

Sports

Three states, 2,658 miles, 151 days

Tim Carroll started today on his Pacific Crest Trail journey

By Paul Christian
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Give Tim Carroll a nice, comfortable, warm bed, refrigerator, a 42-inch plasma TV and indoor plumbing — you know, all the comforts of home — and chances are he will go berserk.

Check that, he WILL go berserk.

Carroll, you see, is an outdoors guy, plain and simple.

Through his various jobs, the Rochester Lourdes grad (2003) estimates out of the last six months, he has spent no more than 30 days sleeping indoors.

And he won't be sleeping indoors for the next five months, either.

Carroll started hiking the 2,658-mile Pacific Crest Trail this morning and five months from now — hopefully on Sept. 18 — he expects to cross the Canadian border, finally reaching his destination.

He plans to hike an average of 20 miles a day, six days a week. On the seventh day, he will rest.

"I have a fully-loaded iPod, that's all I need," he said. "I won't miss anything else. How can I miss TV? I don't even own one."

Carroll's trek through California, Oregon and Washington is to raise money for the Mike Carroll Tribute Scholarship and also to pay tribute to his father Mike, a retired Rochester Lourdes teacher and coach who has battled Parkinson's disease for years.

Tim also is a 2007 Luther College graduate where he majored in geology. During the past few years he has worked in places like the Boundary Waters in northern Minnesota, California's Sierra Nevada mountains, Kentucky Red River Gorge, the Blue Ridge Mountains of Virginia, Lake Tahoe's Desolation Wilderness and, for the past few months, in Silver City, N.M., where he was working as a crew leader for high school Americorps crews doing trail work in the national forest.

Carroll has been planning the trip for a year.

His itinerary is specific, even including what he'll be eating for breakfast, lunch and dinner each day.

That's where his mother, Kathy Carroll, comes in. Obviously, it's impossible to carry all the food, water and equipment one would need for five months but everything has been purchased and Kathy will package it up and mail it to towns Tim will be passing through on the way. The "maildrops" are typically sent "general delivery" to post offices in the trail towns where hikers can claim them with a valid ID.

Several "trail angels" and businesses near the PCT also assist hikers.

In the various trail towns, Carroll plans to visit a library or some place with internet access so he can upload photos and update his blog.

Carroll says hikers normally burn about 6,000 calories per day and said he won't be surprised if he loses between 10 to 15 pounds on the trip.

Food? Think dehydrated rice, beans and granola.

Most likely, he'll be wearing the same clothes in September that he started out with today, save for socks and hiking boots which will need to be replaced along the way.

Page D1: Journey to honor his father.



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What: Pacific Crest Trail stretches from the border of Mexico in southern California through the National Parks and Forests of California, Oregon and Washington to the Canadian border (www.pcta.org).

How far: Trail is 2,650 miles.

How long: Tim Carroll started today and expects to finish on Sept. 18. He plans to average 20 miles per day. He will hike for six days and take the seventh as a day of rest.

Lowest point: 100 feet at the Columbia River, Oregon/Washington border.

Highest point: 13,180 feet at Forester Pass, Calif.

Land managers: National forest (26), national parks (8), state parks (4).

Re-supply: The PCT passes through or near a number of small towns that usually have at least a post office or a store. One can mail resupply packages ahead to oneself / general delivery.

Why: Carroll is making the trip in conjunction with the creation of the Mike Carroll Tribute Scholarship for Lourdes High School student tuition assistance through the Lourdes Foundation.

Gear: His backpack weighs about 17-20 pounds without food or water. At the most, it will weigh 40 pounds. His gear includes full brim sun hat, long-sleeve shirt, polyester T-shirt, boxers, long underwear, zip-off pants, cayenne jacket, fleece hat, bandana, food canister, water filter and treatment drips, cookset, stove, desert gaiters, hiking shoes, wool socks, guide books, trekking poles, camera, waterproof sacks, pocket towel, backpack, sleeping bag, sleeping pad and ultralight tent.

Food: Most of it dehydrated jerky, fruit, veggies, granola.

Follow Tim: You can follow Tim Carroll (Where's Tim?) on his blog, view photos, write to him or contribute to the scholarship through a link at www.lourdesfoundation.org

His e-mail is carti01@gmail.com or contact him at www.trailjournals.com/timcarroll



Carroll



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Tim Carroll talked to students at St. Pius Elementary School about his trip on the Pacific Crest Trail.