



Ice Age Drift

Published by the Dane County Chapter of the Ice Age Trail Alliance

Spring 2016

www.dane.iceagetrail.org

A Step in the Right Direction

Article by Tom Gross

From the Warrior Expeditions website:

"In 1948, Earl Shaffer told a friend he was going to "walk off the war" to work out the sights, sounds, and losses of World War II.

Four months later, Earl Shaffer became the first person to hike the entire length of the Appalachian Trail from Georgia to Maine."

"Following in Earl Shaffer's footsteps and in recognizing the therapeutic effects of long distance outdoor expeditions, Warrior Expeditions created the Warrior Hike, Warrior Bike, and Warrior Paddle programs which are designed to help combat veterans transition from their military service."

Veterans returning from recent wars find themselves in similar circumstances. One such veteran was Sean Gobin, who left the service in 2012 having served in Iraq and Afghanistan. Gobin had not heard of Earl Shaffer when he decided that he wanted to hike the Appalachian Trail (AT) to help him process his war experience. He got a friend to join him on this adventure and they hiked the AT in 2012.

They used their journey to raise money for disabled veterans, but along the way, Gobin realized that the experience was also helping him. "Initially, I was hiking the Appalachian Trail because it had always been a dream of mine," Gobin said. "Then, about two-thirds of the way up the trail, I realized that long-distance hiking would be a great way for veterans to transition from their wartime experiences."

Gobin started Warrior Expeditions to help meet the need for some veterans to "walk off the war." In 2013, 13 vets hiked the AT. Since then, several other National Scenic Trails have been added to the program and over 70 vets have completed hikes. Recognizing that long-distance hiking isn't for everyone, programs called Warrior Paddle and Warrior Bike are now also available.

Warrior Hike provides the equipment needed for long-distance backpacking. Most of the equipment is donated by manufacturers of boots, backpacks, sleeping bags, tents, stoves, etc. Individual monetary donations are used to provide a stipend for buying food and other miscellany.

Warrior Hike also organizes weekly trail town stops, where locals give the hikers a hot meal and a chance to take a shower and sleep in a real bed. According to its website, these experiences help often-jaded veterans regain their faith in people and ease them into nonmilitary life.

Last year, the Ice Age Trail joined other National Scenic Trails under the Warrior Hike program and two veterans hiked the entire IAT. One of those veterans was Natalie Koffarnus, who now volunteers

for Warrior Hike. She arranges for local Veterans of Foreign Wars (VFW) posts to provide assistance along the route. This generally includes transportation to and from the Trail for a shower, a meal, and comfortable sleeping accommodations.

This year there are two more vets scheduled to hike the IAT. They will hit the Trail at the western terminus on May 16 after being hosted by the VFW post in Dresser. They will finish 14 weeks later in Door County with stops at conveniently located VFW posts each week along the way. They will be in Madison July 9 with VFW Post 1318 as the host post.

The popularity of Warrior Hike increased following Gobin's selection by CNN as a Top 10 Hero of 2015. Returning vets need to apply to be selected for the program. The application is found on the website (see below) and the selections are made in December for the following year.

Time heals all wounds. In previous centuries, soldiers had weeks to get home following military service in war zones and that travel helped them return gradually to civilian life. Today, they can return home in a matter of two or three days and are expected to suddenly be a civilian again. It's nice to think that the IAT can help that process.

More information is available at either: warriorhike.org or warriorexpeditions.org

4th Annual Hike-A-Thon Set for June 4th



Photo by Amy Lord

Join family, friends, colleagues, and many others on a premier hike along the Ice Age National Scenic Trail through southern Dane County. The 4th annual Hike-A-Thon is scheduled for Saturday, June 4. *Continued on page 2...*

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Try one of the Spring Events listed in the calendar insert!

2016 Dane County Hike-A-Thon (continued)

This year's Hike-A-Thon will be on National Trails Day, Saturday, June 4th and will feature two hikes for attendees to participate in. The first is a 21-mile hike from Brooklyn Wildlife Area to Badger Prairie Park in Madison. A bus will transport hikers to the start point, and they will hike back to Madison, assisted by water stops with snacks, and a party at the finish line. The rolling terrain of the hike will include many scenic overlooks, restored oak savannas and prairies, and several county and state parks or natural areas.

