YOU HAVE ARRIVED!

You have arrived, at the 2019 ALDHA 38th annual Gathering! Glad you are here!

The Gathering is a time to reconnect with friends, meet new hikers, encourage and guide A.T. dreamers, recognize achievements, and pay tribute to those we have lost.

While you were away for 12 months the ALDHA Gathering planning team has been planning, contacting, and making arrangements, for this packed weekend of worthy workshops, Saturday and Sunday night entertainment, refreshments, contests, raffle, and work trip on Monday. Special thanks to the dozens of volunteers who came forward to assist with setup, registration, and so many other details crucial to the Gathering’s success. And of course, there would be no Gathering without the multitude of presenters, who volunteer their time to create interesting workshops.

ALDHA is very grateful to be a guest of Williams College and the Williamstown community, and would like to offer sincere thanks to the Williams Outing Club Director, Scott Lewis, and his student Outing Club hosts, Cosmo Catalano, former Technical Supervisor of the’62 Center for Theatre and Dance, and Eric White, who has once again graciously extended the use of the Carmelite Fields to ALDHA.

As the Gathering comes to a close on Monday, planning begins for next year’s Gathering at the Higher Learning Center, Abingdon, VA. Consider being part of the team!

Experience the sights, sounds, and socialization of this “Gathering weekend”, it only happens once a year.

Your ALDHA Gathering Team,
Ron Burger, ALDHA Coordinator
Peter V. Passalacqua, Gathering Program Coordinator
Jim Niedbalski, Gathering Facilities Coordinator
Members of the ALDHA Board

FEATURED SATURDAY NIGHT

On the afternoon of July 25, 1992, Bart Smith set foot on the Pacific Crest Trail at Manning Park, Canada, and took a step southbound. His pack was heavy, but the extra 20 pounds of camera gear provided him the opportunity to share his sense of wonder. The weight burdened his legs, shoulders and frame, but allowed his spirit to fly. On October 2nd, 2018, Bart walked under the St. Louis Arch, completing his trek of both the Louis and Clark Trail and the entire National Trail System. Bart, aka Infinite Dust, is the only person to have walked all eleven National Scenic Trails and Nineteen National Historic Trails. He has eight coffee-table books published showcasing the National Trails and hopes to continue using his images and experiences to advocate for America’s remarkable National Trail System.

BART SMITH

www.walkingdownadream.com
REGISTRATION & ALDHA CENTRAL HOURS
Friday…….12:00 p.m. - 5:00 p.m. in Eric White’s Barn
Friday…….6:00 p.m. - 7:00 p.m. on campus in the ’62 Center Friday…….9:00 p.m. - 11:00 p.m. on campus in the ’62 Center
Saturday…….8:00 a.m. - 5:00 p.m. on campus in Greylock Sunday…….1:00 p.m. - 2:00 p.m. on campus in Greylock

If you need anything throughout the weekend, stop by ALDHA Central, which will be staffed by volunteers who can assist you. ALDHA Central includes the registration table, lost and found, and coffee station (please bring your own cup).

NECK WALLETS
At the registration table, you'll receive an ALDHA neck wallet with a name badge (or you may have brought your own from a previous Gathering). It must be worn for the duration of the Gathering, so you are identifiable as an ALDHA Gathering attendee on the Williams College campus.

CONNECTING TO WI-FI ON CAMPUS
From your laptop or portable device, choose “Williams Guest” from the list of wireless networks and follow the instructions. Once you log on, you will have 12 hours of connection. For more information, visit:

http://oit.williams.edu/help-docs/guest-accounts/

CAMPING
The campsite is located 3.5 miles from campus at Eric White’s property. There will be plenty of tenting spaces in an open field with beautiful views of Mount Greylock. Parking spots will also be available for those who wish to sleep in their vehicles. A short walk from the circular drop-off area will allow access to your tenting spot. For safety reasons, we will not allow cars in the tenting area. Port-a-johns will be available in the tenting area; showers will be on the Williams campus. An evening bonfire will be set up away from those wishing to go to bed early, but be advised that sound can carry regardless (have your earplugs ready if needed) and although you cannot see the neighbors, they can hear you. Please respect the quiet time starting at midnight.

