

ICE AGE Trail Diaries

April 2008 - Volume 1, Issue 1

News from the Ice Age Trail Foundation's - Waukesha/Milwaukee Chapter

Letter from the Editor

Welcome to the Ice Age Trail Diaries! In this publication, we will share experiences as we journey to discover and re-discover the 1000s of miles we know as the Ice Age Trail. I encourage readers to submit their own stories, poems, and news to be included in this journal. Catch images of the trail from unique perspectives in the *Trail Imagery* section. You will also learn of upcoming events within the Waukesha/Milwaukee Chapter and ways that you can help in each issue.

Over 1000 Mile Run in 22.5 Days!

The Ice Age Trail's very own celebrity, Jason Dorgan came to tell his amazing story on March 20th to the Waukesha/Milwaukee Chapter. Throughout his journey, he endured blisters, exhaustion and hunger, all for the challenge of it, and other reasons as well. While others have hiked through, no one has attempted this gracious feat. Jason averaged 47 miles per day, running 60% of the time and walking the other 40%. He required 6000 to 7000 calories to fuel his energy each day. So what did he think about during all this time? He will tell you "Nothing and everything." Jason has humbly raised over \$15,000 and much awareness for the Ice Age Park and Trail Foundation. We are grateful for his achievement and much obliged! REI will host a clinic with Jason Dorgan on May 27th.

From Ice Age Trail eNews...

Hot Off the Press

The revised edition of the *Ice Age Trail Companion Guide* is hot off the press, with the new *Ice Age Trail Atlas* next in line. You can order both books at our website store (estimated ship date: April 22nd), or pick one up in person at our Annual Membership Conference.

Coffee Table Book

Along Wisconsin's Ice Age Trail, a new coffee table book featuring 120 stunning, full-color Ice Age Trail images, is now available through UW Press (<http://www.wisc.edu/wisconsinpress/books/4325.htm>, 800-621-2736).

In addition to the beautiful photos courtesy of photographer Bart Smith, the book features a foreword by Congressman David Obey, six essays covering a wide scope of Ice Age Trail topics and poetry from Wisconsin's first poet laureate, Ellen Kort.

5% of net proceeds from book sales support the Ice Age Park & Trail Foundation.

Trail Scenery



The bubbling ice of the Oconomowoc River on a crisp, sunny day early in March.

Monches Section, Northern Waukesha County.

Photo by Amanda Christiansen

Gazing over the tops of cattails as the soft November breeze brushes the land.



The marsh lands near Lapham Peak

Photo by Amanda Christiansen

Waukesha/Milwaukee Chapter Meetings

Join us in the Trecker Lodge of Homestead Hollow at Lapham Peak on the third Thursday of the month at 7pm, except December and July. Lapham Peak is a unit of the Kettle Moraine State Forest one mile south of Delafield on County Road C.

A Frog Pond at Lapham Peak Section

It's unbelievable here this time of year! You can barely see the pond just a smidge off the trail over a small hill to the right if you're heading south from the tower. If not for the sound of some thousands of frogs screaming as they awaken from the earth, and especially if you're not looking for it, you'd surely miss it.

The tiny pond is alive with a strange loudness that begins to silence the world. And the surface is gleaming in the sunlight. It's fantastic!



My first time on this part of the trail, all was silent in the cold November air. I never would have known this little place; I am alone and in the very state opposite of solitude! The screeching of these creatures rings in my ear, drowning out the sounds of cars whizzing by, only moments behind me on Hwy 83. I don't want to leave.

Volunteer Opportunities

Mobile Skills Crew Trail Building Event
Murphy Flowage Recreation Area, Rusk County
Thursday, May 15th – Sunday, May 18th, 2008

Come join the fun as we return to Murphy Flowage Recreation Area in Rusk County. Tasks at hand include crafting a signature 36-foot-long pedestrian bridge and relocating and upgrading existing trail to enhance hikers' experiences in this beautiful area.

We'll provide meals and a place to camp for event participants. You are welcome to come for all or any part of the event, and no previous trail-building experience is necessary!

For more information, please contact IAPTF Director of Field Operations Tim Malzhan at tim@iceagetrail.org or 608-592-1433.

Trail Work

In the Waukesha/Milwaukee County Chapter, the Ice Age Trail spans 44 miles and needs your help providing quality hiking experiences for all. Our chapter needs assistance with mowing, brushing/pruning, and reporting trail conditions. You can choose your hours and volunteer as little or as much as you want. Mowers and trailers are provided. Contact Brad at brad.crary@gmail.com or call 262-370-2995.

Why Volunteer?

Learn or Develop a New Skill

As Mahatma Gandhi once said, "Live as if you were to die tomorrow. Learn as if you were to live forever." There's nothing better than discovering something new that you're really good at and you enjoy. Open the door to new possibilities!

Be Part of a Community

Connect with your community by volunteering and giving a little back to your society. By volunteering, you have the opportunity to contribute to the well-being of others around you, improving the population as a whole.

Motivation and Sense of Achievement

Volunteering is a choice to freely give your time and energy to help. The choice has a motivating affect, driven from your own desire to do well, and results in great sense of achievement.

Hike With Us...

Saturday, April 26th, 9:30am

Join us as we hike north from the parking area on Cty ZZ. We will see strong glacial features, pass thru Pinewoods campground, and arrive at Cty C. Then we shuttle to the next segment, which starts on Cty D, and ends at Waterville Rd. Two distances are available, 3.4 miles to Cty C, and 5.4 miles to Waterville Rd. Meet at the parking lot on the north side of ZZ, 0.5 miles east of Hwy 67. Free return shuttles provided. For more information, contact Frank at 414-351-9129 or Russ at 262-968-4489.

Saturday, June 7th, 9:00am

IAT 50th Anniversary MAMMOTH WALK

We will celebrate the 50th anniversary of the IAT by calling our National Trails Day Hike the MAMMOTH WALK and starting it at 9:00 am to coordinate with other statewide events. We will also see our new trail segment, built last summer, as we hike thru the Scuppernong Prairie. Along the way we will see Brady's Rocks and late spring/early summer flowers. Two distances are available: 3.4 miles to Wilton Rd. and 6.0 miles to Antique Ln. Meet at the IAT parking lot on Hwy 67, 1.2 miles south of eastbound Cty ZZ. We will partner with the Waukesha County Park System. Free return shuttles will be provided. For more information, contact Frank at 414.351.9129 or Russ at 262.968.4489.

Walk the Wauk

A Hiking Log & Award Program

Challenge yourself to hike the 44.1 miles of The Waukesha/Milwaukee Chapter's Segments of the Ice Age Trail. As an incentive, we have developed a program that records your progress and rewards your achievement with an attractive patch. For more hiking programs visit <http://www.iceagetrail.org/hikingprograms.htm>.

Wednesday Walks in the Woods

Beginning May 21st, 2008 at 10:00am

Lapham Peak State Park – Evergreen Parking Lot

Enjoy an opportunity for fitness, fun, and fresh air! Dress for weather and wear sturdy footwear. The hikes will vary in length and difficulty, hiking for an hour or two depending on conditions and participant preferences. A day or annual park pass is required and can be obtained at the park office. Lunch or coffee could follow for those who are interested. For more information, contact Kris J. at 262.966.9788 or Peg O. at 262.542.6310.

Ice Age Trail Diaries Masthead

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Kris Jensen – Walk the Wauk 262.966.9788
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The mission of the Ice Age Park & Trail Foundation is to create, support and protect a thousand-mile footpath tracing Ice Age formations across Wisconsin -- the Ice Age National Scenic Trail.