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## Colleen Rex Derin From The Couch To Katahdin Appalachian Trail Tales By Derinduo Aka Colleen Rex Derin

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Appalachian Trail SOBO 2020-Day 120- Daleville From The Couch To Katahdin

Here are some tidbits of advice from a long-distance section hiker who has had to acquire her trail legs three times, virtually off the couch, on the Appalachian Trail. Slow and Steady Wins Katahdin Unless you're an experienced long-distance backpacker, you can't know how your body will react to climbing mountains day in and day out.

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