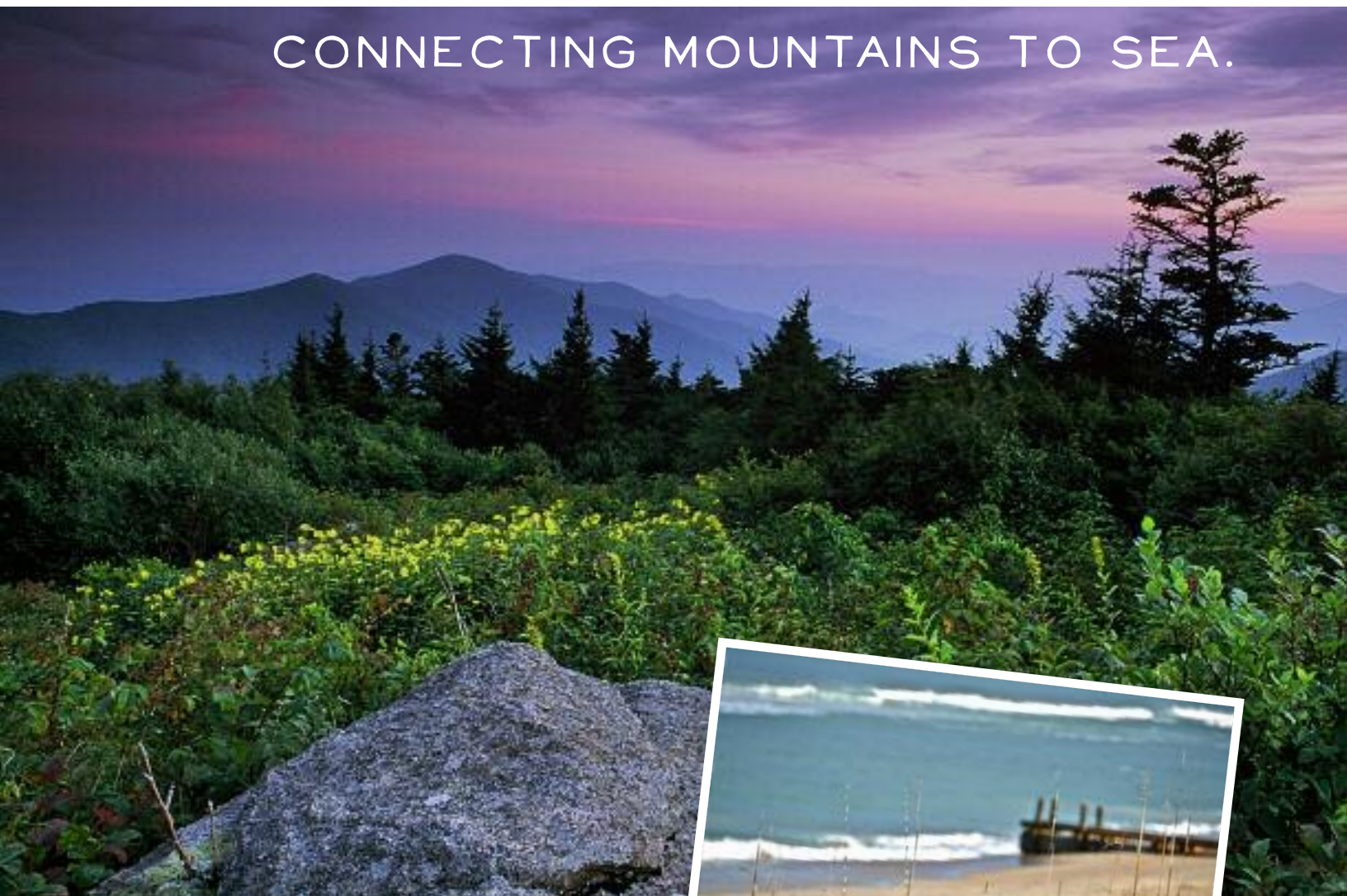


ONE THOUSAND MILES

CONNECTING MOUNTAINS TO SEA.



