

GREAT
Day Hike

12



Friends of the
Mountains-to-Sea Trail

THE MST WAS BUILT FOR TIMES LIKE THESE

2020 ANNUAL REPORT

Dear Members and MST Enthusiasts:

2020 started off much like other years. We were excitedly preparing for a big Gathering of Friends in Surf City. Volunteer trail crews were responding quickly to winter storm damage. Staff were finishing up designs for new sections of trail in the Coastal Plain, and we were eagerly awaiting delivery of the new MST day hike guide from UNC Press.

And then, suddenly, like people and groups all over the world, we were scrambling to figure out how to keep ourselves and others safe, even when so little was known about COVID and how it spreads. But quickly it became clear that outdoors, in nature, is where people are safest, and sanest and most joyful. The MST was built for times like these.

The work we've done in recent years to develop great hiking directions proved affirming. Thousands studied our website and trail guides, and the new day hike guide was instantly popular.

It was a hard year, but we also grew and developed new ways of working that will be helpful in the future too. Zoom helped us keep in touch and make decisions. It also gave us a way to involve more volunteers because long drives to meet in person are no longer necessary.

2020 was also the year when our long-time Executive Director Kate Dixon announced that she plans to retire in 2022. This long lead time has given the board and staff an opportunity to plan for the transition. We began that planning by reaffirming our commitment to six core activities:

- Helping people find and enjoy the trail and get involved.
- Working toward a fully off-road trail by securing land and easements.
- Maintaining built sections of trail so that they are safe, accessible, and have minimal impact on the surrounding natural environment.
- Ensuring that our activities and the trail itself serve everyone, including people from marginalized communities.
- Engaging volunteers to support the trail and build a trail community.
- Raising funds to accomplish all these goals.

We welcome you to walk the trail and join our work as a donor and a volunteer. Together, we are building a trail for all times.

Happy Trails,



Millie Chalk
Board President 2020



Carl deAndrade
Board President 2021



MST in the Time of COVID

In March 2020, when Governor Cooper issued the stay-at-home order and little was understood about how COVID is transmitted, Friends sent an e-mail to members and MST enthusiasts to share what we knew about trail access and guidelines for using it safely. Within a couple of days, we had to send another with more updates as some parks closed and others released new guidance. We were comforted that Friends could help people find safe places to be in nature.

For a while we wrote once a week because everyone was eager for news of the trail. Many people wrote back to say what the MST meant to them, and they emailed quotes and photos that we posted each day on Facebook and Instagram. One day, staff member Jim Grode was updating a webpage, and he could see that there were 23 people reading that page at the same time.

Gradually life got a little easier. The stay-at-home order was lifted, but interest in and love for the MST did not drop. Land managers permitted volunteers back to maintain the trail, and they found it busier than ever, enjoyed by people new to the trail and old-timers too. The MST was truly built for times like these.

New Trail

Despite slowdowns caused by COVID, two new sections of MST opened:

SEGMENT 8 The Town of Oak Ridge and our West Guilford Task Force volunteers built 1.2 miles along a beautiful section of the headwaters of the Haw River.

SEGMENT 11 The Town of Clayton opened 2.2 miles of greenway that gives hikers an enjoyable path to walk from the Neuse River into downtown.

Guidebooks, Signs, and Apps

In March, just as COVID hit, UNC Press released our new guidebook, *Great Day Hikes on North Carolina's Mountains-to-Sea Trail*. Jim Grode, Friends' Trail Resource Manager and editor of the guide, had planned a whirlwind tour to promote the book, but most of those events were quickly canceled. Although bookstores were closed, the day hike guide sold fast because people were searching for information about places to hike.

Friends launched a project to update all the kiosks along the 60-mile Falls Lake (Segment 10) section with new maps, hiking directions, and information about special



features in that part of the trail. The kiosk at Raven Ridge Road was the first to be updated in November 2020.

Member Josh Smith developed a phone app, called the MST Guide by Pocket Trails, with maps and detailed trail information.

Trail Improvements

Trail volunteers – the backbone of our work – adapted and worked harder than ever. Most of the trail crews (called task forces by Friends of MST) were unable to work in Spring 2020 because their land managing agencies forbade it due to COVID. When they came back, the work was challenging. Vegetation was growing into the trail. Trees had fallen. Drainage had to be repaired. The crews had to work while socially-distanced – on the trail and while driving to and from – to repair damage from the constantly wet weather and heavier-than-ever use.



