

# AMERICAN DISCOVERY SYMPHONY

## Annotated Program

### **Introduction**

A quick overview of the American Discovery Trail.

### **Movement 1: Beauty**

The movement starts off with a narrative from a beautiful Nevada campsite. Live music then accompanies beautiful photos taken from all across the country, following the arc of a day from sunrise to sunset.

### **Why the American Discovery Trail is Well-named**

An overview of how one discovers the wide natural and cultural spectrum of America by following this trail.

### **Movement 2: Culture**

The movement starts off with a narrative about railroads along the ADT, with audio recorded from inside a rail trail tunnel. Live music then accompanies photos representing different aspects of culture along the trail: railroads, agriculture, cities, small towns and recreation, coming full circle by featuring rail trails.

### **Love Kindness. Build Community. Believe in Humanity**

An overview of my public mission while hiking the ADT, speaking to community organizations, churches and schools about kindness, community and humanity.

### **Movement 3: Kindness**

The movement starts off with a narrative about the kindness encountered during the journey, with audio recorded from inside a rail trail tunnel. Live music then accompanies photos that convey the following three themes: humanity, kindness and community.

### **Brain Health and the Quality of Life**

An overview of our private mission to improve Cindy's brain health and why it worked while we hiked the ADT, but not when we later hiked the PCT.

### **Movement 4: Joy**

The movement starts off with a narrative about the animals encountered during the journey, with audio recorded from inside a rail trail tunnel. Live music then accompanies photos that convey the joy of life experienced on such a journey.

### **Boldness Has Magic, Genius and Power In It**

An overview of what we gained by being bold enough to drop everything at this point in our lives to hike the ADT.

### **Movement 5: Journey**

The movement starts off with a narrative about how precipitation and water affected our journey, with audio recorded from inside a rail trail tunnel. Live music then accompanies action photos from the journey.

### **Dedication (or Memoriam)**

Acknowledging Cindy Sinclair, aka Honorary Triple Crowner, aka Expedition Woman