SHOWERS
Showers are available at Lasell Gym, across Route 2 on the corner of Spring Street. Please use the pedestrian crosswalks; cars are required to stop for you. Use the Spring Street entrance to the lower level and show your neck wallet to gain entrance. Bring your own towel, soap, shampoo, etc., and your own padlock if you wish to use an empty locker. The hours are:

Friday………..6:00 a.m. - 9:00 p.m.
Saturday……..10:00 a.m. - 9:00 p.m.
Sunday………..1:00 p.m. - 9:30 p.m.
Monday………..6:00 a.m. - 9:00 p.m.

SMOKING POLICY
Smoking is not allowed in buildings on campus, and not allowed within 25 feet of buildings.

DOG POLICY
Dogs are permitted on campus, but are not allowed in buildings, except for service dogs. Dogs cannot be tied up or left unattended outside buildings. They must always be leashed or under control of the owner, and owners must clean up after them (this applies to the campsite as well). There is a large field on campus, called “Poker Flats,” that is appropriate for dog walking. The area is located about a five-minute walk north of the Paresky Center; follow Chapin Hall Drive, Mission Park Drive and Stetson Avenue to the athletic fields.

DINING OPTIONS
Gathering attendees are welcome to eat on campus at Whitman’s Dining Hall in the Paresky Student Center, but please plan ahead as there will be no cash sales at the dining hall; you need a meal ticket. Meal tickets will be available for purchase (cash only) at the ALDHA registration table on Friday and Saturday.

Hours and prices:
Saturday breakfast 7:30 a.m. - 10:30 a.m. - $8
Saturday lunch 1:30 a.m. - 2:00 p.m. - $10
Saturday dinner 5:00 p.m. - 8:00 p.m. - $11
Sunday brunch 11:00 a.m. - 1:30 p.m. - $10
Sunday dinner 5:00 p.m. - 8:00 p.m. - $11

Meals are NOT AYCE (All You Can Eat), but offer four different food stations, including made-to-order deli sandwiches and a vegan station with a teppanyaki grill.

The ’82 Grill, downstairs of Whitman’s in Paresky, will be open 8:30 p.m. to 1 a.m. on Friday, Saturday and Sunday nights, offering homemade pizzas and sandwiches; cash sales are allowed here.

There are plenty of restaurants off campus on Spring and Water Streets in Williamstown, a short walk away, including Thai, Indian, Mediterranean, Mexican and American fare, as well as pizza, deli, and coffee shops. For the commute to campus from the campsite, the AFrame Bakery, on Route 7, at the intersection with Route 2 West, will be open 7:30am-5pm on Saturday and Sunday for coffee and bakery items.

THE ALDHA STORE
You can purchase ALDHA merchandise at the ALDHA Store on Saturday. Here you will find hats, apparel, bandanas, mugs, stickers, the AT Thru-Hikers’ Companion, and lots more.

GROUP PHOTO
Please be on time! It’ll be taken on Sunday at 11:30 a.m. in front of Paresky Student Center (the dining hall) right after the Annual Business Meeting. Please follow the directions of our champion photography, “Crooked Sticks”.

RUSTIC PORTRAIT BOOTH
Dean (aka Crooked Sticks) will have a mottled brown fabric background along with some rustic posing stools and a white blaze for FREE portraits. He will “man” it on Friday afternoon (1 to 5 PM) near the Barn. Then again on Saturday inside from 9 to 12 AM at ALDHA Central, where the booth itself will remain through Sunday. (Hikers are more than welcome to use their own cameras at the booth when he is elsewhere.) Dean’s photos will be freely shared as usual. So “Get Spiffy” and bring your fav outfit and props (stinky or otherwise, right?) Make it FUN, and make it YOU!

