



Arizona Trail News

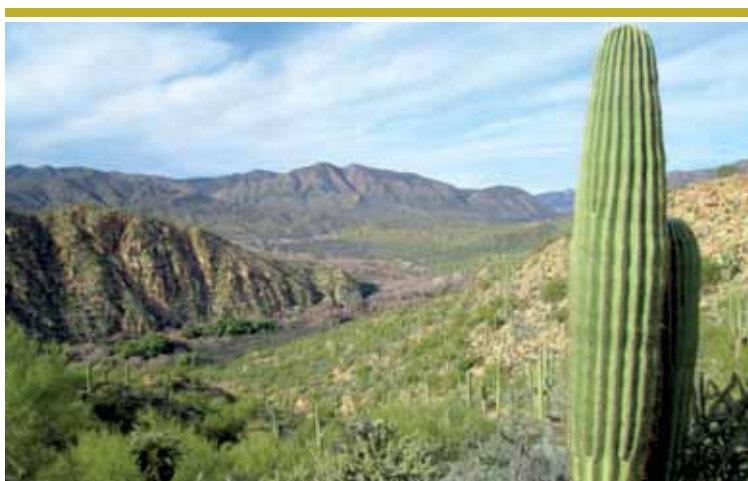
News and Information from the Arizona Trail Association

Spring 2015 | Volume 23, No. 1

Help Identify and Document Trail Values

In 2015, the USDA Forest Service will begin a major analysis of all of the resources that make the Arizona Trail unique. This will be integrated into the Comprehensive Management Plan for the Arizona National Scenic Trail – the foundational document that will help guide its management and protection into the future. While the Forest Service will be able to identify data like cultural sites, threatened and endangered species, and other resources that have been previously studied and identified, they are going to rely on the Arizona Trail community to identify all other “trail values.” That’s where we need your help.

Since you are the eyes and boots on the ground the Arizona Trail Association is requesting that you report on all of the significant resources that make the AZT special. This can be everything from particularly incredible views,



Breathtaking view of the Gila River near the spot where the Arizona Trail was officially completed. Love this view! ATA photo

a seasonal water source, unusual plants, rare animals, natural quiet, dark skies, historic and prehistoric artifacts found nearby...really anything significant. And it doesn't have to be on the trail; anything within a 1/2-mile of the trail is valuable information. What we're attempting to do is create an inventory within the Arizona Trail corridor.

Photographs, written descriptions and GPS coordinates are all very important. The next time you're on the trail, think about all of the things around the trail that influence the trail experience. Start recording that information and submit your findings.

We'd like to receive all of this information before October 2015.

Either use the AZ Trail To Go app or submit the information on this page: www.aztrail.org/trail_values.html. You can also email your information to trailvalues@aztrail.org. Just be sure to include GPS coordinates and a complete written description. Photos are nice, too.

Thank you in advance for helping document trail values. It might be the most important project we've embarked on since constructing the trail.



Jaguar tracks in the Santa Rita Mountains, Passage 4.



Red Pineapple (*Echinomastus intertextus acunensis*), an uncommon cactus flowering in late March along Passage 7. Matthew J. Nelson Photo



Decorated ceramics found 150 feet north of trail along Passage 20. Matthew J. Nelson Photo



Dear Friend of the Arizona Trail,

Springtime is the busiest season along the Arizona Trail, and I sincerely hope you have been able to enjoy some quality miles somewhere between Mexico and Utah. These past few months have seen a record number of individuals attempting a thru-hike or thru-ride of the AZT, and we've heard from dozens of people who have successfully completed the entire trail after many years of ticking off one passage at a time from their list. This is a grand accomplishment – congratulations! Beginning in June, we will offer a Completion Award to anyone who has traveled the entire length of the AZT. Look for more information at www.aztrail.org and in the next issue of the *Arizona Trail News*.

As one of the most recently designation National Scenic Trails, the Arizona Trail is in a very unique and important phase of its development. As you probably read on page 1, we need your help in identifying the unique resources that make the AZT and its corridor special. Please take some time over the next six months to help us document the trail values that will help protect the trail into the future.

