AZT Wild Mesquite Bar – Bring the nutritious flavors of Arizona on your next trail adventure

Over the past two years, the Arizona Trail Association has been working with Lyndsay Hupp, the creator of Huppy Bar in Flagstaff, to develop the ultimate natural energy bar for hikers, runners, mountain bikers, equestrians and other outdoor adventurers. The original concept was a nutritious snack made from locally sourced ingredients that would celebrate the AZT and raise some money for the organization at the same time. The end result is absolutely delicious! We love it so much that we’ve made it “the Official Energy Bar of the Arizona Trail.”

After years of taste tests and toil in the kitchen, Lyndsay created a product that everyone agrees might just be the best bar on the market. The AZT Wild Mesquite Bar is made with Arizona ingredients, including locally-grown nuts, mesquite meal from the Tohono O’odham Nation, honey, and a pinch of chile powder. Huppy Bar is one of the only companies integrating mesquite meal into their recipe, and offers a naturally sweet flavor that is uniquely Arizona.

Mesquite meal is derived from the grinding of mesquite pods that grow in abundance from mesquite trees before, during and after summer monsoon rains bring life back to the desert. They are high in protein and lysine, and have a low glycemic index. Lyndsay gets her mesquite meal from the San Xavier Co-op Farm on the Tohono O’odham Nation. This is the perfect source, considering that O’odham have been using mesquite meal to sustain their families for thousands of years. Mesquite meal is just one of the native foods of the Southwest that has been proven to combat the effects of diabetes. By working with the San Xavier Co-op Farm, Huppy Bar is supporting traditional Tohono O’odham farming and proving that native foods are an economically viable resource.

The AZT Wild Mesquite Bar is grain free, gluten free, dairy free and soy free! They are made with no preservatives, refined sugars, or GMOs. A portion of proceeds from every bar sold is donated to the Arizona Trail Association, helping support our mission to protect and maintain the Arizona National Scenic Trail!

The tale of the Huppy Bar began deep in the heart of the Grand Canyon. Working as a Colorado River guide, season after season, Lyndsay needed more than what the average snack bag had to offer. Pulling together her cravings, creativity and commitment to healthy eating, Lyndsay designed the perfect bar: delicious, nutrient dense, and satisfying to the core. Lyndsay never intended to make her bars commercially available. However, as more and more friends, fellow guides, and river guests began raiding her stash and calling them “Huppy Bars,” a path to the marketplace began to emerge.

Lyndsay is a believer in taking a conscious role in one’s own health and well-being through good diet and adequate exercise.

It was this belief that led to the creation of Huppy Bars in the first place. Her vision is for our society as a whole to take more personal responsibility for our health.

AZT Wild Mesquite Bars are on sale now at huppybar.com and may be available at stores near you. Help support the Arizona Trail and this outstanding local business by taking Huppy Bars on your next outdoor adventure. Anyone who renews their membership or joins the ATA as a new member will receive a Huppy Bar coupon for 15% your next purchase.

AZT Wild Mesquite Bar Ingredients
Nut & seed blend (almonds, organic sunflower seeds, organic sesame seeds, walnuts, organic pumpkin seeds, cashews), AZ-grown pecans, organic tapioca syrup, locally sourced honey, AZ-wild-harvested mesquite flour, nutritional yeast, sea salt, organic vanilla extract, AZ-grown chiles.
Dear Friend of the Arizona Trail,

Now that wildflowers have emerged across southern and central Arizona, everyone is heading outdoors to enjoy one of the most spectacular seasons of the year. Creeks are still flowing out of some of the sky island mountain ranges, and patches of snow can be found at higher elevations. The Kaibab Plateau still looks like a winter wonderland, and it may be another two months before it completely melts away. A very wet winter has provided ideal trail conditions throughout the state, which will help thru-hikers and thru-riders find natural water sources as they make their way from Mexico to Utah this spring.

We have been fortunate enough to interact with a variety of interesting individuals while they were planning their long-distance adventures on the AZT, including Brady Maghran — a 17-year-old solo thru-hiker from Tucson who is hiking all 800 miles as part of his senior internship. International visitors from Switzerland and Germany have also started their journey across the state. Then there’s Christina Lambard and her 8-year-old daughter “Cubby,” who are attempting a thru-hike together. You can read more about this remarkable family on pages 6-7.

