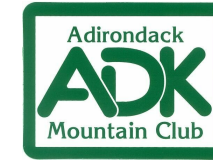


Hiking / Backpacking / Trek	<p>Adirondack 46-R #13116 41 of 46 repeated; guided 55 hikers to 1st High Peak</p> <p>Finger Lakes Trail 586 mile backpack thru-hike; 7 weeks on trail</p> <p>Long Trail 273 mile backpack thru-hike; 3.5 weeks on trail</p> <p>Appalachian Trail - section hikes in NY, MA, VT, ME, VA, NC, GA (including Maine 100-Mile Wilderness, Mt Katahdin in Maine and Springer Mtn in Georgia)</p> <p>Trek Leader 200+ outings led: backpack, day-hike, canoe treks</p>
Running / Orienteering	<p>Trail Ultra Marathons two @ 40-miles, 1 @ 50K, aspiring to a 100K</p> <p>ROGAINE two 2 @ 24-hours, 1 @ 6-hour</p> <p>Marathons 3 road, 7 trail</p> <p>Lifetime member Rochester Orienteering Club</p>
Scouting	<p>Eagle Scout 1983</p> <p>Scoutmaster (14 years), Assistant Scoutmaster (5 years)</p> <p>Cubmaster (6 years); Pack Committee Chair (twice)</p>
Preparedness	<p>Search & Rescue NYS DEC trained Wildland Search</p> <p>Leave No Trace (LNT) Certified Trainer</p> <p>Wilderness First Aid (multiple re-certifications)</p> <p>Outdoor Guide NYS DEC Badge #9155; certified for Hiking, Camping, & Fishing</p> <p>Author: Safety on the Trail (quarterly magazine feature)</p>
Service & Outreach	VP Marketing / Board Director Finger Lakes Trail Conference



Author, Safety on the Trail Finger Lakes Trail News

[2022 Spring - Outing Goals & Safety Bling](#)

[2022 Summer - Train for Difficulties](#)

[2022 Fall - 10 Essentials](#)

[2022 Winter - Outing Plans for At-Home Contact](#)

[2023 Spring - Be Mindful of Mistakes](#)

[2023 Summer - Report an Overdue Hiker](#)

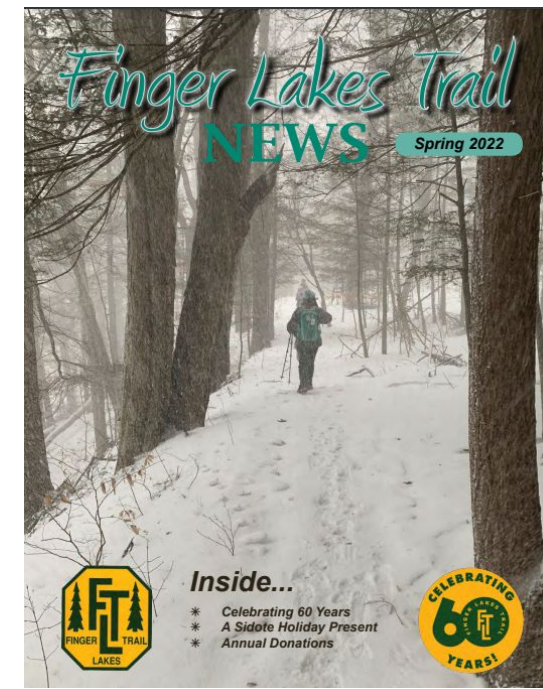
[2023 Fall - Leave No Trace aligns with Safety](#)

[2023 Winter - Following & Finding Trail](#)

[2024 Spring - Gear Fake Security vs Real safety](#)

[2024 Summer - Trek Guide Practices Everyone Can Use](#)

[2024 Fall- Hunting Season Safety](#)



Nate (left) and Tim Holahan on the AT.

Safety Story

"Mom and Dad - why are those people still going up?" Shortly before this, our family emerged from treeline, 90% of the way to an Adirondack summit, and a pop-up thunderstorm appeared. It had been no small feat getting four young children clothed, fed, and on the trail. With the goal in sight what does one do?

Answer: turn around, descend, and avoid danger when lightning is imminent. It's a firm principle. There was no vote and we certainly did not crowd-source an opinion as we passed many upward bound hikers. The kids did not accomplish their first High Peak summit that day yet gained a valuable lesson in outdoor judgment.

Each has gone on to life adventures, well-equipped with safety savvy. One did a solo through-hike of the Appalachian Trail, one has trekked about Europe, and the youngest two repeated that same climb in darkness to summit before sunrise.

Tim Holahan practices outdoor safety many ways:

- Massasauga Search and Rescue Team
- Boy Scouts Leader & Eagle Scout
- Leave No Trace Trainer
- Rochester Orienteering Club
- Adirondack 46-R
- Trail marathoner & ultra-marathoner
- Backpacker 🍁