It's been a long and colorful spring, and now that temperatures are beginning to rise it's time to head to higher ground and explore the northern passages that are just now coming into season. We hope you're planning an Arizona Trail getaway over the next few months to places like Happy Jack, Mormon Lake and Walnut Canyon. The biodiversity of Arizona never ceases to inspire, and the AZT is an excellent way to experience much of this incredible state.

Enjoy this issue of the *Arizona Trail News* and hopefully our paths will cross somewhere out on the trail.

Sincerely,

Matthew J. Nelson
Executive Director



Spring wildflowers near American Flag Ranch Trailhead. *Shannon Marshall Photo*

Arizona Trail Association

PO Box 36736 | Phoenix, Az 85067 | 602-252-4794 | 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.

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Annual Report

In 2014, the Arizona Trail Association experienced growth in income and expenditures in support of our programs, including Trail Operations, Gateway Communities 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 1,600 volunteers contributed more than 15,000 hours to the Arizona Trail, the equivalent of \$320,000 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 in the Tonto National Forest. In addition to tread work, eight steel gates were installed to protect the trail from OHV abuse and accommodate a variety of trail users, and 10 new interpretive signs were installed at key locations along the trail. The Seeds of Stewardship program helped introduce hundreds of youth to the Arizona Trail, and assisted them in accomplishing rewarding service projects throughout the state. The Gateway Community program continues to flourish, with new partnerships being developed in many of the Arizona Trail's 33 gateway communities. The interpretive display within the National Geographic Visitor Center – Grand Canyon, installation of new Gateway Community signs, and integration of the AZT into towns' economic development plans are just a few of the highlights from 2014.



(From Top to Bottom)

Volunteers sustain the Arizona Trail. REI Photo

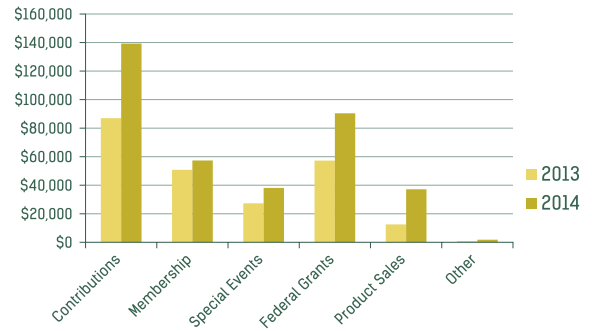
AZCC youth crews at work on the Tonto National Forest. ACE Photo

New trailhead signs throughout Southern Arizona. ATA Photo

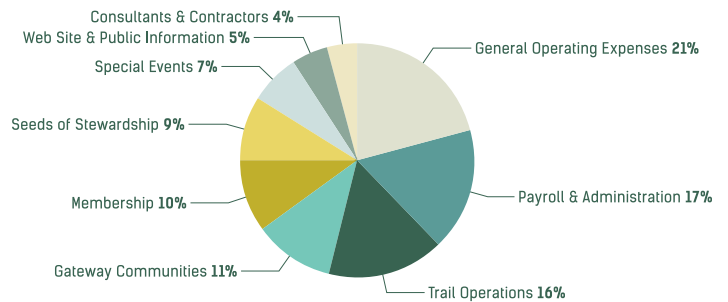
(On the Right)

Seeds of Stewardship introduces youth to the Arizona Trail. ATA Photo

INCOME 2013 & 2014



EXPENSES 2014



These charts help demonstrate major sources of income and expenditures from 2014. While the ATA experienced a 54% increase in income, and thus, our ability to put more resources toward our core mission, our membership continues to decline (from 1075 individuals in 2013 to 950 in 2015). Your suggestions on how to boost membership within our organization are welcome and appreciated. Some good news is that although our total membership numbers declined, many members renewed at higher donation levels.

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 audited financial information online later this year at

www.aztrail.org/annual_reports.html





Gateway Community Spotlight: Pine/Strawberry

The Gateway Communities of Pine and Strawberry are nestled beneath the Mogollon Rim in the dense forest that helps define this region. In recent years, they have truly embraced what it means to be a gateway to recreation in the Rim Country by building and promoting a network of trails to encourage ecotourism. Travelers on the Arizona Trail will find everything they need to rest, refuel and resupply in these two friendly towns.

