



22nd Annual Marathon Shuffle!

It's that time of year again – spring is springing, and the trail elves are out clearing winter debris away from the Marathon Shuffle route on the Sunshine Coast Trail (SCT), from Malaspina Road to the Shinglemill.

This year's Marathon Shuffle – the 22nd annual event – will take place, as usual on the last Sunday in April, and that means the date to save this year is Sunday, April 26th. The “shuffle,” as locals like to call it, has become quite the event, each year increasing in size, each year attracting more participants both local and from out of town.

Although the shuffle started out as a leisurely hike with a handful of friends, it has morphed into an event with more than 200 people, including some who like to race! Last year Powell Riverite Graham Cocksedge smashed previous records by flying the 29-kilometre full shuffle route in just 2 hours, 22 minutes and 46 seconds, so that's the time to beat.

But this event is not just for runners or racers. The purpose of the Marathon Shuffle, says event director Scott Glaspey, has always been to encourage people to get out on the SCT, and to get a taste of what the whole 180-kilometre route has to offer. The full shuffle traverses five trail segments which together make up 29 kilometres of the SCT: Thunder Ridge, Toquenatch, Marathon, Sliammon Lakes, and Scout Mountain. The 12-kilometre half shuffle takes participants through Sliammon Lakes and Scout Mountain trails. “This year, the trail will be in the best shape ever,” says Glaspey. “And the half shuffle in particular features great lake views and vistas from Scout Mountain.”

If running or hiking is not your thing, but you're still interested in getting involved, there are plenty of volunteer opportunities

(time keeping, check-in stations, parking attendants, etc). Our volunteer coordinator this year is Emily Walz – call her at 604-414-3665.

And don't forget to come out for our pre-shuffle events (this may just be the best part!). On Saturday, April 25th a pre-shuffle pasta dinner will be held at Magpie's Diner in Cranberry, from 5-8 pm. The whole meal (gluten-free and vegetarian options available) costs \$15 per person, \$5 for children. Cash only.

This year, the first 150 people to sign up for the shuffle will receive a free t-shirt, so what are you waiting for?! Thanks to our major sponsors City Transfer, TAWS, The Shinglemill, Full Solution Computers, The Historic Lund Hotel and Image 1 Salon and Spa, as well as our donors and numerous hardworking volunteers for making the shuffle possible once again. For more information, or to register, visit www.sunshinecoasttrail.com/events.html. 🐾

TIMETABLE

7:30 am	Sign-in and late registration Shingle Mill parking lot
7:50 am	Free Westview Ferry Terminal pick up
8 am	Free bus from Shingle Mill parking lot
9 am	Full Shuffle start at Malaspina Road
10:15 am	Half Shuffle sign-in at Wilde Road
11 am	Half Shuffle start



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What's New: 2015

During the winter months, PAWS cleared a building site in mature forest for a new shelter next to Stanley Creek about a half hour above Lois Lake via the Sunshine Coast Trail. We also grubbed a water access trail to the creek nearby the future shelter. A \$3,000 contribution from Recreation Sites and Trails BC (RSTBC) will help with construction of the recreation site, starting with an outhouse, fire ring and picnic tables.

We have also been busy with preparations for the Marathon Shuffle clearing deadfall and undergrowth in the stretch of the SCT between Malaspina Road and the Shinglemill on Powell Lake. The Shuffle route is now in excellent condition, with plenty of marking and signage.

We started an outreach program that is evolving as we go along to introduce people to the trails in and around Powell River, mostly on parts of the Sunshine Coast Trail. On each last Sunday of the month we meet at the First Credit Union at 10 am and go out for a couple of hours of light work on a trail. We have also begun reaching out to students in Powell River, taking them for hikes in their neighbourhood.