First Place Photo: View from the Trail – Twilight below Potato Knob, Black Mountains by Stephen Schoof



First Place Photo: Youth Photographer – Sea Oats at Nags Head by Miranda Knox

ANNUAL REPORT

January 1, 2011 to December 31, 2011





Dear Members and Friends of the MST,

This annual report details the great progress made on the MST during 2011. It documents a breadth of success that is unparalleled in the history of FMST and that would not have been possible without our volunteers; federal, state and community partners; and the financial support of corporate and individual members.

Some of our most significant accomplishments were the completion of key projects that linked together long, continuous stretches of trail. These strategic projects included:

- The construction of five miles near Boone which created 300 miles of uninterrupted trail in the mountains.
- The completion of a 100-foot steel pedestrian bridge over Little Lick Creek which had been the only gap in the 60-mile Falls Lake section.

While these new links were being constructed, our trail volunteers continued the steady, critical work which ensures that all the miles that have already been built remain open and safe so that hikers can enjoy the astounding beauty and diversity of North Carolina.

- No group of volunteers deserved more recognition in 2011 than the Carteret Wildlife Club which celebrated the 40th anniversary of their creation of the 22-mile Neusiok Trail in the Croatan National Forest while they set about once again repairing boardwalk and bridges—this time damaged by Hurricane Irene.

While 2011 was a year of connections, it was also a year of transition as FMST began to focus on places in North Carolina where little or no progress has been made to build the MST in 30 years. Specifically, we began studying options and urging State Parks to break the impasse on trail construction:

- Where the trail leaves the Great Smoky Mountains National Park. The trail was originally envisioned to parallel the Blue Ridge Parkway but that route has proved infeasible. FMST is delighted that State Parks has hired the council of governments for seven western counties to develop a trail plan that will address routing of the MST.
- In the Coastal Plain between Smithfield and New Bern. Because of lack of progress in building a trail in this area, FMST has urged State Parks to look at options in addition to a proposed route following the Neuse River. In response, State Parks staff began interviews with all of the local governments in the Coastal Plain counties of Wayne, Lenoir and Craven to provide updated information of their interest and ability to help build the trail.

Why was this a year of transition? Since the MST was first proposed in 1977, state and federal agencies such as State Parks, National Park Service, US Forest Service and US Army Corps of Engineers have stepped up to allow the trail to be built on the land they manage. Those partnerships will continue to be important.

But now, as the trail moves east from the mountains and west from the Outer Banks, we're moving into new territory. More than ever, we will need to enlist the assistance and advice of communities and the public, including private landowners. We will need to integrate our plans with those for local trail systems.

I'm confident that this transition will be a good one. North Carolinians have a long tradition of pulling together and rising above differences to build a legacy for future generations. More than ever your support will make the difference and help make the MST one of the greatest treasures in North Carolina.

Sincerely,

A handwritten signature in black ink that reads 'William W. Sadler'.

WILLIAM W. SADLER

VOLUNTEERS DRIVE TRAIL BUILDING & MAINTENANCE

Thanks to each of the 848 volunteers who worked more than 18,000 hours to build and maintain the Mountains-to-Sea Trail in 2011. Those volunteers worked in 15 task forces—each responsible for building and maintaining a different section of trail.

Highlights of Task Force work in 2011 include:

- Six task forces (Tanawha/Moses Cone, Watauga, Sauratown, Guilford, Alamance, and Hillsborough) dramatically increased the number of volunteer hours devoted to their sections of trail in order to undertake big trail construction, restoration or rerouting projects.
- 2 • The Watauga Task Force focused on building a final five-mile segment that will create a 300-mile uninterrupted stretch of trail in the mountains. Volunteers from other areas jumped in to help. The South Ashe Task Force devoted one of its regular monthly workdays to the Watauga section, and volunteers came from all over the state to help on a “Big Push” Weekend in July.
- The Falls Lake Task Force moved from construction to maintenance mode to keep their 60-mile section in pristine condition. At the very end of the year, contractors installed a steel pedestrian bridge over Little Lick Creek, the only gap in the Falls Lake section. The official bridge and trail opening was set for May 2012.
- 4 • In late Fall, the Croatan Task Force began re-setting and repairing boardwalk and bridges on the Neusiok Trail that were uprooted by Hurricane Irene while US Forest Service staff focused on clearing the downed trees.
- 7