Pine/Strawberry is situated within the largest ponderosa pine forest in the world, and is considered high risk for forest fires. The nonprofit organization Pine/Strawberry Fuel Reduction (PSFR) was formed to mitigate risks and educate the public about fire danger. For years PSFR has worked to build and maintain new trails – which act as fire breaks and add recreational resources close to home.

Pine/Strawberry's newest addition, thanks to PSFR, is the Bearfoot Trail. The trailhead is at mile post 270 on the east side of Highway 87. Go through the gate, veer right and hike 0.2 mile on the powerline road to a four-way junction. Pick up the trail heading right. The trail continues 5.6 miles on a forested ridgeline above Pine to the end of the trail at the junction with the Pine Canyon Trail #26. You can either return the way you came, or set up a shuttle at the Pine Trailhead and continue 8 miles south on the Pine Canyon Trail to your vehicle.

One of the biggest events in Pine is the Fire on the Rim mountain bike race, a benefit for PSFR, which will happen on September 11-13. There is a full weekend of free camping that starts with a beer garden hosted by That Brewery – a favorite among Arizona Trail users for their Arizona Trail Ale, tasty food, and hospitality. That Brewery donates a portion of all Arizona Trail Ale sales to the Arizona Trail Association, so drink up and help the trail when you're in the neighborhood!

On Saturday, riders can choose from a 15, 30 or 45-mile course, which loops through Pine and Strawberry. Food Wagons, a beer garden and live music happen from 1 p.m. into the evening, and there will be a kid's race at 2 p.m. The camping and fun continue on Sunday until 3 p.m. and people are encouraged to ride the new sections of trail from

the Pine Trailhead. For more information and to register, visit fireontherim.com.

Pine has also has the distinction of being the starting point for the Zane Grey 50. The 26th annual event on April 25 is regarded as one of the toughest, roughest and most beautiful 50-mile trail runs in the country. The course follows the Highline passage of the Arizona Trail to the Christopher Creek Trailhead.

The Highline can be used to create a number of different shuttle hikes along the Arizona Trail. An overnighter with expansive views of the Mazatzals to the south, running creeks and areas of Sedona-esque red rock can be had by traveling the 17 miles between the Pine and Washington Park Trailheads.

Take the Arizona Trail from the Pine Trailhead south to Oak

Springs, 8.6 miles round-trip, to see stands of bigtooth maples and a beautiful little meadow near the spring. It's a great trail for a fall foliage fix.

The Pine Strawberry Trail is a four-mile trail that connects the two Gateway Communities. To do this trail in a downhill direction, start at the Strawberry Trailhead off Highway 87 and take the Pine Strawberry Trail into the upper reaches of the Strawberry Hollow drainage. The trail leaves the drainage to contour around the eastern flank of Strawberry Mountain on its way to the southern trailhead off Hardscrabble Mesa Road with views of the Mogollon Rim and forested drainages.

Whether you're on foot, bike, or horse, you'll find the Gateway Communities of Strawberry and Pine a perfect getaway from the ever-rising heat of the season.



Mogollon Rim country is one of the highlights of the Arizona Trail, and the best way to experience it is from the gateway communities of Pine and Strawberry. *Andrew Pielage Photo*

