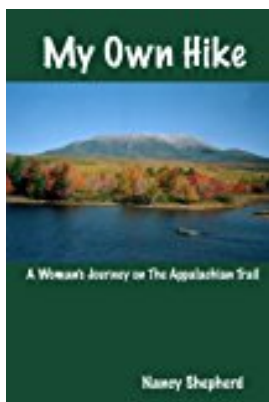


[PDF] My Own Hike: A Woman's Journey On The Appalachian Trail

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Description:

About the Author Nancy Shepherd was born in Wooster, Ohio, and grew up roaming the surrounding countryside. She has three children, five grandchildren, and two cats. Her interests include reading, writing, sewing, quilting, hiking, bicycling, horseback riding, and gardening. Her studies have led to degrees in Equine Management from Ohio State University and in Business Management from Akron University.

Nancy backpacked the 2,168-mile Appalachian Trail in 2001 and the 700-mile International Appalachian Trail in 2003, and is always dreaming of the next long hike. She spent the winter of 2005 living in her Astro van, first at a hot springs resort in Arizona, then on the beach in Texas. Currently she lives in that van -- somewhere in the United States.

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