| TASK FORCE | HOURS |
|----------------------------------|---------------|
| Carolina Mountain Club | 6,341 |
| Central Blue Ridge/Bald Knob | 1,291 |
| Tanawha/Moses Cone | 411 |
| Watauga | 1,483 |
| South Ashe | 1,152 |
| North Ashe | 387 |
| Alleghany | 38 |
| Sauratown Trails Association | 959 |
| Guilford | 792 |
| Alamance | 329 |
| Orange | 34 |
| Hillsborough | 295 |
| Eno | 997 |
| Falls | 3,738 |
| Croatan & Carteret Wildlife Club | 185 |
| TOTAL HOURS | 18,432 |

Three donors provided substantial grants that were particularly important to FMST’s trail construction and maintenance work. The federal Recreational Trails grant program, which is administered by NC State Parks, and Durham County’s Open Space matching grant program, provided more than \$200,000 for the 100-foot pedestrian bridge on Falls Lake. An REI grant of \$10,000 let FMST provide tools and materials to volunteers all over the state.

Thanks to educational grants under the federal Recreational Trails Program, FMST offered a class to certify 20 volunteers in the safe use of chainsaws and sponsored two trail building classes for 44 people in Alamance and Guilford counties where FMST and local government leaders are recruiting volunteers to build trail on land recently acquired for the MST. The trail building classes were taught by Randy Johnson, who developed Grandfather Mountain’s back country trail system and helped design the Tanawha Trail on the Blue Ridge Parkway. The chainsaw class was taught by NC Division of Forest Resources employees Mark Bost and Marshall Humphries.

ROUTE PLANNING EFFORTS

Efforts to develop clear and achievable plans for the trail route got underway for the Croatan National Forest and surrounding counties and for northwestern Guilford County.

The Croatan-area plan was undertaken by NCDOT’s Rural Planning Organization for that region. FMST helped the planners reach out to the public for input. As possible routes were proposed, FMST board members John Jaskolka, Terry Smith and Bill Sadler led the ground-truthing efforts to determine if proposals were feasible in this pocosin- and swamp-filled region.

3 • Guilford County and the towns of Summerfield and Stokesdale developed a plan for how to turn the abandoned Atlantic & Yadkin railroad corridor into a greenway and route for the MST. FMST was involved throughout the process: educating citizens about the trail and helping the planners seek the opinions of recent MST completers about different options being considered.

In addition, FMST board and staff urged State Parks to undertake new plans to break the 30-year impasse of trail construction in



The bridge is installed at Falls Lake. Photo by Gregory Scott



MST at Graveyard Fields. Photo by Eric Rogers



Approaching a bridge. Photo by Miranda Knox



MST founders Jim Hallsey, Howard Lee and Allen DeHart. Photo by Danny Bernstein.



Skiing on the MST. Photo by Matthew Browning.



two areas: 1) **1** between the Great Smoky Mountain National Park and the Blue Ridge Parkway and 2) **6** in the Coastal Plain between Smithfield and the Croatan National Forest. By year end, State Parks agreed to provide a grant to the Southwestern Commission that works in the seven western counties in North Carolina to develop a trail plan for that entire region which will address routing of the MST. State Parks staff also began interviewing all of the local governments in the Coastal Plain counties of Wayne, Lenoir and Craven to ask them to provide updated information about their interest and ability to build the trail.

MAPPING THE TRAIL

Thanks to a grant from the NC Adopt-a-Trail program and the volunteer expertise of GIS mapper Curtis Belyea, a new interactive Google map of the trail was installed on FMST's website and GIS maps were developed to depict the current hiking route as well as progress toward constructing the trail in areas it is planned for the future. The GIS maps were first unveiled at FMST's 2011 annual meeting and the google map went live on the website in May.

