



Friends of the
Mountains-to-Sea Trail

TAKE JOY IN THE OPEN TRAIL

2019 ANNUAL REPORT

Dear Members and MST Enthusiasts:

Little did we know in 2019 what 2020 would bring. A pandemic erupted. By March events were cancelled, and the Governor had issued an order that required people to socially distance. At that time of fear and uncertainty, people looked to nature for solace, and the MST was there to help.

The MST is there because of the steady commitment of thousands of people over many years – people who give, volunteer and advocate. And 2019 was no exception. It was an extraordinary year of progress – and joy – on the MST.

The MST extends 1,175 miles across North Carolina from Clingmans Dome in the Smokies to Jockey's Ridge on the Outer Banks. It now includes more than 720 miles of footpath, and about 455 miles of connector roads linking trail segments. Each year, Friends of the MST and its partners press toward the goal of a continuous linear park of natural wonders spanning North Carolina.

In 2019, Friends of MST members came together to learn about and celebrate the trail in March and again in September, and our trail crews worked hard and fast to reopen trail damaged by the fierce hurricanes of 2018.

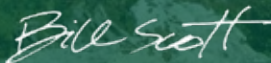
Miles of new trail opened – extending the longest continuous off-road section to 361 miles and adding the first trail in parts of the state where none had been built before. Thanks to a generous grant from the Duke Energy Foundation, Friends was able to hire a landscape architect to focus full-time on building new trail in the Coastal Plain.

Thousands of people took joy in the Mountains-to-Sea Trail in 2019. Delighting in a short jaunt or undertaking a months' long trek across North Carolina. Walking alone or with family and friends. Running into neighbors. Working as part of a trail crew that becomes like a family over time. Building a legacy for North Carolina.

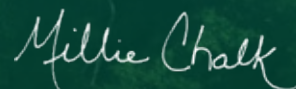
We hope you will enjoy this report on our accomplishments in 2019 and support our continued work for the MST.

If you have not yet become a member of the Friends, we encourage you to join our ever growing ranks of enthusiastic volunteers and supporters. Visit our website or call our office to learn more about how you can help.

Happy Trails,



Bill Scott
Board President 2019



Millie Chalk
Board President 2020



Off-Road MST Extends 361 Miles from Clingmans Dome Through Stone Mountain State Park

Two new sections of trail were completed in late 2019 to create a continuous 11.3-mile off-road route for the MST through Stone Mountain State Park (Segment 6). The trail now stretches through the park from the Blue Ridge Parkway at Devils Garden Overlook to the John P. Frank Parkway on the east side. The new route takes hikers over Wolf Rock and Cedar Rock with views of Stone Mountain and the Hutchinson Homestead.

Thanks to North Carolina State Parks as well as our partner Elkin Valley Trails Association (EVTA) for planning and constructing the new trail, some of which required skilled blasting. EVTA has also continued its work with private landowners to construct trail from Stone Mountain State Park to downtown Elkin, and hikers heading east from the park can follow another 2.7 miles of trail and lightly-travelled gravel roads before the current route shifts onto a paved road section.

Construction of these trail sections means that the MST is now almost completely off road for 361 miles – through the entire mountain region from Great Smoky Mountains National Park and into the western edge of the Piedmont.

Carter Falls Purchased for the Trail

Do you remember voting on the Connect NC bond referendum in Spring 2016? Thanks if you voted yes, because that bond made it possible for State Parks to purchase 43 acres that include a spectacular but largely unknown waterfall in Wilkes County for the future route of the trail in Segment 6. Thanks also to Dan Park who sold the precious property and donated an easement on an additional 11 acres and to the leaders of EVTA who worked with him, State Parks, and Wilkes County to pull the whole deal together.

The Falls are located between Elkin and Stone Mountain State Park. With permission from State Parks, EVTA volunteers have already built a small parking lot and a loop trail so people can visit the Falls now. They are raising money for a “bridge of dreams” over the creek that will become the route of the MST. Thanks to their hard, creative work, we are getting close to a continuous off-road trail from Clingmans Dome to downtown Elkin.

An MST “Foothold” in Guilford County

Since the MST was first envisioned, no trail had been built between Hanging Rock State Park and Greensboro’s watershed lakes – a gap of 43 miles in MST Segment 8. Long distance MST hikers slogged the roads through



Left: Members enjoyed many outdoor excursions during the Gathering of Friends in Surf City including a hike on the MST in Stones Creek Game Land and a guided nature tour of Holly Shelter Game Land by Andy Wood of Coastal Plain Conservation Group. Right: Dwayne Patterson, director of State Parks, speaks to members at the Gathering of Friends. Photos by Bill Boyarsky.

this area, and local residents have had few nearby trails to enjoy. Now thanks to the energy of MST Trail Town Oak Ridge and the foresight of Guilford County, a 1.5-mile section of the MST opened through the county's Cascades Preserve in May 2019.

This trail is gorgeous in its own right, as it meanders past cascading streams, towering hardwood trees and native shrubs and wildflowers. But it also established that first foothold in an area that always seems to inspire local residents to build another section and yet another. And that is just what is happening in Oak Ridge, where local volunteers got right to work after the Cascades trail opened to start constructing another 1.5 miles along the headwaters of the Haw River that they hope to open in late 2020 or early 2021.

A Walk Through History in Johnston County

Friends of MST volunteers stepped in to help NC Historic Sites and Friends of Bentonville Battlefield build a new 2.3-mile trail through fields and forests where the last major battle of the Civil War took place in March 1865 (Segment 12). Interpretive signs help hikers along the beautiful and solemn trail learn more about how the battle unfolded on the land. This is the first section of MST to cross the 2000+ acre state historic site, and Friends of MST is working with staff there on trail maintenance and plans for additional trail.

