

THE SCUTTLEBUTT

Newsletter of Amador Trail Stewardship

ATS hosts kickoff event for USFS Trails

The weekend of September 16-18, 2022, the Amador Trail Stewardship (ATS) launched its inaugural Trail Maintenance Program by partnering with the United States Forest Service (USFS) – Amador District on the Granite and Hidden Lake trails near Silver Lake. The USFS brought two sawyers and a ranger, and with over a dozen ATS volunteers, we were able to clear a large log jam that backed up a meadow, remove fallen trees and cleared the trails of blockages. On Saturday evening, the ATS and USFS teams joined in a potluck around a warm campfire after spending all day working on the trail. Later that evening, some folks went on a nights ride while others went on a full moon hike to star gaze. The next day saw a bit more trail work in the first snow of the season and a fun Sunday ride after all the work was completed. ATS was graciously hosted by Friends of Camp Silverado at their location connected to the trailhead which allowed us to host a multi-day work event with on-site group camping. A donation from Crusader Fence Company of Personal Protective Equipment (PPE) in the form of helmets and safety goggles for ATS volunteers along with \$500 for trail tools helped get the job done. ATS would like to extend a huge thank you to the Friends of Camp Silverado and Crusader Fence Company for their support of the ATS Trail Maintenance Program’s kickoff. We plan to host trail maintenance events at this location annually, check our events page on the website for more information.

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volunteers work on trail, volunteer group photo



Amador Mountain Biking Club Forming

AMADOR COUNTY'S NEW USA CYCLING CHAPTER

Cycling is a popular and accessible form of exercise and transportation but it can be difficult for young people in rural areas to find opportunities to participate in organized cycling events. That's why ATS is forming a county wide club to train all ability levels and disciplines. This club will provide a much-needed outlet for youth in our rural area to get involved in this exciting and healthy activity.

The club is designed to cater to all skill levels, from beginner to advance. The focus is on providing a supportive and inclusive environment for youth to develop cycling skills, build their confidence, and experience the thrill of progression or competition. The club also provides a great opportunity to connect with others who share a passion for cycling, and to form lifelong friendships. The club will include a series of optional races and events that are open to all participants. These events provide a platform for young cyclists to showcase their skills and compete against their peers in a fun and safe environment while pushing them to their limits.

If you know a young person who is interested in training with the league, send them our way. If you are interested in volunteering, wish to donate bikes, sponsor races, or help in another way, reach out via the contact page of our website or email info@amadortrailstewardship.com.



Trails and Health

BY MEGAN HARRISON

The health benefits of being outdoors is a topic that was relatively popular before the pandemic, but the number of articles dedicated to this subject has increased dramatically as people across the world have sought relief from the mental and physical wellness challenges brought on by the pandemic. A quick Google search will produce countless articles offering qualitative, quantitative, and anecdotal data supporting outdoor recreation to improve overall wellness. From exercise opportunities to the ways nature has been used as an effective treatment for post-traumatic stress disorder, being outside has been shown to offer myriad benefits. I have not yet conducted any scientific experiments, nor have I done a comprehensive literature review on the topic. However, the following three (out of many) benefits of nature are ones that I keep coming back to personally, and which I don't see discussed as often in the more data-driven articles available.

The first benefit I often experience is new perspectives to ongoing concerns. I am prone to analyzing an issue to death, and I can ruminate with the best of them. Peace is often touted as a benefit of nature, but I more often find that rather than rest from my constantly spinning mind, I find myself opening to new perspectives—a shrinking of the “problems” that have captivated me at home, combined with new creative solutions that had not occurred to me before. After a day on the trail, I don't just emerge with a more open-handed approach or freedom from a tendency toward catastrophizing. I come away with new approaches to old concerns, and hope for options I didn't have before. It is refreshing and reinvigorating, and it doesn't fade away as I drive back home; instead, I often take this new way of thinking with me into the days ahead and engage with old struggles in new ways.

Another benefit I am particularly aware of is the way hiking can create opportunities for healthy risk-taking. I grew up in a situation where risk-taking was not necessarily encouraged, and I enjoy a certain amount of day-to-day stability. I'm also a single woman who doesn't have many readily-available hiking partners. For a while, my desire to venture into wilderness felt beyond what I could be comfortable with as a play-it-safe kind of person. Exploring increasingly difficult and remote hiking locations has been a way for me to practice courage and push the boundaries of my own comfort in beautiful and rewarding ways. I've become more comfortable with myself through being alone on a remote trail, and I have noticed the benefits in other areas of my life, where I have found myself more willing to take on new challenges or face unknown life events with more equanimity than before.

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Trails and Health Continued

BY MEGAN HARRISON

Lastly, the invigorating awe of being out in nature is something that never fails to inspire and connect me to others. From hiking in the majestic beauty of Desolation Wilderness to exploring the rolling hills of Deer Creek Nature Preserve, I come away filled with a sense that our world is a beautiful and wondrous place. Whether I hike with others or on my own, I also feel a connectedness to others—a sense that we are all in this together. These beautiful lands are ours to steward, to share, to teach others about. That feeling of awe and connectedness is something I can't get enough of, and I know I'm not alone. How many poets, writers, and activists have been inspired to create something beyond themselves after even a short time in nature?

I hope this small reflection is encouraging to anyone who needs a little support to get out in nature, whether to wrestle with an issue, build confidence, be inspired, or any of the other many benefits of being outdoors. If you haven't read an article on getting outside and why it is so good for all of us, I also encourage you to do a bit of Googling—hearing the data and stories shared by others never fails to inspire me. See you out on the trail!

Megan Harrison is a park and recreation enthusiast and on a lifelong journey of learning more about everything! She lives in Folsom and paddles, walks, or hikes as much as possible.

John Silva with Give Back Adventures Hikes PCT for ATS



John Silva, a retired sergeant from the Amador County Sheriff's Office formed Give Back Adventures (GBA) in 2020 as a way to give back to the community he served throughout his law enforcement career. In his third installment of outdoor adventures for charity, John is attempting a solo thru hike of the Pacific Crest Trail (PCT), over 2,600 miles, while bringing awareness to Amador Trail Stewardship. The hike starts at the United States border with Mexico and will take him through a record breaking snow packed Sierra Nevada mountain range, the Cascade mountain range and end at the United States border with Canada. John will be equipped with a Global Positioning System (GPS) and his location will be updated in real time on the ATS website. Be sure to check in on where John is along the PCT starting March 18 by scanning the QR code for the tracker page or by going directly to the ATS website. John is also posting updates on the GBA Instagram @givebackadventures2021 and on Facebook – Give Back Adventures. For more information on John's previous adventures and chosen charities, visit - givebackadventures.com



Interested in writing about what you love?

If you would like to contribute to our newsletter with an article or feature images, please email info@amadortrailstewardship.com to find out the range of topics for the issue. We would love your perspective on Amador County outdoor recreation.

UPCOMING PROJECTS

We just gave some love and attention to the Erickson Ranch perimeter trail, go give it a hike or bike

USFS Trail maintenance will take place after the historic snowpack melts.

CAmtb/Crankbros Dream Bike Giveaway, [See website for details](#)

Upcoming Events

Check out the ATS website for a full list of upcoming events, including those of our affiliate programs.

John Silva, GBA PCT hike launched March 18th, follow along on our website

IYKYK - causal ride every 3rd sunday, Amador City, 10ish. Breakeven Beermakers.

Check our website for trail maintenance dates