Elkin Valley Trails Association volunteers construct a 55-ft bridge over Grassy Creek. © Joe Mickey

Despite the demands of COVID, task forces took on some big repair projects including:

SEGMENTS 2 AND 3 Carolina Mountain Club volunteer crews completed three extraordinary long-term projects on their 140-mile section of the MST. The Friday crew rehabbed 2.7 miles of the trail around Craggy Gardens Visitor Center with more than 300 rock steps and 25 rock stepovers. Further to the west, the Waynesville crew rebuilt 1.2 miles including construction of a major log bridge between Woodfin Cascades and Orchard Overlook. The Thursday crew rehabbed the trail from Beaverdam Overlook to Ferrins Knob with 40 new waterbars and steps.

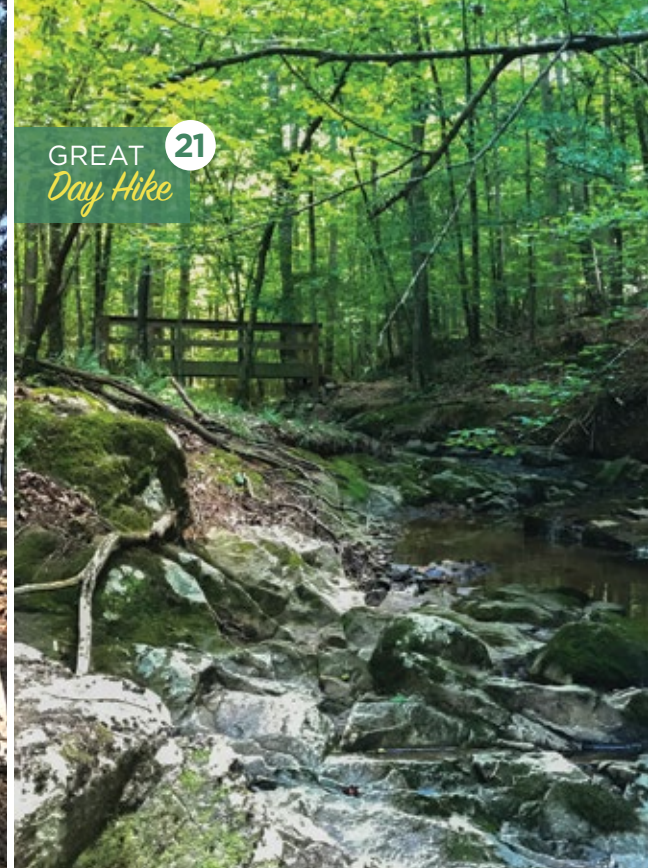
SEGMENT 4 The Central Blue Ridge Task Force completed a major rock step project outside the wilderness area at Table Rock. They built eight rock steps each with a rise of 6-8 inches and a landing at the top of the steps that includes three 10-inch deep steps cut into a rock face to allow for solid footing. These steps blend into the rock contour, and the stone chipped from the face was used as crush rock for the landing.

SEGMENT 6 The Elkin Valley Trails Association built a massive, 55-foot bridge over Grassy Creek to eliminate a short, dangerous road walk.

SEGMENT 7 State Parks purchased 166 acres of land between Pilot Mountain and Hanging Rock state parks that protects part of the route of the Sauratown Trail.

SEGMENT 9 The Upper Haw River Task Force repaired several old boardwalks including a major reconstruction near the historic mill village of Glencoe with funding from REI and the City of Burlington.

SEGMENT 10 The Eno River Task Force outside Durham repaired a 2-mile stretch of trail that was destroyed when



LEFT: Great Day Hike #28: Old Cape Fear Countryside – Harmony Hall workday; RIGHT: Great Day Hike #21: The Eno River © Ben Jones

a new sewer line was put in. With the help of local high school students, they planted 3300 native trees to restore the habitat in this area.

SEGMENT 10 The Falls Lake Task Force replaced several bridges and reinforced footings on others to address the impacts of more frequent, stronger flood events.

SEGMENT 13 Our volunteers and staff helped Keep Bladen County Beautiful and the Elizabethtown-White Lake Chamber of Commerce with a big workday to restore trail and landscaping around Harmony Hall, a pre-Revolutionary War home and village, where MST hikers are given permission to camp.

SEGMENT 16 Volunteers from all over came out to help the Carteret County Wildlife Club reopen sections of the Neusiok Trail that had been closed since Hurricane Florence in 2018.

Trail Planning

Coastal Crescent Manager Ben Jones developed detailed plans for new trail in seven areas (**SEGMENTS 12 TO 15**) in the Coastal Plain. This part of the MST route curves through southeastern North Carolina in a part of the state that is home to some of the rarest natural areas in the United States as well as some of North Carolina's most important historic sites. Ben identified land that needs

to be acquired and estimated the cost of construction in each area. The estimated total cost is \$12 million for 106 new miles of trail in seven segments ranging in length from 6 to 25 miles.