EIGHT HIKERS COMPLETE THE TRAIL

Thousands of people hike on the MST every day, and the number of people attempting to complete the entire trail continues to rise. The "MST Class of 2011," the largest to date, is full of interesting people who had great adventures on the trail. Completers included: Scot "TABA" Ward, MST guidebook author, who completed the trail for the fourth time; ultra-runner Matt Kirk, who completed the trail in 24 days; herbalist Heather Housholder, who blogged about medicinal plants she found

along the MST; Englishman William Dolling, who was our first international completer; and Danny Bernstein, Heidi Domeisen, Lora Arrington and Sharon McCarthy.

In addition, the first relay completion was accomplished by a team of 18 Marines from Camp LeJeune who hiked the trail over six weeks in teams of two to raise awareness and funds for wounded Marines.

RAISING AWARENESS AND FUNDS

Public awareness of MST was given a series of boosts in 2011.

- The year started off right at FMST's annual meeting when 130 members heard a rousing keynote speech by Howard Lee. In 1977, Lee, then Secretary of the NC Department of Natural Resources and Community Development, first proposed a trail across the state at a National Trails Conference in North Carolina.

Lee said the work being done by the volunteers has been one of the most extraordinary achievements in the history of North Carolina. He said the trail has been a catalyst for trails in other parts of the state and bringing people together. His inspirational speech encouraged those attending to enlist others. He said, "The North Carolinians I know take great pride in helping others. We just need to keep tapping into that strength and sense of purpose." The speech finished on an upbeat note as Lee sang the old Roy and Dale Roger's tune, "Happy Trails to You," in his beautiful baritone voice.

- February 2011 also marked the 40th anniversary of the 22-mile Neusiok Trail in the Croatan National Forest near New Bern and Havelock. The trail was designed and built by the Carteret County Wildlife Club

and is the longest continuous trail in North Carolina's coastal plain. It was designated as part of the MST in 1990, and it is one of the highlights of the entire 1000-mile journey with sand ridges, bottomlands, pine savannas, pocosins and sandy beaches. The trail also features two camping shelters.

- Throughout the year, FMST was an active member of coalitions to advocate for continued federal and state funding for trails, parks and water quality. These funds have played important roles in protection of lands that are part of the MST's route and in trail construction. In the summer of 2011, we were delighted that a bi-partisan group of North Carolina Congressmen and Senators led by Rep. Howard Coble and Senator Richard Burr supported continued funding for the Recreational Trails Program which has been the backbone of FMST's trail building and maintenance efforts.
- In August, FMST moved to a new office thanks to The Design Response which donated space in its cheerful office when FMST outgrew the space that Restoration Systems had generously donated for three years. The Design Response is a land planning firm, and its Senior Designer is FMST's Board Secretary Liz King.
- In Fall 2011, for the first time, FMST became a giving option in more than 100 workplace campaigns. Our participation became possible when we joined Earth Share NC, an organization that helps its member environmental organizations participate in workplace-giving campaigns in North Carolina.
- During the 4th annual Mountains-to-Sea Trail Month in October, two new events drew great interest. Almost 200 hundred photos were entered in the first annual MST Photo Contest. A distinguished panel of judges



Map is courtesy of NC Division of Parks and Recreation.

(Photojournalist Ted Richardson of Ted Richardson Media, Jessica Lobdell of Jessica Lobdell Photography and Chuck Millsaps of Great Outdoor Provision Co.) had the difficult job of selecting winners. FMST's Flickr site where all the beautiful photos were posted had been visited almost 8000 times before the close of the year. We hope you enjoy the winning photos displayed in this annual report.

An MST trivia contest also drew great interest on FMST's facebook page where fans looked forward each morning to a new question written by Danny Bernstein who had just completed the trail earlier that year. Three people were anointed "MST Trivia Wizards" for answering the greatest number of questions correctly: Adam Collins (34 correct answers); Sharon McCarthy (33 correct answers) and Lesley Stanford (18 correct answers).