Generous Donations Spur Trail Design and Volunteer Work in the Coastal Plain

With a grant of \$100,000 in November 2018, the Duke Energy Foundation helped Friends of MST focus full-time on developing plans for seven new trail sections in the Coastal Plain (Segments 12 to 15) that will total more than 67 miles when complete. Ben Jones, MST Coastal Crescent Project Manager, used his skills as a landscape architect to develop detailed trail designs, engage community leaders and land managing agencies, and organize workdays for volunteers to build new trail and improve MST signage.

Friends launched a fundraising campaign to match Duke's grant and keep our work in this part of the state moving ahead full steam. By the end of 2019, Dominion Energy Foundation, REI, White Lake Marine, First Citizens Bank and Patagonia had already made generous gifts totaling \$85,000 to support this vital work.

Friends Gather in Surf City

More than 270 Friends came together in Surf City in March 2019 for the first ever "Gathering of Friends" in the eastern part of the state. Friends had invited trail communities from all over North Carolina to submit proposals for the 2019 Gathering, and Surf City and Pender County won us over with their creative ideas, accommodations and overall hospitality. Plus we were eager to help members learn more about this special part of the MST.

Hurricane Florence then hit Surf City and all of eastern North Carolina with a vengeance in September 2018. But with grace and resilience, the community started to rebuild and soon told us that they wanted to welcome us anyway – just six months after the storm. They saw the MST Gathering as a hopeful event to work toward and celebrate when it arrived.

The timing of the Gathering gave Friends a special opportunity to be purposeful partners in their rebuilding. As part of the event, MST members volunteered to rebuild houses with Habitat for Humanity and restore trails and the visitor center at Moores Creek National Battlefield.

When the Gathering weekend arrived, the weather was perfect – sunny and warm – so Friends could enjoy all the scheduled “excursions,” including trail hikes, beach walks, paddling on the sound, exploring trail communities and just spending time together. Central events of the weekend included a reception and tour at the Karen Beasley Sea Turtle Rescue and Rehabilitation Center, dinner at the Surf City Community Center and the Annual Membership Meeting followed by a group hike over the new Surf City Bridge – now a part of the MST – at sunset.

A 42nd Birthday Party for the MST

Celebrating the MST’s anniversary has become a tradition, and more than 700 people joined in the 42nd birthday celebrations during the weekend of September 6 to 9. The focus of 2019 was on trail towns, and 27 of them organized guided hikes for the occasion. Plus seven hikers undertook a challenge of hiking 42 miles in two days and jointly raising more than \$2,500 for the trail.




Thanks to Great Outdoor Provision Co. for its birthday gift of \$15,000 to support the event and for donating fun gear to outfit all the hike leaders with shirts, socks, water bottles, patches, and packs.

Other Trail Improvements

MST volunteer leaders throughout the mountains submitted proposals to the Blue Ridge Parkway and State Parks for trail reroutes for short sections still on the road in Segments 1, 2 and 5 and new campsites in Segments

Volunteers help build a new section of the MST in Turnbull Educational State Forest. Photo by Ben Jones.



“Beginning in 2012, I started volunteering to help build something permanent. After making friends over the years, I participate today in part to regularly see those friends.”

MST VOLUNTEER
(anonymous response to opinion survey)

2 and 3. The BRP will undertake an environmental assessment to evaluate the feasibility of the projects.

The NC High Peaks Trail Association, one of our volunteer task forces in MST Segment 4, has led a multi-year project to rehabilitate the MST from Black Mountain Campground to the Mt. Mitchell summit, a distance of about six miles with 3,684 feet of elevation gain. This iconic and very popular trail was built unsustainably years ago, and it had badly eroded. High Peaks contracted with the American Conservation Experience (ACE) to rebuild the trail one section at a time. The contracts with ACE were funded with grants from the federal Recreational Trails Program, administered by NC State Parks.

Thanks to a \$5,000 grant from REI stores in Charlotte, we were able to restore 4.4 miles of the MST in the Pisgah National Forest (Segment 4) that follow old, eroded road beds near Old House Gap, west of Woodlawn and near Betsy's Ridge. The funds were used to hire a professional trail builder to re-contour the trail and create water diversions with a small backhoe. Twenty-two volunteers from the Central Blue Ridge Task Force then did the finish work of smoothing out 35 water diversions by hand. REI's Charlotte Market Coordinator Joy Shuck joined the task force on a beautiful winter's day.

This is just one example of the generous support REI gives to the trail. In 2019, REI stores in Raleigh and Durham also supported the trail with a \$20,000 grant for trail guides, signs and tools, plus all the REI stores in North Carolina made a special \$20,000 grant to help build and restore trails in the Coastal Plain impacted by Hurricanes Florence and Michael.

