



## JULY 2023 NEWSLETTER

### OZARK HIGHLANDS TRAIL ASSOCIATION

*OHTA's Mission is to Build, Maintain, Promote, and ENJOY the Ozark Highlands Trail.*

#### - Overseeing the Trail -

#### OHTA Board of Director for 2023-2024

Phil Brown (President/Eastern Chapter Rep)  
Adam Higinbothom (Vice-president)  
Brent Umphlett (Secretary)  
Todd Wells (Treasurer)  
Chris Adams (Maintenance Coordinator)

Wade Colwell (Interim Boston Mountain Chapter Rep)  
Miles Jandrsevich (Maintenance Director-West Section)  
Tiffany Mallard (social media and promotions)  
Peter Cooper (interim member)

#### OHTA's next Board of Director's Meeting

The date, time, and location of the next board meeting have not been set, but when they are, all members will be notified via email and the newsletter.

#### - Looking Ahead on the Trail -

Currently, Ozark Highlands Trail Association is in what some refer to as its summer hibernation. What this means is that the heart rate of the organization has slowed to the point of all maintenance efforts being virtually non-existent. That is not to say there aren't exciting experiences in the works that hopefully will lead to great experiences for many when our beast awakens. Oh, but there are, and at the top of the list, planning is underway for putting together a sawyer certification and/or recertification course or two for the upcoming fall. We're hoping the Canadian wildfires don't require the presence of many of our able-bodied Forest Service personnel, for it is through USFS that this training will occur. Time will tell, so stay tuned!

#### October 2023 Maintenance Base Camps

Though hibernation is upon us, plans for scheduling three maintenance base camps in October are not just a dream. As was announced in June's Newsletter, the base camps will be organized for the purpose of improving conditions on the OHT wherever the tread is in need of a little touching up. The exact date and location of each of the three base camps remains to be determined. Again, all of that information will be headed your way in August or September. Regardless, if you're interested in participating in any or all of the three events, now's the time to start planning your schedule! So be looking for notices on our social media sites and in upcoming editions of the OHTA Newsletter. We're determined to make this year's three base camps more productive and rewarding than ever before for our trail and for all who participate. Food, drinks, and tools will be furnished by OHTA. All that will be necessary for you to bring is yourself—and friends, if you'd like—for what will be a rewarding experience!

#### Wilderness First Aid/EpiPen and CPR/AED Classes

The OHTA is pleased to announce its plans to sponsor Wilderness First Aid/EpiPen and CPR/AED classes. We have the dates set but are still sorting through the responses we've had to this point to determine the most central location for the site. It's looking good for there being enough confirmations to fill one class. And if there are enough folks who are interested, we can certainly put together a second set of classes.

Now, figuring out the most central location for the classes is something that cannot be done without knowing where each potential participant lives. So, if you're considering taking advantage of this experience, please remember to include the name of the town and state where you live in your email to [ohata@ozarkhighlandstrail.com](mailto:ohata@ozarkhighlandstrail.com).

Here is the latest info we have on the workshop:

- The first workshop (if more than one workshop is scheduled) will be held on Saturday and Sunday, September 9 and 10, 2023.
- The location has yet to be determined because of what is noted above.
- Tom Burroughs will be the instructor (if you've ever been through this type of training with him as the instructor, you will never want to take another workshop of this sort from anyone else).
- Fee:
  - **Wilderness First Aid/EpiPen:** \$179 per participant for the 2-day workshop with a minimum class size of 14 and a maximum size of 20. However, if the location is outside a 3-hour radius of Winslow, the fee will be increased by a few dollars to cover travel expenses incurred by Mr. Burroughs and his team. Each day's workshop runs for a total of about 9 hours including roughly 45 minutes for lunch.
  - **CPR/AED:** \$50 per participant for the 3-hour workshop held on Saturday, September 9, 2023, from about 6:30 p.m. to 9:30 p.m. Minimum class size is 6 and the maximum size is 16. If the location is outside a 3-hour radius of Winslow, Arkansas, the fee will be increased by a few dollars to cover travel expenses incurred by Mr. Burroughs and his team.
- The Wilderness First Aid course is taught by Mr. Burroughs for Sierra Rescue International, and as a result, the certificate received by those completing the course is good for 3 years.
- The CPR/AED course is also taught by Mr. Burroughs, but the certification received by those who complete the course is good for 2 years.
- Children under the age of 18 years can enroll but only if they are accompanied by their parent who is also enrolled and present as a participant. There is no minimum age for enrollment, but it is Mr. Burrough's experience that children under the age of 13 years tend to get little of value from the course.
- OHTA members will be given preference for slots in the enrollment process.

