



# Arizona Trail News

News and Information from the Arizona National Scenic Trail

Summer 2014 | Volume 22, No. 2

## Arizona Trail Featured in National Geographic Visitor Center-Grand Canyon

With support from Nature Valley, the National Geographic Visitor Center-Grand Canyon and Arizona Trail Association are pleased to announce the development of an exhibit featuring the Arizona National Scenic Trail within the courtyard of the IMAX Theater in Tusayan, just south of Grand Canyon National Park. Each year, the Visitor Center receives hundreds of thousands of visitors, and for many it is their introduction to the natural wonders and human history found within Grand Canyon. Beginning this summer, visitors will be surrounded by inspiring images and interesting information about the Arizona Trail the moment they step into the courtyard.

“It’s like a virtual tour of the Arizona National Scenic Trail,” said Janet Rosener, General Manager of the National Geographic Visitor Center-Grand Canyon. “The display really captures the natural beauty that exists throughout the state, as well as the diversity of trail users who find adventure on the Arizona Trail. We are sure that visitors from around the world will take a great interest in the Arizona Trail because of this exhibit.”

A giant map of Arizona covers the ground surface of the courtyard, and the Arizona Trail runs right through its center. Colorful display panels are mounted on the walls, each with dramatic images of



In addition to the courtyard display, everyone who purchases a ticket to the IMAX Grand Canyon film receives a Nature Valley granola bar and an interpretive map of the Arizona Trail. The Visitor Center distributes upwards of 250,000 maps each year. “Putting a map of the Arizona Trail into the hands of Grand Canyon visitors will inspire untold numbers of people to explore the beauty between Mexico and Utah,” said Nelson. “I wonder whose walls within which countries will soon have these maps on display. It’s very exciting.”



Arizona’s landscapes, animals, plants and other natural features. Each photograph is georeferenced to locations on the map, encouraging visitors to learn more about parts of the state they never knew existed. Images of hikers, runners, backpackers, mountain bikers and equestrians can also be found throughout the display, helping to demonstrate the “share the trail” philosophy that makes it unique among National Scenic Trails.

To encourage a real trail experience, painted steps lead visitors from the courtyard to the parking lot, and on a dirt path that connects with Passage 37 of the AZT. This way, everyone is encouraged to take at least a few steps on the world-famous trail that goes all the way from Mexico to Utah.

“If there was ever an opportunity to make the Arizona Trail known to the global outdoor community, this is it,” said Matthew Nelson, ATA Executive Director. “Grand Canyon continues to be the world’s most popular natural wonder, and to have a major promotion of the Arizona National Scenic Trail happening within the gateway to the Canyon is beyond our wildest dreams. If a small fraction of the Grand Canyon’s 4 million annual visitors learn about the Arizona Trail and make a return trip to hike, run, bike or ride a passage, just think about the positive impact that could have,” he said. “We are proud to be able to partner with National Geographic, IMAX, Nature Valley and the town of Tusayan in the development of this project.”

The Arizona Trail courtyard is currently under construction and should be open to the public in July. It will be open during normal business hours for at least one year, and everyone involved with the project is hopeful it will remain part of the courtyard even longer. The entire project is funded by Nature Valley, who has a long-standing commitment to America’s National Parks and organizations like National Geographic.

When you’re planning your next visit to Grand Canyon National Park and the Kaibab National Forest, please take time to visit the Arizona Trail display within the courtyard of the IMAX Theater. And tell the folks at the National Geographic Visitor Center-Grand Canyon how much you love the AZT!

Dear Friend of the Arizona Trail,

It never ceases to amaze me that when I venture out on the Arizona National Scenic Trail I find solitude unlike anywhere else. No matter which season or passage I go for a hike, run or ride, it seems like I am the only living thing out on the trail that day. Considering the growing popularity of the AZT, I always expect to see more people. But each time I realize that red-tailed hawks outnumber humans, and the wind remains the dominant soundtrack to my Arizona Trail experience.



In this rapidly changing and fast-paced world we live in, it gives me peace of mind to know that opportunities like these are never far away to any who seek them. I think the allure of this quiet experience outdoors is what draws so many different trail users to AZT trailheads throughout the state. That, and the raw beauty of Arizona's deserts, canyons, forests and mountains, of course. It's a perfect cocktail for clarity, really.

While I never saw another person the last time I was on the Arizona Trail, I did see tracks in the soft soil that told stories about who had been on the trail recently. There was an obvious boot print with a Vibram sole. Snakelike depressions from two sets of mountain bike tires faded in and out, and crumbling piles of manure were a reminder that an equine was here not too long ago. I was proud to see signs from all three user groups on the same trail – something that is unique and wonderful.

The other tracks I found were even more enlightening to just how many living things use, and probably benefit from, the AZT. Pitchfork-shaped toe prints made it clear that a raven was walking along the side of the trail for a while, and subtle scratches with a curvaceous line down the center showed how a lizard ran, then paused, then ran again across the trail. Before long I was crouching down and examining each sand granule in search of more trail traveler data.

Scat from a mule deer, smoothed out dirt where a rabbit had settled in for a nap, and kangaroo rat tracks were all positively identified within close proximity to one another. It occurred to me at that moment that the trail we build, maintain, promote, protect and sustain is used a lot more often than we think. Beneath a blanket of stars, in the emerging light at dawn, and sometimes in the heat of the day, the trail is alive with activity. And something about that makes the Arizona Trail even more special.

