

*A journey of a thousand miles
begins with a single step...*

CHINESE PROVERB

Ice Age Trail

*Thousand-
Milers*

2009–2010



Chet Anderson • Mark Cook • Lyle Lidholm • Russ and Clara Marr • Dawn Matott
Timothy "Rex" Obukowicz • JoAnn Parks • Wayne Prior • Craig Sanford
Ken "Whistler" Schoenike • Daniel and Barbara "Biscuit & Gravy" Seitz • Jane M. Stoltz

Thousand-Miler Program

HOW TO EARN A THOUSAND-MILER CERTIFICATE

The IATA recognizes anyone who reports having hiked the entire Trail and completes a recognition application as a "Thousand-Miler." The IATA policy operates on the honor system, assuming anyone who applies for recognition has hiked all 1000+ miles between Potawatomi State Park and Interstate State Park. To qualify, it is necessary to have hiked all current Ice Age Trail segments and connect all Trail segments by walking the connecting route of your choice. Not considered are issues of speed, length of time from start to finish, sequence, direction or whether or not one carries a pack.

Visit www.iceagetrail.org to obtain a Thousand-Miler application.

The Ice Age Alliance (IATA) established an official Thousand-Miler program in 2002; however, recognition is given in this booklet to all who have hiked the entire Trail including the road connections. Names in **bold** are the newest Thousand-Milers; their stories are told in this book.

Thousand-Milers through the Years

Jim Staudacher (1979)
Rev. Harry J. Gensler, S.J. (1983)
Ken & Sally Waraczynski (1983–1989)
Tim M. "Ya Comi" Malzhan (1991)
Clarman "Salty" Salsieder (1995)
Tom Menzel (1996)
Mark & Kathy Vincent (1997)
Dave Kuckuk (1998)
Earl Davison (1999)
Mark "Tony" Califf (1998–1999)
Justin LeMay (1998–1999)
Matt McCrackin (1998–1999)
Nate Menard (1998–1999)
Thomas E. Warth (1995–1999)
Mark Wickham (1998–1999)
Mary Pokorny (2000)
Sharon T. Dziengel (2002)
David Kolosso (1995–2002)
Clint A. "Lint" Bunting (2003)
Luke Kloberdanz (2003)
Gary "Lindy" Lindberg (2005)
Dale & Penny Schaber (2003–2005)
Pat L. Witkowski (2004–2005)
John P. Bauer (2006)
Kathy Clavette (2002–2006)
Frank Evans (2000–2006)
Anne Riendl (2002–2006)
Allen D. "Tortoise" Shoup (2006)
Antony "Tony" Stretton (2002–2006)
Lynda Stuber (2002–2006)
Edward C. Talone (2006)
Sharon S. "Tripalong" Bloodgood (1987–2007)
Irene S. "Tagalong" Cline (2000–2007)
Jason "Sticks" Dorgan (2007)
Barbara F. Leetzow (2005–2007)
Mike Rotter (2003–2007)
Barbara A. "Tadmore" Voigt (2004–2007)
Mark Cook (2004–2008)
Lyle Lidholm (2002–2008)
Dawn Matott (2003–2008)
Timothy "Rex" Obukowicz (2008)

JoAnn Parks (2003–2008)
Wayne Prior (2004–2008)
Craig Sanford (2007–2008)
Ken "Whistler" Schoenike (2003–2009)
Daniel & Barbara Seitz (2008)
Jane M. Stoltz (1993–2009)
Russ & Clara Marr (2009)
Chet Anderson (2009)



Chet A. Anderson “Gray Ghost”

I developed a new appreciation for the effects of the Ice Age. So many things were pointed out in the *Companion Guide* as I traveled the trail: moraines, eskers, erratics, kettle lakes, tunnel channels and many more features.

Highlights

I had a very good walk and enjoyed our home state very much. I identified 115 different birds, four frogs (bull, green, leopard and eastern gray tree), lots of does and fawns, coyote, fox, woodchuck, porcupine, squirrels, muskrats, beaver—and one bear. Lots of sandhill cranes—heard or saw them almost every day, only twice with young. Hundreds of barns and silos, innumerable cows, quite a few towns, and not so many people.

Also of interest was seeing some of the white pine stumps from the late 1800s and many well-managed hardwood forests with large trees. Lots of dogs barked at me, but only two sounded threatening: one stayed in the yard; the other came out to the road, but pointing the tip of my trekking pole at him was enough to keep him back. Thousands of red-winged blackbirds scolded me. When a nice breeze was in my face they could hover right above my head and scold me as I walked along. Some other scoldings were from an ovenbird, a kestrel, ospreys, and a pair of sandhill cranes.

