

Good afternoon, I am Clare Boast, a huge fan of the LHHT and a Ridge Runner for about the past 10 Years.

It is an honor to say a few words on behalf of the Ridge Runners. We are a heterogeneous group with the common thread of wanting to give back to the LHHT. This is a really special day. The renovation of the shelter areas will help to keep the LHHT strong and beautiful for many years to come.

I want to first thank Mike Mumau and the staff at Laurel Hill, for organizing the Ridge Runners and working with us. After spending time on the trail, so many people look for ways to give back. This group gives us that opportunity and we are grateful for it.

Every work day you meet similar minded people who are happy to be out sweating, moving rocks, painting blazes and clearing trail. It is a wonderful experience to meet other Ridge Runners and grow your human relationships. At the same time, there is such a powerful quiet while you are on the trail.

Each work day is an opportunity to see improvement on the trail and the opportunity to improve yourself in the outdoors. We may improve the trail, but we, the Ridge Runners, benefit more.

We always welcome new volunteers. Please consider joining us and joining the fun!

Thank you