RAFFLE
ALDHA Treasurer Jill Byrd will be selling raffle tickets for a chance to win prizes from the ALDHA store. Winning tickets will be picked at the beginning of the Saturday evening program. The Grand Prize is a 2-night stay at the famous Ironmasters Hostel Luxury Suite, courtesy of the AT Museum. But those raffle tickets now!!

EMERGENCY CARE
BMC NORTH ADAMS SATELLITE EMERGENCY FACILITY
71 Hospital Avenue, North Adams, MA 01247
Open 24/7/365 413-664-5000
FRIDAY NIGHT RECEPTION
The Friday Night Reception will follow the Opening Ceremonies in the lobby of the ‘62 Center just outside the auditorium room used for the opening ceremonies.

USED CLOTHING AND GEAR SALE
ALDHA’s used gear/clothing sale will take place on Saturday, Oct. 12 from 9 a.m. to 5 p.m. in Greylock Hall, next to the Hiker Fair/ALDHA Central. Sales are cash only. Come early for the best selection!

HUNGRY BEAR BAKE-OFF CONTEST
Back by popular demand is this year’s bake-off contest! Desserts must be dropped off in ALDHA Central by 5 p.m on Friday for contest entry. A winner will be announced Friday night and desserts will be served during the reception.

EARL SHAFFER PHOTO AND VIDEO CONTEST
The gallery will be set up and ready for posting entries when ALDHA Central opens on Saturday. During the weekend you can view photos on display. Winners’ photos will be listed in the winter newsletter, with the best one reproduced for all to see. Winners will be announced on Saturday night. The contest honors the late Earl Shaffer, the first thru-hiker.

GATHERING DEDICATION
Ronald “Stronghold” Sanchez, Jr.
ALDHA dedicates the 38th Gathering to the memory of Ron “Engineer” Sanchez. He was a 17-year Army vet who was stabbed to death this year while doing a thru-hike of the Appalachian Trail. The trail had been his path to recovery from PTSD as it has been, and continues to be, for many returning vets.

APPLE CONTEST
Bring your apples to ALDHA Central on Saturday morning with your name, contact info and the state where the apples came from. Your home state’s finest will then be judged on a variety of criteria on Saturday afternoon; the winner will be announced that night.

A VISIT WITH GRANDMA GATEWOOD
Sunday evening actress Anne Van Curen will transform into Emma “Grandma” Gatewood to describe what it was like to be the first woman to solo hike the Appalachian Trail in 1955. The dramatization is based off of the book “Grandma Gatewood’s Walk”, which was written from accounts of Gatewood’s surviving family members, newspaper magazine articles and her own diaries and trail journals.

“To the Gathering Again”
The ALDHA song, written by Walkin’ Jim Stoltz by request for ALDHA’s 20th anniversary Gathering in 2001

The days are getting shorter and the leaves begin to fall
My pack is hung up on the wall, til the spring begins to call
Time to head out to the Gathering, all the friends out there to see
Folks who walk their talk and live their dreams
And they all inspire me

(Chorus)
Come along with me, to the Gathering again
To see my friends of the trail
And my trail of friends

It’s a Gathering of hikers, all ages and all kinds
The doers and the dreamers, the sighted and the blind
It’s for the boosters and the boasters, and the ones who go and do
It’s for the slow ones and the fast ones, even yellow blazers, too.

(Chorus)
You’ll meet the elders of our tribe, the first to walk the trails
The new folks still in progress, headin’ for their holy grail
And everyone has a story, and a smile or thought to share
The old blood and the new, they’ll all be headin’ there
(Chorus)
You’ll meet the ones who do the trail work and keep coming back for more
The ones who help the hikers when they’re trailworn and sore
From all walks of life, and from all over the land
You see it’s all one big trail, and it’s all one big clan
(Chorus)
(Chorus)
To see my friends of the trail, and my trail of friends
FRIDAY

12-5 Registration at the Campsite  BARN
Pick up your registration packet in the white barn.