Hiking in June and July did have some disadvantages: heat, ticks, mosquitoes, and lots of foliage that covered some of the trail markings. The advantage was that it was the drier part of the summer. I was able to walk across most areas that are usually wet, and less rain fell than in the spring and late summer.

Some statistics about my backpack: It started out weighing close to 40 pounds including food and water. I carried this weight only three other times—after food drops. My pack weight averaged—with food and water—between 25 and 35 pounds. The basic pack was 20 pounds, about 2 pounds lighter than on the Appalachian Trail. The lighter weight resulted from not packing clothes for cooler weather or even any extra clothes. On the IAT I carried 3 liters (max.) of water (about one-third more than on the AT). I wanted fewer food drops—which were 4 pounds heavier than on the AT. Forty pounds of weight was very noticeable; it really slowed me down.

Camping on the IAT is interesting, because there are very few campgrounds or shelters in the first two-thirds of the Trail, so I had to use a “don’t ask, don’t tell” (as one chapter person called it) strategy a lot of times. By hiking between 7 and 30 miles a day I usually was able to camp on state or county land—still not authorized, but I felt better about it. The last one-third has lots of state and county land where it is permissible to camp. Once, early on, I camped under a bridge, which turned out to be one of my better nights—comfortable and plenty of big rocks for furniture!

Lots of people were really friendly, like a police officer who let me set up in the city park in Valders; a farmer who talked to me on the road, gave me his fire number, and said to stop in; his wife would feed me. So naturally I did! She prepared a great breakfast. Other wonderful people I met were Walter Vogl, Delores Carron, Kris Jensen, John Mesching, Kathy Leong, Mike Guisleman, Skip Drew, Kevin and Krista Thusius (and baby Charlie), Randy and Jean Barton, Randy Lennartz, Jean Clark, Judy Gill, Kim Fisher, Wanda and Jim Hose, Diane Murphy, Rod Gont, Fred Nash, Don Erickson, Steven Guernsey, Gordy and Judy Anderson, Marieanne and Gregg Westigard, Dean and Cora Dversdall, and Patti Mattson.



AGE WHEN COMPLETED
67

PERSONAL INFO
St. Croix Falls, WI
Retired
AT thru-hike 2008

CHAPTER
Indianhead Chapter

HIKE DESCRIPTION
Thru-hike westbound:
6/2/09 to 7/25/09
Potawatomi State Park, Door County, to Interstate State Park, Polk County

The IAT was very different from the Appalachian Trail—a lot of road walking between official Trail route sections. Without the elevation changes of the AT, I was able to average 20 miles a day. The Trail is marked fine, but since it is used less it is more overgrown than the AT, so I was wading through everything from reeds to raspberry bushes. Most of the trail is pretty good.

Russell & Clara Marr

AGE WHEN COMPLETED

Both 60

CAREER

Both retired

CHAPTER

Rock County Chapter

HIKE DESCRIPTION

Noncontinuous westbound in one year:

4/12/09 to 10/16/09

Potawatomi State Park, Door County to Interstate State Park, Polk County (took July and August off)

We started our hike on Clara's 60th birthday and ended it on Russ's 60th birthday.

Highlights

From Russ: We did not backpack the trail. Instead, we used a fifth-wheel RV to stay in. We used a truck and our Saturn car to do 89 day hikes. Stayed at 18 campgrounds. I carried a day pack and Clara took a cellphone and camera.

We saw lots of wildlife along the trail. Mostly deer and birds of all types. We did see a bear near Hatley and were surprised to see countless cranes. In the north we did run into bear hunters, so we had our orange vests on in areas they were in. I'm glad we did it, but there were some miserable moments.

We didn't meet any thru-hikers, but we did meet many day-hikers and section-hikers.

From Clara: Hiked in the Northern Kettles with hundreds of others on the Annual Glacier Hike weekend. Met two history buffs dressed in authentic 18th-century British infantryman uniforms with bedrolls and mock rifles.

A bear crossed our path as we approached the Dells of Eau Claire, and we enjoyed watching youngsters diving into deep pools of swirling water at the Dells of the Eau Claire County Park on a 90-degree day late June.

Ran out of water after losing our way in Parrish Hills Segment. We asked for water from a landowner at Parrish Road. He was very accommodating, offering a place to rest and fresh water—and he guided us back to the trail down an old railroad bed in the back of his property. He said he would brush out the trail so other hikers after us would not have the same problems.

Met teachers with schoolchildren at Grandfather Falls. They insisted on shaking our hands for attempting such a long walk and strongly encouraged us to check out the Merrill School Forest property.

Bear hunting was in progress as we hiked the Camp 27 and Timberland Wilderness segments. The area was converged on by dozens of pickup trucks, ATVs, and dogs as we parked our vehicles for our shuttles. We did not hear any gunfire, but we did hear the bray of dogs in the distance as we hiked and were nervous about running into scared bears.