Thanks to Great Outdoor Provision Co., Patagonia, Foliage Concepts, Mast General Store, Wyrick Robbins Yates & Ponton and

the other corporate sponsors who make MST Month possible.

- 5 In November, FMST Executive Director Kate Dixon was invited to speak at Raleigh's grand opening of the first 6.5 miles of Neuse River greenway. The city and the Town of Clayton have pledged to complete 32 miles of continuous greenway along the river which will connect to the 60-miles of MST already constructed by volunteers at Falls Lake. FMST will reroute the MST from backroads onto this greenway as soon as Raleigh and Clayton open the entire stretch.
- 6 The weekend after Thanksgiving, Raleigh-area Boy Scouts undertook the first annual "Occoneechee Holiday Challenge" to hike 50 miles of the MST at Falls Lake in a 24-hour period. They used the challenge to raise funds for the MST and Camp Durant Charlie Sullivan Training Center and to experience a great adventure together.



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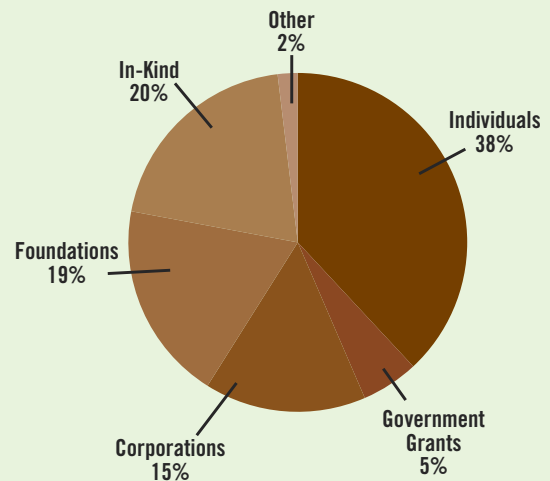
FINANCIAL STATEMENTS

January 1, 2011 to December 31, 2011

| | 12/31/11 | 12/31/10 | \$ Change |
|---|------------------|------------------|----------------|
| ASSETS | | | |
| Cash & Cash Equivalents | 219,989 | 215,473 | 4,516 |
| Grant/Pledges Receivable | 73,899 | 34,496 | 39,403 |
| Other Current Assets | 6,630 | 4,834 | 1,796 |
| Fixed Assets | 2,098 | 3,324 | (1,226) |
| Grants Receivable, Long-term | 40,000 | 75,611 | (35,611) |
| TOTAL ASSETS | \$342,616 | \$333,738 | \$8,878 |
| LIABILITIES & NET ASSETS | | | |
| Current Liabilities | 122,722 | 257 | 122,465 |
| Net Assets | | | |
| Unrestricted | 94,292 | 76,818 | 17,474 |
| Temporarily Restricted | 125,602 | 256,663 | (131,061) |
| Total Net Assets | 219,894 | 333,481 | (113,587) |
| TOTAL LIABILITIES & NET ASSETS | \$342,616 | \$333,738 | \$8,878 |

SOURCES OF INCOME

TOTAL INCOME: \$144,762
JANUARY 1, 2011 TO DECEMBER 31, 2011



FMST MEMBERS IN 2011

1000-Mile Society Members (# of years a member)

DeWana Anderson, Carrboro (1 year)
Bernard and Holly Arghiere, Asheville (3 years)
J. David Beam, Raleigh (1 year)
Danny and Lenny Bernstein, Asheville (5 years)
Jeff, Amy and Lalan Brewer, Raleigh (12 years)
Bull City Running Co., Durham (3 years)
Crawford Crenshaw and Laurie Dunn, Raleigh (4 years)
The Design Response, Cary (1 year)
Kate Dixon and Dan Wilkinson, Raleigh (5 years)
Shirley Drechsel and Wayne Vaughn, Graham (3 years)
Ecology Wildlife Foundation, Asheville (1 year)
Foliage Concepts (2 years)
Stephen C. Hassenfelt, Greensboro (3 years)
Nancy D. Gill and Eric Motzno, Raleigh (4 years)
Great Outdoor Provision Co. (11 years)
John and Margaret Lanman, Blowing Rock (4 years)
Mike Malaska (1 year)
Mike General Store (2 years)
Margaret Parker, Chapel Hill (4 years)
Patagonia (3 years)
Lunsford Richardson Preyer Charitable Lead Unitrust, Greensboro (2 years)
REI (11 years)
Restoration Systems, Raleigh (4 years)
Sarah Rubin and Jim Blose, Asheville (2 years)
David H. Ruffin, Raleigh (3 years)
Tom Russell Charitable Foundation, Oakbrook Terrace IL (3 years)
William W. Sadler, New Bern (4 years)
Mr. and Mrs. Robert Segal, High Point (4 years)
Don and Jean Walton, Mills River (11 years)
Wyrick Robbins Yates and Ponton, Raleigh (4 years)

