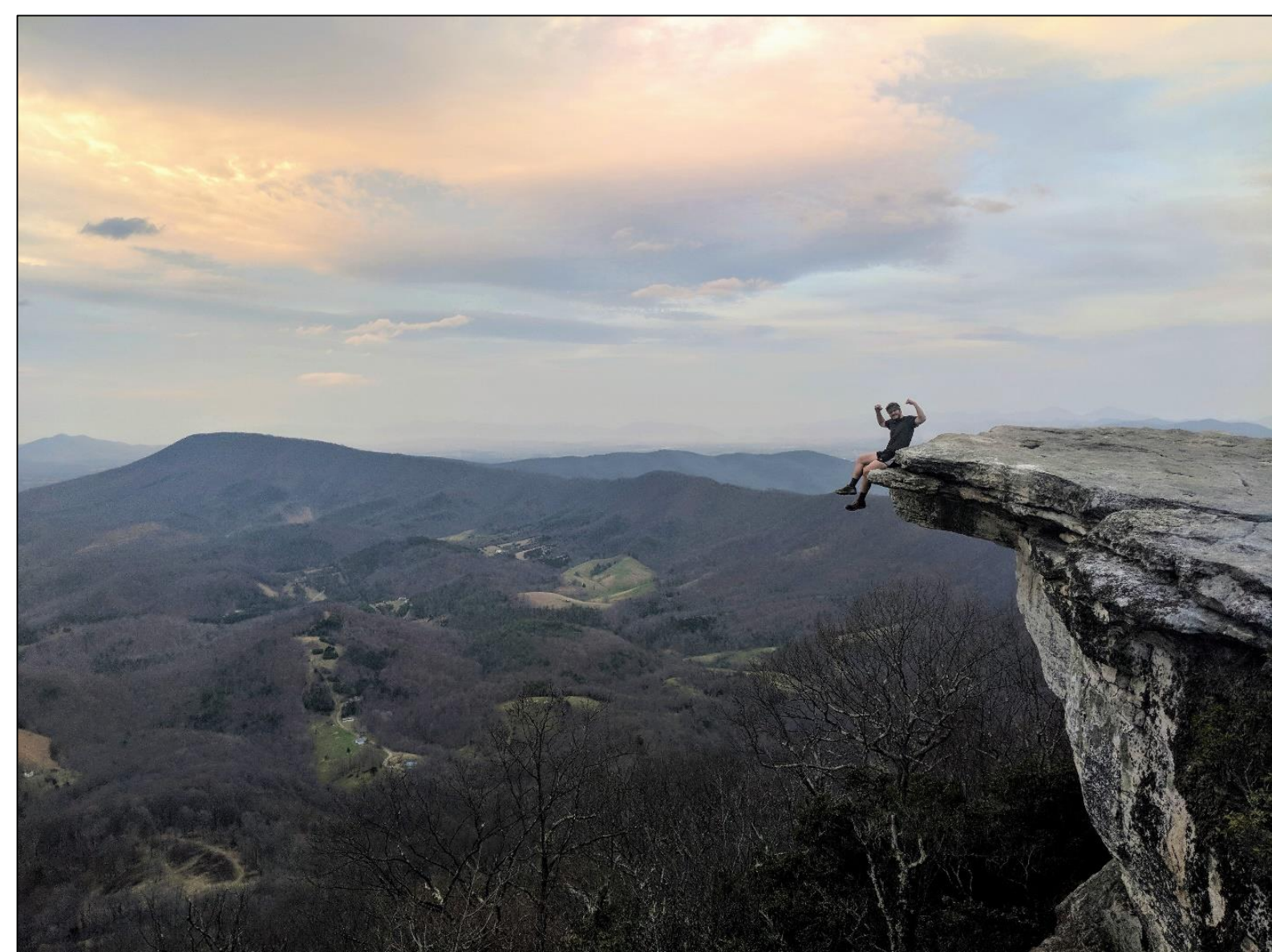


Thru-hiking the Appalachian Trail

Patrick Cullinan
Mentor: Julie Parsons
Major: Sustainability in Business

Summary

Hiking the 2,190.1-mile Appalachian Trail to develop valuable professional skills in an unconventional setting