Each of these seven trail projects is in an area of great interest to conservation groups and community leaders. We are partnering with them to seek state and federal grants, and Friends also raised \$200,000 toward a goal of \$350,000 in private donations to support this work.

Thanks to two grants totaling \$85,000 from the Duke Energy Foundation, Friends also started design work for trail at Belews Lake (**SEGMENT 8**) between Hanging Rock State Park and Greensboro and in the 6000-acre North River Wetland Preserve owned by the NC Coastal Federation (**SEGMENT 17**) near Beaufort. The trail route is still largely on roads in these places, so new trail sections will be welcomed by locals and MST travelers alike.

The Gathering and Birthday Hike

Because of COVID, 2020 became the first year in the 23-year history of Friends of MST that members and volunteers did not gather for an annual meeting. Final preparations were underway for a Gathering of Friends in Surf City in late March when the growing concern about safety led the Board of Directors to cancel the event.



Refunds were offered to the almost 200 people who had already registered, but many generously donated their fees to support the Friends at a time of much uncertainty.

COVID did not deter Friends from celebrating the 43rd birthday of the trail in September, however. We encouraged people to walk one or more of the hikes in

the new day hike guide and Outreach Manager Betsy Brown dreamed up three 43-kilometer challenges – one in the mountains, one in the Piedmont, and one in the Coastal Plain – each to be completed in 24 hours. Abi Winegarden more than took on that challenge by completing all three over the Labor Day weekend.



Challenges

COMPLETING THE TRAIL AND ALL 40 HIKES

Although trail angels who help hikers with shuttles and camping were mostly on hiatus because of COVID, eleven intrepid hikers managed to complete the MST in 2020 with assistance from family and close friends. One of these, Tara Dower, set a fastest known time (FKT) for the current 1175-mile route – 29 days, 8 hours, and 48 minutes.

Friends also launched a 40 Hike Challenge to encourage people to explore the trail and North Carolina by completing all 40 hikes in the day hike guide. The El-Genk family of six—parents and four children aged 6 to 11—became the first to complete this challenge in December 2020.



Podcast and Podcast

To our delight, two talented podcasters chose to feature the MST in 2020. Our State magazine's Jeremy Markovich released an



Away Message series that followed three hikers on their MST journeys in 2019. Then Julie “Jester” Gayheart, the host of the “Jester” Section Hiker podcast on the Hiker Radio Network, fell in love with the MST and started chronicling her journey to complete the “40 Hike Challenge” by walking all the hikes in the day hike guidebook.

Advocating for the MST

Executive Director Kate Dixon began working with leaders of other trail nonprofits to ask the Governor and Legislature for more funding for trails – including the official State Trails that are designated by the NC General Assembly. The MST is the longest of these State Trails and the backbone of the North Carolina trail system. By the end of 2020, these nonprofit partners had officially become the Great Trails State Coalition.

Friends of MST Grows and Changes

COVID forced Friends to work in new ways, but thanks to hard work, new technologies and the desire that people everywhere had for trails, we came through 2020 and grew into an even stronger organization.

The Board of Directors was never able to meet in person in 2020 and the staff worked remotely, so we learned that Zoom can help a statewide organization involve more people in a meaningful way. Our membership grew by more than 25%, and we ended 2020 with 1536 members.

At the start of 2020, we welcomed five new board members: Carrie Bonds, Tammy Kelly, Craig Lancaster, Angela Lee, and Mike Parker. Because of the impossibility of meeting in person during COVID, the Board amended the by-laws in November 2020 to extend all board terms by one year.

In the summer, Friends welcomed intern Sarah Richardson back to assist with GIS mapping of the Belew's Lake area. In September, Elizabeth Hipps accepted the new position of Operations Manager, bringing to Friends her 20 years of experience managing creative marketing and design firms.