Government

NC Division of Parks and Recreation (12 years)
Town of Bethania (2 years)

Other Corporate and Organization Members

AntiGravityGear, Wilmington (6 years)
Balfour Beatty Construction Co., Charlotte (1 year)
Blue Cross Blue Shield of North Carolina (1 year)
Boy Scout Troop 335, Wilkesboro (3 years)
Burroughs Wellcome Fund, Research Triangle Park (2 years)
Caldwell County Pathways, Lenoir (2 years)
Chaco (2 years)
Clay's Power Equipment, Raleigh (3 years)
Commerical Glazing Associates, Charlotte (4 years)
Foothills Brewing Co., Winston-Salem (1 year)
Fuller Land and Development, Chapel Hill (2 years)
Galileos Bar and Café, Boone (1 year)
Goretex (1 year)
Merrell (2 years)
Montrail (2 years)
The North Face (2 years)
Stevens Chiropractic and Wellness, Durham (2 years)
SCYNEXIS, Research Triangle Park (1 year)

12-Year Members

Allen DeHart, Louisburg

11-Year Members

Lillian A. Benton, Bunn
John A. Jaskolka, New Bern
Mike and Ruth Simpson, Greensboro
Dwayne Stutzman and Sara Davis, Asheville

10-Year Members

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Beverly Duval, King
Steven Joines, Sparta
Sherman L. Stambaugh, Asheville
G. Bruce Wisely, Raleigh

9-Year Members

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Lewis and Barbara Boyles, Durham

J. Michael Davis, Charlotte
Allan R. Ellstrom, Knoxville
Tom and Marian Jerdee, Black Mountain
Joe, Laura and Michael Mavretic, Raleigh
David Thoenen, Raleigh

8-Year Members

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Robert and Sarah Dixon, Fuquay-Varina
Dewey and Martha Fox, Morganton
Steve Meehan, Raleigh
Joe and Jo Ann Swofford, Clyde
John C. and Kathy Underhill, Cary

7-Year Members

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L.P. McElroy, Waynesville
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Edward Seltzer, Marion
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David J. Whitlow, Havelock
Billy and Deborah Williams, Hickory

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Michael Willett, Raleigh

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W. Phil Kanoy, Thomasville
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Jennifer Jaskolka, Raleigh
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Mr. and Mrs. Peter Schulz, New Bern
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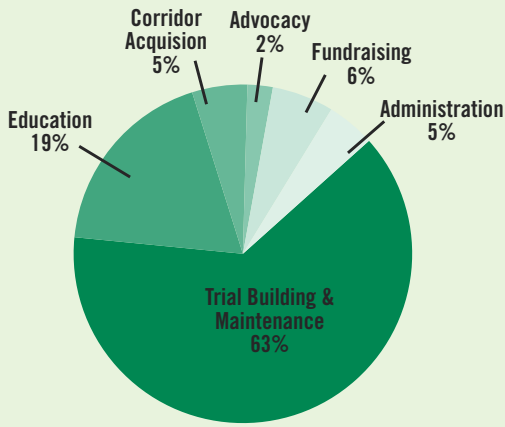
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John Willis, Hillsborough
Albert Woelfle, Wake Forest
R. Peyton Woodson, Raleigh