The Arizona Trail Association is proud to support two Warrior Hikers on the AZT this year. Dewayne Goad and Dave Ray are combat veterans who are “walking off the war” along the Arizona Trail, and will connect with veterans groups and organizations in gateway communities along the way. You can learn more about this outstanding program at warriorsexpeditions.org. Please consider making a donation to Warrior Expeditions and the ATA so we can continue to support veterans on the AZT.

I am proud to report that with your support, the Arizona Trail Association enjoyed our most financially successful year ever. We experienced a 35% growth in income, which allowed us to put more resources into trail maintenance and enhancement. Our Mazatzal Restoration project has been very successful, and what was once the most notorious segment of the AZT is looking and feeling more like a National Scenic Trail. Look for a feature article on this project in the Summer edition of the Arizona Trail News.

We’ve got big goals for 2017, including rehabilitating an historic trail near Washington Park to get the AZT off a dirt road, and working with our friends at the Coconino National Forest to build 18 miles of singletrack to replace the matrix of forest roads the AZT currently follows along the Happy Jack Passage. We’ll need lots of help with this endeavor, so check the Event Calendar (aztrail.org/calendar.html) for volunteer opportunities near you.

The Arizona Trail gets better all the time because of people like you! Thank you for being a vital part of this amazing organization, and supporting the trail that connects deserts, mountains, canyons, forests, communities and people. Now get out there and enjoy it!

Happy Trails,

Matthew J. Nelson
Executive Director

Arizona Trail Association
534 N. Stone Ave. | Tucson, Az 85705 | 602-252-4794 | www.aztrail.org
In 2016, the Arizona Trail Association experienced growth in income and expenditures in support of our programs, including Trail Operations, Volunteer, and Seeds of Stewardship. Thanks to the generous support of individuals and business partners, the ATA was able to accomplish many important goals in the maintenance, protection and promotion of the AZT.

Approximately 1,800 volunteers contributed more than 18,330 hours to the Arizona Trail, the equivalent of $418,839 in savings to federal land management agencies. And these are just the individuals who reported their volunteer hours. Please remember to log your volunteer hours online and help us document all the great things you do for the Arizona Trail. The strength of the ATA remains within our amazing volunteer corps.

Significant improvements were made to the Arizona Trail along most of its passages, with major projects happening on the Tonto National Forest and within Oracle State Park. In addition to tread work, 9 steel gates were installed to protect the trail from OHV abuse and accommodate a variety of trail users, and 24 new wooden signs were installed at key locations along the trail. Two new interpretive kiosks were installed and trailhead signs were upgraded at 9 locations.

The Seeds of Stewardship program helped introduce over 2,200 youth to the Arizona Trail, and assisted them in accomplishing rewarding service projects throughout the state. This program has grown exponentially thanks to your support!

The Volunteer program has flourished, with 17 new stewards recruited in 2016. In addition, the Trail Skills Institute helped train 38 individuals in the art and science of trail maintenance and construction. Clubs, groups and corporations were also engaged in trail work activities. The "many hands" approach is proving very successful.

These charts help demonstrate major sources of income and expenditures from 2016. The ATA experienced a 35% increase in income, and thus, our ability to put more resources toward our core mission.

We sincerely appreciate your continued support of the ATA and hope you’re proud of what we have been able to accomplish together. Look for a comprehensive Annual Report with compiled financial information online next month at aztrail.org/annual_reports.html
For a couple of years now, the ATA has been struggling to find the right name for the trail volunteer training sessions we have developed in partnership with American Conservation Experience (ACE). We wanted to find something that speaks to the depth of information available through these sessions, and can appeal to an audience beyond those who volunteer on the Arizona Trail.

I think we’ve finally got it…the Trail Skills Institute!

Sounds pretty good, right? We’re still offering the same great content: four modules on trail maintenance, design and construction, taught by highly skilled professionals. Already, the Institute has brought in trail volunteers and professionals from New Mexico, Colorado and California looking to expand their skills and increase their knowledge of trail building in arid landscapes. We even manage to get them all to put in a few hours of volunteer time on the AZT while they’re learning. Arizona Trail volunteers get the advantage of learning about the unique challenges and techniques that apply to our native terrain, making them even more valuable at maintenance events, in scouting parties, and when planning reroutes of the trail.