The draining of Mondeaux Flowage was disappointing. We loved the Chippewa Moraine Reserve Visitor Center—spent an hour there.



Jane M. Stoltz

My initial hike, in 1993 in the Northern Kettle Moraine, was with a friend, Kay Kauffman. We backpacked for 28 miles (three days) in preparation for her upcoming Grand Canyon hike. Soon I was hooked and adopted the goal of completing the entire Trail. We continued to hike together, mostly forested areas, once a year. A few years ago I decided to go on my own, with a plan of finishing in 2009.

Highlights

My journey was marked by countless pleasant encounters as well as meeting chapter volunteers who generously provided current information on the Ice Age Trail segments and vehicular support.

At times, I depended on chapter volunteers for support. At other times I used a bicycle.

It was a great adventure—scenic, interesting wildlife, and I explored parts of Wisconsin and met many wonderful people. I am also proud of my challenging accomplishment, including learning a lot about glacial features.



PERSONAL INFO

Milwaukee, WI.
Occupational therapist

CHAPTER

Washington/Ozaukee
Chapter

HIKE DESCRIPTION

Section hike:
8/93 to 4/24/09
Northern Kettle
Moraine to Lincoln
County in time for
the IATA Annual
Conference. Hiked in all
seasons.

FAVORITES

Favorite wildlife area:
Straight Lake State Park
(under development),
Polk County

Favorite historic and
natural area: Portage &
Marquette segments,
Northern Columbia
County

Favorite scenic areas:
Northern Kettle
Moraine, Jerry Lake
in Taylor County,
McKenzie Creek in Polk
County

Favorite camping areas:
Jack Lake in Langlade
County, Murphy
Flowage in Rusk/Barron
County

Favorite hiking
companions: All

Craig Sanford

AGE WHEN COMPLETED

46 (on my birthday)

PERSONAL INFO

Insurance underwriter

CHAPTER

Washington/Ozaukee County

HIKE DESCRIPTION

Section hike (170 hikes): Started January 1, 2007, with the Blue Spring Lake Segment in Jefferson County, and ended August 25, 2008, with the Harrison Hills Segment in Lincoln County. Then hiked the western branch of the bifurcation, finishing November 23, 2008.



Highlights

I kept an extensive journal of all 170 hikes that I took to finish the Trail. The highlights are too numerous to list here, but a few moments do stick out: lost in Rusk County, deep snow in Columbus and Taylor counties, and of course the sunny day at Lookout Mountain just miles before finishing the Trail.

Chapter support throughout the state was wonderful. I had no problem getting shuttles when I needed them.

I completed the western branch of the bifurcation route in November 2008. That was an added bonus. I wanted to do something different from other hikers. It added excitement as the route was uncertain, but the scenery was just as spectacular as that on the eastern route.

I also very much enjoyed hiking year-round, including multiple snowy days on the Trail. I have a list of “favorites” on many categories along the Trail. Ask me about it.

1000-MILER STATISTICS

68% male
32% female

Lyle Lidholm

I hiked for my comrades of the 1st Marine division, 1952–1953, Korea, who did not make it back, and to recall how bitterly cold that winter was 55 years ago—the reason I chose to hike in winter for the second half of my hike.

Highlights

FIRST HIKE

Highlights—warmest, wettest fall in a decade. Poor signage, rain, mosquitoes, tornado damage from Ladysmith storm September 2. Carried 45-pound pack with bag, tent, food, etc. Camped out most of the time.

People: Keith Veldhuizen, Dean and Cora Dversdahl, Richard Smith, Buzz Meyer, Stan Koss, Dale Crisler.

SECOND HIKE

Highlights: snowiest (with 5 major storms with 6 inches or more of snow); coldest (-14° coldest day); did lot of snowshoeing in February and March; icy secondary roads. Slept in truck with shuttles, stayed at Foundation members' homes, lost 16 pounds, a watch, and my glasses.

People: Luke Klobberdanz, Tim Malzahn, Kevin Thusius, Judy Larson-Clements, Gary Klatt, Dolly McNulty, Leah Bradley, Sarah Gierke, Karen Wallenburg, Russ Helwig, Jennifer Stehley, Debbie Krogwald, Dan Rambo, Bob Broman, Stu Weber, Jim Powers, Ann Vogl, and Merlin Horn.



AGE WHEN COMPLETED

75

CAREER

Watertown, WI.
Retired master joiner,
Timber Framers Guild
of North America;
Korean War veteran,
USMC

CHAPTER

Walworth/Jefferson

HIKE DESCRIPTION

Eastbound section hiker:

9/3/2002 to 11/2002

Interstate State Park,
Polk County, to Rosholt,
Portage County.