Thank you for all you do to support the Arizona National Scenic Trail and the Arizona Trail Association. Together, we are part of a very important legacy that will remain long after our tracks have faded.

Enjoy your time on the AZT,

A handwritten signature in black ink, appearing to read "Matthew J. Nelson".

Matthew J. Nelson  
Executive Director

---

## To Print or Not to Print?

Want to receive the Arizona Trail News by email instead?

Send us an email at [ata@aztrail.org](mailto:ata@aztrail.org) and we'll email directions on how to read the full-color version of the newsletter online. The "paperless" option saves the ATA printing and postage expenses so we can direct more resources toward the trail.

---

## Arizona Trail Association

PO Box 36736 | Phoenix, Az 85067 | 602-252-4794 | [www.aztrail.org](http://www.aztrail.org)

## The Arizona National Scenic Trail

### Our Vision...

...a continuous, non-motorized trail traversing 800+ miles from Mexico to Utah, linking deserts, mountains, forests, canyons, communities and people.

---

### Board of Directors

Eric Hiser, *President*

Fred Gaudet,  
*Vice President of  
Trail Operations*

Jan Hancock, *Secretary*

C.W. Payne, *Treasurer*

---

### Board Members

Steve Anderson

Tom Coulson

Gary Hohner

Rob Mason

John Rendall,

*Central Regional Steward*

Todd Sadow

David Salisbury

Larry Snead

Bernie Stalman

Lirain Urreiztieta

Lyn White

Terry Woolston

---

### Staff & Support

Matthew Nelson,  
*Executive Director*

Shawn Redfield,  
*Trail Director*

Debbie Thorman,  
*Membership &  
Administration*

David Babcock,  
*Web Master*

Sirena Dufault,  
*Gateway Community Liaison*

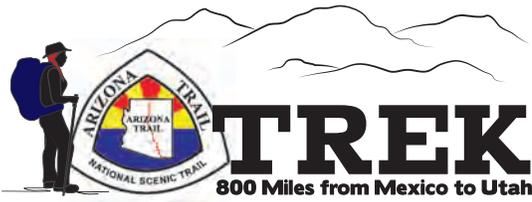
Deborah Oslak,  
*Youth Outreach & Education  
Coordinator (Southern AZ)*

Cole Habay,  
*Youth Outreach & Education  
Coordinator (Northern AZ)*

Aaron Seifert, *GIS Director*

Mel and Marlene Betani,  
*Keepers of the Tools*

Phyllis Ralley,  
*Maps and more*



# THE ARIZONA TRAIL TREK BY SIRENA DUFAULT

It has been my dream to thru-hike the Arizona Trail ever since I was inspired by an outing on the Cody Trail south of Oracle in 2007. Since then, I've spent countless hours on the AZT helping to build many miles of trail, section-hiking in 2008-09, and promoting the trail as the ATA's Gateway Community Liaison since 2011. This year, my dream finally came true!

On March 14, 28 people met at the Coronado National Memorial for the kickoff of my thru-hike to promote the Arizona Trail, the Gateway Communities, and the new guidebook – the **AZT Trek**. We hiked the two miles down to the Arizona-Sonora border, where I read Dale Shewalter's poem "Arizona Trail" before starting my journey north to the Utah border.

My trek lasted two and a half months and along the way I was able to connect with thousands of people through gateway community events, updates on social media and my blog, media appearances, and public hikes and backpacking trips. The Arizona Trail was featured in many newspaper articles and TV news stories throughout the state. I met many people

who had never heard of the trail before, and they were always intrigued by the idea and wanted to learn more.

The 13 gateway community events were a chance to meet others who appreciate the trail while enjoying local food, live music and Arizona Trail Ale. It was such a pleasure to see hikers, bikers and equestrians swapping tales of the trail at the events. And some even met new partners for future AZT outings! The reception I received in each gateway community was extremely warm and welcoming.

I led seven day hikes and four backpacking trips where people were able to join me on part of my thru-hike. It was a great way to introduce new people to the trail and share some of my favorite spots. The toughest but most rewarding outing was a four-day backpack from Mount Peeley to the LF Ranch, featuring spectacular scenery and ending with a swim in the East Verde River. The one with the most laughs was a three-day women's backpacking trip from Mormon Lake to Sandy's Canyon. This adventure included 10 women, a therapy dog and a mini-donkey. The company made

for a wonderful time despite the intense wind and cooler-than-expected temperatures.

Did I say wind? That was the one constant of my experience on the AZT. I'm pretty sure it was windy the entire hike. Wind aside, the weather was fantastic! It was a dry year, and I missed the few storms we had this spring by having days off at just the right time. The largest bit of snow that I saw was atop Mica Mountain in the Rincon Mountains, and it was only the size of a dinner table. I was able to sleep under the spectacular Arizona skies every night and didn't use a tent once.

Thru-hiking the trail was a very different experience from my previous section hike. It was exciting for me to see all of the newly constructed trail, improved signage, and reroutes that had been built since my first hike. There is nothing like the continuity of a thru-hike: being able to see a mountain range in the distance and walk toward it for days, then see it recede behind you as the miles fall under your feet.

The Arizona Trail Trek raised over \$17,000 for the Arizona Trail Association through the

online crowd funding campaign and from donations at the gateway community events. Every dollar goes right back into the maintenance, protection, and promotion of the trail.