Project Type: Leadership

Project Date: Feb 6th – June 16th 2018

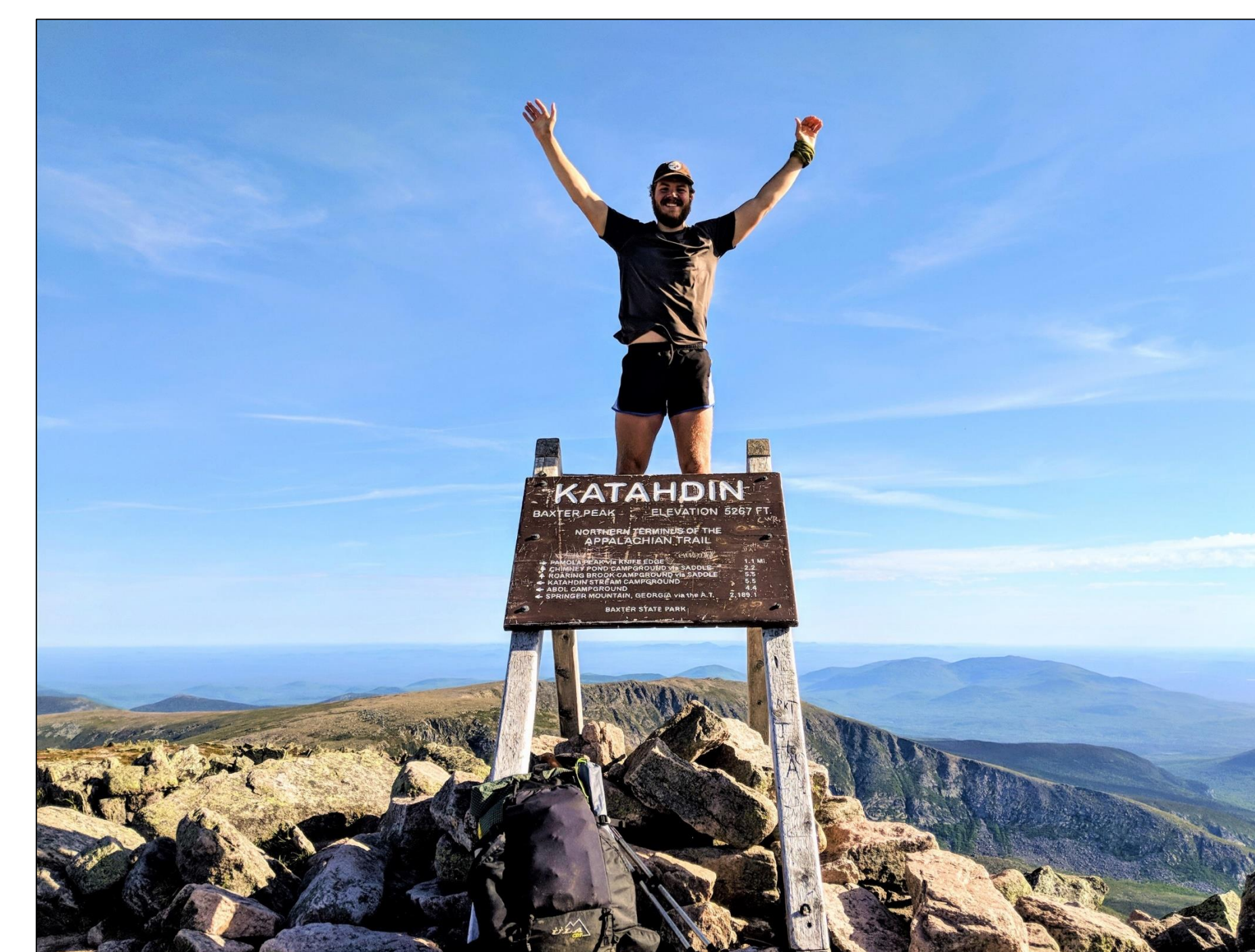
Appalachian Trail (A.T.)

- Longest “hiking-only” footpath in the world
- Travels through 14 different states
- Elevation gain/loss of 464,500 ft. (~89 mi.)
- Average completion rate of ~25%
- Less than 15,000 people have hiked the entire trail since its completion in 1937



My Hike

- Total time on trail: 131 days
- Longest day: 53.3 miles (state of Connecticut)
- Coldest night: -5° F (Roan Highlands, NC)
- Hottest day: 96° F (Vernon Valley, NJ)
- Pairs of shoes: 4
- Blisters: 2



What was transformational about your project?

- Major accomplishments are comprised of small victories achieved through daily perseverance
- A positive attitude is essential to overcoming adversity
- A plan that can't accommodate change isn't a plan at all; be willing to adapt



THE OHIO STATE UNIVERSITY

STEP

Second-year Transformational Experience Program