



Mebane Trail Rangers
January 5, 2023
Minutes

1. Mebane Trail Rangers (MTR) met on Thursday, January 5, 2023 at Mebane Art and Community Center. The meeting started at 6:30 and 21 were in attendance.

2. New Business
 - a. Welcome – Sherri welcomed new members and invited them to introduce themselves.
 - b. Sherri gave a brief introduction of the history of the MTR and covered the following in her presentation; opportunities for local hikes, Leave No Trace, Gear Review, Volunteer opportunities.

Local hikes and how to find them:

1. Eno River Association – FB page
2. Burlington guided hikes – [Burlingtonnc.gov/Outdoors#hiking](https://www.burlingtonnc.gov/Outdoors#hiking)
3. Hikers for Christ – guided monthly hikes, join group on FB
4. Mebane Walks – FB page, spring and fall sessions
5. GreatTrailsNC.org website – paddle, hike, bike, equestrian events in NC listed to celebrate Year of the Trail
6. All Trails app – download this free version of All Trails on your phone and search for trails

Leave No Trace – there are 7 principles and Sherri gave out backpack tags to everyone with the 7 principles and covered only one of the seven: Stick to trails and overnight right.

- Keep to designated trails and durable surfaces to protect trailside plants. Camp at existing or designated sites.

- In the backcountry, confine your impact to places that already show use, and limit the area of disturbance.
 - Take rest breaks on durable surfaces off the designated trail so that others can pass.
 - Be cautious. Stay within your party's skill level. Know what to do in case of poor weather, rip currents slick rocks around waterfalls, and other potential hazards.
- Sherri shared two examples of how unsafe it is for hikers and the environment when not following this principle; hiker hiked into Cates Farm after hours when the park was closed and could not see the trail and fell and had to be rescued; the overuse and misuse of Max Patch bald mountain.
- Gear Review** – SHOES! Bottom line – get fitted for hiking boots or trail runners. REI and Fleet Feet will fit you at no charge. Avoid buying hiking shoes the same size as your street shoe. Tennis shoes do not offer the traction that trail runners or hiking boots offer. This leads to falls and twisted ankles and knees. Socks- wear wool! Wool comes in several weights and wicks away the moisture. Sherri and several others like Darn Tough, not only due to the quality but because they replace! Smart Wool is also a great brand.

c. Year of the Trail events – all

1. Next meeting – Feb 2, “Plan your bucket list hike and Kilimanjaro review’
 2. March – section hike our segment of the MST. We will hike on Saturdays or Sundays. Our section is 60 miles. We will hike 10 miles each Saturday or Sunday until we complete the section. Dates are: March 4, 11, 18, 25, April 1, 8
 3. April – Junior Ranger kickoff
 4. April 22 – Dogwood Festival, we need booth volunteers
 5. April 28 – 29 Friends of the MST meeting in Durham
 6. May 6 – Jennifer Pharr Davis is guest speaker at Community Park.
3. February meeting – We will meet at 6:30 at the MACC on February 2nd, all are welcome.
4. Sang Happy Trails and adjourned at 8:00 PM