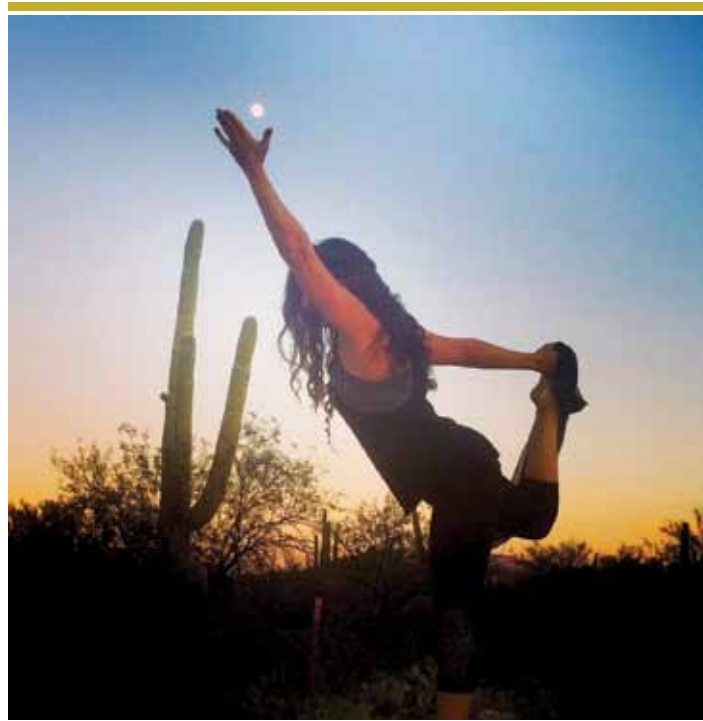
Trail Yoga

by Lara Painter Swinarton

I've been studying yoga for eight years, teaching for three. Not so strange then that I find yoga to be the answer for almost everything in life. Digestive issues? Try wind relieving pose! Tight hips and hamstrings from that long run? Open them up with a warrior sequence! Back problems? Legs up the wall! Depression? Okay, let's breathe.

Something as powerful as yoga—that gets our body and energy moving, our circulation flowing, cleansing our blood, our organs, our lungs and more, while simultaneously strengthening muscle and bone and teaching us to find the quiet and the calm in the storm of our lives—is certainly something to consider adding to your outdoor routine.

I know...yoga seems to be on every street corner, social media feed and the latest greatest thing to do, but I say, that's for good reason. I am a runner. Yoga has kept me injury free out on the trails and soothed my sore tired muscles as I fought to get from a 1-mile to a 2-mile, and now up to a 5-mile run. I am also a hiker. I swear to this day, the 18-mile roundtrip trek to the top of Bassett Peak where I rolled my ankle on loose rock did not end in disaster because my ankles are limber and strong from years of grounding through my feet in standing asana and balance poses. And I am also an equestrian. My hips, inner thighs and calves are strong and flexible, my spine lengthened, and my body limber to balance and flow with the movements of this powerful animal. My mind is quiet enough to hear the delicate communication between horse and rider.



Integrate yoga into your outdoor routine to help ensure many more years of pain-free activity on the Arizona Trail. Southwest Adventure Yoga Photo

Running, cycling, hiking, trail riding – they are all yoga in their own way. Yoga may be an ancient practice, intended to tire the body and mind in preparation for meditation, but it's a valid practice even today. In the Sanskrit language, yoga means “yolk,” or “union”, joining body, breath and spirit. Those of us who find that peace on the Arizona Trail, or by feeling the wind in our faces in the quiet as we ride our bikes, we get it. We've discovered already that beautiful balance of focus, strength, gratitude, breath, and reconnecting to oneself. A regular yoga practice isn't meant to replace this; rather it enhances these experiences for us.

I started my own company here in Tucson called Adventure Yoga for this very reason. I desired to take outdoor enthusiasts who

don't want to spend down time in a building packed with other yoga students, and show them this beneficial and beautiful practice where they are comfortable: outdoors. I desired to take yogis who have never experienced the raw beauty of our desert and mountains and show them how beautiful it is.



To take them out of their comfort zone and show them that nature is a reflection of our deeper selves has proven to be precious. Even in its stillness, nature, like us, is alive and vibrant.

Whether you choose a more athletic practice (*vinyasa, power, ashtanga*) or something more calming (*hatha, yin, restorative, gentle*) isn't important. We will all relate to a different style of yoga, a different teacher or a different studio. No matter which we choose, we win. We learn through breath to find quiet. We learn through posture to hold steady when the going gets tough. We calm our energy physically through grounding down and breathing. We strengthen and stretch, becoming more flexible in body and mind.

Consider trying a class and stick with it for a while. Try out different teachers, styles, and venues, to find what fits your individual needs the best and keep showing up. Just like that trail you love, or the peak you want to get to the top of, or the running mileage you'd like to gain; yoga is the same. Just show up, take it one step at a time. Your muscles, connective tissue, joints and your easily quieted mind, will thank you for it.