12-5 Rustic Portrait Booth with Crooked Sticks  BARN

3-5 Afternoon Delight Free Hot Dogs & Chili  CAMPSITE

6-7 Registration at Williams College  ‘62 CENTER

7-9 Opening Session  ‘62 CENTER
   Introduction  Peter Passalacqua/Jim Niedbalski
   Gathering Coordinators
   Welcome  Ron Burger, ALDHA Coordinator
   Cosmo Catalano, Williams College
   Scott Lewis, Williams Outing Club
   Inspiration  Kip Redick
   ALDHA Song Walkin’  Jim Stoltz sing-along
   ATC Greetings  Hawk Metheny
   GMC Greetings  Marge Fish
   Final Blaze  Dennis Newton
   Sanchez Memorial  Dennis Newton
   ALDHA Highlights  Ron Burger
   Bake Off  Betsy Kane
   Billy Goat Award  Ken and Ron
   Class of 2019 and 2018 SoBo’s  Ron and Hawk
   Class Roll Call  Bill O’Brien
   Announcements  Peter

9-9:30 Orientation for New Members and Dreamers
Meet Bill O’Brien and Ron Burger near the stage.

9-10 Registration  ‘62 CENTER
9-10 Reception  LOBBY OF ‘62 CENTER
10-12 Campfire  CAMPSITE

Midnight Quiet Hours Begin.

There are lots of hikers here with a busy weekend ahead.
Campfire noise must end at midnight. Please respect your neighbors!

SATURDAY

7:30-10:30 BREAKFAST (Ticket Required)  PARESKY

8-5 ALDHA Central  GREYLOCK
Here you will find the registration desk, message board, lost and found, and a place to ask your questions.

9-5 The ALDHA Store  GREYLOCK
Buy your ALDHA branded clothes and gear here.

9-5 Hiker Fair/Used Gear Sale  GREYLOCK

8-5 Registration  GREYLOCK

9-12 Rustic Portrait Booth with Crooked Sticks  GREYLOCK

SATURDAY MORNING

9-10 ATC Update (PANEL)  PARESKY
Hawk Metheny, ATC Senior Regional Director, Northeast;
Cosmo Catalano, New England Regional Partnership Committee Chair.
An update on ATC activities, including visitor use management and human/bear interactions on the Trail.

9-10 Hiking the IAT in Ireland  GREYLOCK C
Joanna Ezigma (Seeker). The IAT in Ireland spans 283 mi. from the cliffs of Sliave League on the west coast to the eastern port city of Larme in Northern Ireland. In May 2017, Joanna Ezigma became the first woman to thru-hike the IAT Ireland.

9-10 White Mountains Single-Year Grid  GREYLOCK D
Philip Garcia. Between 8/24/18 and 7/7/19, Philip climbed all 48 4,000-footers in the White Mountains of NH, every month for 12 consecutive months, setting the FKT for one of the most grueling peak-bagging projects in the US - the Grid.

9-10 Thru-Hiking the CDT (PANEL)  GRIFFIN 2
Faren MacDonald (Castle). We will share information and planning tips for a thru-hike of the CDT via an informal interactive panel discussion. Bring those burning questions!

9-10 “Lighting Up the Trail” with Solar Power  GRIFFIN 4
Paul Fitzner (Chef Paul). An instructive class on backpacking using solar power: how to figure out panels and batteries, what’s mAh, rechargeable items available.

9-10 Hiking the Northville-Placid Trail  GRIFFIN 5
Betsy Kane (Sunflower!). Discover the beauty and solitude of the 138 mile Northville-Placid Trail, traversing through the Adirondack Mountains of northern New York State.