Thanks to the four businesses that sponsored the AZT Trek: Arizona Highways Photo Workshops, Peace Surplus, Summit Hut and That Brewery! And a huge round of applause to all of the businesses and musicians that made the events such a success. A very special shout-out to my husband Brian and my dad, Budh, who gave me the support I needed to hike across the state. And whether you came to the events and hikes or virtually followed along, it was great to share this incredible journey with you. Thanks for being a part of it.

See you on the Arizona Trail!

*Sirena Dufault is the Gateway Community Liaison and Social Media Coordinator for the Arizona Trail Association. She spends summers working as a rafting guide on the Colorado River. Check out her blog and read some of the media coverage of the AZT Trek online:*

[www.aztrail.org/azttrek/](http://www.aztrail.org/azttrek/)



## Gateway Community Spotlight: Summerhaven

Located at a cool elevation of 8,200 feet near the top of the Santa Catalina Mountains, the hamlet of Summerhaven offers respite from the desert heat during the scorching summer season. Just a short drive from Tucson, Summerhaven is a wonderful destination during all seasons.

This gateway community is a great place to begin day trips and overnight trips on the Arizona Trail, since every direction you head from Summerhaven will be downhill. There is ample camping in the Coronado National Forest nearby, and Bear Wallow Campground is

among the best for shade and trail access. For those wanting to stay in a cabin, there are a few options, including Mt. Lemmon Cabins and The Moose Cabin on Mt. Lemmon. Great food can be found at the Sawmill Run Restaurant and Mt. Lemmon Cookie Cabin, and just a little further uphill at the Iron Door Restaurant near Mt. Lemmon Ski Valley. Summerhaven also has a general store and gift shop for basic necessities.

The network of trails near the top of the mountain makes it difficult to choose where to begin, so here are a few favorites for hikers, mountain bikers and backpackers (many equestrians avoid the high elevation trails of the Santa Catalinas due to their steep



The Wilderness of Rocks is a geological wonder along the Arizona Trail just a short distance from Summerhaven.

grades, loose rocks and lack of parking for horse trailers):

### Marshall Gulch and Aspen Trail Loop

For hikers, this 3.7-mile loop is a wonderful getaway from the heat, and includes flowing water,

colorful wildflowers, and amazing views of the Wilderness of Rocks. Start by hiking uphill from the trailhead south of Summerhaven. After 1.2 miles of walking through dense pine-fir forest you will arrive at Marshall Saddle and the intersection of three trails.

## Major REI Grant Supports the Arizona Trail Association

In May, three Recreational Equipment, Inc. (REI) stores in southern Arizona teamed up to award the ATA a grant for \$25,000 to support stewardship activities near Tucson and Phoenix. This is the single largest grant provided by a business partner in recent history and will allow the ATA to accomplish some major trail work activities in areas where they're needed most. REI Paradise Valley, REI Tempe and REI Tucson participated in the grant decision and are delighted to continue the strong relationship between ATA and REI.

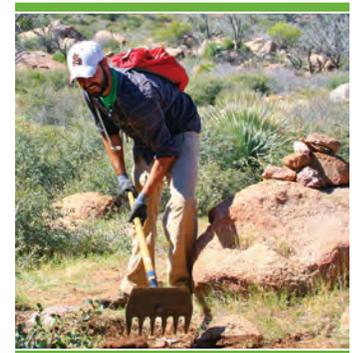
"REI's mission is to inspire, educate and outfit for a lifetime of outdoor adventure and stewardship," said Joe Impehoven, the Phoenix Outdoor Programs & Outreach Market Coordinator. "Our

mission aligns perfectly with that of the Arizona Trail Association, and we're looking forward to getting more people involved in the appreciation and stewardship of the Arizona National Scenic Trail."

Impehoven is among the many REI staff members who have volunteered on the Arizona Trail over the past year. REI and ATA members have joined forces on a trail realignment near Sycamore Creek on Passage 21, and a trail maintenance day near Sandy Seep on Passage 32. Thanks to REI's grant, five priority projects have been identified on the Coronado and Tonto National Forests over the next year, and professional trail crews are being mobilized to do the heavy lifting while volunteer trail work days are being organized to engage REI staff,

members, and the general public. REI grant funds will also help more youth experience the Arizona Trail through the ATA's Seeds of Stewardship program.

The ATA is among the 260 non-profit organizations that received funding from REI. In 2012, REI awarded \$3.9 million in grants to non-profit organizations dedicated to protecting and promoting public lands and outdoor recreational resources. REI stores promoted more than 750 outdoor volunteer projects, resulting in 397,000 people giving 2.8 million hours of volunteer work on public lands. And as an added benefit to those who support the ATA, REI offers all ATA members a 20% off coupon, which you receive in the mail upon joining or renewing your ATA



REI Tempe employees hard at work breaking new trail near Sycamore Creek on Passage 21.

membership. These coupons are good online as well as within REI stores nationwide.

The next time you stop in to an REI store in Tucson, Tempe, Paradise Valley or Flagstaff, please tell them how much you appreciate their support of the Arizona Trail!



## Gateway Community Spotlight: Summerhaven

Follow the Aspen Trail to the southeast for 2.5 picturesque miles back to the trailhead. Along the way you'll enjoy incredible views of the massive granite cliffs that dominate the upper regions of the mountain. These are popular rock climbing routes, but most are off-limits to climbers during the summer months to allow peregrine falcons to nest peacefully and rear their young. The trail passes through a pleasant grove of aspens before arriving at the trailhead.