CLOCKWISE FROM TOP LEFT: First day hike completers, The El-Genk Family; Julie “Jester” Gayheart, host of the “Jester” Section Hiker podcast; MST Completer Graham Zimmerman; MST Completer Dan Auman with Friends of Mountains-to-Sea Trail Outreach Manager, Betsy Brown; Great Day Hike #1: The Great Smokies, Liz Hosier © Paul Hosier; MST Completer Tara Dower holds fastest known time for the current route; Great Day Hike #32: Stones Creek Game Land © Kathy Tucci; MST Completer Cedric Kopa with Mountains-to-Sea Trail founder Howard Lee; **CENTER TOP:** Abi Winegarden completes her final 43K challenge for the Birthday Hike; **CENTER BOTTOM:** Great Day Hike #7: Glassmine Falls Overlook to Graybeard Overlook, Charley Davis © Brew Davis

FINANCIAL STATEMENTS

January 1, 2020 to December 31, 2021

ASSETS

	12/31/2020	12/31/2019
Cash & Cash Equivalents	\$561,326	\$440,165
Grants Receivable	3,302	22,435
Promises to Give	1,100	3,100
Other Receivables	13,960	7,275
Merchandise Inventory	7,470	7,620
Prepaid Expenses & Deposits	8,072	6,650
Net Fixed Assets	3,362	5,043
Deposits & Long-term Pledges	951	1,951

TOTAL ASSETS **\$686,039** **\$570,363**

LIABILITIES & NET ASSETS

Accounts Payable	\$3,021	\$740
Deferred Revenue	0	1,461

Net Assets

Without donor restrictions

Available for operations	257,252	200,376
Invested in fixed assets	3,362	5,043
Board designated	23,073	25,073
Endowment Fund*	72,986	62,614

With donor restrictions

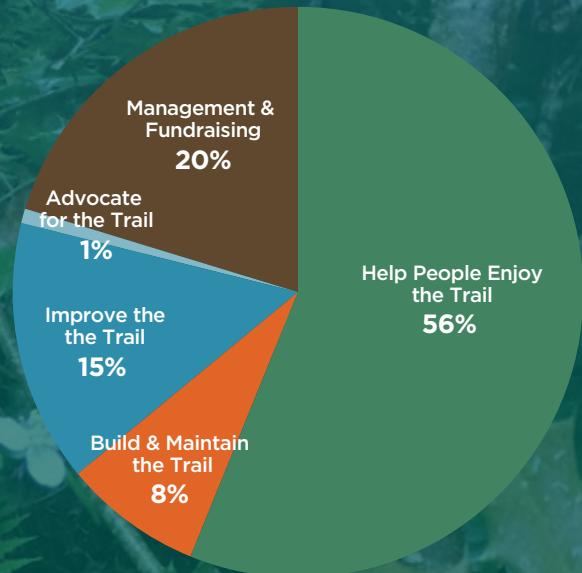
Purpose restricted	312,835	261,546
Endowment Fund*	13,510	13,510

TOTAL LIABILITIES & NET ASSETS **\$686,039** **\$570,363**

* The endowment is held at the NC Community Foundation.

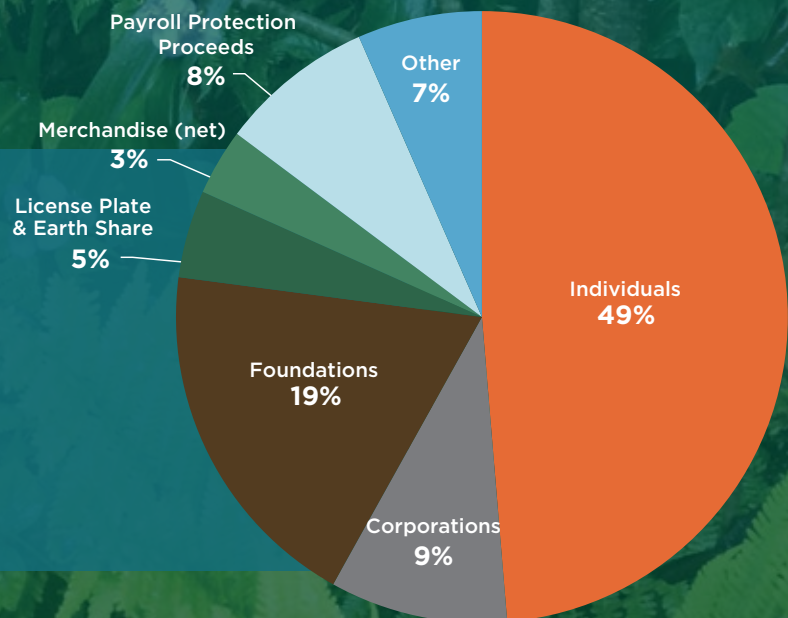
EXPENDITURES BY PROGRAM AREA

Total Expenditures \$369,352



SOURCES OF INCOME

Total Income = \$484,208



Value of Volunteer Labor

In 2020, MST volunteers worked **27,497 HOURS** to support the trail. At the State Parks assigned rate of \$27.20 per hour, these volunteers **DONATED TIME WORTH AN ADDITIONAL \$747,918** to the MST.