9-10 Dreamer Prep - AT 101  GRIFFIN 6
Shalin Desai (Shay). Aspiring AT hikers, ask the veterans everything you need to know. If you just completed an AT hike, here’s your chance to pass on your wisdom to next year’s hikers! Hear a discussion of everything AT: gear, mail drops, trail safety, resupply, permits, personal hygiene, etc.

9-10 Camino de Santiago  GRIFFIN 7
Kip Redick (Hippy Kippy). Hippy Kippy has walked the Camino 7 times, both the French Way and the Primitivo. His presentation will involve a slide show and informative talk.

10:15-11:15 IAT Scotland, Northern Ireland, and Ireland  GREYLOCK A
Don Hudson (Weary Ankle). A contingent of North American reps of the IAT travelled there in May/June for a deep dive into the role of geoheritage and geoparks along the Scottish IAT and how the economy of Ulster Ireland is boosted by the trail.

10:15-11:15 Mildred Ryder - First Woman to Hike the AT  GREYLOCK C
Bruce Nichols (Birdman). In 1952 Mildred Norman Ryder became the first woman to hike the AT in one season, 3 years before Grandma Gatewood. She was inducted into the AT Hall of Fame in 2017. We’ll look at her pre-hike background, existing documentation of her hike (in the company of Dick Lamb), and her subsequent life walking the roads of the continent as Peace Pilgrim.
### SCHEDULE OF EVENTS