This loop can be popular on weekends, so plan on sharing the trail with others seeking respite from the Sonoran summer sun. Dogs are allowed, and will love the opportunity to go for a walk in the cool forest, but must be leashed at all times.

### Oracle Ridge Descent

For mountain bikers, Oracle Ridge is a 13-mile downhill test piece that is often overlooked and always underestimated. Of the four ridges that descend from the top of the mountain toward the town of Oracle, Oracle Ridge is the most rideable and the best maintained, but is still a serious endeavor. These 13 miles are a real adventure, and will give you an appreciation for the ruggedness of the Santa Catalina Mountains. Full-suspension mountain bikes are a necessity.

From Summerhaven, ride the pavement back toward Tucson for a short distance and look for signs for Mt. Lemmon Control Road to the north. Head north on this dirt road (FR 38) for a

few minutes, and look for the Oracle Ridge Trailhead on your left. You'll get a pretty good sense of what you're in for within the first two miles. If you find yourself walking more than riding (or just scared out of your saddle), consider walking back uphill and riding another trail (try Bug Spring and Molino Basin trails) before you get in too deep. Another fun option is to ride down the Mt. Lemmon Control Road (FR 38) to Oracle.

If you make it to the bottom unscathed, this ride ends at the American Flag Ranch Trailhead near Oracle. A car shuttle is necessary, unless you fancy the thought of riding back to the top of the mountain on the Mt. Lemmon Control Road – not recommended during the heat of summer.

### Pusch Ridge Backpack

If you have two to three days to spend walking through the heart of the Pusch Ridge Wilderness, consider hiking the Arizona Trail from Summerhaven to Sabino Canyon. This rugged, beautiful route traverses some of the least traveled territory in the Santa Catalina Mountains. Along the way you may see rattlesnakes, desert bighorn sheep and mountain lions.

From the Marshall Gulch Trailhead, walk through the Wilderness of Rocks toward Romero Pass. The most reliable water source along the way is 3.4 miles into the hike – the headwaters of Lemmon Creek. Canyoneers can follow this drainage straight down to Hutch's Pool, but it's a demanding descent that requires rappelling, scrambling, and somewhat complicated route finding.

Other than Lemmon Creek, don't plan on finding water until you arrive at Hutch's Pool (12 miles from the trailhead).

Romero Pass is a particularly amazing destination, and offers inspiring views in all directions. Just don't get caught here in a monsoon storm. Recently relocated desert bighorn sheep are frequently spotted here, so keep an eye out for rams, ewes and lambs hiding on the rocky hillsides. You might also see signs of mountain lions but it's unlikely you'll see one of the large, elusive cats.

If you look west, imagine the effort it took to carry ponderosa pine logs downhill to build villages along the Canada del Oro and Sutherland drainages. There is archaeological evidence that Hohokam people harvested trees from atop Mt. Lemmon and carried them down through Romero Pass to build large structures within the Romero Ruin, Honeybee Village, and other civilization centers near present-day Catalina State Park and Oro Valley.

Hutch's Pool offers idyllic camping and a cool spot to swim. At 3,900 feet, it is warm in the summer, but the cold mountain water is always refreshing. Hutch's Pool is a popular destination for day hikers and skinny dippers, so if you want a secluded spot to camp, follow the Lemmon Creek drainage uphill for a short distance to other pools, granite benches and tiny waterfalls.

From Hutch's Pool, hike east to the Sabino Basin and either head south on the Sabino Canyon Trail (Trail 23) and take the

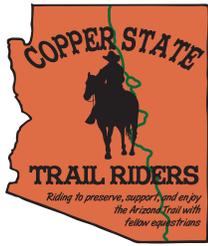


Leaping into Hutch's Pool during a summertime hike along Passage 11 of the Arizona Trail.

tram to the Sabino Canyon Recreation Area parking lot.

If you attempt this hike in the summer, be very wary of monsoon storms which can fill the drainages you'll be traveling down with water, mud and debris almost instantly. Poisonous reptiles will be plentiful, too. But the most dangerous hazard of all is the sun. Travel during the cool morning and evening hours, and lay low during the heat of the day. Shade is intermittent throughout these passages, so be prepared for lots of exposure.

For more information on Summerhaven and its offerings, check out the Arizona Trail Gateway Community page at [www.aztrail.org/gateway/summerhaven.html](http://www.aztrail.org/gateway/summerhaven.html) or refer to page 312 of **Your Complete Guide to the Arizona National Scenic Trail**.



# Copper State Trail Riders' Top Picks for Horseback Riding and Camping on the Arizona Trail

by Jodie Franklin

*The Copper State Trail Riders are a collection of trail riding enthusiasts from throughout Arizona who enjoy and explore the Arizona Trail one passage at a time. If you are an equestrian looking for some ideal trail riding destinations, here are a few of our favorite passages and campsites.*

## Passage 8

### Colossal Cave Mountain Park

We started our 2013 riding season with a ride through Colossal Cave Mountain Park southeast of Tucson. That January morning was a legendary Arizona scene: cool, crisp, and clear with excitement in the air as we saddled to ride a passage we hadn't ridden before.