I'll see you on the Arizona Trail (hopefully with your yoga mat)!

For questions or to share your comments please contact Lara at southwestadventureyoga@gmail.com or (520) 495-9293. More information about her outdoor yoga practice can be found here:

www.southwestadventureyoga.com



– Dori Pederson Photo

The Arizona Trail Association is very excited to announce a new program that will allow hikers, runners and mountain bikers opportunities to enjoy some of the most scenic segments of the Arizona National Scenic Trail without carrying the weight. The pain of carrying a heavy backpack, organizing multi-day trip logistics and arranging shuttles to and from remote trailheads will now be completely eliminated with the help of AZT Expeditions. That gives you the opportunity to focus on the trail experience.

These self-guided adventures are ideal for individuals, couples, families and groups of friends who are independent and adventurous enough to travel long distances on the Arizona Trail without a guide, but who would rather not carry all of their food, water and camping gear to each day's destination.

Just grab what you need for the day and hit the trail. An AZT Expeditions leader drives all your food and gear to camp each night, sets up a deluxe kitchen and bathroom, and waits for you to arrive. You move along the trail at your own pace, assemble your own tent, cook your own food, and create your own AZT experience.



AZT Expeditions is a partnership between the Arizona Trail Association (ATA) and Hermosa Tours, LLC. Working together, we have designed 5 separate itineraries for hikers, mountain bikers and trail runners which feature some of the most scenic passages of the Arizona Trail. Itineraries range between three to five days with very affordable pricing and group sizes are limited to 12 or fewer.

“After leading trips around the Southwest for the past seven years we have found that most people don't want or need a trail guide, they just don't want to carry the weight,” said Matt McFee, President of AZT Expeditions. “We have been operating a 5-day adventure on the Arizona Trail between Oracle and Superior for the past few years and it has become one of our most popular trips. Now we are excited to help more people experience the hidden gems of the Arizona Trail while giving back to the organization responsible for this incredible trail system.”

A portion of proceeds from each AZT Expedition benefits the ATA, and the trip registration fee includes a one-year membership to the organization. “We are very excited about this partnership,” said Matthew Nelson, the ATA's Executive Director. “These types of offerings

have been very popular on the Colorado Trail and it's a great way to help people experience the Arizona National Scenic Trail who would normally be intimidated by transportation, logistics and pack weight. The AZT is tough enough as it is, and having AZT Expeditions bear the burden so you can hike, run or ride down the trail meets a demand we have been hearing about for years.”

Commonly referred to as “slack packing,” the idea of traveling light is not a new concept. In fact, most people who complete all 800 miles of the Arizona Trail do it one section at a time. After a few out-and-back adventures it becomes clear that if you can have someone pick you up or drop you off, or arrange a car shuttle with a trail buddy, you can cover twice the distance in a single day (otherwise you end up hiking or riding the entire trail twice). And while one-day

adventures are fun, the richest experiences come from sleeping under the stars, waking up in the wilderness, and doing it all over again. Since most people find it challenging to be away from life's responsibilities for more than just a few days, the AZT Expeditions itineraries allow you to turn a long weekend into a grand adventure.



Look Ma, no pack! ATA Photo

The structure of the trips allows each individual to have as deluxe or dirtbag of an experience as they desire. You buy and cook your own food, so the menu is completely up to you (Top Ramen or top sirloin?). You provide your own camping gear, so the comfort level is yours to decide. You bring your own beverages to enjoy at the end of a long day, but AZT Expeditions keep 'em cold. AZT Expeditions provides a deluxe kitchen and all of the pots, pans, skillets, utensils and other cooking necessities. They also bring along a backcountry privy so you don't need to dig catholes when it's time to use the bathroom (*this also minimizes the impact to the natural resources near the trail*). Folding chairs, firewood and a friendly leader are also part of the package.

AZT Expeditions also provides custom-made maps for each day. Perhaps most importantly, AZT Expeditions provides fresh drinking water – an element entirely absent along much of the Arizona Trail.

