor, sleeping bag. Woke at night with upset stomach. Climbed and descended 1.5 miles to get to Notch. The trail is very difficult. Steep and many rocks & boulders. It took me 3 1/2 hours to slowly and carefully traverse the Mahoosuc Notch (the norm is 1 1/2 to 2 hours). Then I climbed Mahoosuc Arm with 1500' in 1 mile - ugh. Stopped early at 2 PM. Did only 5.1 miles! Dried out my tent and sleeping bag. Shoes and socks still wet. Stomach upset still. Worried I might have contracted giardia. Sleeping in tent on platform at Speck Pond Shelter.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
128	8/19/2019	44.628321, -70.900419	1,930.6	2,004.0	-73.4	10.4	10.6	Overnight rain, clearing, sun with clouds. Woke with pitter patter of rain drops on my tent at 4:15 AM - ugh! I just dried out everything. Hauling a wet tent up and down mountains is no fun. Climbed Old Speck and Baldpate. Ascents in sloping granite for hundreds of yards. Glad it wasn't raining or slippery. Similarly descents were tough on sloped granite especially with one pole tip gone. Did about 10 miles today at 1 mph and I was dead by 4 PM when I got to the shelter. BTW my stomach ache cleared up on it own. Now my big toe on my right foot has either a blister or boil There is red infection around it. It ached all afternoon as I hiked and I just had to ignore it. When I got to camp I tried to release the pressure with needle and thread but it's too deep and callused for me to poke it. Met Semi, his dog Rojo and Double Shot. Sleeping in my tent at Frye Notch Lean-To. Rumor says it will rain tonight. My plan is another 10 miles tomorrow (got food and dinner) to Hall Mountain Lean-To and then 5 more the next day (out of food so eat suckers, Ramen and other left over junk) into Andover ME for resupply and maybe stay at The Cabin.
129	8/20/2019	44.598066, -70.650094	1,945.5	2,020.0	-74.5	14.9	10.5	HOSTEL , Clear, sunny, warm. Woke to a full moon that lit up my tent. Packed up and headed off. Immediately there was stone steps to climb - bunches of them. Then the trail smoothed out with a few ups and downs. I got to the shelter at 12:30. Too early to stop. Semi and Double Shot were there. We decided to stay at the Human Nature Hostel. We needed to get to South Arm Road for a 4 PM shuttle pick up. At my pace this was going to be close. And the we descended and climbed Moody Mountain. It was one of the steepest climbs, OMG! The descent was a little easier but I felt the time crunch. I got there only. Few minutes before the hostel shuttle arrived. Whew! They drove us to town where I resupplied on the fly for 3 days. I also bought a soda, ice cream and banana. At the hostel we were told the rules. I changed into loaner clothes so mine could be cleaned. I took a shower and did my daily chores. For dinner I bought their pizza dinner. Also I talked to Kathy and Katie by phone. Now it's time for bed. Sleeping in Bunk room bed at Human-Nature Hostel. We should have pancake breakfast and then get dropped off around 8:00 AM.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
130	8/21/2019	44.810014, -70.756137	1,953.9	2,035.0	-81.1	8.4	9.7	Overcast, rain, cool. Woke early. Had two cokes from Patriot who was going to do trail magic. Had large breakfast at hostel of pancakes, syrup, biscuits and gravy, and sausage. Paid Yukon, the owner. Left in shuttle at 7:55 AM and was back on trail at 8:35 AM. Since I was starting late I decided to do 8 miles to the shelter. Weather said massive rain - 1 inch in 1 hour around 3 PM. So I rushed to get to the shelter ASAP. At trailhead and at shelter remet Strider. Met Buck, Mr. White, his dog, Spike's Mom, a flip-flopper, and Feather, her niece. Got to shelter about 2 PM. No big rain. Just 10 minute shower twice. Sleeping in shelter at Bemis Mountain Lean-To.
131	8/22/2019	44.850268, -70.590978	1,966.8	2,051.0	-84.2	12.9	10.3	Clear, overcast, no rain. Woke to clear weather after yesterday's rain. Was planning to go 8 miles to next shelter, but trail was not as hard and got there early at 11 AM. So went on until 2:30 PM to next campsite (no shelter, but privy and piped spring). No Eyes is also camping here. Sleeping in my tent at Little Swift River Pond Campsite. Tomorrow going into Rangeley ME to resupply and post office. Only have 5 miles to hike there. Not sure if I'll do an in & out. Checking with Hiker Hut. Then 2 miles to Piazza Rock Lean-To.