Each training takes place entirely outdoors, with a focus on experiential learning. While there will be talks and demonstrations, the ACE instructors have found that classroom time is never as valuable as time on the trail and a PowerPoint is no replacement for a pick-mattock. Each training session is designed to benefit and inspire veteran trail dogs and first-timers alike.

Reserve your space now for these one-of-a-kind learning experiences. For more details on the Trail Skills Institute modules or to register, visit aztrail.org/volunteers/training.html.

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Module 162:
Seeing the Trail and Corridor Maintenance
April 22 (Payson) & June 24 (Flagstaff)

Module 3:
Stone Maintenance Structures
April 1-2 (Superior)

Module 4:
Re-route Design and Trail Layout
October 21-22 (Patagonia)

Registration for the one-day trainings is only $50 per person and includes professional instruction, a Trail Assessment Handbook, lunch, and lots of fun! Registration for the two-day trainings is $125 per person and includes professional instruction, a Trail Assessment Handbook, four meals, and loads of fun! Current ATA Trail Stewards receive a $25 discount. Scholarships may be available for the right candidate. Contact volunteer@aztrail.org for more information.
**Memorizing Shadows**

**A new book of poetry inspired by the Arizona Trail**

While walking on the Arizona Trail from Mexico to Utah in 2012, Heidi Elizabeth Blankenship took photographs of scenic vistas and scribbled words on scraps of paper. Her photographs evolved into imaginative paper cuttings and her words into impassioned poems. She made 37 copies of her first book of poetry by hand as a gift to thank those who helped her along the way. She gave the remaining copies to friends, and the Arizona Trail Association was fortunate enough to receive one of the copies in 2015. It is filled with rich imagery, unforgettable encounters, and insightful observations that anyone who has spent time on the AZT will be able to connect with.

On March 15, Shanti Arts Publishing announced the release of *Memorizing Shadows, Inspiration from the Arizona Trail*. What was once a personal project is now available for the rest of the world to enjoy. Its 90 pages with 37 illustrations are a must-have for anyone who has explored portions of the Arizona Trail and those who love wild places. It is also available digitally through Google Play, Amazon Kindle and iBooks.

“These poems originated on the Arizona Trail as I walked from Mexico to Utah during the spring of 2012,” Heidi said. “Many were scribbled between footsteps, some while paused at a scenic vista, others at dusk before sleep descended. The Arizona Trail was my first long thru-hike and I didn’t really know what to expect. These are the words that joined me from the ether and I am happy to share them with you.”

Heidi will celebrate the release of *Memorizing Shadows* in the gateway community of Oracle on Friday, April 21. You are invited to join her at 6 p.m. at the Triangle I Ranch for an evening of poetry reading and refreshments. Her papercut artwork will also be on display. There’s even been talk of prickly pear limeade on ice. Just bring your own cup, and toast to Earth Day!

Heidi grew up with wilderness on the horizon in Wellsville, Utah. She has been hiking ever since she could walk and writing ever since she could hold a pen. She received a B.S. in English from Utah State University with an area studies certificate in Literature, Culture, and the Environment. She has had the good fortune of serving as a ranger for state and federal agencies on the Colorado Plateau and in the Sonoran Desert. She claims both Utah and Arizona as home.

Order your copy of *Memorizing Shadows* through the ATA Online Trading Post today: [aztrail.org/store](http://aztrail.org/store)
Cubby Treks the Arizona Trail
by Matthew J. Nelson

You never know what you might see on the Arizona Trail. The biodiversity found between Mexico and Utah is unparalleled. On any given day you might spot coati mundi, blooming ocotillo, Gila monsters, aspens, bighorn sheep, bats sipping nectar from saguaros, maybe even the tracks of a jaguar. If you stop and talk to people along the trail you will meet locals out for a morning trail run, section hikers ticking off one passage at a time, and international travelers who’ve heard that the AZT is the ultimate adventure. But chances are you’d never expect to see an 8-year-old thru-hiker. If you’re on the AZT this spring, you just might.