Permits from federal and state land managers are in process and AZT Expeditions anticipates being able to offer most of their trips throughout the summer and autumn of 2015. Others might have to wait until 2016. Here are just a few of the itineraries to choose from:

Hiking



Hiking virtually weight-free. ATA Photo

Mexico to Patagonia: A four-day trip from the U.S./Mexico border to the town of Patagonia.

Santa Rita Passage: A three-day trip that traverses the length of the Santa Rita Mountains.

Antelope to Picketpost: A four-day trip from Antelope Peak to Picketpost Trailhead through the Gila River Canyons.

Superstitions to Four Peaks: A five-day trip through two of Central Arizona's most rugged and beautiful mountain ranges.

Kaibab Plateau to Utah: A four-day trip across the Kaibab Plateau and all the way to the AZT's northern terminus at the Utah state line.

Mountain Biking



Mountain biking on an AZT Expedition. Hermosa Tours Photo

Santa Ritas to Saguaro: A three-day trip through the northern portion of the Santa Rita Mountains and lush Sonoran Desert.

Oracle to Picketpost: A four-day trip across the most popular mountain biking terrain in this part of the state.

Flagstaff to Mormon Lake: A four-day trip through the ponderosa pine forest south of Flagstaff.

Flagstaff to Grand Canyon: A four-day trip from the San Francisco Peaks near Flagstaff all the way to the South Rim of Grand Canyon.

Grand Canyon to Utah: A four-day trip from the North Rim of Grand Canyon to the Utah border.

Trail Running



Running long distances is now a little bit easier. ATA Photo

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To learn more, please visit:

www.aztexpeditions.com

On the Trail with the Warrior Hikers

by Sirena Dufault



As detailed in the Winter issue of the *Arizona Trail News*, the Arizona Trail Association is supporting the Warrior Hike “Walk Off the War” program. This important program helps recently returned combat veterans adjust to life outside the military with long walks along America’s National Scenic Trails. This is the first year the Arizona Trail is being used for this important program. The Warrior Hikers are Josh Brewer and Shawn “Greyhound” Murphy. Josh comes from upstate New York and this is his first long-distance hike. Shawn is from the Puget Sound area of Washington and has hiked the Pacific Crest Trail and Continental Divide Trail. Neither had hiked in Arizona before.

Sean Gobin, founder of Warrior Hike, ordinarily joins his veterans on the first leg of their journey, but with the program expanded to include more trails this year, he wasn’t able to fit it into his schedule. So I volunteered for the duty and was fortunate enough to be able to hike alongside them during their first four days on the trail.

Our journey began on March 15 at Montezuma Pass. We were greeted by 30 mph winds at the trailhead and quickly hiked down to the Mexican border monument with some members of the Huachuca Hiking Club. After taking the requisite pictures at the border, we went back to Sierra Vista for their kickoff event at VFW Post #9972. These events are a wonderful chance for Warrior Hikers to connect with local veterans and share their experiences.

The next morning, we started out on the Crest Trail and headed into the Huachuca Mountains. No matter how well we try to explain the difficulty of the first ascent, people are always challenged by it. The combination of a 2,500-ft. climb combined with the altitude made for slow going for Shawn and Josh, who both live near sea level. We took our time, resting often to catch our breath on the relentless ascent. We reached the Miller Peak junction, happy that the

until descending into Sunnyside Canyon, where we found running water in abundance. As we hiked along Scotia Canyon in the afternoon it began to drizzle. As we set up camp in the rain, both Shawn and Josh said that they thought that Arizona was going to be hot, flat, and dry and that they were surprised that so far it had been none of the above.

The next morning, we packed up soggy tents and made our way to Parker Canyon Lake. It rained



Josh, Sirena and Shawn in the Huachuca Mountains during the beginning of the 2015 Arizona Trail Warrior Hike. ATA Photo

toughest part of the day was behind us. There was the tiniest bit of snow left on the north-facing slopes as we headed to Bathtub Spring, where we refilled our water and cooked dinner. We camped at the Carr Peak junction and enjoyed a spectacular sunset before the temperatures dropped and sent us running for our warm sleeping bags.