132	8/23/2019	44.903795, -70.530467	1,973.2	2,067.0	-93.8	6.4	10.6	RESUPPLY , Sunny with clouds, cool. Woke and hiked to ME 4 trailhead. Went to Hiker Hut to see if I could buy a ride on their shuttle. No such luck. Stuck out my thumb and 20 minutes later I had a ride into Rangeley ME. Dropped off at IGA and bought 4 days of food. More than enough for Stratton (newly inserted resupply only 34 miles), but probably less than for Caratunk (original resupply but 79 miles away). Then went to outfitters and got pole tips, small gas canister and a new pair of Oboz shoes (5th pair). Finally got to restaurant and had Pepsi, hamburger, onion rings, and raspberry pie a la mode - yum! Caught another hitch back to the trail. A couple was doing trail magic at the trailhead but I was stuff and skipped them. Climbed a little, only 2 miles, to first shelter. Today's total was only 6.6 miles. Sleeping in my tent at Piazza Rock Lean-To. Tomorrow I go over Saddleback, a 4K, with all my heavy food.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
133	8/24/2019	44.973596, -70.406334	1,985.0	2,082.0	-97.0	11.8	10.9	Overcast, some sun, no rain. Overnight opened my 5 degree sleeping bag (treated it as a blanket) because I was too hot. Woke and packed up. For the next few days I'll be climbing over mountains from valley to valley - one valley per day. Today was Saddleback, The Horn and Saddleback Junior. It was windy and foggy on Saddleback. Got cold so put on rain jacket as windbreaker and rain gloves. Listened to and finished Michele Obama's "Becoming" Audible book. Did about 11 miles. Met Whole Wheat, a NOBO 33 yr section hiker. Strider, Buck and Mr. White here. Two other NOBO thrust too. Sleeping in my tent at Sluice Brook Logging Road. Tomorrow is Mt. Abraham (non-summit), Spaulding Mountain (4K summit) and Sugarloaf (non-summit).
134	8/25/2019	45.040609, -70.360351	1,996.5	2,098.0	-101.5	11.5	10.2	Clear, sunny, cool. Woke to more of a chill in the air, but I knew once I started hiking I'd be fine. Also it's too dark at 4:30 AM. On trail about 5:45 AM. Listening to audio book. Climbed Mt. Abraham (non-summit), Spaulding Mountain (4K summit) and Sugarloaf (non-summit). The climbs weren't as hard as previous ones. Maybe I'm getting used to a climb a day. Some of the descents were quite steep. Got 11 miles done at 2:15 PM. That's a bit early but the next advertised campsite was ten miles further. So I checked out the campsite and decided to camp at the turnoff because there was a flat spot and water nearby. Strider, Buck and Mr. White were there when I got back to the turnoff after checking the campsite out. I fell as I crossed the stream in front of them - klutz. Several other hikers passed by while I was there. Broke my hiking pole last section. It just fatigued and fell apart in my hand. Had cell service so asked Kathy to send me the last one pole section from home along with suckers and cookies. I have enough pole to make it useable. Sleeping in my tent at entry to Crocker Cirque Campsite. Up on Crocker tomorrow I'll phone Hostel of Maine for a shuttle, night stay and resupply.
