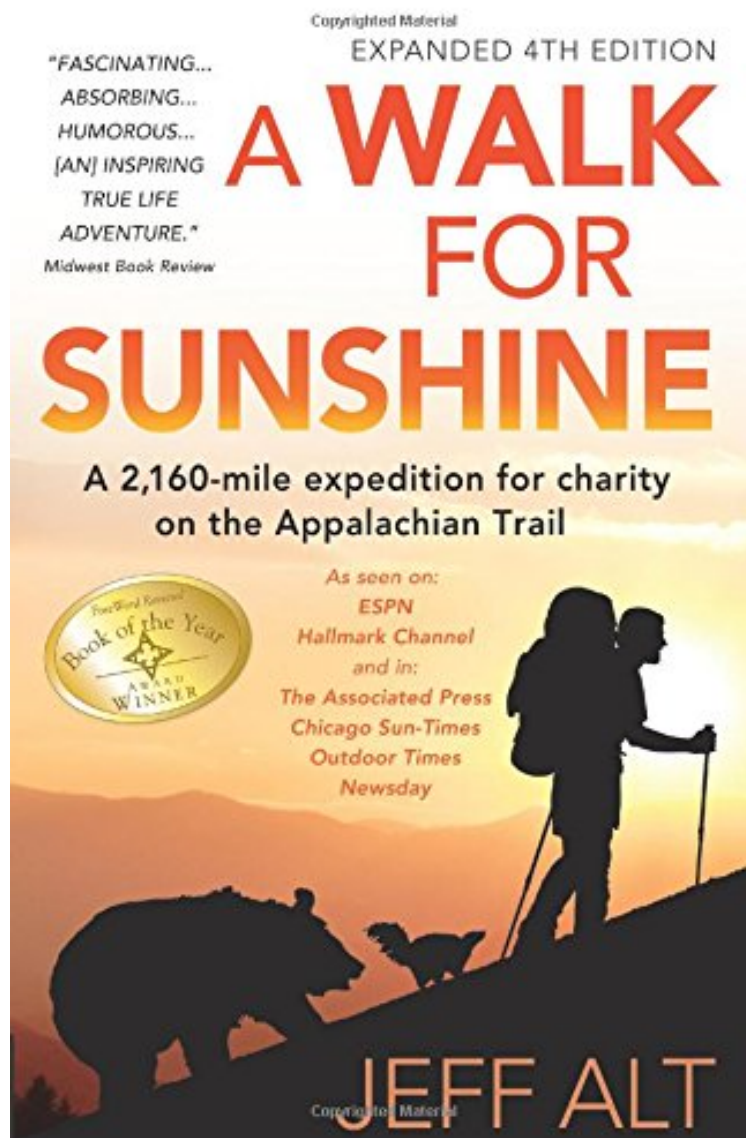


[Free download] A Walk for Sunshine: A 2,160 Mile Expedition for Charity on the Appalachian Trail

## A Walk for Sunshine: A 2,160 Mile Expedition for Charity on the Appalachian Trail

Jeff Alt

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**Jeff Alt : A Walk for Sunshine: A 2,160 Mile Expedition for Charity on the Appalachian Trail** before purchasing it in order to gauge whether or not it would be worth my time, and all praised A Walk for Sunshine: A 2,160 Mile Expedition for Charity on the Appalachian Trail:

0 of 0 people found the following review helpful. Five Stars By TheMessyRoom This is one of my favorite AT books,

