



This weekend, Deb and I answered the call of the forest once again—this time in the serene beauty of Salt Springs State Park, Pennsylvania. Our good friend Jerry had extended the invite, and we gladly joined him, along with a group of friends who had set up camp for the weekend.

This trip wasn't just a peaceful walk in the woods—it was a stepping stone for Kristina and Sonya, who are preparing for their first A-100. There's something special about getting your feet on the trail before a big challenge, and this was the perfect place to begin. They practiced setting up their hammocks, settling into the rhythm of the forest, and soaking in the stillness that only nature can provide.



Salt Springs is more than just beautiful—it's a place steeped in history. As we hiked under the towering hemlocks and past the old salt spring, I could feel the quiet strength of the land. It's the kind of place that doesn't shout for attention but leaves a lasting impression if you take the time to listen.

It was a good hike. Not long or difficult, but rich in connection—between us, the forest, and the journey ahead. The A-100 is coming, and days like this help plant the roots of confidence and calm.