135	8/26/2019	45.081056, -70.303595	2,003.8	2,114.0	-110.2	7.3	10.0	RESUPPLY, HOSTEL , Clear, sunny, cool. Woke and was cold. Didn't have enough calories to keep myself warm. Got on trail about 5:45 AM. Immediately continued climb of Crocker Mountain. Summited and headed back down. Met Karma while hiking. She too is going to Hostel of Maine. At trailhead Satellite was doing trail magic. Had banana and Coke. Contacted hostel for early pickup. Hostel is big log cabin lodge. Beautiful place. Upon arrival had B&J Cherry Garcia - yippee! Took shower. Laundry being done. Had pizza for late lunch. They have resupply items here at the hostel. Ordered out for dinner. Wow! Also here Hiker Dan and Flowers. Met Shiekah Sage. A few other hikers here too. Karma is doing AT for her 2nd time - I'm asking her questions about what's next. Sleeping in bed at Hostel of Maine near Stratton ME.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
136	8/27/2019	45.142908, -70.260122	2,014.2	2,129.0	-114.8	10.4	9.5	Sunny some clouds, warm. Breakfast at hostel had 2 cokes, almonds, corn muffin, fresh bread and orange juice. Karma and Shambler took zero day at hostel. Hiker Dan, Flowers and I got to the trail in the hostel's 7:30 AM shuttle. So started late. Listening to new audio book about Polish Jewish family in WWII. More big climbs. Wonderful views on West Bigelow Summit. Did about 10 miles over Horns and Bigelows. Ran out of steam at about 4:30 PM. Still have Little Bigelow to do tomorrow. No Eyes is at campsite. Clarity, SOBO section hiker here. Sleeping in my tent at Safford Notch Campsite.
137	8/28/2019	45.191295, -70.05548	2,031.0	2,145.0	-114.0	16.8	11.6	Sunny with clouds, no rain but expecting it. First thing in the morning I went over Little Bigelow. Then for about a mile THE TRAIL WAS SMOOTH! Met two AT trail monitors at a parking lot. They told me about a stealth campsite 4 miles past where I was originally planning to stop for the day. This new spot is better. It sets me up for tomorrow's crossing of the Kennebec River. Met No Eyes on trail and discussed what he was planning. Got to East Carry Pond about 3:30 PM. Did about 16 miles. I'm getting past the mountains and although there are rocks and roots I can hike faster. Woohoo! Sleeping in my tent at stealth campsite near East Carry Pond.
138	8/29/2019	45.271311, -69.915383	2,046.6	2,161.0	-114.4	15.6	12.3	RESUPPLY , Rain overnight from 9PM-2AM. Packed up wet tent and headed out. Fell and hurt my upper thigh - bruised it. Got to Kennebec River crossing - major achievement. Hiker Dan and Flowers just ahead of me. Went into Caratunk and found Caratunk House. Got pulled pork and vanilla milkshake, then got Coke and B&J Cherry Garcia. Bought resupplies for 2-3 days. Filled water and headed out. Got to shelter about 2-2:30 PM. Found flat campsite and set up tent. Hope it doesn't rain tonight. Met Chesnut. Sleeping in my tent at Pleasant Pond Lean-to. Two 1600' climbs tomorrow. Planning a 13 mile day or maybe a 17 mile one. I'll see how I feel.
139	8/30/2019	45.271128, -69.672203	2,064.5	2,176.0	-111.5	17.9	13.6	Sunny with clouds, cool. Woke and packed up. Tried to get my food bag down from tree hang. Got stuck. Cord came loose. While attempting to get cord around branch it got stuck in V in another tree. Freed it. Got cord around branch. Wouldn't shake free. Went to shelter and asked Hiker Dan for help. By the time he got there I had finally shaken it free. Argh! Waste of an hour. Hiked two climbs. Listening to audio book and podcasts. Got to Moxie Mountain Lean-to at 2 PM. Decided to go on to Tentsite to make tomorrow easier. Met Skipper, SOBO Section hiker, on trail and we are camping together. Also Hiker Dan and Flowers are here. Sleeping in my tent at Tentsite after Moxie Mountain Lean-to. Tomorrow is Monson ME.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
140	8/31/2019	45.286953, -69.502988	2,074.2	2,192.0	-117.8	9.7	14.1	RESUPPLY, HOSTEL , Clear, sunny, cool. Woke and packed up. Got on trail about 5:30 AM. Hiked along at a good pace. Stopped at Horseshoe Canyon Lean-to for my snack. Then I sped up even more - almost running. Popped out at Lake Hebron Parking. Headed down dirt road and a neighbor pulled out. I asked if I could get a ride to the post office. They said yes. Yippee! I got to the PO at 10:30 AM and got my two packages. Whew! I am now back on the original schedule. Shaw's was a 5 minute walk and luckily I got the last bunk bed. Yahoo! Today was going well. Did laundry. I phoned Katie to discuss plans. Went to BBQ restaurant for lunch. Went back and did more chores including a shower. Had fish fry and a beer at a town pub. Ate with Shambler. Phoned Kathy. Sleeping in bed at Shaw's Lodging. Will have breakfast here tomorrow.