12/22/07

Rosholt, Portage County,
to Iola Ski area, Portage
County (got sick)

2/2/08 to 5/3/08

Iola Ski
Area, Portage County to
Potawatomi State Park,
Door County

JoAnn Parks

AGE WHEN COMPLETED
55

PERSONAL INFO

Cadott, WI.
GIS Senior Project
Manager, Applied Data
Consultants, Inc.

CHAPTER

Chippewa Moraine

HIKE DESCRIPTION (JOANN & DAWN)

Section hike over five years. From June 7, 2003 in Chippewa County to June 7, 2008 in Chippewa County (National Trails Day)

Having spent years traveling all across the USA, North America, and Europe, only now I can say I've truly seen Wisconsin. How beautiful she is!

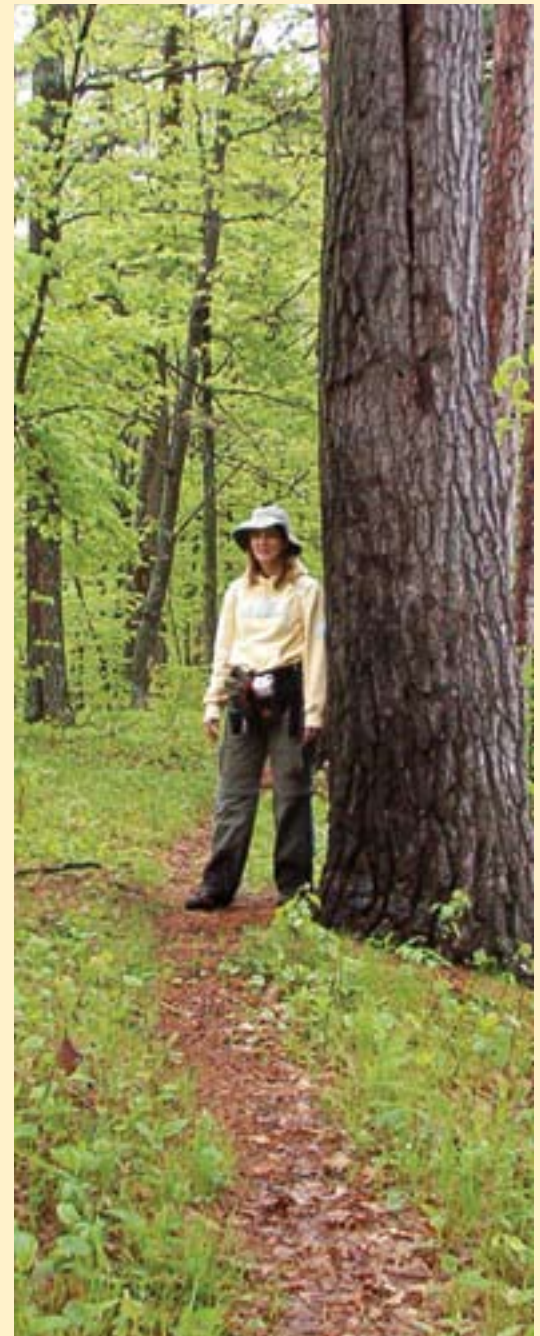
Highlights

After a week of rain, we started our journey on June 7, 2003 under the prediction of 50 percent chance of rain and 100 percent chance of mosquitoes. Well, it rained half the day and the mosquitoes attacked continually. After hiking eight miles from Highway E to the Highway CC parking lot in less than three hours, we thought we were wonder women! (A few years later, after that segment was measured by GPS, we learned it was only 6.5 miles. So we were not as fast as we thought.) Our first hike also became our shortest hike.

Next we tried a road connection following the Old Abe Bike Trail to the Cobban Bridge and then on to JoAnn's house. Well, the pavement was so hot we thought we would have heat stroke. Why we didn't quit after those two hikes we'll never know. But then we realized that we had always hiked before under "perfect conditions," and if we were going to do 1000 miles, we needed to get trail smart fast, and we needed a plan! The goal was to hike 200 miles a year for five years by doing the Trail in spring and fall and the road connections on cool summer days and warm winter days.

We never had trail names for each other, but we seemed to have a name for every hike. First there was the Mosquito Hike. We had the Bald Eagle Hike, the Buffalo Hike, and the March Madness Hike, where we got caught in a snow storm. On the Wood Tick Hike, we stopped

continued on next page



1000-MILER STATISTICS

13% were 20 or under

15% were 21-40

41% were 41-60

30% were over 60

Dawn Matott

How sad it is that people live in this beautiful state their entire life and they never take the opportunity to experience Wisconsin. I can think of no better way to see the beauty and the diversity of this state than to hike the Trail. What a wonderful adventure this has been!

counting after 200 ticks apiece then stripped down, picked ticks, and went on our way. There was the Boy Scout Hike, the Swamp Hike, the Beaver Pond Hike and the Nasty Tornado Hike. We had the New Year's Day Hike, the Good Friday Hike, the Mother's Day Hike, the Veteran's Day Hike, and the Foggy Halloween Hike.

