



Thursday, February 1, 2007

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## Schiwal walking for a cure

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Douglas Neighbor Staff Writer

Jim Schiwal is making the Woodie Fite Senior Center proud.

He sets off this week to hike the Appalachian Trail - all 2,175 miles of it.

"He will wear one of our Woodie Fite T-shirts," center director Rhonda Case said. "We're excited for him. We're real proud."

The Arbor Place resident, 59, will raise funds for the CdLS Foundation on behalf of local student Alley Grubb, daughter of Jessica and Jerry Grubb, who has Cornelia de Lange Syndrome, a congenital disorder.

"I talked to Rhonda about doing it for the senior center because they have a walkers' club," Schiwal said. But Ms. Case said she'd like to have Schiwal's "penny per mile" sponsors support Ally.

That bargain rate comes to \$21.75 if he goes all the way. The center will give 5 cents a mile and will track his progress on the hallway bulletin board.

"I've done parts of the Appalachian Trail already," Schiwal said. "This year I hiked Yellowstone. We had a rather lengthy hike out there in August. Our water froze every night. That was preparatory for the trip here."

He plans to finish in five and a half to six months. "To do it in six months, you can take one day off a week to rest and resupply," he said.

His winter backpack, with jacket, winter clothes and winter sleeping bag, weighs 41 pounds. "I will in the summer have it down to 32 pounds maximum," he said.

A friend will mail supplies - food Schiwal pre-packed and lighter clothes - to towns along the trail. Schiwal will mail his winter things home when the weather eases.

Schiwal also carries a tall pole. June Engle, a fellow senior center member, approves. A pole can discourage dogs from attacking, she said. She and her late husband hiked the Appalachian Trail in the 1960s.

The Winston resident is a 47-year member of the Georgia Appalachian Trail Club. She hiked a total of 1,000 miles of the trail in her day.

Schiwal joked that he would call her for advice along the way.

"I'm his inspiration," she said. Joe Livingston/Staff

Douglas County resident Jim Schiwal explains carvings on the hiking stick he will use to make the journey up the Appalachian Trail to Alley Grubb, 6, daughter of Jessica Grubb, to raise money for CdLS (Comelia de Lange Syndrome). Joe Livingston/Staff

Douglas residents Jim Schiwal and June Engle look over a map that shows trails he will walk from Georgia into the Appalachian Trail that will take over six months to complete.



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