The Arizona Trail carried us up out of the valley on a series of easy switchbacks with wonderful views of the park below. As we rounded a hill near the highpoint of the ride we were treated to marvelous views of Davidson Canyon. Eventually the trail crossed a road and went under an elevated railroad track as it dropped down to Cienega Creek – a picturesque riparian section of the trail that had everyone grabbing their cameras while our horses quenched their thirst. It was soon decided that this was where we would dismount and have lunch. When the first train passed by overhead we realized the folly of our decision. One of the mules thought he would have his lunch a little further down the trail and he was out of there with his owner in hot pursuit! Fortunately, equines don't like to be separated and the mule stopped a short distance away.

Later, we went on a guided tour of Colossal Cave, a delightful side trip when doing this section of the AZT. Where else can you tour a cave and ride a scenic trail all in one day. We were the first equestrian group of the year to camp in the park, and the folks from La Posta Quemada Ranch were very friendly and accommodating.

## Passages 26-27

### Pine Trailhead

April found our group gathering at the Pine Trailhead, a perfect time of year for riding the Highline Passage of the Arizona Trail. This segment has a little bit of everything to make it an interesting and technical ride. The views are worth every bit of effort, and you feel like you are riding on the rim of the world! We rode to Red Rock Spring

where the horses got a refreshing drink. Because we reversed our route we were left with curiosity about what was around the next corner.

As the horses enjoyed their dinner we went across the road to That Brewery for great local food. They had a table waiting for us on the patio and we enjoyed some Arizona Trail Ale, which pairs well with laughter. The food and service was fantastic, another wonderful side trip to enjoy while on the AZT.

The next morning we rode southwest on the trail, another beautiful section. The views were awesome as we rode down into Oak Spring Canyon. Our destination was Oak Spring itself, a picturesque setting that makes you want to sit and soak in the quiet of the forest for a

while. We enjoyed this section of the trail so much that it will be our Saturday ride next year so we can explore more of the Hardscrabble Mesa Passage.

## Passage 37

### Kaibab National Forest

On Memorial Day weekend we camped near Grandview Lookout Tower at a beautiful location with lots of room for all our rigs. I had been in contact with the US Forest Service staff in the Tusayan Ranger District and they were wonderful. They stopped by to visit with us and even gave us Smokey the Bear bandanas and a card at the end of our stay! We camp in a lot of National Forests and the rangers in charge of this one were by far the best we have ever met.



Riding the AZT near Colossal Cave Mountain Park.



The Copper State Trail Riders enjoying an outing on the Arizona Trail near the South Rim of Grand Canyon.

On Saturday we rode the AZT south toward Russell Tank. We couldn't make it all the way to Russell Tank because of the distance (12 miles one-way), however we found a perfect lunch spot on a point that looks out at views only found in Arizona. This has got to be one of the best sections of the AZT we have ever ridden. The trail was in great condition thanks to local trail steward Tom Coulson. He also camped out with us and enjoyed our famous potluck. It was great to have the trail

steward there showing so much interest in our club. He shared lots of knowledge about the AZT that was both interesting and enlightening.

On Sunday we rode to the big hole in the ground! Riding along the edge of the South Rim of Grand Canyon...well, there really aren't words to properly describe it. We absorbed the breathtaking views and then followed the old stage coach trail back to the AZT and our camp. For many

of the riders, this ride was a check off the "bucket list."

The Arizona Trail is truly the most scenic trail in the country. Experience it with the Copper State Trail Riders, or experience it for yourself, but just experience it!

*Jodie Franklin is the leader of the Copper State Trail Riders and believes that "Life is better when viewed between the ears of an equine." Now over 100 members strong, this club gathers 10 times*

*each year to ride, camp, and raise funds for the Arizona Trail Association. Over the past year and a half, they raised nearly \$3,000 to fund trail maintenance projects along the AZT that will benefit equestrians and all trail users. For more information about the club, contact Jodie at [copperstatetrailriders@gmail.com](mailto:copperstatetrailriders@gmail.com).*

*Their current event schedule is available at:*

[www.aztrail.org/Copper\\_State\\_ride\\_schedule.pdf](http://www.aztrail.org/Copper_State_ride_schedule.pdf)

## Trail Improvements in Pinal County

The Black Hills Passage north of Oracle is among the least traveled piece of trail in the state, and has been in need of major improvements for years. Thanks to a grant from the Recreational Trail Program, funded through the Federal Highway Administration and administered through Arizona State Parks, the Arizona National Scenic Trail in Pinal County is about to receive some much-needed attention. This news is especially important for

mountain bikers and equestrians, who have repeatedly found the switchbacks too tight and the trail too difficult to follow.