141	9/1/2019	45.399038, -69.459343	2,087.9	2,208.0	-120.1	13.7	14.7	Sunny with clouds, cool to warm. Got up late, about 5:30 AM. Had enormous breakfast: Coke, pancakes, syrup, eggs, hash browns and bacon. Waited around for shuttle ride. On trail about 8:30 AM. Did 3 missed miles to ME 15. Entered the Hundred Mile Wilderness. Took my picture at entry sign. Hiked all day until about 5:30 PM. Did about 13.6 miles. Lots of up and downs, and one river crossing at the end of the day which got my shoes, socks and pants wet - ugh. Listened to Eleanor Oliphant is Fine audio book - weird. Sleeping in my tent at Wilson Valley Lean-to.
142	9/2/2019	45.453197, -69.26234	2,103.5	2,223.0	-119.5	15.6	14.5	Rain, cold. Woke to rain. Packed up, put on my rain jacket, pack cover and umbrella. Hard hard day. Trail is all puddles and streams. Cold and wet arrived at Chairback Gap at 5:30 PM. Did 15.6 miles. Took 12 hours. Sleeping in shelter at Chairback Gap Lean-to.
143	9/3/2019	45.560946, -69.23466	2,120.6	2,239.0	-118.4	17.1	14.8	Overcast, foggy, cool. Quietly I left the shelter. I put on my vest under my rain jacket and wore mittens. Met Small Slice and Wilson doing a SOBO slack hike. It was so nice to see them. I haven't seen them since Virginia. Another hard day with four climbs over White Cap. I'm hoping the trail get better tomorrow. No more big climbs until Katharine. Everything is damp. Rain is forecast. Ugh! Sleeping in Logan Brook Lean-to.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
144	9/4/2019	45.678406, -69.004591	2,140.2	2,255.0	-114.8	19.6	15.1	Overcast, a bit of light rain, stopped. Woke in shelter and it was still pitch black out at 4:30 AM. Slept in to 5. Still quite dark, but started packing up. On trail at 6 AM. Windy, foggy, cold. Put on vest, rain coat, gloves, and ear band. Started hiking down and down. Took off most everything by 8 AM after sweating a bunch. Climb started and near the summit I was cold and it was foggy and windy. So back went on the vest and gloves but then on the descent finally took them off. Rest of day was finally easy hiking. Overall smooth trail. Listened to podcasts. Got to Tentsite at 2 PM and decided to go on 4 more miles. Did 19 miles by 4:30 PM. Trying to make up what I lost on the first day out of Monson ME. Mosquitoes are all over. Ugh! Ate dinner in tent. Sleeping in my tent at Antlers Campsite on Lower Jo-Mary Lake.
145	9/5/2019	45.779697, -69.172497	2,159.5	2,270.0	-110.5	19.3	17.1	Clear, sunny, beautiful weather. Woke and packed up. Was on trail about 5:45 AM. Hiked all day pushing to get 19 miles. Two climbs the first minor and the second a little more. Done about 4:00 PM. Mosquitoes caused me to again eat in my tent. Messaged Katie my latest plans via InReach. Sleeping in my tent at stealth campsite on Pollywog Stream. Tomorrow I end the Hundred Mile Wilderness and get to Abol Bridge. Only three more days.
146	9/6/2019	45.836023, -68.96601	2,177.0	2,286.0	-109.0	17.5	17.8	RESUPPLY , Sunny with clouds. Got up in the cold. Put on my vest, buff, ear band and gloves. Last day of pushing miles. So many rocks and roots. Left foot's ankle is achy. Loosened shoe to help. Phoned Katie who was on a bus. Got to Abol General Store and Campground around 3 PM. Did about 17 miles. Had Lunch/Dinner of lobster roll and soup. Blueberry pie to top it off. Set up tent at campground. Did daily chores. Lots of mosquitoes - ugh! Went back to store to charge battery. Their Wi-Fi is useless. Sleeping in my tent at Abol Campground. It's supposed to rain sometime tomorrow and Sunday morning. I'm still going to try to summit on Sunday. I don't need a great view. Weather is supposed to be good on Monday as my backup.