Naturally, we started hiking in Chippewa County, closest to home, but then we branched out every which way. Sadie, JoAnn's basset hound, joined us for most of the trail hikes from Polk County to Langlade County. The farther we got from home, the more frequently we completed two-day hikes—usually a trail hike one day with a road hike the next.

We literally hop-scotched across the state, and many times we made the decision to go on a hike at 5 AM. Most of the time we took two cars, because we had made a last-minute decision to go. We did not have an *Ice Age Trail Companion Guide* or *Ice Age Trail Atlas* the first year or so. The maps we used were made with GIS data JoAnn had available at work, so we never followed any segment plan.



AGE WHEN COMPLETED

47

PERSONAL INFO

Cadott, WI.
Teacher

CHAPTER

Chippewa Moraine

1000-MILER STATISTICS

61% section-hiked
39% thru-hiked

Ken “Whistler” Schoenike

AGE WHEN COMPLETED
62

PERSONAL INFO

Kaukana, WI.
Retired; hiked post-heart bypass surgery; Web site: www.trailjournals.com (search for “whistler” or “IAT 2008”)

CHAPTER

Lakeshore

HIKE DESCRIPTION

Section hike: From January 25, 2003, in Manitowoc County, to January 29, 2009, at Potawatomi State Park, Door County

THANKS TO TRAIL WORKERS

The work local chapters put into keeping the Trail in good hiking condition is amazing. A couple of favorite segments come to mind: Jerry Lake, McKenzie Creek, Mecan River & Devil’s Lake. The one I find most inspiring is the Lake Michigan beach walk in Manitowoc.

The Trail was hiked in no particular direction and various segments in no special order either. The order was dictated by time available and if a ride could be found or easily arranged. Several sections were done as day walks, but I strongly dislike walking out and back.

Highlights

Several sections were completed by stashing a bike at one end and pedaling to or from the car. Numerous sections were done as day hikes involving multiple-day stays at motels or B&Bs, with my kind and supportive wife driving me out and picking me up at night. My daughters helped with driving duties on several occasions. A commercial shuttle service was hired once.

I did four or five major outings—multi-day hikes while camping/backpacking. One of the first was from the Rice Lake area to Interstate State Park, nine days. Cora and Dean Dversdall were extremely kind to drop me off at my trailhead in Rice Lake. It was a real learning experience. I felt like a proud warrior after surviving freezing water bottles, lots of ticks, big blisters, and still self-powering into St. Croix Falls. I also did a few things wrong: Took way too much stuff; carried too much water and used too many purification tablets; didn’t use the *Ice Age Trail Atlas* or *Ice Age Trail Companion Guide* to the fullest.

Another 10-day backpacking outing was from Grandfather Falls to Highway 64 in Taylor County this past September. This went a little smoother; I had a good idea of what to expect. Walked with my daughter’s three-year-old yellow lab, Aspen, who turned out to be a good hiker and good company. Aspen decided to roll in a dead porcupine, picking up a dozen or so quills in the side of his neck. Most of them pulled out easily; a couple took all the strength I could muster to get them out. Walked in several days of rain—sleeping in the same tent with a wet dog was the only problem. The Trail’s condition in this area was outstanding, contrary to the segment’s reputation for being hard to follow and poorly marked.

The only time I felt my personal safety threatened was on a section of road walk south of Packwaukee—a very quiet, isolated, narrow two-lane road. Had not seen any houses for several miles. Power and telephone lines had ended, and no other humanity was evident. I heard a vehicle approaching

from behind, which I did not think anything of. When it was abreast of me, it suddenly slammed on its brakes and skidded on the shoulder. Now my attention was fully alert! It came to an abrupt stop, the driver’s door came flying open, and a large man emerged in an apparent hurry, headed in my direction. Red flags went up—I started thinking, *How I can defend myself?* But when I saw the big smile on his face, my blood pressure started back down. Turns out he had hiked on the AT; after some conversation he asked if I needed a place to stay for the night. This is a good example of good things that can happen on the Trail.

The backpacking trip through the Devil’s Lake Segment provided a bit of apprehension. After my camp was set up, a park ranger drove through and announced that a tornado had been sighted nearby and campers should take proper shelter. I asked the ranger where I should go, and he pointed to an old wooden outhouse. Instead I took shelter at a stone WPA shelter. The storm passed by, and other than heavy rain, there was no damage.