She goes by the trail name Cubby, and together with her mother, Phoenix native Christina Lambard, they’ll attempt all 800 miles of the AZT. Cubby’s love for hiking started when she began exploring the Florida National Scenic Trail near her home in South Florida. After being left behind at home while mom solo hiked, Cubby made it clear that she wanted to become the youngest hiker to finish the entire 1,100-mile Florida Trail. “I know people think that thru-hiking the Arizona Trail is something that I am doing with my daughter,” Christina said, “but the truth is this is her idea.”

Over the past year, the mother and daughter duo have covered a lot of ground, including some of the most formidable swamp passages. “I knew Cubby was brave enough to do just about anything when we walked by an 11-foot alligator, known by Florida Trail hikers as Darth Gator,” said Christina. “Between that and the mental strength to hike through water for nine solid hours, I was sold she could accomplish this. As a bonus, it’s created a level of self-esteem in her I couldn’t possibly do on my own.”

As a former teacher and journalist, Christina is homeschooling Cubby as they make their way across the state. There’s no shortage of quality material to be taught about biology, geology, botany, technology and mathematics while on the trail, and as anyone who has ever done a long-distance hike knows, time spent on the trail is a priceless learning experience about life and the interconnectedness of all things. Part of Cubby’s English, grammar and writing lessons involve her writing about her experiences. She will document her hikes in an expedition journal given to her by Florida friends, in addition to graphing daily mileage and charting the weather. These notes will eventually be featured on her online Trail Journal, and are proving to be inspirational to adults and children alike.

Here’s a recent entry from February 23, 2017:

I have a lot of fun hiking with my mom, or as you call her on the trail, Teddy. She makes it like it’s my home: when I get homesick she’s there for me, when I’m scared she’s there for me to make me feel better and better. It’s like I live there on the trail, because she makes the difference between a bad hike and an excellent hike. The best part is she’s my mom, and I’m her daughter and I love her and she loves me. She’s my hiking buddy and I’m hers. Writing this put a really big smile on my face, and I love hiking now because she helped me explore hiking. We both love it and I love having the time with her. She’s the best thing that’s happened to me. :)

With hundreds of miles of the Florida Trail under her 8-year-old legs, Cubby is going to attempt the AZT this spring. Lambard Family Photo
Christina and Cubby will start their thru-hike on March 27 at the Arizona-Mexico border, and they’ll take “as long as it takes” to make their way through the Grand Canyon State, but are aiming for a mid-May finish.

Since Christina grew up in Arizona and attended Northern Arizona University in Flagstaff, she is intimately familiar with the state and the environmental challenges they’ll face along the way. It also helps that she has friends and family statewide, and her family still owns a cabin near Christopher Creek in Mogollon Rim country. Friends from Arizona and abroad will hike with them for various segments, and Christina plans on integrating as many kid-friendly activities as possible when they’re not trekking to diversify the experience for her daughter.

Cubby’s older brother, “Gap,” age 19, would join them, but he is currently solo thru-hiking the Appalachian Trail. Her other brother, “Dobby,” 14, is hoping to cross off the Georgia section of the AT this summer as well. Long-distance hiking runs in the Lambard family.

In preparation for their grand adventure, Cubby has been selling hand-crafted soap to buy herself an iPod for audio books, podcasts and to listen to music. She is excited to explore Arizona and make friends along the way, and Christina sees a dual benefit: “Cubby is on the autism spectrum, so it’s a great way to teach her how to interact appropriately with people. Initially she may appear very shy, but once she gets to know her fellow hikers she has a tendency to chat the day away. So we are working on learning cues about how much is too much.”

But for Cubby, home is where you lay your pack at night. “I love meeting other people on the trail and getting to know them,” she said. “The people are the best part of hiking.”

Check out Cubby’s website: cubbytreks.com and click on Trail Journal to read her posts. You can follow her on Facebook at facebook.com/cubbytreks and Instagram at instagram.com/cubbytreks. You can also send an email of encouragement to cubbytreks@gmail.com.
Volunteer Spotlight: John Matteson

by Wendy Lotze

John Matteson puts the final touches on a new wooden AZT sign. AT& Photo

The Arizona Trail Association is proud of all the people who volunteer with us. Volunteers do more than make it possible to fulfill our mission; they create and direct our organization. This season, we’re highlighting one of those volunteers who’ve had a deep and lasting impact on the trail and the people who work on it – John Matteson.