As we were leaving our camp the next morning, we were visited by a doe and her fawn. We continued on the Crest Trail

on and off all day as we hiked through the Canelo Hills. The good part was that we hardly had to carry any water because there were so many sources. As we climbed in the rain toward the Canelo East highpoint, the temperature suddenly dropped and what had been a steady sprinkle became a downpour. We made camp on the ridge and got out of our damp clothes and tried to stay warm.

Waking up to more rain and soggy clothes motivated us to push into Patagonia the fourth day.

There was thunder and lightning and we even got hailed on! At one point, the ground was so saturated that the trail became a running creek. Wet and waterlogged, we slogged toward the Harshaw Road Trailhead. Thankfully the rain stopped for the last hour of our hike and we were met at the trailhead by Bill Piper of VFW Post #10432. As we were devouring plates of Mexican food at Mercedes Cafe, the sun was shining and the guys reflected on how different their first experience on the Arizona Trail had been from their expectations.

It was a lot of fun seeing Josh and Greyhound surprised and excited about the diversity and beauty on the Arizona Trail and I wish them the best on their journey to Utah! For the calendar of events, visit

www.warriorhike.org/calendar/arizonatrail

If you are interested in providing support to the veterans on their hike, please contact me at

Gateway@aztrail.org

or Shane Glynn at

shane@warriorhike.org

Support Warrior Hikers

Donations are being accepted to support this year’s Warrior Hikers and future Warrior Hikers on the Arizona Trail. Your financial support helps purchase gear, meals, transportation and other necessities for veterans.

Make a donation today (with Warrior Hike in the memo) at

www.aztrail.org/donate.html

Business Partner Spotlight

Sunnyside MediCenter, P.C.

For many years, Dr. & Mrs. Dennis Thrasher have supported the Arizona Trail Association (ATA) through in-kind contributions, financial donations and many acts of kindness on and off the trail. They are just one of the Arizona businesses that believe in the mission of the ATA and whose generosity benefits Arizona Trail thru-hikers, trail stewards, staff and volunteers alike.

From occupational health services for businesses, to wellness checks and everyday appointments, Sunnyside MediCenter offers a full range of health services, including DOT and FAA certification physicals. With over 25 years of experience and a professional and friendly staff, Sunnyside MediCenter is the leader in Tucson occupational healthcare.

Led by Dr. Dennis Thrasher, who works tirelessly caring for patients, everyone who walks through the door at Sunnyside MediCenter is sure to recognize Leigh Anne Thrasher, who

makes regular appearances on the Arizona Trail and at ATA events. Along with her mini donkey Jasmine, who helps carry water, snacks and supplies, Leigh Anne has been section-hiking various passages of the AZT. The dynamic duo is featured on page 66 of the guidebook (*Your Complete Guide to the Arizona National Scenic Trail*).

Sunnyside MediCenter's general medical care services include adult wellness examinations; routine follow-up care; medication management; specialty referrals; same-day appointments; self-pay school sports physicals; flu shots; and vaccinations. They accept most major insurance plans, including Blue Cross Blue Shield, United Healthcare, Aetna and others.

Their occupational health services include injury care; injury prevention consultation; disability examinations; impairment ratings; fitness for duty examinations; return to work examinations; independent medical examinations (IME);

after-hours triage care; after-hours drug testing; on-site OSHA testing; OSHA physicals; employment physicals; employee drug testing; DOT physicals; DOT drug testing; Arizona Post examinations; HAZMAT physicals; Medical Review Officer Services (MRO); breath alcohol testing; X-ray services; medication dispensary; minor surgery theatre for laceration repair, eye injuries, etc.; audiometric testing; spirometry testing; lab services; heavy metals testing; immunizations and vaccinations; travel physicals; on call Physician available 24/7; no appointment necessary for treatment of industrial injuries; and extended office hours.

When they're not assisting patients in Tucson, Dr. & Mrs. Thrasher escape to the high county within the Arizona Trail Gateway Community of Summerhaven where they are active in promoting the Arizona Trail and taking care of weary thru-hikers. In fact, Leigh Anne has been a major force in getting approval for the installation of



Leigh Anne and Jasmine on the Arizona Trail inside Colossal Cave Mountain Park. ATA Photo

an Arizona Trail Gateway Community sign near the entrance to town.