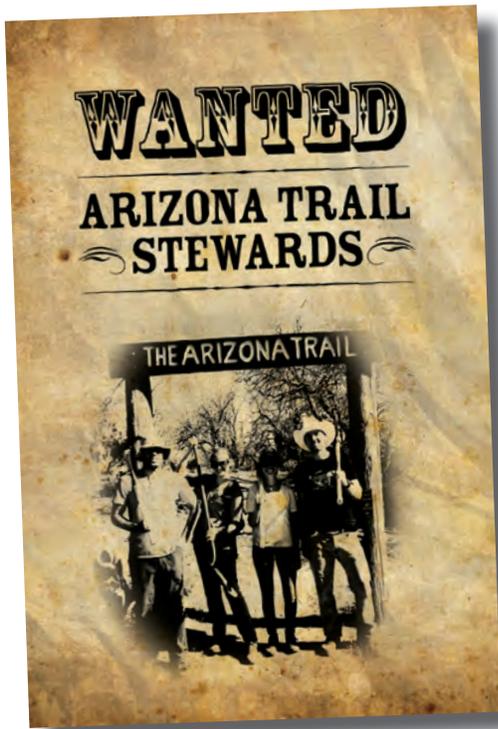
"Pinal County is excited to have been selected for trail maintenance funding from the Recreational Trail Program," said Kent Taylor, Open Space and Trails Coordinator for Pinal County. "This funding will allow us to hire professional trail crews to focus on key trail improvements on the Arizona National Scenic Trail in Pinal

County. Through successful grant opportunities such as this, coupled with our tremendous partnership with volunteers from the Arizona Trail Association, we are able to continue providing a quality trail experience to Pinal County residents and visitors alike."

Pinal County collaborated with ATA staff, volunteers and trail users to determine the best locations for maintenance needs. "We will be focusing on three main projects: improving

switchbacks that are more equestrian and bike friendly, improving entrances and exits from washes, and improving tread in some areas where it is hard to determine exactly where the trail is," said Taylor.

The project area is currently undergoing the necessary environmental clearances for the trail work, which is anticipated to begin this winter and reach completion by spring of 2015.



The Arizona Trail Association is in need of trail stewards to take responsibility for segments of the Arizona National Scenic Trail in various parts of the state. Stewards can be individuals, families, businesses, club, groups, or any collection of folks that want to work together for the benefit of the Arizona National Scenic Trail. Responsibilities include regularly visiting your segment; reporting on conditions and maintenance needs; organizing trail work events with help from Regional Stewards; and helping make your segment the best it can possibly be!

The ATA provides training and guidance, and rewards your efforts with a specially designed Trail Steward baseball cap. Trail tools are made available for all maintenance needs, in addition to gloves, hardhats and other safety equipment.

Being a trail steward is rewarding beyond words, and connects you with the Arizona Trail, its users, and other trail stewards in a very meaningful way. Contributing to the care of the trail on the ground level is among the most important ways to sustain this experience for future generations.

Some trail stewards maintain their segment monthly with the help of friends and family, while others organize public trail work parties once or twice per year. Others never pick up a tool, but regularly report on conditions to the Regional Steward and Trail Director. The most important elements of being a good trail steward are love for the Arizona Trail and a commitment to help improve it.

### Are you up for it?

If you are interested in becoming a trail steward, please contact

**Shawn Redfield**  
Trail Director

[traildirector@aztrail.org](mailto:traildirector@aztrail.org)

Or email the Regional Stewards listed on the ATA website:

[www.aztrail.org/at\\_stewards.html](http://www.aztrail.org/at_stewards.html)



## Segments Currently in Need of Stewardship

### 14a Black Hills Passage Tucson Wash Segment

This 5.6-mile segment from Tiger Mine Road Trailhead to Pipeline Road Junction is easily accessed from the town of Oracle. Regular brushing of prickly pear and catclaw acacia is necessary, as well as addressing erosion issues.

### 14b Black Hills Passage Hidden Well Segment

This 2.8-mile segment from Pipeline Road Junction to Hidden Well sees very little traffic throughout the year, but is always in need minor maintenance and rebuilding rock cairns where the trail is faint. It can be accessed with a 4-wheel-drive vehicle from Oracle.

### 14c Black Hills Passage Mountainview South Segment

This 3.6 mile-mile segment from Hidden Well to Mountainview Tank Road is remote, and regular brushing of catclaw acacia is necessary. It can be accessed with a 4-wheel-drive vehicle from Oracle.

### 14d Black Hills Passage Mountainview North Segment

This 2.8-mile segment from Mountainview Tank Road to Ridgeline (Double Cairns) can be accessed with a 4-wheel-drive vehicle and requires minimal maintenance, including brushing and occasional tread repair.

## Segments Currently in Need of Stewardship (continued)



Cutting down trees and trimming back brush are a few of the maintenance needs on various passages of the Arizona Trail. *Shuler Family Photo*



Rock work and erosion control are among the more advanced trail maintenance needs along some of the AZT's passages.



If you have enjoyed experiences on the AZT, consider becoming a steward for the benefit of others who will someday travel down the trail.

### 19e Superstition Wilderness Passage

#### Cottonwood Creek Segment

This 5-mile segment from Cottonwood Creek Junction to Frazier Trail Junction is accessed from Roosevelt Lake via the Frazier Trail. It has major erosion issues, but will likely be reworked by a mechanical crew within the next few months. It should be easier to maintain after that time.

### 27b Highline Passage

#### Geronimo – West Segment

This 4.1-mile segment from Red Rock Trail to Geronimo Trailhead is easily accessible from the town of Pine. It is a popular trail segment that is always in need of tread repair, brushing, and monitoring seasonal erosion.

### 27f Highline Passage

#### Colonel Devin Segment

This 1.9-mile segment from the Washington Park Trailhead to FR 300 is easily accessed from forest roads near the towns of Payson and Pine. It suffers from seasonal erosion, and is often in need of tread repair and frequent brushing.

### 29c Happy Jack Passage

#### Pine Springs Segment

This 6.5-mile segment from Pine Springs to Maxie Tank is easily accessed off Lake Mary Road south of Flagstaff. It is in need of a realignment, which will likely happen within the next year. Tread repair, erosion control, and brushing are all immediate needs.