The second option is a challenging but more leisurely 6.4-mile hike featuring three restored prairies in early bloom, 5 kettle ponds, and the terminal moraine of the Wisconsin Glacier. A bus will transport hikers to the start at Prairie Moraine County Park in Verona, and they will hike back to Madison, assisted by a water stop, and a party at the end!

Hikers participating in the 21-mile hike should be ready to load the bus no later than 8:30 a.m. at the Ice Age Junction parking lot, and those involved with the 6.4-mile hike will load the bus at 1:00 p.m. from the Ice Age Junction parking lot as well. More information can be found on the Hike-A-Thon event website.

The goal of the Hike-A-Thon is to raise \$5,000 for the Ice Age Trail Alliance, helping to support the Dane County chapter, and assist with trail building efforts statewide. We are asking all participants to make a tax-deductible gift or collect pledges of \$30. Participants who donate or collect pledges of \$50 or more will receive a Hike-A-Thon t-shirt courtesy of Fontana Sports.



Photos by Amy Lord

Registration is still open!

Visit www.iceagetrail.org/event/dane-county-chapter-hike-a-thon

Meet a Member Jon Bishop

Article by Amy Lord

How long have you been volunteering with the Ice Age? What first brought you to the organization?

Jon Bishop got involved with the Ice Age Trail in 2002. He was new to the Midwest and to Madison and wanted to get involved with a prairie restoration. He was visiting his first Dane County Farmer's Market and Ice Age had an information booth. He talked with the people at the booth and became so excited that the Ice Age was not just a trail, but the trail was an anchor to maintain habitat. It was a trail with habitat restoration around it and he wanted to be involved!

What inspires you to be involved or make the trail/organization better?

The Ice Age Trail Alliance can be the greatest restoration effort in the Midwest. The goal to finish the trail should also be a goal to restore and create habitat around the trail for miles and miles and miles. Jon is truly inspired to be involved in this project and wants to do all that he can to continue the efforts to its completion.

Are you working on a project now you would like to share? Do you have any projects you've worked on that you are especially proud of?

Jon has a goal to expand a prairie savanna in the Dave's View Area of Lodi Marsh State Wildlife Area on the east side of Lodi-Springfield Road. When Jon, Gary Werner and Tom Wise were exploring the area around the trail, they found prairie remnants among an extensive cedar thicket. What a great discovery! Now, Jon is working with others who are dedicated to restoration to expand it.

Jon knows the cycle of stewardship and maintenance very well: Burn (April-ish), Garlic Mustard eradication (May-June), Prairie Weeding (June-early August), Open Prairie, and then Tree and Cedar Removal (winter). Jon is always trying to make the cycle more efficient. Project A will leverage Project B and C so it will be easier

if planned just right. When planning out a winter tree and cedar removal, Jon likes to focus on areas with heavy garlic mustard. If we can clear the trees in the winter, it will be easier to get into the area in the spring for garlic mustard removal!

Most favorite trail section?

Jon has been the de facto land steward for the east side of the Lodi Marsh segment since the spring 2006. The area is very dear to Jon as he has been closely involved with the expansion for years. He is now working with the DNR Land Manager, and things are getting done. When he took over as land manager, he was welcomed, received with excitement and others were willing to help.

What advice/recommendation would you give to a new member on how to get involved and how to better enjoy the trail?

Don't be intimidated, you are among friends! If you have a strong vision, suggest it. If you have ideas, tell a trail monitor. There are so many opportunities to get involved with the Ice Age Trail, ask to know more. Even if you are unable to swing a pick-mattock or work a chainsaw, that's OK. There are opportunities to help with outreach, membership, and assisting with organizing work days. We would love to have you involved!