I always enjoyed coming into small towns and visiting with local residents and merchants. A stop at the local restaurant, grocery store/convenience store, and motel when the opportunity presented itself was always welcomed. I found people to be friendly and helpful. Their knowledge of the Ice Age Trail often was quite vague or lacking completely. Some were interested in hearing about the Trail, others were not.

I look forward to working on the Trail here in my Lakeshore Chapter region and hope to add many more miles to the *Ice Age Trail Atlas*.



Tim “Rex” Obukowicz

I hiked the Trail as a fundraiser for the 2008 Strong Kids Campaign for the YMCA of the Northwoods in Rhinelander. Last April the Y staff asked me if I could help with the campaign (Strong Kids provides scholarships for Y-memberships/programs to families/kids with financial needs). It took me about 15 minutes to come up with the Ice Age Trail hike idea. Within a few days I formulated a fund raising plan with the Y staff, and five weeks later was on the Trail.

Highlights

Every one of my 58 days on the Ice Age Trail was additive to the adventure. It was nice to feel important during those early rural road walks when herds of Holstein dairy cows would stop everything for minutes and just stare at me as I trekked on past, using up my 15 minutes of lifetime fame. My food cravings were for ice cream and Diet Coke, and I enjoyed these frequently during the first 500 miles of journey (favorite serving of ice cream was the 1000-plus calorie sundae from the Washington House in Two Rivers).

Through the northern Wisconsin stretch I convinced myself to crave Power Bar Protein Plus and Balance Bars. Favorite noises were my nightly forest bedrooms that would “come alive” after sunset with all kinds of noises. Every crunch of forest floor or snap of a branch seemed to be caused by a huge critter, probably a 400-pound bear.

It was amazing how I walked into spring during my early May descent from Potawatomi State Park. Favorite flowers were the shooting stars and lupine that shared the Trail in the Kettle Moraine forests. A unique manmade feature was the world’s largest barber pole, a farm silo with a barbershop inside it, just east of Elkhart Lake. The only congested section of Trail was weekend hiking through the North Kettle Moraine—nice to see the numerous troops of Scouts backpacking.

Was great to be joined by friends for a day on the Trail. A very-much-enjoyed amenity was the occasional hot shower for the first half of the trail;

in the north (Antigo onward) kettle lakes and the occasional running stream were “all good.” Favorite vista was from the Pike Lake Unit of the Kettle Moraine State Forest lookout tower toward the distant gigantic kame, Holy Hill, with towers protruding on top. Most awesome Trail Angel was the legendary Strawberry Lady. Her dish of fresh strawberries made a good day into a great one. Nicest thing said to me by passersby was when a couple of guys in a pickup truck slowed as they passed me in Packwaukee and said, “We’re proud of you, walking in the spirit of Marquette and



Joliet.” Kindest act was when a couple of guys taking a work break asked me what I was doing as I was walking through Two Rivers with a pack and trekking poles. When I told them about the 1000-mile trek for “Strong Kids,” they gave me all they had on them for the cause—\$18, awesome! Eskers were my favorite remnant ancient feature for which the Trail is named. The seven-mile-long Mondeaux Esker was incredible. Most memorable animal encounter was with a mom bear and her cub while hiking in eastern Polk County (if you’re interested, just ask me about it). Most memorable night awakenings were from an hourly tail slap by the resident beaver of a pond in the Blue Hills, 25 feet from my tent.

AGE WHEN COMPLETED

51

PERSONAL INFO

Rhinelander, WI. Pharmacist; raised money for YMCA of the Northwoods (Rhinelander); trail journal on trailjournals.com (search for “Rex” or IAT 2008)

CHAPTER

Northwoods

HIKE DESCRIPTION

Section hike westbound

May 9, 2008, to May 31, 2008: Potawatomi State Park, Door County, to Devil’s Lake State Park, Sauk County

July 27, 2008, to August 25, 2008: Devil’s Lake State Park, Sauk County, to Weyerhaeuser

September 14, 2008, to September 20, 2008: Weyerhaeuser, Rusk County, to Interstate State Park, Polk County

GIVING THANKS

My thanks to the IATA and NPS staffs and chapter volunteers who make a hike of the Ice Age Trail possible. It is a jewel of the state and is truly a walk on the wild side.

Daniel “Biscuit” Seitz

AGE WHEN COMPLETED
55

PERSONAL INFO

Milwaukee, WI.
Retired applied software engineer currently working for REI—Brookfield

CHAPTER

Waukesha/Milwaukee County

HIKE DESCRIPTION (DANIEL & BARBARA)

Thru-hike westbound from April 21, 2008, Potawatomi State Park, Door County, to August 27, 2008, 1 PM, Interstate State Park, Polk County

See trail journal at trailjournals.com/biscuitandgravy

We hiked in celebration of the 50th anniversary of the IATA and to raise money for St. Matthew’s Lutheran Church in Wauwatosa, Wisconsin, for a solar panel project.

