

North Dakota Parks & Recreation Department  
**NEWS RELEASE**

*For Immediate Release, October 19, 2009*

**Hiker returns to Lake Sakakawea State Park  
to complete 4,600 mile journey**

M.J. Eberhart, an accomplished long-distance hiker from Missouri going by the trail name “Nimblewill Nomad,” will be hiking the North Country Trail segment within Lake Sakakawea State Park (LSSP) on Friday morning, Oct. 16.

Eberhart started there on March 23, on a quest to hike the nation’s longest hiking trail – the North Country National Scenic Trail. From LSSP he walked to Crown Point State Historic Site on the shores of Lake Champlain in upstate New York, a journey of over 4,600 miles that he named as his “Odyssey 2009.” Eberhart recently completed his hike when he finished the Superior Hiking Trail by Two Harbors, MN. Due to bad weather conditions and deep snow, he was forced to skip many of the certified trail sections in North Dakota and had to walk adjacent roads. To honor the volunteers who work on those segments, Nimblewill Nomad is backtracking across North Dakota to hike them.

Nimblewill Nomad is a retired optometrist who is 70-years young. In 2001, he became the first person to hike the Eastern Continental Trail from the Gaspé Peninsula in Quebec south to Key West, Florida – a distance of 5,000 miles. He has also walked cross country from North Carolina to California, walked the Natchez Trace National Scenic Trail, walked the Lewis & Clark National Historic Trail out to the Pacific Ocean and back again to St. Louis, and thru-hiked the Florida, Appalachian, Continental Divide and Pacific Crest National Scenic Trails. Altogether, these hikes covered over 19,500 miles. After completing the North Country Trail in 2009, he has only the Ice Age Trail in Wisconsin to hike to complete all eight of the National Scenic Trails. This would make Eberhart the third individual to accomplish this feat.

For more information on Odyssey 2009, [http://www.nimblewillnomad.com/odyssey\\_2009.htm](http://www.nimblewillnomad.com/odyssey_2009.htm).

For more information on the North Country Trail, [www.northcountrytrail.org](http://www.northcountrytrail.org), 1-866-HIKE-NCT, or [hq@northcountrytrail.org](mailto:hq@northcountrytrail.org).