Jon Bishop

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Dane Drifter Update

Article by Gary Wensing

With Spring kicking in, people are getting active on the trail again and we're off to a great start to the year in the Dane Drifters hiking rewards program. Since our December update, we've had 31 people register (we're up to 118 total registered) and 19 recently completed the program (50 total since we started in 2014). Nine of those completing did it all in just two days as part of an Ultra Run.

As a reminder, the Program is only \$10 for IATA members, \$12 for non-members and \$6 for a companion to a registered hiker and you can earn a patch, a certificate of completion for hiking all of the segments of IAT in Dane County, and you support the Dane Co Chapter of the Ice Age Trail Alliance.

If you want to join the Dane Drifters or learn more info, contact Gary Wensing and Kristi Kenyon of Cross Plains at kensinginn@tds.net or see the Dane Co page on the IATA website (<http://dane.iceage trail.org/home>).

Whether you're working on the program or not, everyone is welcome to join us on group hikes on our trail segments.

Congratulations to the following Dane Drifters:

Name	City	Distance [†]
Dan Schrader	Middleton, WI	TC
Lorraine Sabo	Sun Prairie, WI	TC
Dominique Lisiero	Madison, WI	TS
Noah Dowell	Madison, WI	TS
John Schachtner	Prairie du Sac, WI	TC
Gail Tomich	Prairie du Sac, WI	TC
Kyle Kinderman	Milwaukee, WI	TC
Melanie McManus	Sun Prairie, WI	TC
Mary Guell	Ripon, WI	TC
Jason Dorgan*	Blue Mounds, WI	TC
Brenda Bland*	Wauwaukee, WI	TC
Scott Meyers*	Oshkosh, WI	TC
Daithi Wolfe*	Madison, WI	TC
Mark Kaczmarek*	Franklin, WI	TC
Douglas Wielgat*	Racine, WI	TC
Jimmy Penlesky*	Madison, WI	TC
Tony Cesario*	Frankfort, IL	TC
Julie Bane*	Woodstock, IL	TC
Holly Lorentz	Elkhorn, WI	TC

*Ultra-Runner †TC: Completed trail segments and connecting routes; TS: Completed trail segments.



Check the enclosed calendar to see what we have planned in the coming months.

Become a Member

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

The IATA does NOT share or sell member personal information.

- I have enclosed a check payable to the Ice Age Trail Alliance.
- No payment is enclosed. Please send sign-up forms for secure automatic bank withdrawals.
- Please charge my (circle one)

VISA Mastercard \$Amount _____

Card # _____ Exp. _____

Signature _____ IATA Code DCC

Trail Maintainer: \$35 \$50 \$75

Trail Builder: \$100 \$150 \$250

Trail Protector: \$500 \$750

Yellow Blaze Club: \$1,000 \$2,500 \$5,000

Glacial Leadership Circle: \$10,000 \$25,000

Mail to:

Dane County Chapter

Ice Age Trail Alliance

2110 Main St.

Cross Plains, WI 53528

Join Online! Visit us at www.iceage trail.org.

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Dane County Chapter
www.dane.iceagetrail.org

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**Dane County Chapter of the
Ice Age Trail Alliance presents**

Explore Dane County and raise funds to build, maintain and protect the Ice Age Trail. Choose one of two hikes along the Trail.
A 21-mile hike from Brooklyn State Wildlife Area to Badger Prairie Park or a 6.4-mile hike from Prairie Moraine Park to Badger Prairie Park.
Water stops and a party at the finish line for all participants!

**HIKE-A-THON
2016**

**National Trails Day
Saturday, June 4**

To learn more and sign up, go to
www.iceagetrail.org/event/dane-county-chapter-hike-a-thon

Sponsored by

See you on the trail... The Dane County Ice Age Chapter has lots of great hikes coming up this summer! Stay up to date on what's going on with the chapter many ways:

- Facebook Dane County Chapter of Ice Age Trail public group
- IceAgeTrail.org - calendar of events

- Meet Up – Ice Age Rock & Dane County Chapters



Go to meetup.com and search for “Ice Age” within 50 miles of Madison to join the Ice Age Trail Alliance – Rock and Dane County Chapters Meet Up Group.