Highlights

Discovering the physical features of the land—eskers, kettles, drumlins, unglaciated areas, etc. A few areas that really stood out for us were the Dells of the Eau Claire, the Hemlock Esker, the Mondeaux Esker, Devil’s Lake, the Grandfather Falls area on the Wisconsin River, the frost pocket in the Kettlebowl Segment in Langlade County, and the many beaver dams that we crossed.

Experiencing the people of Wisconsin—their generosity in allowing us to camp on their property, providing us with water and at times surprising us in unimaginable ways, (providing us with breakfast, warm muffins and

cold muffins, housing us in a super gazebo and basketball barn).

Realizing that our true physical capabilities far exceeded our expectations—that we can do something as difficult as thru-hiking the Ice Age Trail. We are so confident and inspired that we are currently biking across the United States.

Learning to deal with daily challenges—flooding, sore and blistered feet, black bear, finding water, obtaining food and negotiating blazes.



beginning...

1000-MILER STATISTICS

67% hiked westbound

33% hiked eastbound

Barbara "Gravy" Seitz



AGE WHEN COMPLETED

55

PERSONAL INFO

Milwaukee, WI.
Special education school teacher with Milwaukee Public Schools; currently working at St. Matthew's Lutheran Church

CHAPTER

Waukesha/Milwaukee County



...and end

1000-MILER STATISTICS

85% were from Wisconsin

15% were from Minnesota, Florida, Illinois, Ohio, or Maryland

Mark Cook

AGE WHEN COMPLETED

52

PERSONAL INFO

Madison, WI.

Mark is married to Ellen Cook, (scientist at UW-Madison) with three adult children (Lynn, Leighann, and Crague).

A professor of Animal Sciences at UW-Madison (since 1982) and studies the regulation of inflammation in animals. He teaches the Introduction to Animal Agriculture, Human/Animal Symbiosis, Law, Ethics and Practices, and Avian Diseases.

CHAPTER

Dane County

HIKE DESCRIPTION (MARK AND WAYNE)

Section hike—various directions

July 2004–June 15, 2008, hiking in all four seasons, almost every weekend, for four years.

1000-MILER STATISTICS

64% hiked alone at least half the time

30% never hiked alone

Ellen (my wife) said, “You need a hobby.” My friend Wayne Prior said, “We ought to get together and do something.” I suggested going for a hike. At first we didn't have a specific plan to hike the Trail, but it happened. After just a few hikes, it quickly turned from “just hiking” to hiking on the Ice Age Trail.

Highlights

Written for the Ice Age Trail Alliance Annual Membership Conference, April, 2009, by Mark E. Cook

Early on, Wayne and I set two rules: 1) We would only hike on Sundays. 2) Anyone could hike with us, but we would not change our schedule to meet their time schedule.

We began with short hikes close to home—within an hour to hour and half drive. These early hikes were about five miles, and we were almost always home when the house was waking up. After many hikes, we got farther from home and used two bikes and one car. We parked where we were to end the hike, biked to the start, hiked back to the car, and retrieved the

bikes for the drive home. Our miles from home, on the bikes, and on the Trail grew. Our longest drive was five hours each way, hence, 11 hours in the car, and typical became 45 minutes on the bikes and three to four hours on the Trail at most. (On a road we hiked each mile in 17 minutes; in the woods, 20 minutes was common, but in the snow the hike could slow to 30 to 40 minutes per mile.) The car rides were great, catching up on the way there, and the Packers, National Public Radio, or lecturers from the Teaching Company (e. g., Civil War, Origin of Humans) on the way back.

Our gear was simple. I had really good boots; you will have to ask Wayne about his boots. We had a day pack with compass, camera, matches



Wayne Prior

(never used), candle, first aid gear (never used), two (winter) to four (summer) 16-ounce water bottles, and for insects, lots of Deet, and food service hairnets (both a must). Clothing was whatever we found around the house, plus long johns in the cold weather, and lots of chemical hand warmers. Pants from April to November were tucked into socks (tick control), and we wore blaze orange for road hikes during deer season. Deet was found to be a gift from God, and the wearing the hair net was like walking in heaven. We rarely had a bite from any insects.

We found the biking the least favorite part, especially when temperatures dropped below zero. We always biked with the wind. Since the only thing that stopped a hike was the rare instance of impossible driving conditions when we woke (often as early as 3:30 a.m.—key for us was to hike the Trail in daylight), studded tires were eventually found to be required. Also important, since we used studs only on the front, was to brake on the back tire.