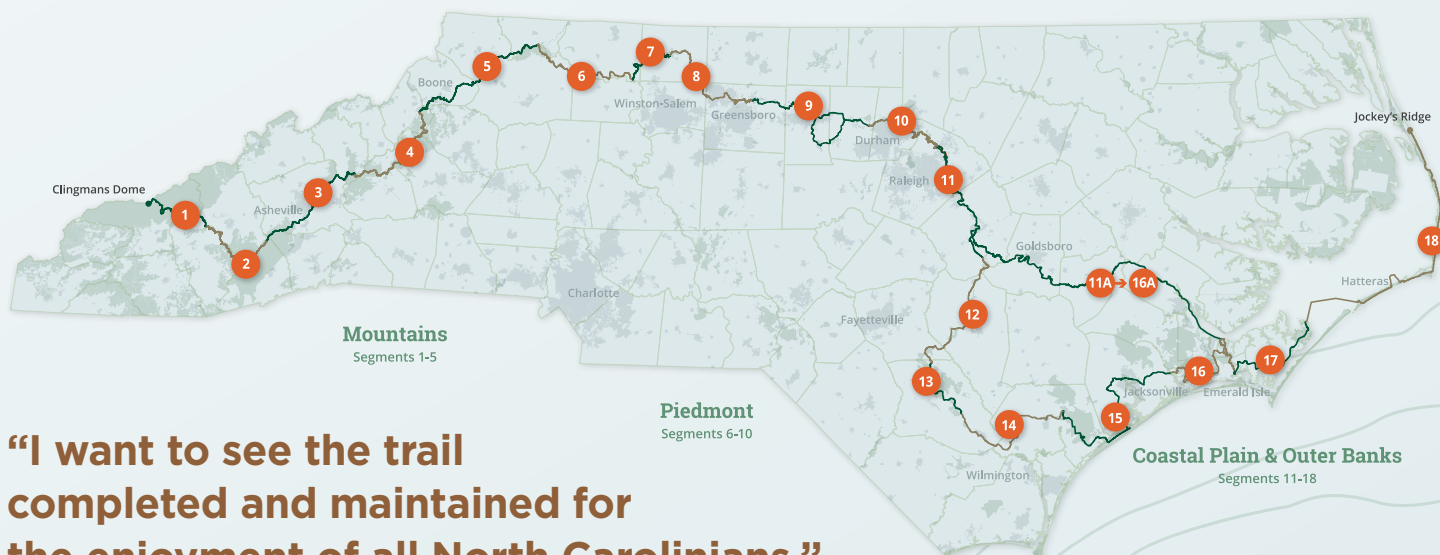
In Segment 6, the Elkin Valley Trail Association built 3/4 of a mile of trail along Rt. 268 east of Elkin. When opened, this section will eliminate part of the worst road walk in this segment.

In Segment 8, between Summerfield and Greensboro, a long-anticipated pedestrian tunnel under Battleground Avenue (US 220) opened. The tunnel allows the MST to remain on the Atlantic & Yadkin Greenway for an additional 0.5 mile and eliminates a dangerous highway crossing and road walk.

The Upper Haw Task Force undertook several large reconstruction projects to repair bridges, boardwalks, and steps along the Greensboro watershed lakes (Segment 8) and along the Haw River in Glencoe (Segment 9). Projects like this have been happening more frequently because of hurricanes, heavy rainfall, and upstream development expanding flood zones.

In Saxapahaw (Segment 9), the Upper Haw River Task Force worked with Alamance County to build new trail off Petty Road, on the west side of the Haw River. This trail will eventually become part of the MST route as Alamance County secures more land and easements to extend the trail north.

In Segment 9, the Town of Hillsborough extended the MST west 1/3 mile from Gold Park to Eno Mountain Road and then NCDOT constructed a sidewalk 500 ft along Eno Mountain Rd to a tract of land just acquired by State Parks. Friends of MST volunteers will work to complete a trail across that land to connect into the Occoneechee Mountain State Natural Area.



"I want to see the trail completed and maintained for the enjoyment of all North Carolinians."

MST DONOR (anonymous response to opinion survey)



“I love being in the woods and like ‘giving back,’ especially if it encourages others to spend time in the woods by having a nice trail to hike”

MST VOLUNTEER

(anonymous response to opinion survey)

Volunteers replace a boardwalk on the MST in Glencoe along the Haw River. Photo by Bob Ellis.

The Eno River Task Force (Segment 10), in a Herculean show of strength, rebuilt a bridge over Nancy Rhodes Creek that had been destroyed in Hurricane Florence. Floodwaters were strong enough to bend the 35-foot steel I-beams that form the base of the bridge. Not wanting to waste good building materials, the task force found a way to straighten them after determining that it could be done with little impact on the final strength of the beams. The bridge is now back in place but two feet higher and with handrails for added safety. This reconstruction as well as two earlier bridge projects in Segment 10 were funded with a Durham County Open Space matching grant.

The Falls Lake Task Force (Segment 10) has also been stabilizing bridges with foundations that are being undercut by heavier storm surges in recent years. They completed two major projects and multiple smaller ones in 2019.

In Segment 13, Coastal Crescent Project Manager Ben Jones organized a series of workdays to build a new section of trail at Turnbull Creek Educational State Forest and also to install sign bollards and improve blazing in the Bladen Lakes State Forest and Jones and Singletary Lake state parks.

Because of a major project to restore longleaf pine habitat at Stones Creek Game Land near Sneads Ferry (Segment 15), several miles of trail built by MST volunteers had to be abandoned. A more direct trail route through the property was retained so that hikers can observe the transformation and increased biodiversity of the property, and thru-hikers can continue to use this trail as respite on statewide treks.

Our partner Carteret County Wildlife Club that built and maintains the Neusiok Trail portion of the MST in the Croatan National Forest (Segment 16) worked closely with the US Forest Service to begin reopening the trail that was badly damaged by Hurricane Florence in September 2018. By the end of 2019, the trail had reopened from NC 306 to Oyster Point, but Pine Cliff Recreation Area and the section of trail north of NC 306 was so badly damaged that the Forest Service had begun planning for how to rebuild it in a more sustainable way farther away from the shore where it will be less vulnerable to hurricanes and major storms.

On the Outer Banks (Segment 18), the Marc Basnight bridge over the Oregon Inlet opened on February 25, shifting the MST route off the old Bonner Bridge. The new bridge is about 0.7 mile longer than the old, but the bike/pedestrian lane is considerably wider.

Other News

UNC Press invited Friends to write a guide book to 40 great day hikes on the MST. Trail Resource Manager Jim Grode wrote and compiled the book with suggestions from many trail leaders. The book is scheduled for release in March 2020.

