

YES, I want to help the Julianna Hike Fund at The Philadelphia Foundation. Enclosed is my tax-deductible contribution of \$ _____

Alternatively, go to WWW.JULIANNAHIKE.ORG Click on the donate link on the home page and follow instructions.

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Please make your check payable to "The Philadelphia Foundation" for the Julianna Hike Fund and mail to

**The Philadelphia Foundation
1835 Market St., Suite 2410
Philadelphia, PA 19103-2968**

The official registration and financial information of The Philadelphia Foundation may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

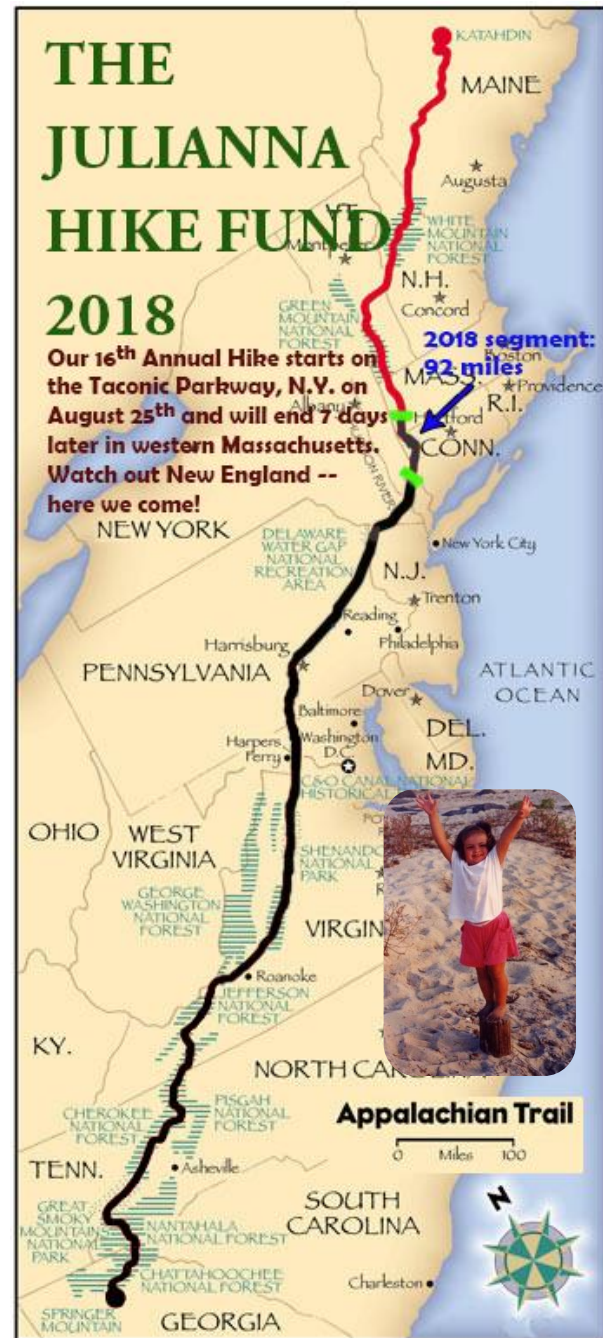
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The Appalachian Trail from Maine to Georgia

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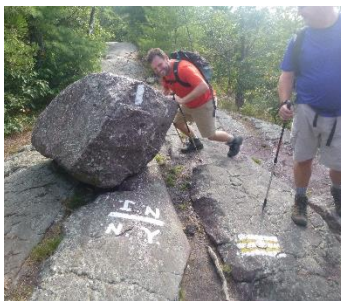
Julianna's Hike began August 17th, 2003 on a steamy afternoon in Springer Mountain, Ga. In our initial foray on the famed Appalachian Trail we hiked a negligible 2.5 miles. To say we were unprepared for this adventure does not give justice to the word unprepared. In retrospect, we were really bad hikers overmatched by the challenge we committed to endure: hiking the entire 2,191-mile trail seemed an improbable dream.

I have been told you will enjoy great success if you find something you love to do. Unfortunately, this philosophy was never going to get us to Maine since Julianna's hikers don't really like hiking. Fortunately, after 15 attempts, I now realize you don't need to love what you do to find success. You can move mountains (or climb them!) if you do something because you love.

