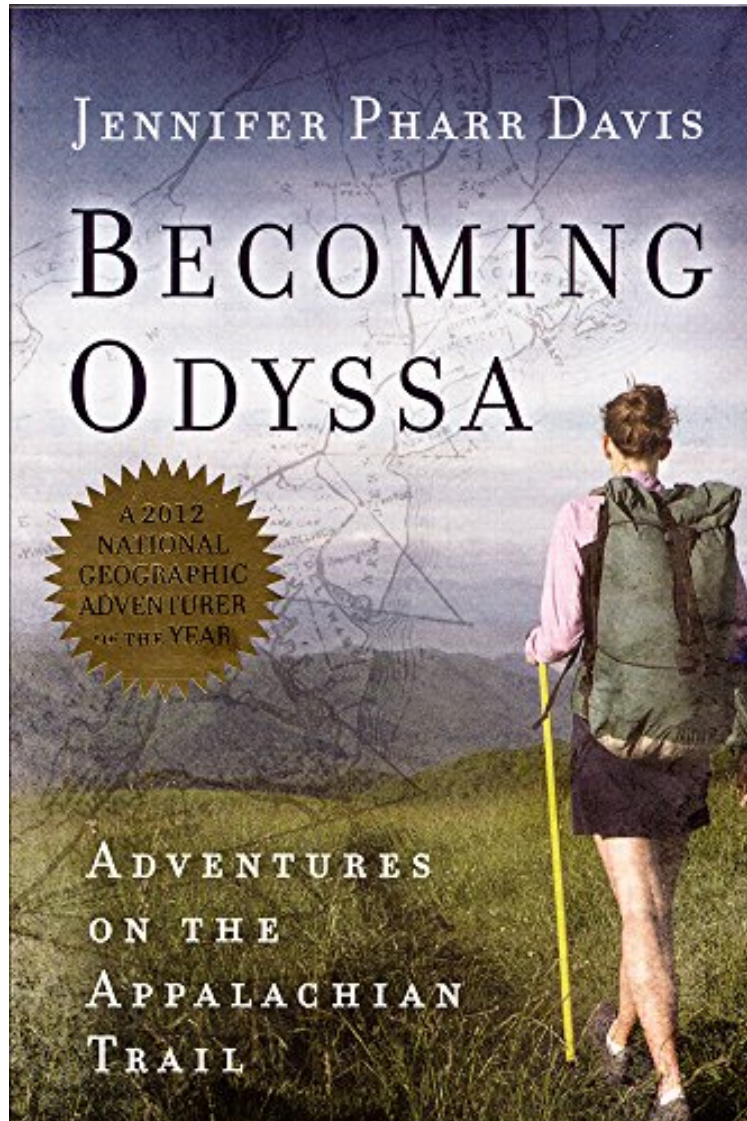


Becoming Odysa: Adventures on the Appalachian Trail

Jennifer Pharr Davis

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Jennifer Pharr Davis : Becoming Odysa: Adventures on the Appalachian Trail before purchasing it in order to gage whether or not it would be worth my time, and all praised Becoming Odysa: Adventures on the Appalachian Trail:

4 of 4 people found the following review helpful. Excellent true life experienceBy PeteI do a lot of biking and day hiking. I say a lot but it's all relative. I'm reminded of that Ricky Gervais commercial where the company claims to be four times better. Better than what? Better than we used to be.Well that's me. I ride and hike four times better than I used to and I owe it to my family and friends who provide my support and motivation. Two of those very good friends

told me about this particular authors accomplishments on the trail and her subsequent book. I promptly downloaded and started reading the book on their referral but... I could have and would have stopped reading if the book, on its own merits, was not a compelling page turner that drew me deeper and deeper into her relentless quest for personal challenge and growth. I highly recommend this book to hikers who dream of facing the ultimate test and to parents and friends of hikers who wonder why? 1 of 1 people found the following review helpful. 175 miles of the AT (Appalachian Trail) and I must say this is the best of the 5 books on the subject I've read ...By Deb B. I just finished reading Jennifer Pharr Davis' account of a doing a thru-hike of all 2,175 miles of the AT (Appalachian Trail) and I must say this is the best of the 5 books on the subject I've read yet! I was intrigued to read an account written from a female perspective and I must say that her account exceeded my expectations ...It reads like a coming of age story, written with a surprising innocence and naivety by the recent college graduate who sets out not just for an adventure, but to "find herself". If you appreciate a story about connecting with nature and / or self discovery this book will have you hooked from the first chapter! It's amazing what she had to overcome to complete the journey. Oh, and in 2011 she hiked the entire trail a second time in just 46 days! That's almost 50 miles a day folks! (Unbelievably, another dude bested that record 4 years later!) I look forward to reading more of Mrs Pharr's adventures in the future! 0 of 0 people found the following review helpful. An amazing journey By Jane Brewer If I ever wished to hike the trail which I can't because of an injury and my age added together, I would just read this book. I felt like Odysseus invited me along to share with her. In my younger camping days in the North Georgia mountains, I was able to walk parts of the trail always thinking, This is so peaceful and beautiful. I also walked a portion at Bear Mountain while working at a Girl Scout camp in that area. I can still visualize stopping and sitting on a rock looking down. Thankful for the experiences and grateful for being allowed to see Odysseus' trip in detail.