For Valentine's Day 2019, Raleigh pottery artist Courtney Pernell made a gift of trail magic for hikers along the Falls Lake section. Volunteers hung 100 of her small pottery stars and three small pottery hearts along the trail for hikers to discover and take home. People who found the stars and hearts were encouraged to post a photo to Facebook or Instagram, and anyone who found a heart could claim a special prize of one of Court's mugs or an MST trail guide.

“My thru hike of the MST when I was just out of college was one of the most formative and rewarding experiences of my life.”

DONOR & MST COMPLETER

(anonymous response to opinion survey)



MST Completers accept their awards at the Gathering of Friends.
Photo by Bill Boyarsky.

Eager to see awareness of the MST grow, the Friends of MST Board of Directors decided to hire a marketing consultant to help develop a plan to inspire people to hike the trail and get involved in building, protecting and promoting it; to elevate awareness of the central role of Friends of MST; and to expand our reach to communities of color, to women, and to younger trail enthusiasts. EBS Strategies began working on the plan with staff, board, and volunteers in September 2019 with a projected completion date of February 2020. A particularly helpful pro bono contribution was made by member and professional pollster Martin DeWitt of Piedmont Insight who conducted an online survey of members, volunteers and people who are on the email list. Look in this annual report for some of the comments we received from donors and volunteers who completed the survey.

Eleven Hikers Complete the MST

While most people use the trail for day hikes or weekend backpacking trips, eleven intrepid people who took on the challenge of following the trail across North Carolina completed the entire journey in 2019. The 2019 class of

MST completers includes: Lexi “Slick” Harris, Aaron “Rock Hop” Harris, Lisa “Conundrum” Speas, Joshua Glasson, Donna “Stambler” Dean, Charles “Bald” Milligan, Henry “Moxie” Westmoreland, Josh “Mountain Goat” Ervin, Kenny “Marcos” Clapp, Susan “Kansas” Levy and Chuck “Guinness” Aldridge.

Friends of MST Grows and Changes

Friends added two staff members, welcomed a summer intern, and said farewell with many thanks to its long-time volunteer bookkeeper. Ben Jones, who had volunteered and interned while working on his master’s of landscape architecture degree from NC State University, began work full-time as Coastal Crescent Project Manager.

Liz Dean, a retired CPA, who had kept the books as an able and delightful volunteer since 2008, stepped down from that role in March 2019. We then welcomed Carrie Vernia as part-time Office Assistant from March to September. Carrie, a former ESL high school teacher and plant pathology researcher, first came to Friends as a volunteer, helping with membership records, thank you notes and renewal mailings.

The Raleigh office was busy in the summer of 2019 when we hosted Sarah Richardson, a University of Maryland student, as an intern. Sarah, a student at the University of Maryland, helped organize the 42nd Birthday Hike and wrote a number of wonderful blogs about trail angels, trail volunteers and trail communities as well.

Five new members joined the Board of Directors in 2019: Dr. Bill Blackley of Elkin, Lynne Bresler of Chapel Hill, Heather Cotton of Marion/Black Mountain, Carl DeAndrade of White Lake, and Mark Rostan of Valdese. We give great thanks for the service of four members who stepped off the Board after completing their terms: Tiffiny Consoli of Raleigh, J.K. Coward of Sylva, Howard Lee of Chapel Hill, and B Townes of Boomer.



Outgoing Board President Steve Metcalf turns the “Golden Pulaski” over to his successor Bill Scott at the Gathering of Friends. Photo by Bill Boyarsky.

FINANCIAL STATEMENTS

January 1, 2019 to December 31, 2019

ASSETS

	12/31/2019	12/31/2018
Cash & Cash Equivalents	\$440,165	\$382,317
Grants Receivable	22,435	81,187
Promises to Give	3,100	9,121
Other Receivables	7,275	4,991
Merchandise Inventory	7,620	6,272
Prepaid Expenses & Deposits	6,650	5,308
Net Fixed Assets	5,043	9,602
Deposits & Long-term Pledges	1,951	951
Beneficial Interest (Endowment)*	76,124	63,389

TOTAL ASSETS **570,363** 563,138

LIABILITIES & NET ASSETS

Accounts Payable	\$740	\$1,025
Deferred Revenue	1,461	33,146

Net Assets

Without donor restrictions

Available for operations	200,376	174,929
Invested in fixed assets	5,043	9,602
Board designated	25,073	27,960
Endowment Fund*	62,614	49,879

With donor restrictions

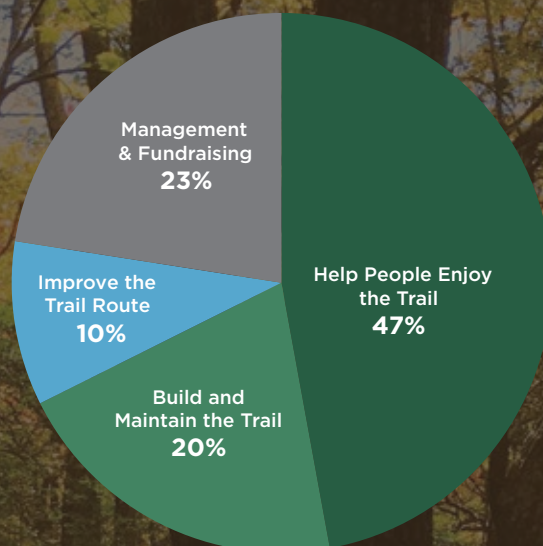
Purpose restricted	261,546	253,087
Endowment Fund*	13,510	13,510

TOTAL LIABILITIES & NET ASSETS **\$570,363** **\$563,138**

* The endowment is held at the NC Community Foundation.

