



**Chief Noonday Chapter**  
*of southcentral Michigan, including Calhoun, Kalamazoo & Barry Counties*  
North Country Trail Association

**ANNOUNCING**  
**CHIEF NOONDAY HIKER CHALLENGE CUP**  
**2010**  
AWARDED TO  
**Ron Sootsman**



Ron Sootsman is awarded the 2010 version of this huge 6.5" cup, "THE CHIEF NOONDAY HIKER CHALLENGE CUP". Photo by Mick Hawkins, who worked hours trying to capture this reflective surface.

**Ron Sootsman** logged **310.15** non-repetitive miles on the North Country National Scenic Trail in 2010 to win the 2010 Hiker Challenge. Ron exceeded his winning total from last year of 287.71 unique miles. More info on the next page.

As our Champion, Ron wins this year's Hiker Challenge Cup. He also wins a polo shirt with the Chief Noonday logo, a notation of "Chief Noonday Hiker Challenge Champion – 310 miles" embroidered by Katie and Christy's Mid-Lakes Printing in Delton.

The rest of our top 10:

**Robert Sulaski:** 152.1 miles

Mick Hawkins: 58.34 miles

Linda Sootsman: 36.73 miles

**Jason Buckner:** 140.8 miles

Mary Rebert: 50.84 miles

Bob Cooley: 30.8 miles

**Jim Burgess:** 92.35 miles

Mike Wilkey: 49.24 miles

Linda Wilkey: 30.14 miles

Robert Sulaski, Jason Buckner, and Jim Burgess also win polo shirts with the CND logo, etc. Jim Bronson also won a polo shirt as winner of our drawing among the rest of the participants.

## Hiker Challenge 2011 has already begun! The rules:

1. You must be a member of the Chief Noonday Chapter at some point during the year. To become a member, go to the [North Country Trail web site](#), select the membership you want, and pick "Chief Noonday Chapter" for your Chapter selection.
2. Only North Country Trail miles can be counted. (Our primary goal is to get people out to see different sections of the Trail.)
3. Any segment can be counted only once during the year. Even for adopters.
4. Cross country skiing is a legitimate mode of hiking. After all, our goal is to get people on the trail.
5. If you can find someone to push your wheelchair, that will count for both of you. See goal in item 4.
6. We do not want anyone to wait until December 31 to submit all their miles to win the contest. Please report your miles with a reasonable frequency, especially if you are one of the leaders.
7. Report your miles, and segment ID, to me in person, or via email to [nalcoman1@aol.com](mailto:nalcoman1@aol.com) with the subject CND Hiker Challenge mileage, or by mail to: Larry Pio; 2409 Woody Noll; Portage, MI 49002.

## Upcoming events

**Feb 5:** Hike Battle Creek Linear Trail, Calhoun County

**March 5:** Hike Yankee Springs Rec. Area, Barry County

**March 19:** Workday installing Carsonite posts as needed

**Feb 19:** Work day, kiosk literature updates

**March 5:** Quiet Water Symposium, Lansing

**The Chief Noonday Chapter welcomes everyone to join us for any of our meetings, hikes, or workday events. For more information, please contact Larry Hawkins at 269-945-5398 or [hawkeyemd@cablespeed.com](mailto:hawkeyemd@cablespeed.com), or see web site for other contacts.**

## Chief Noonday Chapter now on FACEBOOK

We have started a page on [Facebook](#) for the North Country Trail Association, Chief Noonday Chapter. Please find our page, and "like" it to get updates from the page. You can also add comments, as well as uploading video and photos of your hiking experience. **Check out our "Where on the NCT is Larry P." series. Add your own photos with "Where on the NCT is \_\_\_\_\_?"**

## **Update on the Chief Noonday 2011 Virtual North Country Trail Hike** **Or, what I thought I knew, was wrong – an editorial**

We had an idea to start a different contest, which would include all miles hiked, and the contest would be a virtual North Country Trail Hike, beginning in North Dakota. We did this so adopters would get full credit for all the times they walk the same trail, and hikers could get credit no matter where they hiked, and if they hiked the same section over and over again, etc. **(Our goal in this contest is different from the Hiker Challenge, but still pretty vague. It probably should be health.)**

Then we clarified in our January meeting that we would include all walking, not just hikes. We hoped we could get out of North Dakota. One person noted he had walked 1500 miles in 2010, so we were in awe, and we knew he was a contender, if not the winner.