After graduating from college, Jennifer isn't sure what she wants to do with her life. She is drawn to the Appalachian Trail, a 2175-mile footpath that stretches from Georgia to Maine. Though her friends and family think she's crazy, she sets out alone to hike the trail, hoping it will give her time to think about what she wants to do next. The next four months are the most physically and emotionally challenging of her life. She quickly discovers that thru-hiking is harder than she had imagined: coping with blisters and aching shoulders from the 30-pound pack she carries; sleeping on the hard wooden floors of trail shelters; hiking through endless torrents of rain and even a blizzard. With every step she takes, Jennifer transitions from an over-confident college graduate to a student of the trail, braving situations she never imagined before her thru-hike. The trail is full of unexpected kindness, generosity, and humor. And when tragedy strikes, she learns that she can depend on other people to help her in times of need.

From Publishers Weekly Davis is the record holder for the women's supported hike (2,175 miles in 57 days, with someone carrying her supplies) in the Appalachian Trail, which runs between Mount Katahdin in Maine and Springer Mountain in Georgia. The A.T. is not only a hike, but a subculture: a community where everyone has a trail name, where there are well-placed hiker huts, trail-side towns whose main economy is supporting hikers, complicated trail etiquette, regular occurrences of trail magic, and a recurring cast of freaks and Christians, show-offs and loners, and experts and beginners. Though the book opens the night before Davis's record-breaking hike, this is actually the story of her first thru-hike, undertaken as a new college grad who, despite limited hiking experience, felt "called." It's the story of her becoming "Odysseus," her chosen trail name. These days, the word amateur is usually used disparagingly, and in some ways that applies here the book feels homemade, and the writing is often clunky but the root of the word is love: amateurs pursue activities for love, not money, and that's what shines through in Davis's record of a difficult, painful, and exhilarating world. (Nov.) "As the father of daughters, I enjoyed Jennifer's story. If you're the father of a daughter who's wondering if she can achieve big things - and everyone has doubts from time-to-time, you might want to get a copy for her - it might help get her on the right trail for great things in her life, too. - Jim Shepherd, The Outdoor Wire It's refreshing. [Jen]'s very enthusiastic and she inspires other people. She's good for the outdoors. --- Gary Eblen, Diamond Brand Outdoors "Many books have been written by thru-hikers, but none measure up to Jennifer Pharr Davis' epic. The Appalachian Trail speed record holder describes her journey from college graduate to a student of the trail in stunningly beautiful detail. Her tales from the trail are full of adventure and inspiration, and her writing is as lyrical as her Odyssey-inspired trail name. She offers concrete, trail-tested advice for aspiring thru-hikers, and she candidly shares her failures and frustrations along with her successes. If you're searching for the one A.T. book that best captures the spirit of the trail, follow in the footsteps of Odysseus." --Bro Staff, Blue Ridge Outdoors Magazine "This is the best AT book I have ever read. It doesn't matter if you are male or female, skinny or fat, outdoorsman or couch potato, if you've ever thought about doing a long-distance hike, then read Davis' book. I would rate this book as more essential to the mental preparation for a long-distance hike than anything else you could do." --- Dr. David W. Powers, The Coffee Scholar blog About the Author Jennifer Pharr Davis grew up in the North Carolina Mountains, where she developed a love for hiking at a young age. At age twenty-one, Jennifer hiked the entire Appalachian Trail as a solo female and fell in love with long-distance backpacking. Since then, Jennifer has hiked more than 11,000 miles on six different continents, with North American hikes including the Pacific Crest Trail,

Vermont's Long Trail, and the Colorado Trail, and completed three thru-hikes on the Appalachian Trail. She has hiked and traveled on six continents; some of the highlights include Mount Kilimanjaro, the Inca Trail to Machu Picchu, and the 600-mile Bibbulmun Track in Australia. In the summer of 2011, Jennifer topped her own 2008 Women's Endurance Record for the fastest thru-hike on the Appalachian Trail, making her the overall record holder for both women and men. Jennifer is the first woman to hold the overall title. Jennifer hiked from Katahdin, Maine to Springer Mountain, Georgia. Her goal was to hike the entire 2,180-mile faster than the current overall speed record of 47 days, 13 hours and 31 minutes, which she did in 46 days. To break the record, Jennifer hiked an average of 47 miles a day, camping along the trail. She had trail support from legendary ultra-runner and former AT and Pacific Crest Trail speed record holder David Horton, as well as veteran AT expert Warren Doyle and Davis' husband, Brew Davis. Her hiking and backpacking accomplishments, as well as her influence as an outdoor role model, are remarkable and momentous. Jennifer is a 2012 National Geographic Top Adventurer of the Year nominee for her record-breaking thru-hike, has been on CNN, The Early Show, NPR numerous times, and was featured in Fitness Magazine and Shape magazine, among others. Jennifer has also written for Trail Runner magazine, Away.com, is a frequent contributor to Blue Ridge Outdoors Magazine, and has written three guidebooks. Jennifer lives in Ashville, North Carolina, with her husband, and is the owner and founder of Blue Ridge Hiking Co.