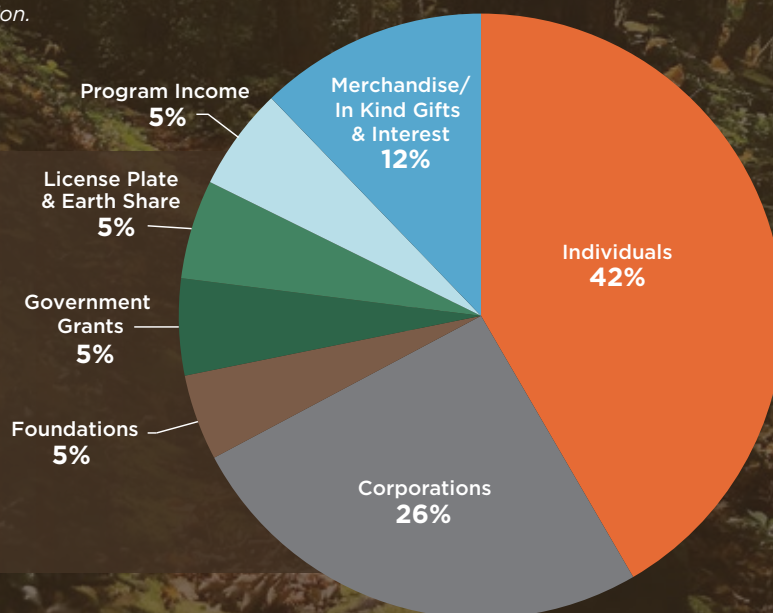
EXPENDITURES BY PROGRAM AREA

Total Expenditures \$373,686



SOURCES OF INCOME

Total Income = \$412,881



Value of Volunteer Labor

In 2019, MST volunteers worked **33,879 HOURS** to support the trail. At the State Parks assigned rate of \$24.69 per hour, these volunteers **DONATED TIME WORTH AN ADDITIONAL \$836,473** to the MST.



Linville Gorge. Photo by Will Rothschild.

Board of Directors

JANUARY 1, 2019 TO DECEMBER 31, 2019

Bill Scott, President, *Clinton*

Millie Chalk, Vice President, *Morehead City*

Marcia Bromberg, Treasurer, *Asheville*

Chris Grams, Secretary, *Emerald Isle*

Steve Metcalf, Immediate Past President, *Weaverville*

Bill Blackley, *Elkin*

Lynne Bresler, *Chapel Hill*

Heather Cotton, *Marion/Black Mountain*

Carl deAndrade, *White Lake*

Les Love, *Weaverville*

Johnny Massey, *Garner*

Carolyn Mejia, *Wilmington*

Tammy Proctor, *Hampstead*

Mark Rostan, *Valdese*

Greg Yahn, *Greensboro*

Staff

Kate Dixon, Executive Director

Betsy Brown, Outreach Manager

Jim Grode, Trail Resource Manager

Ben Jones, Coastal Crescent Project Manager

Carrie Vernia, Office Assistant

2019 FRIENDS OF MST MEMBERS

\$40,000+ (# of years a member)

REI (19)

Thru-Hike Society (\$10,000+) (# of years a member)

Harold Erickson, Durham (4)

First Citizens Bank (6)

Great Outdoor Provision Co. (19)

White Lake Marine, Elizabethtown (2)

Section-Hike Society (\$5,000 to \$9,999)

Danielle Bernstein, Asheville (13)

EarthShare of NC, Durham (8)

Garrett Family Ever Forward Foundation, North Wilkesboro (1)

Gipson Family Foundation, Raleigh (4)

Patagonia (9)

Scott Zimmerman, Pittsboro (6)

Weekend Backpack Society (\$2,500 to \$4,999)

The Bresler Foundation, Rockville, MD (6)

Bull City Running Co., Durham (11)

Carl and Dianne DeAndrade, Elizabethtown (5)

Kate Dixon and Dan Wilkinson, Raleigh (13)

Duke Energy (4)

Eastern Band of the Cherokee Indians, Cherokee (1)

Farm to Feet Socks, Mount Airy (4)

Foliage Concepts, Asheville (10)

NC Division of Parks and Recreation, Raleigh (18)

Table Rock Ultras/Tanawha Adventures, Morganton (6)

Williams, Tulsa, OK (1)

1000-Mile Society (\$1,000 to \$2,499 or \$500 if volunteered 75 hours or more)

Heather Alley, Fletcher (1)

DeWana Anderson, Carrboro (9)

Anonymous (3)

Anti Gravity Gear, Wilmington (9)

Bernard and Holly Arghiere, Asheville (11)

Roger Bardsley and Elaine Brune, Greensboro (5)

Jerry and Sandy Barker, Raleigh (12)

Beverly Bell and Lucy Piner, Hillsborough (9)

Bill and Sandie Blackley, Elkin (9)

Lynne Bresler and Mike Vaught, Chapel Hill (10)

Jeff, Amy and Lalan Brewer, Raleigh (20)

John and Ann Campbell, Raleigh (5)

Richard Cavallaro, Raleigh (4)

Tiffany Consoli, Raleigh (5)

Crawford Crenshaw and Laurie Dunn, Raleigh (12)

Sarah Dearing Davis, Asheville (1)

Fred Dietrich and Jenny Tenor, Durham (10)

G & B Energy, Elkin (3)

Good Wood Pizza and Bakery, Lincolnton (4)

Dan W. Hill, III, Durham (4)

Larry Humbert, Belmont (3)

Patti Keith, Sanford (9)

The Landmark Project, Greenville, SC (2)

John and Margaret Lanman, Blowing Rock (12)

The Lookout Foundation, Greensboro (9)

Leslie R. and Catherine Love, Weaverville (11)

Warner Lucas, Chapel Hill (8)

Mike Malaska, La Crescenta, CA (9)

Mast General Store (9)

Mark Morris, Raleigh (3)

Eric Motzno, Raleigh (12)

New Morning Ltd., Asheville (4)

Rich and Marilyn Preyer, Hillsborough (9)