To learn more about Sunnyside MediCenter's staff and their specialty services, please visit them online at

www.sunnysidemedicenter.com

SUNNYSIDE MEDICENTER, P.C.
DELIVERING BETTER HEALTH THROUGH
PERSONALIZED CARE

NEW Arizona Trail T-Shirts

New for Spring of 2015, the ATA is excited to announce our new T-shirt design! Featuring mountains, desert, sunset, the Arizona Trail and a red-tail hawk, this original design captures the freedom found on the AZT. Printed in six beautiful earth and sky colors on front of shirt (no design on back), we are convinced this will become one of your favorite shirts while on the trail or in town. Material is a super soft 50% cotton/50% poly blend that wicks moisture well and is unbelievably comfortable.

This shirt was originally designed for women, but once we saw and felt how great they were we decided to have them printed in men's sizes and colors, too. For women, they are available in red, teal and charcoal. Men's shirts are available in brown, navy and red. We have found that with this particular style of shirt that women's sizes run one size small and men's are a little large. Please order accordingly.

Thanks to Tucson-based artist and trail enthusiast Shauna

McGlamery for contributing her talent to this design. Proceeds benefit the Arizona Trail Association, so order a few for friends. They are available for \$20 each on the Shop page.

They are available for \$20 each on the Shop page:

www.aztrail.org/store/at_store.php



2015 Trail Running Events

The Arizona Trail Association invites you to attend one or more of our trail running events this year. Help support the 800-mile non-motorized trail that traverses the entire state by running in or volunteering for an Arizona Trail Association event...

Arizona Trail Running Series – North Rim

presented by Summit Hut

August 30 near North Rim of the Grand Canyon
Marathon, half-marathon and 10K

Sure, it's in the middle of nowhere but this is one of the most scenic and spectacular pieces of trail anywhere!

www.aztrail.org/halfmarathon_northrim/



Flagstaff to Grand Canyon Stagecoach Ultra & Relay

September 26-27 in Flagstaff

100-mile and Relay (2,4,6 and 8-person teams) and 55K

Follow the historic stagecoach line between Flagstaff and Grand Canyon along the AZT through some of the most incredible landscapes in the American West.

www.aztrail.org/ultrarun/



Colossal Vail 50/50

November 14 in Colossal Cave Mountain Park
50-mile and 55K

Picturesque and relatively flat out-and-back course south of Saguaro National Park-East. Find out why this is quickly becoming one of Arizona's most popular ultras.

www.aztrail.org/cv5050/



Arizona Trail Running Series – Vail

presented by Summit Hut

December 5 in Vail
Half-marathon & 10K

A fast point-to-point trail run along the AZT between the foothills of the Santa Rita Mountains and Cienega Creek Natural Preserve.

www.aztrail.org/halfmarathon_vail/



To learn more, please visit the Events pages at www.aztrail.org.

If you are able to volunteer for any of these events, please send an email to volunteer@aztrail.org.

Folks are needed to staff aid stations, provide medical support, help at the start/finish line, assist with traffic control, serve food at the finish line, and much more.



BUFFALO PARK

FREE

10AM – 2PM

CELEBRATE THE ARIZONA NATIONAL SCENIC TRAIL IN FLAGSTAFF!

LIVE MUSIC AND FUN ACTIVITIES FOR ALL AGES

Free maps, information, and chances to win great outdoor gear

Hike, Bike or Ride the AZT

Beer Garden featuring locally made beer from Wanderlust Brewery

12pm ceremony in honor of Dale Shewalter, the "Father of the Arizona Trail"

Geocaching activities

AZT Gear Swap – bring your hiking, camping, mountain biking and equestrian gear to buy, sell or trade.

Monster truck ambulance from Guardian Medical Transport

Food by The McMillan Bar and Kitchen

..AND MUCH MORE!

Hand-only CPR demonstration





Arizona Trail Association
PO Box 36736
Phoenix, Az 85067

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