2020 FRIENDS OF MST MEMBERS

\$80,000 (# of years a member)

Duke Energy Foundation, Raleigh (5)

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

REI, Durham (20)

Les and Catherine Love, Weaverville (12)

Amret and Wesley Hawfield, Winston Salem (1)

Harold Erickson, Durham (5)

Section-Hike Society (\$2,500 to \$9,999)

Williams, Tulsa, OK (2)

White Lake Marine, Elizabethtown (3)

TELICS, Greenville (1)

NC Division of Parks and Recreation, Raleigh (19)

Gipson Family Foundation, Raleigh (5)

Foliage Concepts, Asheville (11)

First Citizens Bank, Raleigh (7)

Eastern Band of the Cherokee Indians, Cherokee (2)

EarthShare of NC, Durham (9)

Duke Energy, Wilmington (3)

Scott Zimmerman, Pittsboro (7)

Kate Dixon and Dan Wilkinson, Raleigh (14)

Carl and Dianne deAndrade, Elizabethtown (6)

Danielle Bernstein, Asheville (13)

Jerry and Sandy Barker, Raleigh (13)

1000-Mile Society (\$1,000 to \$2,499 or \$500 if volunteered 50 hours or more)

Melissa Yanek and Brian Eichner, Raleigh (1)

Greg and Germaine Yahn, Greensboro (10)

Shawn and Charlotte Williams, Bryn Mawr, PA (14)

Thomas Weaver and Kathleen O'Donnell, Arden (4)

Keith Warren, Raleigh (6)

Jason Taylor, State Road (5)

William Stern Foundation, Greensboro (2)

Bill and Darby Scott, Clinton (8)

Michael Reves, Thurmond (4)

Bill and Mary Ann Pruehsner, Asheville (11)

Rich and Marilyn Preyer, Hillsborough (10)

Allan Pharr, Raleigh (1)

Bob Oakes, Nags Head (1)

Bo Newsom, Englewood, FL (1)

Eric Motzno, Raleigh (13)

Mark Morris, Raleigh (4)

Michael Malaska, La Crescenta, CA (10)

Warner Lucas, Chapel Hill (9)

John and Margaret Lanman, Blowing Rock (13)

Patti Keith, Sanford (10)

Robert and Laura Johnson, Statesville (13)

Larry Humbert, Belmont (4)

Timothy Hitch, Morrisville (5)

Dan W. Hill, III, Durham (5)

Richard Hibbits, Raleigh (13)

Good Wood Pizza and Bakery, Lincolnton (5)

Robert Glenn, Jr. and Constance Winstead, Durham (13)

G & B Energy, Elkin (4)

Falconwood Foundation, New York, NY (2)

Todd Eveland, Asheville (2)

Fred Dietrich and Jenny Tenor, Durham (11)

Crawford Crenshaw and Laurie Dunn, Raleigh (13)

Tessa Clayton, Elizabeth City (1)

Richard Cavallaro, Raleigh (5)

Camp Clearwater, Elizabethtown (5)

Marcia Bromberg, Asheville (10)

Christopher Brand, Winston Salem (1)

Bill and BJ Boyarsky, Hillsborough (8)

David and Laura Bourne, Biltmore Forest (4)

Bill and Sandie Blackley, Elkin (10)

Roger Bardsley and Elaine Brune, Greensboro (6)

Bernard and Holly Arghiere, Asheville (12)

DeWana Anderson, Carrboro (10)

Heather Alley, Charlotte (2)

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

Paul Witty, Dillsboro (2)

John and Ashley Wilson, Chapel Hill (6)

F.W. and Martha Townes, Boomer (14)

Sedgefield Woman's Club, Greensboro (1)

Mark and Lesley Rostan, Valdese (4)

Michelle Reeder, Charlotte (1)

Anne and Shrin Rajagopalan, Raleigh (2)

Lunsford Richardson Preyer Charitable Lead Unitrust,
Greensboro (9)

Jeff Poupart, Raleigh (4)

Richard (Pete) Petersen, Flat Rock (5)

Mary Norris and Pat Oglesby, Chapel Hill (11)

Leigh Matthews, Chapel Hill (2)

Merrill and Cindy Mason, Raleigh (9)

Julie Marusich, Durham (1)

Happy Martin, Winston Salem (2)

Chris Lynch, Chapel Hill (6)

Shay Lovette, Boone (1)

James D. Johnson, Raleigh (13)

Peter and Sandra Jacobi, Durham (13)

IBM, Armonk, NY (12)

Stephen and Pamela Hassenfelt, Greensboro (10)

Jan Grossman and Lynn Heinrichs, Waynesville (5)

Chris Grams, Emerald Isle (4)