Jeff's attitude for life leaves you feeling refreshed. After reading this book I felt myself with a much lighter attitude about life, this author is contagious in a good way. This book is simple yet page turning, I could feel myself on this hike with Jeff and didn't want it to end! This is probably the best AT book I have read so far as I really enjoy those kinds of books. A light and easy read that I'm sure I'll reread as time goes on. Inspiring story as well for the fact he did this for his brother. 1 of 1 people found the following review helpful. Totally engaging all the way through. Did not read like a journal. By zzzI have read, and thoroughly enjoyed, other accounts from thru-hikers of the Appalachian Trail. Some, tho' interesting, felt more like a published journal -- so they kind of dragged along in some places. Jeff Alt did a fabulous job of putting his story together for us in a way that totally engaged and informed -- all the way through. An account like this can be boring for the reader, if too many of the day-to-day (repetitive) details are included. While keeping the continuity well intact, Jeff did a great job of offering a fascinating account of his thru-hiking experience. It was very well written, moved along at a good pace, and did not repeat information. Sometimes, he withheld specifics until just the right time to insert them with a particular event -- which greatly enhanced the story. Yet, I was never confused about the time line. Yes, great continuity!! I enjoyed his stories and accountings, and thought he did a super job of describing the fellow hikers he encountered -- some of them very colorful characters, as are found on the AT. Very well done! He never offered judgment about others who didn't complete the entire distance. He also gave credit to others where due. He gave well-deserved credit to his "team," who supported him in various ways in his endeavor. Congrats to Jeff for the great contribution he made to his family and a wonderful charity! I would like to know this guy! (And, oh, how I have dreamed of hiking the AT myself -- but that's another story.) 1 of 1 people found the following review helpful. Great book so far. By CGB This is the 12th Appalachian Trail book that I have purchased and I just finished up with Chapter 12 (of 35). While I will have this book completed in a week or so and will surely re-review it then, I wanted to get my thoughts down. So far so good! This is exactly the type of book I am looking for when reading a thru-hikers book. Besides "Grandma Gatewood's Walk", this is the first thru-hiker's book that I don't want to put down. Here is what I like: 1. Despite the fact that he is doing this for charity, the charity aspect is only part of his reason for hiking the trail, and he does not turn the book into a salespitch. 2. The book is not endless complaints about life on the trail. He hurt his ankle at the point I am at now, and if he is complaining about it, then he is doing a good job of hiding it. 3. I know exactly where he is on the trail throughout the entire book so far. 4. He develops relationships with other hikers and talks about them in the book. 5. He sticks to the trail and his experiences on it. I haven't read a self-indulgent diatribe riddled soapbox like I have in so many other books. Great book so far and I can't wait to continue on!

Jeff Alt takes you along every step of his 2,160-mile Appalachian Trail adventure filled with humorous, frightening, and inspirational stories including, bears, bugs, blisters, skunk bed mates, and hilarious food cravings. As Alt walked through freezing temperatures, driving rain, and sunny skies, he was constantly buoyed by the knowledge that his walk was dedicated to his brother who has cerebral palsy. Alt's adventure inspired an annual fundraiser which has raised over \$400,000 for the Sunshine Home where his brother lives. As you walk along with Alt, you experience the success of turning dreams into goals and achieving them. Alt shares his life lessons from the trail with a focus on family, stewardship of the earth, and good health.

.com When Jeff Alt (trail name: "Wrongfoot") first decided to hike the 2,160-mile Appalachian Trail, he intended to do it alone. As it turned out, several hundred others walked alongside him. Hiking the AT was a longtime personal goal of Alt's, but as he began to plan his trip he realized that he wanted his effort to somehow serve a greater purpose. So he decided to share the experience by turning his adventure into a fundraiser for the Sunshine Home, a facility in Maumee, Ohio that cares for 850 developmentally disabled residents, including his brother, Aaron, who has cerebral palsy. In the seven months leading up to his walk, Alt focused completely on fundraising and training, eventually raising \$16,000 that allowed the home to buy much-needed communication devices, lifts, and walkers. He also inspired an annual fundraiser, "Walk with Sunshine," and is contributing part of the proceeds of his book to the cause. In addition to finishing, Alt's goal once his feet hit the trail was "to share the spirit for which I was walking" with everyone he met, and this he certainly accomplished. In return, he learned a great deal about life from the colorful characters he encountered on the trail, while countless kind strangers offered "trail magic" in various forms, including food, lodging, and greatly appreciated laundry services. He also received overwhelming support from his family and the residents and staff of Sunshine Home, who helped him through quarter-sized blisters, fatigue, and even self-doubt during his 147-day trek. Charming, inspiring, and often funny, *A Walk for Sunshine* gives readers a good feel for both the logistics involved in undertaking such a journey and the culture of "thru-hiking" the AT. It's also a moving reminder that "living your dream is one thing, but sharing it lets everyone live it with you." --Shawn Carkonen **ENLIGHTENING and INSPIRING. Blue Ridge Outdoors** "...There are numerous books on hiking the Appalachian Trail, but Alt tells the story best..." *Maine Outdoor Journal* Alt reflects on how sleeping with a skunk, being chased by a bear, charged by a bull, blisters, insects, and weird food cravings changed him in profound and positive ways. *The News-Press, FL* "Alt nails the Trail experience. **A WALK FOR SUNSHINE** shares top billing on my book list." -- Dale