John has been the Chief Steward for the Mazatzal Mountains Region (Passages 20-27) since 2014 and was the driving force behind the “Mazatzal Assault Party” (MAP) project. His trail name is Nimblewill Nomad and he has personally given more than 3,000 volunteer hours to the ATA, coordinated and facilitated countless more through his volunteer projects and steward recruitment.

John was introduced to the ATA when he was volunteering for the Mesa Ranger District. There was an announcement about an Arizona Trail event in the Sunflower area, and when he showed up he was welcomed by an all-star cast of ATA volunteers: Shawn Redfield, Joe Longbotham and John Rendall. John was amazed by how quickly everyone welcomed him into the group, and soon he was working with them regularly. Not long after, he became Segment Steward for Pine Mountain Passage 21b, which was recommended by Joe as the perfect piece for someone who liked “stickers.” Over a single season, with the help from volunteers like Joe, he coordinated cleaning 8 miles of trail that had been neglected for decades. Like he would do later with the Mazatzals, John identified a massive project and was not afraid to break it into manageable pieces and bring a variety of resources in to attack it. Also, as with the MAP project, John attributes success to the many other volunteers who have dedicated so much time to helping.

In addition to donating his time to the Arizona Trail, John still volunteers with the Mesa Ranger District and is on the board of the Friends of the Tonto National Forest. He makes wooden signs to donate to needy children with the Fountain Hills Toymakers and assists with a local community garden. Most recently, he used his woodworking skills to complete custom sideboards for a Willys Jeep for the Make-A-Wish Foundation. He says there isn’t much he doesn’t like to do. As long as he sees a positive result, he really doesn’t object to any task…except perhaps visiting the doctor or going to the mall.

One of his missions for 2017 is leading three-day backpacking trips into the Four Peaks and Mazatzal Wilderness areas to address remote maintenance needs that have been challenging for volunteers to handle. Want to come along? Check out the ATA Event Calendar online: aztrail.org/calendar.html

Thanks for everything you do for the ATA, John! You’re an inspiration and a good friend.

Ode to Scary Bushwack

If you’re Mazatzal Mountain out bound
A scary bushwack will be found
behind every tree
to whack your knee
and knock you out in one round

With loppers and pick mattock in hand
You can cut and grub in the sand
but to no avail
your efforts will fail
scary bushwack will remain and still stand

You may chop and grub with your might
but a scary bushwack will then bite
and leave you bloody
and even quite muddy
and laugh and laugh and then smite

So to the mountains go if you must
your trip will remain a bust
the bushes will stay
to your dying day
till all of your tools turn to rust

- Nimblewill Nomad

Wendy Lotze is the Volunteer Coordinator for the Arizona Trail Association and a trail steward for Alamo Canyon Passage 17a. She is always looking for inspired individuals that want to help the ATA with a variety of tasks on and off the trail. She can be reached at volunteer@aztrail.org
THANKS for organizing, and running, a wonderful work event! We learned much, accomplished a lot, and made many new friends -
2016 Volunteer Vacation Participant

The ATA Volunteer Vacations are returning to the spectacular Mogollon Rim Country - this time for a project out of Washington Park. Here, the Arizona Trail leaves the historic Highline Trail alignment and begins its steep climb up to the rim on the Colonel Devin Trail. We’ll be working on the banks of the East Verde River - here a clear mountain stream - enjoying the shade of the tall pines and the quiet of the forest. Join us for a rewarding work project in the midst of this idyllic Arizona landscape. The project involves refurbishing the Colonel Devin trail, moving the AZT off a powerline and road right-of-way across the river. The new trail will skirt an historic fish hatchery site as it makes its way up to the rim.

Registration includes all meals, training, tools and transportation. Campsite conditions may be basic, but you will still be surprised at the hospitality!

For more information or to register: aztrail.org/volunteer_vacations or email volunteer@aztrail.org.
Weekly Arizonian, in 1859, Wrightson was killed by Apaches while surveying a mining claim in the early 1860’s. Army Captain Richard Ewell, in charge of Fort Buchanan in the Santa Rita foothills, was referred to as ‘Old Baldy’ by those that knew him, due to his balding head. This nickname seemed fitting for the bald summit of Mount Wrightson as well, and his friends named the peak in his honor.