This journey's core has always revolved around love. Love is why we endure. My love for Julianna, plus the love of my friends Jeff Price, Dave Guyer and Murphy Barton has made this decades-long marathon the greatest success in the world...one miserable step at a time. Misery seems to be contagious as new friends have joined in our quest, including Dave Lafferty, Rob Schmitt, Matt Lynch, Dan Castaldi, John Rogers, and Joe Innes.

Our quarter-century effort continues in 2018 in New York. When we end in Massachusetts we will have completed 10 states – Georgia, Tennessee, North Carolina, Virginia, West Virginia, Maryland, Pennsylvania, New Jersey, New York, and Connecticut.

Last year's hike was one of our more difficult ones (we seem to say this every year). The huge boulders and undulating, unforgiving terrain were surprisingly hard. We even had three hikers on Injured Reserve after a few days, with a bad knee, multiple blisters and a swollen heel leaving them barely able to walk.



Day 1 out of High Point State Park, N.J. was a breeze through downward-sloping farm country. Our eight hikers formed a magnificent Appalachian Trail parade. In addition to Jules, Barfy, Streek, and Giggles, newcomer Ricky Bobby (John Rogers) joined us for two days, earning his name for his blistering hiking pace. Duct Tape (Allison Schmitt) came for a single day in moth-eaten boots which required duct tape by mile 10. Lover Boy (Rob Schmitt), in his second year on the trail, earned his name by being the only hiker who ever brought a date along. We were also joined by Tuba (Dave Lafferty) who now appears to be a permanent fixture on the team. Our sleeping will never be the same.

Our 2018 quest will be memorable as usual. We will finish off two more states – New York (27 miles left) and Connecticut (51.6 miles). After completing New York's rocky terrain we'll cross into Connecticut near New Milford and meander northward through Kent, Cornwall, Falls Village, and Salisbury before hitting the Massachusetts state line. It appears we'll have plenty of time for distraction (i.e., food and beverages) in these small hamlets.

We'll also see our highest elevation in nearly six years, or 530 miles, when we face Bear Mountain at 2,316'. Even more difficult will be the 1.5-mile ascent at St. John's Ledges and the 1,160' climb to Caleb's Peak in Kent. These hikes do add up and cumulatively test our aging bodies. According to the Appalachian Trail Conservancy, total elevation gain along the A.T. is like climbing Mount Everest 16 times. Ouch!

We will continue our recent tradition of enduring the outdoors without camping the outdoors. We are blessed and cursed to have generous friends who take a week off from work to make our hike a little less painful. Like 2017, we will have a support team again to pick us up at the end of each day to sleep in a camper and eat some cheeseburgers. Dan Castaldi and Joe Innes will be hike MVPs if they actually do show up again.

We'll begin where the Taconic State Parkway meets the Appalachian Trail, 1,430 miles from where we started. We'll finish 92 miles and a week later at the Housatonic River near Sheffield, Mass., having completed 69.5% of

the Appalachian Trail. I'm pleased to say, "I can't wait to conquer New England – our last nemesis."



We will also strive to give generously. Since 2003, we have raised and donated over \$1,200,000. The purpose of this fund remains to share the love so many people provided us when we needed it most.

True to our mission, we have donated 100% of the money raised to organizations that support grieving, ill and needy children. The largest beneficiaries continue to be the **Center for Grieving Children, Teens and Families** and the **Breathing Room Foundation** in the Philadelphia region. The Center supports children and families who have experienced tragic loss and cannot afford counseling. Many of these kids experience severe personal trauma which often leads to self-destructive depression, drug use, giving up, or a recurring feeling that no one cares. The Center allows children to channel their grief and gives them a feeling of hope and community. The Foundation supports families living with cancer, helping them to live more stable lives in the face of disease. We also support other worthy organizations including the **Take A Breather Foundation**, which grants wishes to children living with cystic fibrosis.

Our 16th annual hike will begin on August 25th and end August 31st, 2018. Although the hike is arduous it pales in comparison to the struggle many of the families we support face on a daily basis.

We want to thank everyone who has shown interest and sponsored us in this Hike for Jules. You have all helped us heal and, more importantly, helped keep Julianna's love alive.