Find Outdoors, Pisgah Forest (1)

Gordon Ferguson and Bobbi Owen, Chapel Hill (14)

James Erlinger, Raleigh (4)

Duke Energy - Matching Gifts Program (5)

Bob Dillard and Cecily Lohmar, Southport (3)

Andy Cerillo, Durham (1)

John and Ann Campbell, Raleigh (6)

Joel Bulkley, Chapel Hill (5)

Lynne Bresler and Mike Vaught, Chapel Hill (11)

The Bresler Foundation, Rockville, MD (7)

Barbara Braatz, Durham (4)

Gail Boyarsky and Walter Fowler, Chapel Hill (2)

Clay and Leigh Bordley, Durham (9)

Beverly Bell and Lucy Piner, Hillsborough (10)

Better Together Fund of WNC Community Foundation,
Asheville (1)

Edward Bacon, Apex (6)

Local Governments

Surry County Parks Department (8)

Durham County (2)

City of Goldsboro (1)

Town of Bethania (11)

Alamance County Visitors Bureau (7)

GREAT **10**
Day Hike

Great Day Hike #10: Cone Manor Carriage Trails
© Adam Collins, WAC Photography

Board of Directors

JANUARY 1, 2020 TO DECEMBER 31, 2020

Millie Chalk, President, *Morehead City*

Carl deAndrade, Vice President, *White Lake*

Marcia Bromberg, Treasurer, *Asheville*

Mark Rostan, Secretary, *Valdese*

Bill Scott, Immediate Past President, *Clinton*

Bill Blackley, *Elkin*

Carrie Bonds, *Burlington*

Lynne Bresler, *Chapel Hill*

Heather Cotton, *Marion/Black Mountain*

Chris Grams, *Emerald Isle*

Tammy Kelly, *Louisburg/Kinston*

Craig Lancaster, *Fleetwood*

Angela Lee, *Chapel Hill*

Les Love, *Weaverville*

Mike Parker, *Cherokee*

Tammy Proctor, *Hampstead*

Greg Yahn, *Greensboro*

Staff

Kate Dixon, Executive Director

Betsy Brown, Outreach Manager

Jim Grode, Trail Resource Manager

Elizabeth Hipps, Operations Manager

Ben Jones, Coastal Crescent Project Manager

Samantha Lockwood, Office Assistant

Other Corporations and Organizations

Great Outdoor Provision Co., Raleigh (20)
Wyrick Robbins Yates & Ponton, Raleigh (12)
Starbucks, Raleigh (11)
Blue Ridge Hiking Club, Boone (10)
Tanawha Adventures, Morganton (7)
AmazonSmile Foundation (7)
Fine Arts Dental Lab, Statesville (6)
Blue Ridge Hiking Co., Asheville (6)
Miller's Camping, Laurel Springs (5)
Bank of America, Charlotte (4)
8 Dot Graphics LLC, Raleigh (4)
King Associates Real Estate LLC, Asheville (3)
Insect Shield, Greensboro (3)
City Barbeque, Raleigh (3)
Autumn Cobeland Painting, Raleigh (3)
Mass Mutual (2)
Extreme Terrain/Turn 5 Inc., Paoli, PA (2)
Red Hat (1)
Microsoft (1)
Lenovo (1)
Hikers of Iredell Club, Statesville (1)
Daylily Garden Club, Durham (1)
Corning Incorporated Foundation, Corning, NY (1)
Byrd's Branch Campground and Country Store, Elkin (1)
Bright Funds Foundation, San Jose, CA (1)
Baja Burrito, Raleigh (1)

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20-Year Members

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

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Carol Banaitis, Fleetwood

18-Year Members

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John French and Robin L. Wright, Raleigh

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Alice S. Monk, Mocksville
David and Susan Lennox, Brevard
W. Phil Kanoy, Thomasville
Thomas Dillon and Grace Mauney, Winston-Salem
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Phil Piaski, Claremont
Allmuth and George Perzel, Jefferson
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Philip and Emily Keel, Robersonville
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John and Anita Howell, Chapel Hill
Bill Holman and Stephanie Bass, Pittsboro
Mary Hagan, Hawkins, TX
Wilbur and Jane Gurganus, Jacksonville
Karl Gottschalk, Durham
William Flournoy, Raleigh
Carolyn Crump, Carrboro
Lenwood Collins, Greensboro
James L.S. Cobb, Raleigh
Charles L. Braswell, Jr., Garner
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Bill Borden, Raleigh
Don Bergey, Winston-Salem
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Joseph Cook, Winston-Salem
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Blair Bowers, Chapel Hill
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Jeffrey Smith, Raleigh