Bill and Darby Scott, Clinton (7)

Starbucks, Raleigh (10)

William Stern Foundation, Greensboro (1)

Jason Taylor, State Road (4)

Carmen and James Trueheart, Asheville (2)

Ronnie Weed, Chapel Hill (5)

Shawn and Charlotte Williams, Bryn Mawr, PA (13)

Paul Witty, Dillsboro (1)

Wyrick Robbins Yates & Ponton, Raleigh (11)

Greg and Germaine Yahn, Greensboro (9)

Day-Hike Society (\$500 to \$999)

Blue Ridge Hiking Club, Boone (9)

Mary Ellen and John Boelhower, Greensboro (6)

Clay and Leigh Bordley, Durham (8)

Joel S. Bulkley, Chapel Hill (4)

Nancy L. Cormany, Raleigh (16)

Robert Dillard and Cecily Lohmar, Oriental (2)

Robert Fruehwirth, Hillsborough (1)

General Dynamics (1)

Nancy Glenz, Greensboro (5)

Chris Grams, Emerald Isle (3)

John and Anita Howell, Chapel Hill (12)

IBM (11)

Insect Shield, Greensboro (1)

James D. Johnson, Raleigh (12)

Robert and Laura Johnson, Statesville (12)

Chris Lynch, Chapel Hill (7)

Johnny and Carleen Massey, Garner (14)

Francis J. McClemon, Durham (5)

Richard Nifong, Pinnacle (3)

Brian Noga, Raleigh (1)

Mary Norris and Pat Oglesby, Chapel Hill (10)

Jeff Poupart, Raleigh (3)

Lunsford Richardson Preyer Charitable Lead Unitrust, Greensboro (8)

Don Reynolds (1)

Mark and Lesley Rostan, Valdese (3)

Carolyn Sakowski and Alton Franklin, Winston-Salem (12)

Janice Swab, Raleigh (8)

B and Martha Townes, IV, Boomer (13)

Triangle Math and Science Academy, Cary (1)

John Wilson, Chapel Hill (5)

Abi Winegarden, Pittsboro (2)

Smedes and Rosemary York, Raleigh (11)

Local Governments

Alamance County Visitors Bureau (6)

Town of Bethania (10)

Surry County Parks Department (7)

Other Corporations and Organizations

8 Dot Graphics, Raleigh (3)

AmazonSmile Foundation (6)

Analog Devices (1)

Autumn Cobeland Painting, Raleigh (2)

Boy Scout Troop 101, Greensboro (4)

City Barbeque, Raleigh (2)

Dan River Basin Association, Eden (4)
 Extreme Terrain-Clean Trail Initiative,
 Paoli, PA (1)
 Mass Mutual (1)
 Miller's Camping, Laurel Springs (4)
 Our State Magazine, Greensboro (1)
 Patagonia Action Works (1)
 Topsail Chamber of Commerce, Surf
 City (1)
 K. Martin Waters, IV Memorial Fund,
 Charlotte (2)
 Wildlands Engineering, Charlotte (1)
 Williamson Family Fund (1)

In-Kind Gifts

City BBQ, Cary (3)
 Enterprise Rent A Car, Raleigh (7)
 The Fresh Market, Raleigh (10)
 Kohl's, Raleigh (10)
 Metro Diner, Raleigh (3)
 New York Bagel & Deli, Raleigh (2)
 PICNIC, Durham (1)
 Sweetheart Treats, Raleigh (2)
 Target, Wake Forest (2)

19-Year Members

Lillian A. Benton, Bunn
 Mike and Ruth Simpson, Greensboro
 Dwayne Stutzman and Sara Davis,
 Crestview, FL
 Donald and Jean Walton, Mills River

18-Year Member

Carol Banaitis, Fleetwood

17-Year Members

Lewis and Barbara Boyles, Durham
 J. Michael Davis, Charlotte
 Joe, Laura & Michael Mavretic, Raleigh
 David Thoenen, Raleigh

16-Year Members

Robert and Sarah Dixon, Fuquay-Varina
 Dewey and Martha Fox, Morganton
 Tom and Marian Jerdee, Black Mountain
 Stephen Meehan, Raleigh
 John C. and Kathy Underhill, Cary

15-Year Members

Robert Cline, Burlington
 Jim and Jennie Hallsey, Fleetwood
 Alan Householder, Sevierville, TN
 J. Wayne Mangum, Raleigh
 James L. Spencer, III, Brevard
 Billy and Deborah Williams, Hickory

14-Year Members

John French and Robin L. Wright, Raleigh
 Elizabeth King, Cary
 Richard McDowell, Raleigh
 George C. Rawlins, Reidsville
 Gregory Scott, Raleigh
 Ronald Walker, Sandy Springs, GA

13-Year Members

Paul Black, Huntsville, AL
 Piet B. Bodenhorst, Asheville
 Richard Bostic, Raleigh
 David DeHart, Raleigh
 Thomas Dillon and Grace Mauney,
 Winston-Salem
 Gordon Ferguson and Bobbi Owen,
 Chapel Hill
 W. Phil Kanoy, Thomasville
 David and Susan Lennox, Brevard
 Alice S. Monk, Mocksville
 David B. Rittlinger, Wake Forest
 David Royster, Lexington, KY
 Boyce R. Staton, Erwin, TN
 James B. Suiter, Carrboro
 Matthew Terrible, Raleigh
 Thomas and Janis Wade, Durham