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Mike Bianco, Greensboro
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Lynne Bresler, Chapel Hill
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Irene and Alan Briggaman, Chapel Hill
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Daniel and Christine Hughes, Wilmington
Eula and Lewis Humphrey, Clayton
Neal Hunt, Raleigh
Sig and Nancy Hutchinson, Raleigh

EXPENDITURES BY PROGRAM AREA

TOTAL EXPENDITURES: \$258,349
JANUARY 1, 2011 TO DECEMBER 31, 2011



Barry and Robin Jacobs, Hillsborough
H. Gray Jolly, Winston-Salem
Mary Coker Joslin, Raleigh
Leah Karpen, Asheville
Wendy Laphis and John Beck, Apex
Robert Little, Clayton
Janet Logan, Wilmington
Leslie R. and Catherine Love, Weaverville
Lloyd MacAskill, Leland
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Jerry Oster and Trisha Lester, Chapel Hill
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Frank G. Potter, Charlotte
John P. Preyer, Chapel Hill
Laura Rampersad, Durham
Wade Rawlins and Judith Tillman, Raleigh
Wade and Kathy Reece, Raleigh
Keith Roberts, Kernersville
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Susan and Bill Simpson, Beaufort
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Terry L. and Barbara A. Smith, Morehead City
Jim Speight, Cary
Paul and Caroline Stahlschmidt, Boone
Don Stephenson, Clayton
Trent Storino, Raleigh
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Christopher Thompson, Cary
Gene Thompson, Henderson
Steve and Sandra Toler, Bahama

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Dr. Doug Veazey, Morganton
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Shelton and Delores Wilder, Deep Gap
Andy and Sondra Wilkinson, Perdiso Beach
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Worthy Causes Endowment, NC Community Foundation, Raleigh
Clark and Johanna Wright, New Bern
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Carolyn Jackson, Raleigh
Jack and Karen James, Vilas
Norma Johnson, Saxapahaw
Randy Johnson, Banner Elk
Tandy Jones and Alison Hill, Pittsboro
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Roberta L. Powers, Candler
David Scanlon, Knoxville TN
Barbara Shaw, Raleigh
Luke Simmons, Raleigh
James N. Smoak, Wilkesboro
Bob Sowa, Cary
Brant Sprunger, Henderson
Paula J. Stober and Willard Bucklen, Greensboro
Jim and Sue Taylor, Deep Gap
Gordon W. Tennett, Waynesville
Karl Thiele
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Matching Gifts

Covidien (1 year)
ExxonMobil (3 years)
GE Foundation (1 year)
IBM (3 years)
Prudential Foundation (3 years)

In-Kind Gifts

Brad Dodson, Winston-Salem (1 year)
The Fresh Market, Raleigh (2 years)
Kohl's, Raleigh (2 years)
Panera Bread, Raleigh (2 years)

Cheryl Micaela McCordle, Clayton (2 years)
Courtney Pernell, Raleigh (2 years)
Starbucks Raleigh (2 years)
Triangle Rent-A-Car, Raleigh (2 years)

Volunteer Members who Donated More than 75 Hours

Bob Beach*
Bob Benner*
Don Bergey**
David Bland*
Piet Bodenhorst*
Jeff Brewer
Jason Burgess
Chris David
Mike Davis*
Allen DeHart*
Fred Dietrich
Donna Farmer**
Will Farmer **
Nancy Gill*
Wilbur Gurganus*
John Hale
Jim Halsey*
Michael Homberg*
Randy Johnson
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Steven Mierisch**
JoEllen Mason
Eric Motzno*
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Keith Roberts*
Gregory Scott**
Terry Smith
Rocko Smucker*
Charles Spencer*
Megan Squire
Jim Suiter*
"B" Townes
Chris Underhill
Doug Veazey*
Billy Williams*
Don Williams
John Willis*
* volunteered 100 or more hours
** volunteered 200 or more hours

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First Place Photo: People on the Trail – Sunset Crowd on Jockey's Ridge, Outer Banks by Stephen Schoof

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