Tom Burrough's credentials:

- ACA Safety and Rescue Committee Chair
- ACA L-5 Advanced Swiftwater Rescue Instructor Trainer Educator
- ACA L-4 Whitewater Kayak Instructor Trainer Educator
- ACA L-4 Whitewater Rafting Instructor Trainer
- 2015 ACA "Excellence in Instruction" National Award Recipient
- ITRA Level 3V Swiftwater Rescue Instructor
- NREMT/EMT-W/MPIC - Wilderness Medicine Instructor
- Team Leader- Washington CO AR Search and Rescue team
- Director, Ozark Safety and Rescue Educators / Clear Creek Paddlesports
- Member- Wilderness Medical Society

We're continuing to compile a list of potential participants. Once that process has run its course, we will make the decision about whether there will be one or two trainings offered and the location(s) of each. As soon as these decisions have been made, we'll be sending the related information out to everyone.

There's still time to let us know if you're leaning toward taking advantage of this offer, so please let us know, if you haven't already, and we'll get your name on the list of prospects.

Yes, you'll be hearing back from us soon! In the meantime, though, please feel free to send your questions our way via [ohata@ozarkhighlandstrail.com](mailto:ohata@ozarkhighlandstrail.com). We're looking forward to hearing from you!

## Hare Mountain Hike-In Is Getting Closer

What's happening with this year?! Seems like just yesterday we were celebrating New Year's and now we're only a shot over four months out from 2023's Hare Mountain Hike-In **scheduled for Saturday and Sunday, November 4 and 5**. And as has been noted before, **THERE WILL BE A POTLUCK DINNER!** And yes, we're still determined to make this year's event the best it can be. All it will take is you joining the celebration of OHTA's birthday for there to be no doubt about it turning out to be just that! Hope to see you there!

## Hare Mountain 100

Again, what's this? Well, the Hare Mountain 100 is a point-to-point 100-mile run that incorporates two scenic spur loops along the Ozark Highlands Trail between Haw Creek Falls and White Rock to the west. The event starts at Haw Creek Falls Recreation Area at 8 a.m. on Friday, October 27, 2023. The race director is Stephanie Turner, and it is being sponsored this year by Pack Rat Outdoor Center, Adventure Subaru, Tailwind, and others.

It is important to note that to qualify for participation in this event, runners must sign a waiver and either perform eight (8) hours of trail work on the OHT or opt out of the work by donating \$100 to the Ozark Highlands Trail Association.

The OHTA would like to put together a team to represent our organization at this year's event. If you are considering representing OHTA by volunteering to set up our organization's canopy and staffing an aid station, please contact us at [ohata@ozarkhighlandstrail.com](mailto:ohata@ozarkhighlandstrail.com). Or if you think you would like to get involved with the event in some other way and want to know more about the ways you can make that happen, simply check it all out at <https://www.haremountain100.com/>.

## – Getting and Keeping Yourself on the Trail –

Do you find yourself longing to become part of something larger than yourself? Could those urges be motivating you to join an organization, perhaps the Ozark Highlands Trail Association? If so, could it be that you find the process too cumbersome, maybe even overwhelming? Well, if that is the case, relief is here! You can join OHTA by simply clicking here: <https://ozarkhighlandstrail.com/membership/>, and instantly, you're just a few quick and easy steps away from becoming a member of this fine organization! Go ahead; give it a shot. We're pretty sure you won't regret it!

But, wait! What's this, you say?! You're already a member . . . or you believe you are but are uncertain about whether your membership is current? Do you find yourself wondering when you last paid membership dues and can't remember if you have records of when that occurred? Well, again, there's a very simple way of figuring this out, and that is to simply send an email to [ohata@ozarkhighlandstrail.com](mailto:ohata@ozarkhighlandstrail.com), and ask us to figure it out for you. We'll get back to you promptly, and if your dues are due, you can click on this link and follow the prompts: <https://ozarkhighlandstrail.com/membership/>. It's that easy! Go ahead; give it a shot. You won't regret renewing your membership!

– Relaxing Trailside –

**Interesting Breaktime Reads**

- *Where the Forest Meets the Stars* – Glendy Vanderah
- *The Unlikely Thru-Hiker: An Appalachian Trail Journey* – Derick Lugo

**PLEASE NOTE:** If you have a read or two you'd like to share with others who enjoy trail time, please send the title and author's name to [ohta@ozarkhighlandstrail.com](mailto:ohta@ozarkhighlandstrail.com), and it will appear in the next edition of the OHTA Newsletter.

**May the corridors through which you journey in the heat of this season shield you well, the repellent you use keep the bothersomes at bay, and your explorations reveal to you wonders you never dreamed could be real!**

**Quote for the month**

“On a hike, the days pass with the wind, the sun, the stars; movement is powered by a belly full of food and water, not a noxious tankful of fossil fuels. On a hike, you're less a job title and more a human being . . . A periodic hike not only stretches the limbs but also reminds us: Wow, there's a big old world out there.” -- Ken Ilgunas

Until the trails we travel alone become the trail that brings us together,

**HIKE ONWARD!!**

YOUR ASSOCIATION WITH THE OHT MAKES THIS THE ASSOCIATION IT IS!  
THANK YOU ALL FOR BEING A PART OF THE OZARK HIGHLANDS TRAIL ASSOCIATION!!