12-Year Members

Sindy Barker, Chapel Hill
 Donald B. Bergey, Winston-Salem
 Bill Borden, Raleigh
 Jeffrey N. Branin, Wake Forest
 Charles L. Braswell, Jr., Garner
 James L.S. Cobb, Raleigh
 Lenwood Collins, Greensboro
 Carolyn Crump, Carrboro
 William Flournoy, Raleigh
 Robert Glenn, Jr. and Constance
 Winstead, Durham
 Karl Gottschalk, Durham
 Wilbur and Jane Gurganus, Jacksonville
 Mary Hagan, Hawkins, TX
 Richard L. Hibbits, Raleigh
 Helen A. Holbrook, Havelock
 Bill Holman and Stephanie Bass,
 Pittsboro
 Peter and Sandra Jacobi, Durham
 J. Scott Kanich, Chapel Hill
 Philip and Emily Keel, Robersonville
 John S. Manuel, Durham
 JoEllen Mason and Tammy Mason,
 Durham
 Steven Mierisch, Clemmons
 Charles F. Moeller, Morganton
 Maurita Paprocki, Durham
 Margaret Parker, Kennett Square, PA
 Allmuth and George Perzel, Glendale
 Springs
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 trail completed and
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 Ronald D. King, Denver
 Colin Kinton, Asheville
 Robert Klink, Greensboro
 Brian Klotz, Virginia Beach, VA
 Jackie Knight, Durham
 Steve Krasnow, Rockville, MD
 Don Kraus, Asheville
 Kristen Kubis, Durham
 Steven Kuras, Mooresville
 Cameron Kurowski, Asheville
 Stacey LaBare, Greeneville, TN
 Brenda Lambert, Wendell
 Mike Lawson, Claudville, VA
 Gregory Leach, Pensacola, FL
 Angela Lee, Chapel Hill
 Thomas and Katherine Leiby, Reading, PA
 Lisa Leiter, Davie, FL
 Laura Lembeck, Cullowhee
 Michelle Leonard, Bethania
 Sebastian Lindquist, Greensboro
 Janet Lloyd, Durham
 Ursula Lobacz, Durham
 Jessica Lovelace, Asheville
 Douglas Lovern, Durham
 Rafael Luevano, Auburn, CA
 RuthAnn Marenzi, Raleigh
 George and Cecilia Martin, Winston-Salem
 Paulette Marty, Boone
 Sandra Mascia, Greensboro
 Rebecca Masters, Elizabeth City
 Leigh Matthews, Chapel Hill
 Will Matthews, Grayson, KY
 Jennifer May, Garner
 Kevin McCauley, Hampstead
 Joseph McConnell, Carolina Shores
 Julie McCord, Webster
 Phil McCullough, York, SC
 Kathleen McGurgan, Elizabethtown
 Ryan McGurl, Morehead City
 George McLain, Jacksonville
 Amy McLaurin, Statesville
 Renee McNeerhany, Canton
 Marion Meckler, Newton
 Lee Meek, Wilmington
 Wesley Mehring, Burlington
 Norma Merriman, Raleigh
 Kirsten Miller, Sneads Ferry
 Mary Moore, Raleigh
 Richard Moore, Raleigh
 Susan Moore, Newland
 Diane Moran, Raleigh
 Keith Morgan, Durham

Tim Morgan, Charlotte
 James Morris, Durham
 Sam Muggleworth, Raleigh
 Madison Mumma, Durham
 Maria Nardini, Youngsville
 Craig Oppenheimer, Wrightstown, PA
 Emily Otterson, New Market, MD
 Rodney Overcash, Asheboro
 Sandra Padden, Chapel Hill
 Thomas Pangborn, Carthage
 Gary Pannabecker, Choteau, MT
 Carol Parish, Mebane
 Stephen Parker, Chapel Hill
 Patricia Parks
 Phil Parrish, Arden
 Daniel and Leah Parrott, Sneads Ferry
 Richard Pasquantonio, Hampstead
 Alexander Pearce
 Richard Pearl, Garner
 John and Laura Perkins, Weaverville
 Michael Phillips, Asheville
 Joseph Plunkett, Raleigh
 Karen Plunkett, Raleigh
 Laura Poland, Carmel, IN
 Terry Pollard, Sylva
 Rachel Poole, Hendersonville
 Annie Porche, Blountville, TN
 Ron and Gina Porter, Huntsville, AL
 Kelly Powrie, Durham
 Tony Prontaut, Fernandina Beach, FL
 Celeste Queen, Lexington
 Alexandra Rachele, Chapel Hill
 Anne and Shrin Rajagopalan, Raleigh
 Richard Reavis, Elkin
 Scott Reedy, Lexington, KY
 Tim and Kerri Restmeyer, Asheville
 Ken Riddick, Morganton
 John Rine, Elkin
 Suzanne Ritter, Jacksonville
 Jeffrey Robertson, Pittsboro
 James Robinson, Raleigh
 Lance Robson, Pinnacle
 Brian Rosa, Hillsborough
 Broadus Rose, Atlantic Beach
 Leon and Eleanor Schaller, Burlington
 Paul Schlosser, Cary
 Theresa Scott, Lynchburg, VA
 Greg and Robin Seibert, Raleigh
 Jordan Sellers, Boone
 Maria Bilinski Shain, Durham
 B.J. Sharp, Asheville
 Ann Shepherd, Greensboro
 Susan Simmerson, Mocksville
 Meredith Grace Simmons, Shawsville, VA
 David Singleton, Durham
 Elliott Skopin, Seattle, WA
 Alan Smathers, Waynesville
 Deirdre Smith, Housatonic, MA
 Heather Smith, Wilmington
 Jennifer Smith, Mt. Gilead
 Melinda Smith, Maggie Valley
 William Sneed, Raleigh
 Adam Snyder, Raleigh
 Nancy Snyder, Hope Mills
 Robin Southecorvo, Asheville