### 35b Babbitt Ranch Passage

#### Moqui Stage Segment

This 4.9-mile segment from the Kaibab National Forest Boundary to Moqui Stage Station is along an old doubletrack on the Babbitt Ranch. It is accessible from Flagstaff, but still very remote. It doesn't see much trail use and requires monitoring and occasional tread repair.

### 37c Grand Canyon-South Rim Passage

#### Park Segment

This 6.9-mile segment from the Grand Canyon National Park boundary north of Tusayan to the South Kaibab Trailhead requires very little maintenance. Main duties include monitoring, working with GCNP staff, developing an equestrian bypass, and making recommendations for sign installations when needed.

### 41a Kaibab Plateau- Central Passage

#### Murray's Lake Segment

This 7.8-mile segment from Telephone Hill to Murray's Lake is located on the North Rim, so access is limited to May through November. This segment suffers from erosion and a lot of work is needed to bring it up to National Scenic Trail standards.

# Arizona Trail Day – Flagstaff

Saturday, September 13

Mark your calendar for the biggest celebration of the Arizona Trail this year when Arizona Trail Day comes to Flagstaff on Saturday, September 13. Don't miss this wonderful gathering of Arizona Trail volunteers, friends, partners and enthusiasts in Buffalo Park from 10 a.m. to 2 p.m.

The event begins with trail activities in the morning, including hikes for all abilities, a trail run hosted by the Northern Arizona Trail Running Association, mountain bike ride hosted by Flagstaff Biking Organization, and a group trail ride for equestrians. After a few hours on the trail, everyone is encouraged to converge upon Buffalo Park for great live music, local food, information booths,



kid's activities, a gear swap, Arizona Trail Ale, raffle for outdoor gear and guided adventures, and much more. There will also be a new segment of the Arizona Trail designated at this event, and a memorial service to honor Dale Shewalter, the father of the Arizona Trail.

Set beneath Elden Mountain, Buffalo Park is a popular community venue for non-motorized trail users of all kinds to access the Arizona Trail. Join us for this exciting day of activities, presenters, and lots of fun in northern Arizona. The event is free and open to the public, so invite everyone

you know who has an interest in the Arizona Trail.

Arizona Trail Day will bring together everyone who has made a connection to the AZT and learn about ways we can all work together to protect and sustain the trail we all love. Bring your trail tales and be prepared to share them with some of the finest folks you'll ever meet.

Save the date, and we'll look forward to seeing you at Buffalo Park on September 13th!

## Business Partner Spotlight: Endurance Rehabilitation



If you spend enough time on the trail, chances are that you're going to develop aches and pains from miles of hiking, running, backpacking, mountain biking and equestrian activities. These small pings of discomfort can lead to major injuries if not properly addressed early, which means high medical expenses and more time away from the activities we love most.

Most of us are unaware of little things we can do differently to adjust our stride or technique to avoid pain and injury. That's

where physical therapists like Nate Koch from Endurance Rehab come in. By studying individual's natural movements during activity, suggestions can be made on how to make minor adjustments that are often the root cause of injury. Koch and his team specialize in working with endurance athletes, including trail runners, mountain bikers, and others. They are experts in helping individuals recover from injury and remain pain-free into the future.

With offices in Scottsdale, Phoenix and Mesa, Endurance Rehab uses manual treatment techniques including myofascial release, joint mobilizations, Rolfing, dynamic release techniques, and nerve gliding. They also offer pre-operative and

post-operative therapy; foot orthotics and shoe assessment; sport-specific strength and conditioning; dry needling; gait analysis; ergonomic assessments; core strengthening; sports therapeutic massage; kinesiotaping; and augmented soft tissue mobilization. Basically, they use every modern technique available to help you get back on the trail.

In addition to hands-on therapy, Endurance Rehab is committed to health and wellness education. Koch is a widely-published author on sports injury prevention, and is a regular contributor to national publications. Numerous articles are available for free through [www.endurancerehab.com](http://www.endurancerehab.com), including a recent piece entitled

"Achilles Tragedies." Illustrated stretches and exercises for sport-specific injury prevention and rehabilitation can also be downloaded.

When it comes to sports medicine, physical therapy, injury prevention, and performance testing, nobody does it better than Endurance Rehab. Learn more at [www.endurancerehab.com](http://www.endurancerehab.com) or call (480) 556-8406.



# Remembering Bob Bohannon

by Jan Hancock

The long and legendary life of Robert C. "Bob" Bohannon ended on January 30, 2014, only two days before the celebration of the Arizona Trail Association's 20<sup>th</sup> Anniversary, which would have commemorated his 20<sup>th</sup> year of leadership with the ATA. This Arizona trailblazer left us knowing that we would continue his legacy.

Bob was the long-standing Statutory Agent for the Arizona Trail Association from the birth of our organization. It was Bob who personally hand-carried applications for our six ATA trademarks for our organization's name and logos to then Secretary of State, Jane Hull, who was a personal friend of Bob and Margaret Bohannon. Jane Hull went on to become the Governor of Arizona. From the very beginning, Bob was one of ATA's most passionate supporters.

