

# 3 TOWNIES Take On the Appalachian Trail!

## Mark Your Calendar!

## June 2-3 — Neches River Rendezvous Campout

The Neches River Rendezvous is Saturday June 3rd. This is a fun, easy ten mile paddle/float through the beautiful Davy Crockett National Forest. Follow this link for the Registration Form and information about the event. You may rent a canoe, or bring your kayak. The Boy Scouts and lots of other volunteers shuttle you and your boat to the drop-off, and shuttle you and your boat back from the take-out to return to Headquarters. They will treat you to a yummy hamburger, chips and a beverage. The registration form needs to be postmarked by May 5th to qualify for early registration fee.

Carol will reserve the Group campsite B at Ratcliff Lake for Friday and Saturday nights, June 2 and 3. This is a beautiful area full of giant pine trees, east Texas at its best. After the Rendezvous, we will return back to the campsite to hike, fish, swim or read a good book. Our campsite is about 20 minutes from the Rendezvous Headquarters. It is about a 3 hour drive (maybe less)



## Kay, Faith and Laura on the Appalachian Trail!

from Dallas. You do not need to participate in the Rendezvous to go on this trip. There is plenty to see and do around the area. Please let her know if you would like to attend.

**Event Leader:**  
**Carol Burris**  
carol.burris@dallascity-  
hall.com



**Taste of  
Dallas June 10  
11 am-7:00 pm  
Fair Park**

31st Annual Taste of Dallas, benefiting the North Texas Food Bank, returns to Fair Park with foodie family fun for all.

New this year is Live Fire: BBQ, Burgers & Brews, curated by Tim Byres of Smoke and presented by Napoleon Grills. You'll enjoy some of the very best barbecue and burger joints around, including Hutchins BBQ, 18th & Vine, Cattleack, Meat U Anywhere, Bet The House, Billy Oake Acres, Bone Daddy's, Good Union Urban BBQ and Addison Ice House.

Restaurants offer up tastes of their best dishes for only \$2-\$5 on Restaurant Islan. Tickets are \$15 at the gate. Kids 10 and under get in FREE (with accompanying guardian). Discount tickets go on sale at area Walgreens, Albertsons and Tom Thumb stores.

## What's Inside!

Activities	1
Appalachian Trail	2-3
5 Rucking Rules Every Backpacker Should Know	4



# NEXT TOWN MEETING

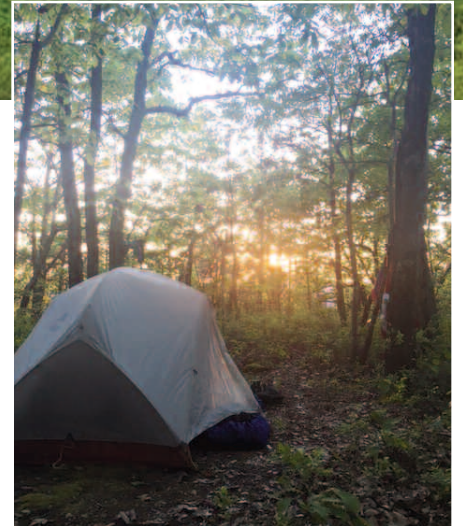
**MONDAY,  
JUNE 5, 2017**

**LA MADELINE  
5290 BELT LINE RD  
ADDISON, TX  
6:30-7:00 Social Hour  
Meeting 7:00**





### **The Appalachian Trail**



Three TOWNIES headed into the Virginia woods to backpack a few more miles of the Appalachian Trail. Faith Casale, Kay Gowdy and Laura Thornton. Thirty miles later all three came out of the woods, refreshed and smiling. We parked our vehicle at a trailhead near Natural Bridges, VA. We then got a shuttle 25-30 miles up the trail. We hiked an average of 7 miles a day beginning on Monday and we came out on Friday. Our hike traveled along side the Blue Ridge Parkway where the views were amazing and the flowers were abundant. It was an amazing trip.

Story by Faith







Last day on the Appalachian Trail. Lots of rain in the forecast. 3 amigos made their way back to the truck.







## Mission Statement

The TOWN mission is to provide all women the opportunity to learn and experience outdoor activities in natural surroundings through a non-threatening, safe and supportive environment.

## 5 Military Rucking Rules Every Backpacker Should Know

The military has spent years studying the best way to move under a load (aka “rucking”). Here are 5 military rucking rules that translate well to hikers. – Jordon Smothermon and Rob Shaul

“Rucking” is the military term for hiking under load. As you can imagine, this is a huge issue for the military, as soldiers must wear body armor and carry weapons, ammo, water, communications equipment, and other gear as they conduct patrols and missions. Rucking performance and injury prevention are hugely important for military operations and personnel.

Movement over ground under load is also key for many mountain sports, from dayhiking to backpacking to big mountain alpinism. In reviewing the research the military has already done on this subject, we discovered five rules that are just as applicable to mountain sports as they are to combat operations. Read on to make sure you’re following these military rucking rules on your next backcountry adventure.

### 1. One pound on your feet equals five pounds on your back.

This old backpacking thumb rule holds true, according to a 1984 study from the U.S. Army Research Institute. They tested how much more energy was expended with different footwear (boots and shoes) and concluded that it takes 4.7 to 6.4 times as much energy to move at a given pace when weight is carried on the shoe versus on the torso.

In practical terms, this means you could carry half a gallon more of water (a little over 4 pounds) if you buy boots that are a pound lighter, which isn’t hard to do; and that’s a lot of water. Now imagine the energy savings of backpacking in light trail running shoes rather than heavy, leather backpacking boots over the course of 7-day backpacking trip.

### 2. One pound on your feet equals 5% more energy expended.

Heavier footwear doesn’t just affect you because of its weight. Heavier boots are stiffer and less responsive as well. This reduces the efficiency of your body’s stretch reflex on hitting the ground.

Five percent doesn’t sound like much, though, so how does 5% translate to run times? Well, 5% would slow your mile pace time down by 30 seconds,

depending on how long you’re running. But, the faster you attempt to run, the more that 5% will affect your performance.

### 3. Every 1% of your body weight in your pack makes you six seconds slower per mile.

Carrying weight in your pack isn’t free of cost, though. Each 1% of your body weight carried in your pack makes you 6 seconds slower per mile. So, if you weigh 150 pounds, each 1.5 pounds of weight in your pack slows you by 6 seconds per mile. For a 150-pound hiker, on an extended trip, cutting your pack weight down from 40 to 30 pounds saves you 40 seconds per mile.

### 4. A 10% grade incline cuts your speed in half.

Grade greatly affects speed. By “grade” we mean how much terrain incline or decline there is. At 10% grade, for example, for every 10 feet you travel forward, you’ll travel 1 foot up. In terms of angles, 10% equals 5.74 degrees. A 5.74 degree angle doesn’t seem like much until you’re humping up it mile after mile. You’ll know how hard it is because you’ll move twice as slowly over it than over flat ground with a given load.

That last little part – with a given load – is important. A 10% grade will cut your speed in half no matter if you’re carrying 45 lbs. or 80 lbs.

### 5. Going up slows you down twice as much as going down speeds you up.

Don’t believe you’ll make time up on the other side of the hill. You won’t. You’ll only make half the time up.

Why don’t you gain as much by running downhill as you lose running up? Braking forces. As you descend, you have to brake your speed with your quads to keep yourself under control. The steeper the downhill, the more braking. This added load on your muscles further affects your uphill performance if you have repeated bouts of up and down work.

*From Backpacker Online*