Kenneth Souther, North Wilkesboro
 Thomas Spencer, Hampstead
 Kathy Stanford, Hillsborough
 Anne Steele, Oak Ridge
 Gene and Louisa Stewart, West End
 Andrea Stoney, Carrboro
 Whit Strunk, Mooreville
 Christopher Summerlin, Currie
 Joshua R. Sutterfield, North Bethesda, MD
 Alice Thompson, Spruce Pine
 Jeff Triplett, Columbia, SC
 Heidi Trout, Ellicott City, MD
 Jennifer Turner, Germantown
 Rebecca Ulmsten, Greensboro
 Alexander van Nievelt, Durham
 C.P. Vasiloff, Cornelius
 Carrie Vernia, Raleigh
 Wynn Wagenseil, Supply
 Diane Wallace, UT
 James Waynick, Reidsville
 Brigid and Brooks Webb, Garner
 Joe Wells, Raleigh
 Lynn Wesson, Hillsborough
 Heather West, Spindale
 William West, Oak Ridge
 Clint White, Topsail Beach
 Phoebe Whitwell, Somerville, MA
 Debora Williamson, Whitsett
 Dwayne Wills, Winston-Salem
 Rebecca Witkowski, Kannapolis
 Katherine World, Durham
 James Wright, Raleigh
 Dorothy Yokel, Greenville
 Kera Yonker, Hillsborough
 Angela Zemla, Walkertown
 Debbie Zievis
 Colleen Zinn, Hillsborough
 Laura Zulueta, Apex

In Memory of Bob Benner

Dennis McGill, Susan Moore, Billy Williams

In Memory of Elizabeth M. Dixon

Lynne Bresler, Margaret and John Lanman, Natalia Lonchrya, Les and Catherine Love, Jeanne and Larry Noe, Nadine O'Malley, Susan Olson, Carolyn Sakowski, Ann and Selden Smith, Mike and Vicki Smith, Jennifer Weiss and Bruce Hamilton

In Memory of Thomas L. Fowler

Grant Fowler

In Memory of Umesh Rajagopalan

Anne and Shrin Rajagopalan

THANK YOU to each and every one of the **770+** **volunteers** who together worked more than **33,800 hours** to build, maintain, and promote the Mountains-to-Sea Trail in 2019. These volunteers worked in **21 Task Forces** – each responsible for building and maintaining a specific section of the trail. Other volunteers worked to staff tables at festivals, advocated for the trail within their communities and helped in various other ways.

Mountain Region HOURS

Carolina Mountain Club **10,545**
 High Peaks Trails Association **115**
 Central Blue Ridge **3,429**
 Bald Knob **195**
 Grandfather **328**
 Watauga **380**
 Ashe **992**
 Alleghany **79**

Piedmont Region HOURS

Elkin Valley Trails Association **5,578**
 Hanging Rock/Pilot Mtn **194**
 Sauratown Trails Association **702**

West Guilford **521**
 Upper Haw River **1,844**
 Orange County **557**
 Eno River **1,682**
 Falls Lake **4,463**

Coastal Plain & Outer Banks HOURS

Agricultural Heartland **61**
 Carolina Bays **476**
 Onslow Bight **297**
 Carteret County Wildlife Club **389**
 Outer Banks **98**

Other Friends of the MST 957



Improving signage in Bladen Lakes State Forest. Photo by Ben Jones.

The **HONOR ROLL** below recognizes volunteers who are members of Friends of the Mountains-to-Sea Trail and have contributed 75 hours or more to build, maintain, and promote the trail in 2019.

Karl Anderson	Jerry Byrd	John French*	Victor Mariano	Allen Poole	Vance Waggener*
Aram Attarian	Scott Campbell	Tom Griffin	John McCulloch*	Mike Reves	Ron Walther
Jerry Barker	Richard Clark	Ernest Hahn	Candace McGuire	Don Russ	Tom Weaver*
Bob Beach	Tom Coffey	Jim Hallsey*	Joe Mickey*	Andrew Sam	Chris Werbylo*
Bev Bell	Paul Curtin	Bob Hillyer*	Steven Mierisch*	Gregory Scott	Dave Whitlow
Don Bergey	Carl DeAndrade	Kim Homme	Eric Motzno	Keith Sidden	John Whitehouse
Rod Birdsong	Joel Deaton	Larry Humbert	Ron Navik	Mel Skiles*	Bob Wicklund
Bill Blackley*	Mark Edelstein	Grace Iovine	Dee Neil*	Tim Supple*	Shelton Wilder
David Bland	Dale Eltoft	Bob Johnson	Kit Ogburn	Jason Taylor*	Bill Williams*
Piet Bodenhorst	Richard Evans*	Bob Kilpatrick	Arlene Pace	Steve Terrill	Harry Wilson
Bill Boyarsky*	Todd Eveland	Margaret Lanier	David Pace	Chris Underhill	Germaine Yahn
Jeff Brewer	Donna Farmer	Brad Loftis	John Pepin	Doug Veazey	Greg Yahn*
Haley Burch	Will Farmer	Les Love	Phil Piaski	Richard Vitolo	
David Butler	Richard Figura	Steve Lund*	Karen Plunkett	Garry Vogelpohl	

* Volunteered 250-hours or more



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Raleigh, NC 27609



Coreopsis Photo by the Siddens.

Bob Benner working on the MST. Photo by Donnie Williams.

TAKE A HIKE

MOUNTAINSTOSEATRIL.ORG

919.825.0297 | info@mountainstoseatrail.org

THIS ANNUAL REPORT IS DEDICATED TO THE MEMORY OF BOB BENNER: outdoor adventure educator, canoeing guidebook author, and founder of the Central Blue Ridge Task Force of volunteers who build and maintain 70 miles of the MST's Segment 4 in the Pisgah National Forest. Bob died in 2019 at the age of 89. In Bob's memory, we urge you to do as he did: Take joy in the open trail. Give thanks for the volunteers who make your hike possible. Whoop and laugh and splash all you want.