In November of 1958, six Boy Scouts from Tucson headed out to the Santa Rita Mountains to hike to the summit of Mount Wrightson. Unbeknownst to them and weather forecasters, a freak snowstorm was on its way. As darkness fell, the weather began to deteriorate, and the six Scouts found themselves high on the mountainside below the peak. Three decided to continue on to the summit, while the other three headed back down to their campsite at the base of Mount Wrightson. The three returning Scouts awoke early the next morning to heavy falling snow. The three that had pushed on to the summit still had not returned, so the worried boys trudged through the deep snow to seek help from a nearby lodge. A massive search party gave a heroic effort in upwards of six feet of snow on the peak. But days turned into weeks, and the search was eventually called off. The three missing Scouts were finally located, but it was too late. A memorial to them is located along the trail where they spent their final hours.

Between Casa Blanca Canyon and Gardner Canyon, the trail parallels an old ditch that was created to bring water from Casa Blanca Canyon to the mines of the Kentucky Camp and Greaterville area to the north.

The last few miles of this passage follows Gardner Canyon to the vicinity of the old Gardner Ranch (today it’s called Apache Springs Ranch). An Arizona pioneer and all-around colorful, rugged character, Thomas Gardner came west and first settled near the Arizona-Mexico border in 1859, where he sold vegetables and beef to the miners at Mowry. Gardner married Gertrude Apodaca from Sonora, and the couple raised 12 children together, Josephine Peak, a high peak on the south side of Mount Wrightson, was named for his daughter Josephine, who passed away while only a child. Gardner spent a few years in the Sonora Valley before establishing a homestead in the foothills of the Santa Rita Mountains in 1872. During his time in the Santa Ritas, Gardner sold cattle to the surrounding towns and mines, and operated a sawmill. Gardner was said to be a friend to many, and loved recounting stories of early Arizona life. During a trip to Tucson by wagon, Gardner was shot twice in the chest by two Apaches after his rifle failed to fire. The tough-as-nails Gardner stuck cloth into his wounds and retreated to his ranch to recover. Intent on retiring upon reaching his mid-seventies, Gardner sold his ranch in the Santa Rita Mountains and moved to Patagonia, where he spent the last years of his life.

References:

Carsonites can be installed with a pick and shovel for digging the hole, setting the post, then filling and packing the hole. Or if you have vehicle access to the sign location, consider borrowing the post-hole digger and driver from the ATA. These two tools allow you to dig a perfect carsonite post hole quickly, then slide the sign inside the drive, and voila! you’re finished. The digger weighs about 45 pounds, however, so it’s not something you’ll want to drag down the trail for miles.

**Faded or Missing Stickers**

The stickers identifying the Arizona Trail, along with arrows pointing the way or reminding motorized users that this trail is not open to them, is the whole purpose of the sign post. Years of living on the Arizona Trail can make these stickers unreadable and can cause confusion for trail users. If your carsonite signs have stickers that are too faded to read, contact the Assistant Trail Director or the Volunteer Coordinator. They will mail stickers to any steward who wants them. Just let them know the quantities and types of stickers.

It’s important to clean the surface before applying the sticker. Dirty or dusty posts will cause the sticker to peel prematurely, requiring frequent maintenance. The manufacturer recommends cleaning the post with an alcohol-based cleaning solution to ensure a firm bond. Alcohol wipes work great.

**The Great Sign Inventory**

Thanks to Jacky-Bean and Little Dipper (two thru-hikers from 2016), the ATA now has a database that includes EVERY sign on the AZT. This includes photographs and GPS coordinates, and notes on sign material. To view the inventory, visit [http://arcgis/HCX59](http://arcgis/HCX59). If you make any changes or updates to signs on your segment, please send an email, along with photos and GPS coordinates, to tamara@aztrail.org. This is necessary so we can keep the database up-to-date.

Signage is an important tool to keep users on the trail and provide a memorable experience. A big thank you to all the Trail Stewards who are making the Arizona Trail better all the time!
Thank You to Our Generous Supporters!

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