Bowman, THE CHICAGO SUN TIMES"Alt's words amply convey the camaraderie among fellow hikers, the beauty of the eastern mountains, and the hardships on the Appalachian Trail. -- Walt Young, THE OUTDOOR TIMES"If you're looking for an adventurous, humorous, and inspirational read, try "A WALK FOR SUNSHINE." -- Don DeNEVI, Book er"Some of the most engaging stories in Alt's book are about eating while on the trail...THE APPALACHIAN TRAIL DIET." -- Sylvia Carter, Newsday"With humility and charm, Alt tells his tale with awe for the people and his surroundings...inspiring and entertaining." -- Todays Librarian"You will appreciate this story strewn with laughter at nature's antics and stark realities of life. I thoroughly enjoyed this book." -- Karen Martin, NATURE SOCIETY NEWS"a fascinating story...A WALK FOR SUNSHINE is absorbing, humorous, and an inspiring true life adventure travelogue." -- THE INTERNET BOOK WATCH"A WALK FOR SUNSHINE continues to touch the lives of those who read it. -- Douglas Siebenaler, Sunshine Incorporated Jeff combined a physical challenge with a worthwhile cause and ended up with a personal victory." -- --Jean Deeds, author, There are Mountains to ClimbFrom the PublisherThose hardy souls who decide to attempt to thru-hike the Appalachian Trail a 2,160 mile trek from Georgia to Maine through rugged wilderness usually choose to hike it alone or perhaps with one hiking partner. Yet when Jeff Alt, took the first of his more than 5 million just steps along the AT, he was accompanied by his brother, family, friends, and more than 800 strangers; and they were with him every step of the way! Was this an attempt to break from Guinness Record? No; Alt had dedicated his AT thru-hike to his brother who suffers from cerebral palsy and the other 850 disabled citizens supported by the residential treatment home. Alt completed his journey in 147 days and inspired an annual walk that has raised over \$40,000 for the Sunshine Home, in conjunction with his hike. In A WALK FOR SUNSHINE, Alt shares his decisions that led to his hike and his dedication of the journey to help his brother and others. As Alt walks on through freezing cold temperatures, driving rain, and sunny skies; as he meets up with companionable walking buddies and obnoxious and scary individuals; as he encounters skunk, mice, bear, moose, and charging bulls; as he endures blistered feet, sprained ankles, aching muscles, and annoying insects; as he watches others who have trudged hundreds of miles decide to quit along the way because of exhaustion, boredom, and lack of proper equipment, Alt is constantly buoyed by the knowledge that his walk is for a noble cause. The packets and letters that await him at strategic check points, from reporters who interview him while he is on the trail, from trail angels whose offers of food, shelter, and kind words at critical moments seem heaven-sent, and from family and friends who give the needed support all along the way, all help! ed Alt be able to count himself among the small percentage of folk who can truly call themselves thru-hikers. A portion of the profits from the sale of A WALK FOR SUNSHINE will be donated to the Sunshine Home. We know you will find Alts story both entertaining and inspirational. Others who might have considered hiking the AT, or taking on some other personal challenge, may not have considered the added support that can be gained when involving a worthwhile charity. Alt explains how his hike was more than a one person, one-time happening; it has inspired an annual Walk for Sunshine that takes place each May. Thank you for your consideration. We know you will enjoy your hike!