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Coin Page, Durham
Laura and Edward Owens, Raleigh
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Tim Long, Hickory
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Randy Jones and Marcia Lieber, Raleigh
Tandy Jones and Alison Hill, Pittsboro
Randy Johnson, Banner Elk
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Heidi and Andrew Hannapel, Durham
Doris Hammett, Waynesville
Wilbur Gulley, Durham
Susan Glendenning, Raleigh
Patricia Geiger, Boone
Muriel Y. Easterling, Chapel Hill
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Kirk Bradley, Sanford
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Doug Starkey, Boone
Brant Sprunger, Oxford
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Jack Shirey, Asheville
Mac Sealey, Raleigh
Eric F. Schaefer, Reidsville
Thomas Sanders and Mary Lasher, Asheville
Candi Samples, Greenville, SC
Sarah Rubin and Jim Blose, Asheville
Mark and Margaret Rose, Boone
Donald Procopio, Raleigh
Jim Plant, Asheville
Lisa Patty Abbey, Brevard
Edward Parker, Raleigh
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Stanley C. Koziol, Emery, SD
Ennis and Dru James, Greenville, SC
James Hull, Asheville
Paul and Susan Hubbard, Wilkesboro
Robert Hrozencik, Vilas
Pam Hammond and Karen Haas, Greenville
Drs. John and Janet Garrett, Asheville
Donald F. Gardner, Lenoir
Robert D. Forsythe, Mills River
Jerry Evans, Kinston
Bob Edwards, Sparta
Heidi Domeisen, Marshall
Russ and Heather Cooper, Weaverville
James Church, Annapolis, MD
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Jeffrey Read, Winston-Salem
James Ray, Jacksonville
Sue Rakes, Raleigh
Elizabeth Rabeler, State Road
Zane Purvis, Raleigh
Noelle Purcell, Graham
Benjamin Pressley, Winston-Salem
Susan Pratt, Durham
Steven Powell, Chesapeake, VA
Eric Poston, Raleigh
Samantha Polak, Pittsboro
Joseph Poccia, Raleigh
Gail Plucker, Brentwood, TN
Deborah Plexico, Raleigh
David Plavac
Kelly Pincus, Chapel Hill
Jennifer Pickett, Apex
Kim Phu, Durham
Suzanne Phillips, Aberdeen
Karen Petrey
Kara Peters, Durham
Jon Pershke, Raleigh
Joanne Pelligra, Durham
Richard Peller, Raleigh
Matt Peiken, Asheville
Jim Peesker, Arden
William Pearson, Raleigh
Michael Patton, Cary
Germaine Parsons, Greensboro
Alicia Parr, Durham
Deborah Parham, Burnsville
Lisa Panos, Charlotte
Krista Osterhus, Kingsport, TN
Crayton OSteen, Wake Forest
Jeanne Omisore, Greensboro
Ryan Olson, Timberlake
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Kit Ogburn, Asheville
 Riley O'Bannon, Falls Church, VA
 Gregory Norton, Raleigh
 Heidi Nisbett, Charlotte
 Kevin Nicotera, Raleigh
 Suzanne Nichols, Kernersville
 Stagg Newman, Candler
 Stacy and Bill Nelson, Raleigh
 Alyson Neel, Fairview
 Ron Navik, Asheville
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 John Muter, Zebulon
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 Bryan Mitchell
 Stephanie Mitchell, Raleigh
 Andy Miller, Apex
 Anne Miller, Willow Spring
 Bernie Miller, Hendersonville
 Glenn Miller, North Wilkesboro
 Roxanna Miller, Zionsville
 Thomas Miles, Raleigh
 James Michaels, Charlotte
 Becca Meride, Asheville
 Curt Meeks, Ottumwa, IA
 Sarah Means, Mooresville
 Angie Meadows, Lenoir
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 Quinn McCutchen, Clemmons
 Clay McCullough, Charlotte
 Bill McCloud, Raleigh
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 David and Lisa May, Asheville
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 Scot May, Garner
 Hannah Mathews, Watertown, MA
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 Thomas Mann, Winston-Salem
 Brian Mangum, Mint Hill
 Gabrielle Mahoney
 Gregory Mack, Hillsborough
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 Andrea Lowrance, Huddleston, VA
 Ken Low, Raleigh
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 Darryl Lorenz, Wilmington, DE
 Jeff Long, West Jefferson
 Pam Long, Charlotte
 Jeffrey Lohmeyer, Apex
 Nancy Loftin, Charlotte
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Stan Linkous, Apex
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 Karoline Johnson, Southern Pines
 Ricky Johnson, Salisbury
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 Deborah Iandola, Deep Gap
 Lindsay Hyde, Asheville
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 Charles Hupfer, Florence, SC
 Laurie Hulsman, Greenville
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 Brian Alexander, Pine Knoll Shores
 Bridgett Aguirre, Clyde
 Christopher Adams, Raleigh
 Rebecca Abernethy, Charlotte
 Dena Abercrombie, Leicester
 Jessica Abel, Carrboro
 Tamela Abboud, Raleigh