147	9/7/2019	45.885601, -68.993561	2,186.8	2,302.0	-115.2	9.8	16.7	Overcast, rain, cold. Woke and packed up. Got on trail about 5:30 AM. Met Lost Larry leaving campground. He's quite a talker. At entry to Baxter State Park self-registered first. Got to Katahdin Stream Campground at 10 AM. One other hiker at ranger station but he's going to Millenocket. Waited 45 minutes for the ranger. Lost Larr arrived. Got permit, registration and map. Went to The Birches and setup in a lean-to to get out of the rain. Hopefully tomorrow it'll be not raining. There's a 20% chance of rain. Katie surprised me with extra treats, encouragement and as I warmed up in her car we game planned the final summit meet-up and notification. Sleeping in shelter at The Birches at Baxter State Park.

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
148	9/8/2019	45.904344, -68.921442	2,192.0	2,317.0	-125.0	5.2	14.3	<p>END. Overcast. Woke early. Lost Larry and I were the only ones in the shelter. In the darkness I started packing up. Soon Lost Larry turned his headlamp and made things easier. I put on my vest, gloves, buff, and head band to be warm. I headed to the ranger station to get water and breakfast. I had heard that it would take 8-10 hours but I mistakenly thought that was just the ascent. Instead it was a total ascent and descent time. I got water and ate a granola - not having any pop tarts left. I crossed the footbridge toward the trail and realized I had to send my "I'm leaving" InReach message to Katie. I sent it and waited for it to complete, and waited, and waited. Finally at it sent and I was off. Partly up the trail I had to carefully ford the Katahdin Stream because the bridge was out. My feet got wet crossing. I got hot and put away my vest, gloves, buff and head band. Climbing further I got to tree line. There the wind was gusting and it was much colder. So I got on my vest, gloves, buff, head band and rain jacket along with rain mittens. The climb was tough. The gusting wind was pushing me around. The fog limited my sight to about 200 feet. Rock to rock. Blaze to blaze. At one point I was confused where to go and out of the mist there was Buck and Strider to show me. Soon they were gone ahead in the mist. I'd climb and the fog would open and show me another rise. Up and up. Finally I could see the shadow of the summit sign and bodies standing around it. I had made it. I was done! It was windy. It was foggy. But it was over. I got my picture taken and sat next to Buck and Strider in a less windy pocket. I sent my InReach message so Katie would know I had ascended. It was 10:35 AM. It had taken me 4 1/2 hours to ascend. I munched a candy bar, my tootsie roll pops and some cookies. More and more people arrived. Probably about 20-30 were there. Some were cheering and hugging. Some were sitting alone silent possibly crying. Each was affected in their own way realizing they had done it. Then it was time for me to leave. There was a woman ranger stationed at the top and pointed the way to Saddle Trail. As I got my poles I tripped on one of the thousand rocks and fell. Oh great. Such a klutz. Luckily I wasn't hurt. The Saddle Trail was marked with blue blazes. It had large 3-6" crushed rock as the trail bed. This made it very hard to walk on. After passing Cathedral Trail I got to Saddle Slide. It was a massive rock slide extending over 1000 feet down into the valley. OMG! This was considered easier? But I had no choice. Katie was down there and this was the plan. Slowly, very slowly I'd place my poles and take a step. Down and down I went. Step by step. I kept looking for a smooth trail. But finally when it leveled out it was still a rocky, rooty and muddy trail. It was hard hiking. It was not easy. It took 4 1/2 hours. Then I could see Katie. And it was over. All the miles were done. All the long hours were done. I finally could relax. Katie gave me a Coke, some candy and popcorn. I was totally depleted both physically and emotionally. It was both a bad feeling and good feeling. The soda and food started to revive me. Soon I was starting to feel like myself and we bundle ourselves in her rental car and drove toward Bangor. On the way out of the park I dropped my hiker registration in their box. It told them I was off the mountain. I</p>

Day	Date	Lat/Lon	Actual	Expected	Banked	Daily	5 Day Avg	Notes
							14.8	Overall Average