A 2-km-long section of the SCT has, until recently, used some ancient roads we had cleared out about 15 years ago. However, these roads are now being re-opened by the logging industry for harvesting in the area. That prompted us to improve an alternate route through an Old Growth Management Area (OGMA) along the upper forks of Stanley Creek. It's an easy 20-30 minutes on the well-developed trail. Rubbing the head of



ABOVE: PAWS trail day crew on the finished bridge over Stanley Creek. (L-R) Wayne Andrews, Len Swanson, Don Krompocker, Eagle Walz, Scott Glaspey, Ben Fairless, Ken Kutner. Missing: Ron Diprose, Mike Cawley, and David Bedry (camera). **RIGHT:** The laughing horse head at the end of the bridge railing – give it a rub for good luck!



the Laughing Horse bridge carving is said to bring good luck.

Through the winter the Sunshine Coast Trail has attracted significant attention at various consumer shows and events such as Sacramento Sportsman Exposition, Vancouver Outdoor Adventure Show, Vancouver International Film Festival, Calgary Outdoor Adventure Show, and Vakantiebeurs, Holland's biggest tourism consumer show. Together with Tourism Powell River and the Outdoor Learning Centre (SD47) PAWS participated in a presentation about the Sunshine Coast Trail at the Share The Trails Conference in Richmond, hosted by the Horse Council of BC and the Outdoor Recreation Council of BC, again attracting positive attention. Partnering

with Sunshine Coast Tourism, PAWS is also involved in getting Sunshine Coast Trail signage erected at intersections of Highway 101 with important trail access roads. The signs will point out to trail users which of the roads lead to intersections with the Sunshine Coast Trail where there will be additional signage and maps to help hikers orient themselves as they begin their hike.

A \$1,000 grant from the Powell River Sunrise Rotary Club bought new fluorescent reflective markers which we are nailing up to further improve the marking and the ease-of-use and safety of the trail in anticipation of more visitors to the trails in the coming season, starting with the kick-off event on April 26, the annual Marathon Shuffle. 🐾



Flora and fauna on the trails

There are so many plants and animals to see while hiking the Sunshine Coast Trail! In April and May, keep an eye out for the **Chocolate Lily** (*FRITILLARIA AFFINIS* VAR. *AFFINIS*), which can be found on Chocolate Lily Bluff just below Gibraltar on the Marathon section of the trail. The Chocolate Lily is a fairly rare perennial glabrous herb, growing to 80 cm tall from a scaly bulb with numerous bulblets. First Nations peoples made use of them by steaming the bulbs in pits or boiling them. The bulblets are said to be tender and delicate, resembling rice but slightly bitter (Pojar & MacKinnon, 1994). 🐾

trail

volunteers

When people learn about the story behind the SCT, they are often astonished. A volunteer effort of this magnitude – how can it have lasted for so long? How can the volunteers have stayed so dedicated? But the secret of its success is not really so difficult to understand. It's about being out in the woods, helping to create/take care of something to treasure, and making new friends.

When people get involved with the SCT, more often than not they start to care about it – it becomes theirs in some way, and often they want to help protect it, and to make it even better. We know this – we've seen it happen over and over again.

It's with all of this in mind that the board of Powell River Parks and Wilderness Society (PRPAWS) decided that an ongoing outreach effort can only continue to benefit the trail. We want to get as many people involved as possible, and start reaching out to the younger generations, since it's their hands the trail will pass into as the years progress.

A couple of initiatives have already started: regular outings with some of the students in our School District, which we are hoping to expand over the coming year; and open work parties, which take place on the last Sunday of each month.

“These are light trail work parties,” says Eagle Walz. “Everyone is welcome. There are no special skills required, just a good attitude and a willingness to have some fun.” It's an opportunity to spend a day in the woods, and

participate in some of the projects PAWS works on regularly to maintain the Sunshine Coast Trail. If you have enjoyed the Sunshine Coast Trail, and would like to give something back, please come out and join us!

NEXT WORK PARTY: Sunday, May 3

- Meet in the parking lot at First Credit Union on Joyce Avenue at 10 am
- A short info session and carpooling arrangements will be made there
- Bring something to eat and drink
- We will be out for 2-3 hours, depending on the task, plus travelling time
- Bring light tools (e.g. clippers) if you like 🐾



Volunteers setting out on a light work party, February 2015.