I started measuring distances on my street so I would know how far I walked the dogs. I started guessing how far I might have walked at work. Those who know me well, no longer suspect I am analytical; they know it. I ordered an **Omron HJ-720ITC Pocket Pedometer with Advanced Omron Health Management Software** for about \$33 at Amazon.com which has dual sensors, so you can just drop in your shirt pocket or front pants pocket. It counts steps, so you have to measure your step distance to get an accurate number. It also measures **aerobic walking**, any walks over 10 minutes. A common purchase accompanying this pedometer was a book “10,000 Steps A Day”. I did not buy it. I would rarely walk that far.

So, I was estimating my day at work was between 1 and 4 miles, depending on whether it was a difficult day. My pedometer tells me it is always between 4 and 8 miles. Getting a coffee in the other building is 0.12 miles there and back. Almost none of my normal walking is considered aerobic by my pedometer.

The way this has worked, I used to come home from work pretty tired, thinking I had walked 2 miles. At that point another mile sounded like a lot. Now with 8 miles under my belt already, another mile doesn't sound quite so bad. A mile walked continuously is aerobic.

As I sit here on January 30, I already have 198+ miles, after receiving my pedometer on January 13. The mileage hiking with my pedometer is so accurate, I am using it to measure trail length. I know my steps other than hiking are not all at full length, but I can live with that (I don't wear it all the time, but pretty close). I have also found it to be a good tool in the sense that I will try to generate a little extra mileage when I have the chance.

If you want to get going on the Virtual Hike, I would definitely recommend getting one of these devices. I will make it out of North Dakota. How about you?

## Super Bowl Saturday Hike: Battle Creek Linear Park - West

Date: February 5, 2011

<b>Hike Length</b>	About 5 miles, flat terrain, along Kalamazoo River
<b>Description</b>	We will hike from Brady Road, off of Dickman Road, to downtown Battle Creek and the Arcadia Brewery. In Calhoun County
<b>Breakfast location</b>	Duda's; 113 W. Michigan; Augusta
<b>Breakfast time</b>	9:00 AM
<b>Best way to get to breakfast</b>	From I-94 take Galesburg exit 85. Head north on 35 <sup>th</sup> Street S. about 0.7 miles. Turn right on W. Battle Creek Street, go 0.7 miles to light. Proceed through light, follow M-96 over tracks and turn right, continuing on M-96 4.5 miles to Augusta
<b>Hike time</b>	10:00 AM
<b>Car spotting location</b>	Near tower in front of Cereal City USA; located north of the river, 0.2 miles east of Washington Street, on extension of Jackson Street
<b>Hike start location</b>	Parking lot on Brady at Musashi Auto Parts, near the picnic area
<b>Best way to get to hike start location</b>	From Augusta, go east on M-96 about 4 miles to Brady Road, turn left to end
<b>Lunch time</b>	12:00 noon
<b>Lunch location</b>	Arcadia Brewing Company; 103 W. Michigan Ave; Battle Creek
<b>Things to bring</b>	Boots, sunglasses, warm clothes, hat, mittens, water, snack, cell phone, camera, gps, first aid kit
<b>Cancellations</b>	This hike will not be cancelled; if conditions warrant, we will start closer to our end point.
<b>Updates</b>	<a href="http://www.northcountrytrail.org/cnd/index.htm">www.northcountrytrail.org/cnd/index.htm</a>
<b>Contacts</b>	<b>Robert Sulaski</b> – <a href="mailto:rsulaski@sbcglobal.net">rsulaski@sbcglobal.net</a> 616-538-4827
	<b>Larry Pio</b> – <a href="mailto:nalcoman1@aol.com">nalcoman1@aol.com</a> home: 269-327-3589 cell: 269-341-5964
	<b>Mick Hawkins</b> – <a href="mailto:webmaster.ncta-cnd2@comcast.net">webmaster.ncta-cnd2@comcast.net</a>