In Memory of Bob Benner

Jake and Cynthia Blood, Bryant Lindsey,
 Charles F. Moeller, Doug Veazey

In Memory of Jim Posey

Stephen and Therese Chasse, Sally and
 John Cohen, Jacqueline Dagenet, Lisa and
 Bill Glass, Sarah Glass, Martha Herbolich,
 Francine R. Johnston, Randy Jones, Donna
 Josey, Patrick and Clara Kelly, Manuel
 McGinn, Mallory Nanny, Diane Nanny,
 Jeanne Omisore, Susan Posey, Kevin
 and Eileen Prufer, Laine Rendleman,
 William and Doris Rhodes, Karen and
 Lane Ridenhour, Thomas Rogowski, Barb
 Scarborough, Amy Schott, Ann Shepherd,
 Jacquelyn White, Deborah Wolff, Greg
 and Germaine Yahn

THANK YOU

to each and every one of the **670+ volunteers** who together worked almost **27,500 hours** to build, maintain, and promote the Mountains-to-Sea Trail in 2020. 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 other ways.

Volunteer Hours

Mountain Region

Carolina Mountain Club **8,374**
High Peaks Trails Association **178**
Central Blue Ridge **2,963**
Bald Knob **212**
Grandfather **225**
Watauga **247**
Ashe **1,252**
Alleghany **87**

Piedmont Region

Elkin Valley Trails Association
3,690
Hanging Rock/Pilot Mtn **550**

Sauratown Trails Association **474**
West Guilford **580**
Upper Haw River **1,156**
Orange County **190**
Eno River **719**
Falls Lake **4,909**

Coastal Plain & Outer Banks

Agriculture Heartland **63**
Carolina Bay **222**
Onslow Bight **152**
Carteret Wildlife Club **533**
Outer Banks **20**

Other

Volunteer Hours **704**

GREAT
Day Hike

8



Great Day Hike #8: Linville Gorge – Volunteer Billy Williams doing rock work near Table Rock summit. © Jim Grode

The **HONOR ROLL** below recognizes volunteers who are members of Friends of the Mountains-to-Sea Trail and have contributed 50 hours or more to build, maintain, and promote the trail in 2020.

Karl Anderson
Aram Attarian
Jim Avery
Carol Banaitis
Roger Bardsley
Jerry Barker
Bob Beach
Curtis Belyea
Don Bergey
Bill Blackley*
David Bland
Bill Boyarsky*
Jeff Brewer
Haley Burch
David Butler
Jerry Byrd
Richard Clark
Paul Curtin

Carl deAndrade
Joel Deaton
Fred Dietrich
Mark Edelstein
Bob Ellis
Richard Evans*
Todd Eveland
Richard Figura
John French
David Gardener
Jim Hallsey*
Peter Hampson
Bob Hillyer*
Larry Humbert
Grace Iovine
Bob Johnson
Laura Johnson
Randy Johnson

Bob Kilpatrick
Margaret Lanier
Brad Loftis
Les Love
Steve Lund*
Victor Mariano*
John McCulloch
Candace McGuire
Bill Meador
Joe Mickey
Steven Mierisch*
Eric Motzno
Ron Navik
Dee Neil*
Richard Nifong
Kit Ogburn
Mike O'Neill
Arlene Pace

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Gregory Scott*
Keith Sidden
Luke Simmons
Mel Skiles*
Tim Supple
Mary Swain
Jason Taylor
Gordon Tennett
Jenny Tenor

Steve Terrill
Chris Underhill
Doug Veazey
Richard Vitolo
Garry Vogelpohl
Vance Waggener
Ron Walther
Tom Weaver
Chris Werbylo*
John Whitehouse
Robert Wicklund
Shelton Wilder
Bill Williams*
Donnie Williams
Harry Wilson
Germaine Yahn
Greg Yahn*

* Volunteered 250 hours or more



3509 Haworth Drive, Suite 210
Raleigh, NC 27609



Great Day Hike #13: Stone Mountain State Park © Betsy Brown

TAKE A HIKE

MOUNTAINSTOSEATRIL.ORG

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GREAT
Day Hike

13

WOLF
ROCK