Giving leadership was second nature to Bob Bohannon. His influence was eminent in every aspect of his life, and he held a depth of patriotism and strong background of public service. Bob graduated from Ohio State University in 1941 with a Bachelor of Science degree in Business Administration and a commission as a Second Lieutenant in the Army Air Corps. He was ordered to active duty at Luke Field, which brought him to Arizona, and the state he adopted as his home the rest of his life.

After a year at Luke, Bob was assigned along with four other officers to activate Yuma Army Air Field. Among those officers was Lieutenant Barry Goldwater, later to become an Air Force Major General and U.S. Senator from Arizona; the two remained close friends ever since they shared a Spartan life in tents near Yuma.

Bob's diverse business background included organizing Associated Grocer's Inc., affiliating with KPHO-TV and helping establish the first television station based in Phoenix, and then becoming President and Director of Arizona Mortgage & Investment Company, National Life and Casualty Insurance Company, and Vice President and Director of Southwest Savings and Loan.

In 1948 Bob began an outstanding political career. He was one of six Republicans elected to the Arizona House of Representatives, was appointed State Welfare Commissioner by Governor Howard Pyle, and also served on the State Retirement Board and State Welfare Board.

In addition to his civic involvement with the Arizona Trail Association, Bob also served on the Board of Directors of the Theodore Roosevelt Council, Boy Scouts of America, and was a charter member of the Verde Vaqueros, a large non-profit equestrian organization.

His leadership continued in his affiliations with the Arizona State Committee on Trails, Phoenix Downtown Lions Club, Flagstaff Lions Club, and the Maricopa County Mounted Sheriff's Posse. Bob was also a director of the Phoenix Community Council, Salvation Army, and trustee of the Phoenix Little Theatre.

Bob was an avid equestrian. Over the years, Bob helped guide some of the state's founding horse organizations, including the Western Saddle Club, Arizona Horse Lovers Foundation, Arabian Horse Association of Arizona, Palomino Horse Association of Arizona, Arizona Saddlebred Association, Northern Arizona Horsemen's Association, Roosevelt Rough Riders, Arizona State Horsemen's Association, Sonoita Grass Ridge Hounds, Flagstaff High Country Hounds, and Paradise Beagles. Bob was the only member of the Verde Vaqueros to make the annual ride for 50 consecutive years. He held many leadership positions in all of these equestrian organizations and introduced the sport of competitive trail riding (now called endurance riding) to Arizona with the American Trail Ride Conference, a renowned sporting event drawing thousands of contestants to locations across the nation for 50 to 100-mile horseback riding competitions.

Bob passed away peacefully at age 95, leaving all who knew him with a true reverence for his long history of business, military, and personal achievements. The ATA recognizes Bob Bohannon as one of the best there ever was.

Bob, from all of us who enjoy and appreciate the Arizona National Scenic Trail, we honor you for your support, guidance, and foresight over the past 20 years. The strength of the ATA has much to do with your leadership from day one.

Please take a few minutes to watch a YouTube video of the very fitting, truly old western and military style memorial and interment services honoring Bob Bohannon, including a white floral wreath for his casket with vintage black cowboy boots from the Arizona Trail Association:

<http://youtu.be/GZGeVHFjC9g>

*Jan Hancock is a founding Board Member of the ATA who specializes in equestrian trail and trailhead design and shared-use trail principles.*



Arizona Trail Association  
PO Box 36736  
Phoenix, Az 85067

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
TUCSON, AZ  
PERMIT NO. 541

## *Thank You to Our Generous Arizona Trail Supporters!*

Absolute Bikes  
American Conservation Experience  
Arizona Horse Lovers Foundation  
Arizona Office of Tourism  
Arizona Partsmaster  
ASARCO  
Asian Cuisine, Indian and Thai Food  
Aspen Sports  
Babbitt Ranches  
Best Western Grand Canyon Squire Inn  
Beyond Bread  
Bright Angel Bicycles, LLC  
Bureau of Land Management  
Camp Colley  
Cirrus Visual Communication, Inc.  
Colorado River Discovery  
Diversified Print Solutions, Inc.  
El Rancho Robles  
Emmitt Barks Cartography  
Endurance Rehabilitation, LLC

Epic Rides  
Flagstaff Bicycle Revolution  
Fleet Feet Sports of Tucson  
Freeport McMoRan Copper & Gold  
Greater Vail Area Chamber of Commerce  
Green Valley Hiking Club  
Hancock Resources, LLC  
High Jinks Ranch  
Inn Suites Hotels and Suites  
InterWealth Management  
It's Greek To Me  
Jade Grill Asian BBQ  
Jordan, Bischoff & Hiser, PLC  
Juan Jaime's Tacos and Tequila  
Mormon Lake Lodge  
Mountain Bike Association of Arizona  
Old Time Pizza  
Oracle Land & Homes/A Diamond Ranch  
Oracle Ford  
Oracle Patio Café

Peace Surplus, Inc.  
Porter's Café  
REI  
Reevis Mountain School of Self Reliance  
Resolution Copper  
Rosemont Copper  
Southwest Solutions  
Sulphur Springs Valley Electric Cooperative, Inc.  
Summit Hut  
Sunnyside Medicenter - Dr. & Mrs. Dennis Thrasher  
That Brewery  
The Wildland Trekking Company  
Tucson Saddle Club  
United States Forest Service  
Valley Toyota Dealers  
Wanderlust Brewing Company  
We Cook Pizza & Pasta  
Westwind Solar Electric, Inc.  
Woolston & Tarter, P.C.