We saw lots of animals, birds of all kinds including a whooping crane and many turkeys, eagles, and sandhills, to name a few (bluebird populations are healthy, and we really saw a flock of mountain bluebirds). Our mammals included a coyote, deer, porcupines, and bears (mom and three cubs). I really enjoyed the mushrooms, flowers, and grasses. I can't name them yet, but have a picture of every single one. My biggest surprise was the total lack of people. Sunday mornings are a great time to hike if you want the Trail to yourself.

I had hiked long sections of trails when younger, but would never change our one-day a week plan. We saw the Trail for four years and four seasons per year and were never sore at the start of a hike. I'm convinced that a person could walk the same 10 miles every day of the year and see something beautiful each time.

The Ice Age Trail is a great gift from the citizens, and I thank you and the many clubs and workers that made these beautiful paths. Ellen and my grown children (Lynn, Leighann, and Crague) were my greatest supporters, and Wayne and I could not have made it without our friend Jim Stahl, bike mechanic at Budget Bicycle on Saturdays, and UW scientist during the work week.

SIGHTS, ADVENTURES, AND LESSONS LEARNED

- Walked the shores of Lake Michigan when it was -10°F. Saw swans, white pelicans, geese, and ducks migrate eight times. Saw the first bluebirds in spring. Saw eastern bluebirds and mountain bluebirds. Saw a magpie. Heard and saw spring peepers, chorus frogs, gray tree frogs, toads, leopard frogs, green frogs, and bull frogs.
- Crossed many beaver dams and saw lots of beaver signs but did not see one beaver.
- Saw tons of turkeys, partridge, deer, fox, coyotes, and porcupines.
- Hit diverse mushroom seasons.
- Hit roads during hunting season.
- After a few bike wrecks on slippery winter roads, discovered the value of studded bike tires. Found that snow is hard work to hike in. Riding a bike at -10°F is cold.
- Wayne crossed an unstable frozen stream in bare feet.
- Discovered that bugs are no problem with DEET, and food-worker hairnets are a valuable asset.
- Wayne had 36 ticks on himself at one time.
- Landowners are kind and generous.
- If you are in Rock County, the sheriff will call your home to make sure your car is not abandoned. Our wives received wake-up calls four times. (That's when we started putting a sign in the car saying we were hiking the Ice Age Trail.)
- We never ever had anyone mess with our car or bike the whole trip—people are great!

AGE WHEN COMPLETED

59

PERSONAL INFO

Madison, WI.
Engineer; special hiking
diet: Snicker bars

NOT FUNNY AT THE TIME...

Once in the winter we were in a very remote area around Taylor County where very few people came down the road. We biked and hiked our 10 miles, which took about four hours, and finally got back to the car very tired and sore. The car started OK, but it was stuck in the snow and would not budge. I got out to push while Mark drove. I pushed it forward, then I pushed it backward, and couldn't get it to move. I dug the snow away as best I could with my hands. There were no cell phone towers, so we couldn't call a wrecker. There were no houses for miles. We were too cold, hungry, and tired to walk out, and we were running out of options. Finally, Mark tried it without the emergency brake on. We were able to drive right out after that.

About the Trail

The Ice Age Trail, one of only eleven National Scenic Trails, is the brainchild of Raymond T. Zillmer. In the 1950s, Zillmer promoted the idea of a long-distance hiking trail that would allow Wisconsinites to experience wilderness near their homes, rather than having to drive hundreds of miles to remote national parks. Wisconsin's Ice Age heritage was the perfect theme for the such a trail, as the state is home to some of the finest examples in the world of continental glaciation's effects on a landscape. To build support for the idea, Zillmer founded the Ice Age Trail Alliance (then called the Ice Age Park & Trail Foundation) in 1958.

As a result of years of work by IATA volunteers, along with critical support from the National Park Service, Wisconsin Department of Natural Resources, county and local partners and private landowners, today's Ice Age Trail route winds more than a thousand miles from Potawatomi State Park in Door County to Interstate State Park on the Wisconsin–Minnesota border. The path welcomes those looking to explore Wisconsin on foot, either by walking, hiking, backpacking, snowshoeing or cross-country skiing. While more than 50 hikers have covered the entire thousand miles, the Trail, thanks to its many access points, is also well suited to leisurely walks and day hikes. The Trail has many segments in very remote locations, but also has many others within or just a short drive from cities such as Sturgeon Bay, Manitowoc, West Bend, Milwaukee, Janesville, Madison, Portage, Wausau and St. Croix Falls. True to Zillmer's vision of accessible wilderness, an Ice Age Trail segment can be found within 20 miles of 60% of Wisconsinites.



Ice Age Trail Alliance

2110 Main Street, Cross Plains, WI 53528

608-798-4453 • 800-227-0046

www.iceagetrail.org