The Sunshine Coast Trail (SCT) is truly a community trail. Over the past 23 years many dozens of people have been involved in helping to build it, maintain it, improve it, and keep it safe. Some people have been involved in small ways; others in much bigger ways. But no matter the individual contribution, it all adds up to a massive community effort that has resulted in Canada's longest hut-to-hut hiking experience. Today the SCT is the biggest tourism draw to the area; an amazing asset that everyone in Powell River, and many from further afield, can benefit from and enjoy.

Remembering Lita



Lita holding court among her friends at the end of the 2001 Marathon Shuffle.

Lita Marie Biron was born Dec. 29, 1952 in Bralorne, B.C. and passed away Feb. 1, 2015 in Powell River after a three year battle with ALS (Lou Gehrig's Disease).

Lita is survived by her daughter Niseema, son Jesse, granddaughter Eden, sister Marie and brother John. She will be incredibly missed by her beloved hiking community, tea drinking friends and all the kids and families she helped through her work at the Transition House Society.

Lita joined the Powell River Parks and Wilderness Society (PAWS) in 1994, providing an important link with the hiking community. She also was our treasurer for some years. Her laughter and kindness was enriched by her determination. She loved the challenge of the weeklong Tours de Powell River before much of the trail was even completed, requiring stretches of bushwhacking. Lita was a great traveling companion.

A gentle hike in celebration of her life is being planned for late May. We miss you and love you. Happy Trails. ♥

President's Message



Based on comments PAWS has received from through-hikers who have tackled the Sunshine Coast Trail, we realized that a 35-km-long stretch is just too long a stretch between huts. Now, with the retirement of Herondell Bed and Breakfast, trekkers can no longer overnight there. This has led us to the decision to build another shelter, and we found a suitable location on Stanley Creek, roughly halfway between

Walt Hill and Mount Troubridge. PAWS has completed preparing the building site, and will begin construction of the recreation facility this spring with a picnic table, a pit toilet and a fire ring.

We decided to name the shelter after Golden Stanley who was a well-known Powell River personality. A century ago, when he was a young boy, Golden's parents homesteaded in what was already then called the Horseshoe Valley. The family gardened, fished, hunted, trapped and traded in this area before eventually settling in civilized Stillwater in the mid-twenties, and finally in Powell River. Among the many different hats Stanley wore one was that of a historian and archivist, who wrote a book entitled *Pitlighting through Conscriptation 1916-1923, Memoirs of Golden Stanley*.

With the ongoing promotion of the Sunshine Coast Trail, Powell River's #1 tourism amenity, is attracting an increasing number of visitors, as well as locals many of whom have never been in Powell River's backcountry and who are enjoying discovering a place that people from elsewhere in the world consider a world-class destination. Indications are that we can look forward to a busy hiking season this year, launched with the annual Shuffle. The huts are always a nice destination for a day-trip, or an overnight stage. Be prepared and safe, and enjoy your explorations of the Upper Sunshine Coast.

—Eagle Walz



The maintenance crew doing some water management work on the trail at Shangri-La, Little Sliammon Lake.

A perfect day on the trail...



Another exciting outing on the trail, and the memory is stuck deep in our minds and souls; the special natural beauty and the calmness that come from the forest is hard to describe.

But, as they say, a picture is worth a thousand words. The @SunshineCoastTrail has a new social media account on Instagram where we can all upload and share a magical moment we happened to catch on camera. Upload to your account and tag away, the possibilities are endless:

@sunshinecoasttrail #sct #explorebc #destinationbc
#britishcolumbia #powellriver #sunshinecoast #westcoast
#bestcoast #salishsea #wild #trail #hiking #running #180km
#huttohut #passports #multiday #singletrack #ultrachallenge
#forest #magic #familyfun #oldgrowth #dreamofgiants

What does your picture say?

Share with us!

Renew your PRPAWS membership!

Have you renewed your PRPAWS membership for 2015? If not, please do it now! Your membership is important to us, and the dues contribute to the upkeep, maintenance and development of the Sunshine Coast Trail.

Student: \$10 • Individual: \$20 • Family: \$30 • Mail a cheque to:
PRPAWS, Box 345, Powell River, BC V8A 5C2

Or make an online donation at:

www.sunshinecoasttrail.com/becomeamember.html