<table>
<thead>
<tr>
<th>Time</th>
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<th>Speaker(s)</th>
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</thead>
<tbody>
<tr>
<td>10:15-11:15</td>
<td>The Joy of Trail Maintenance</td>
<td>GREYLOCK D John Calhoun (Mother Nature’s Son) and Dan Bedore (Fashionplate Dan) will discuss the maintenance of the Pinhoti Trail of Alabama.</td>
</tr>
<tr>
<td>10:15-11:15</td>
<td>Be Bear Aware!</td>
<td>GRIFFIN 2 Ron Burger (GrayBeard Beaver). He will present and discuss practices and techniques to safely hike, camp, and store food and garbage in bear country to minimize the chances of aggressive bear behavior - and also provide strategies on how to counter aggressive bear behavior, should it be necessary.</td>
</tr>
<tr>
<td>10:15-11:15</td>
<td>PSAR/StayFound on the AT</td>
<td>GRIFFIN 4 Ken Bunning (Nimbus). Understanding PSAR, the educational outreach derived from our now retired Search and Rescue Program. &quot;Staying Found&quot; is a narrated slide show intended to give a safety net to hikers with limited experience, but even experienced hikers should find it interesting.</td>
</tr>
<tr>
<td>10:15-11:15</td>
<td>Hiking the Beautiful Coastline of Portugal</td>
<td>GRIFFIN 5 Bill Cooke (Cookerhiker). The Fisherman’s Trail extends along Portugal’s Atlantic Coast with constant views from rocky cliffs festooned with spring wildflowers, while nesting storks occupy pinnacles jutting up from the ocean. This program will also cover the fascinating island of Madeira along with wine country, historical cities, and other facets of this small nation.</td>
</tr>
<tr>
<td>10:15-11:15</td>
<td>Thru-Hiking the PCT (Panel)</td>
<td>GRIFFIN 6 Jean Solbus (Sicilian Gypsy) and Jim Eagleton (Rambler). We will share information and planning tips for a thru-hike of the PCT via an informal interactive panel discussion. Bring those burning questions!</td>
</tr>
<tr>
<td>10:15-12:30</td>
<td>Common Sense Ideas for Lightweight Backpacking</td>
<td>GRIFFIN 7 Sue Williams (Leapfrog). New to backpacking, old pro, or somewhere in between, this is the place for all levels (ages) with hints to make this sport more enjoyable. Providing the information unavailable when she started backpacking 23 years ago at age 48, Sue emphasizes how to pack light, walk smart, take care of your body, prepare for any kind of weather, and adapt for your own style.</td>
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<tr>
<td>11:30-12:30</td>
<td>Pacific Crest Trail Slide Show</td>
<td>GREYLOCK A Jennifer Stewart (Firefeet). Images of the Pacific Crest Trail captured by Firefeet during her hike in 2018 and 2019.</td>
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<tr>
<td>11:30-12:30</td>
<td>Chasing the Story of the Mysterious Jim Whyte</td>
<td>GREYLOCK C Jeffrey Ryan (Trampus). Jim Whyte was far from a reclusive hermit living in utter solitude. He was, in fact, one of the most amazing characters I’ve ever encountered. His trail of secrets might have been lost to the ages if I hadn’t picked up his hundred-year-old trail, including the fact that he was living a life of crime under everyone’s noses. I’m sure you’ll enjoy learning about Whyte’s take on the interplay between solitude and immersion in society.</td>
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<tr>
<td>11:30-12:30</td>
<td>The Great Eastern Trail</td>
<td>GREYLOCK D Dan Bedore (Fashionplate Dan). Dan will speak on his hike of his variant of the Great Eastern Trail.</td>
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<tr>
<td>11:30-12:30</td>
<td>Day Hiking the AT and Exploring AT Communities</td>
<td>GRIFFIN 2 Carol Steiner (Ink Pen). Carol and Jim have day hiked over 900 miles of the AT. Carol shares their day-hiking adventures, treasures found on the trail, gems found in trail communities, and their day-hiking tips. Having fun day hiking adventures is all about preparation, planning, and enjoying each day even when the trip does not go exactly as planned.</td>
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<tr>
<td>11:30-12:30</td>
<td>Hiking the Camino Portugués</td>
<td>GRIFFIN 4 Ray Ronan (Walkin Home). The Portuguese Camino, Oct-Nov 2018, 450 miles, 30 days, Lisbon, Portugal to Santiago de Compostela walking the Central “Way” from Porto, Portugal. Hear about taking the road less traveled.</td>
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<tr>
<td>11:30-12:30</td>
<td>Staying Healthy on the AT</td>
<td>GRIFFIN 5 Heather Sloan (Brave). Covering all topics with regards to staying healthy on the trail using the latest in scientific research. This will include, but not be limited to, tick-borne illness. Norovirus, Giardia, Cellulitis, Heat Illness, Hypothermia, Injury and much more!</td>
</tr>
<tr>
<td>11:30-12:30</td>
<td>Women on Trail: Beyond Peeing, Pooping &amp; Periods</td>
<td>GRIFFIN 6 Vera Hurst (Missing Kink). Panel discussion for women about women on or off trail. Bring your big discussion questions about safety, food, hygiene, getting in shape, etc. that you’ve wanted to discuss but never could figure out how.</td>
</tr>
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<td>11:30-12:30</td>
<td>Common Sense Ideas for Lightweight Backpacking</td>
<td>GRIFFIN 7 Sue Williams (Leapfrog). Continued from 10:15 am.</td>
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### SATURDAY AFTERNOON

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<tbody>
<tr>
<td>13:00-2:30</td>
<td>Human-Powered Poetry on the AT</td>
<td>GREYLOCK A Daniel Zube (Screech). He recently published:“Human-Powered Poetry from the Appalachian Trail - A Thru-hiker’s Perspective.” Each page contains a poem and color photo from his 2017 thru-hike. Favorite pages will be presented, describing what inspired them. Questions/comments highly encouraged.</td>
</tr>
<tr>
<td>13:00-2:30</td>
<td>Edible and Medicinal Plants for the Backpacker</td>
<td>GREYLOCK C Heather Housekeeper (The Botanical Hiker). As backpackers, we can benefit from plants that are easy to identify, harvest and prepare for both food and medicine. Learn what greens can liven up a packet of ramen and what roots are essential for pain relief. Featured plants are those of the Eastern US and can be found on the Eastern Continental Trail, Mountains to Sea Trail, Finger Lakes Trail, Long Path, and more.</td>
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<tr>
<td>13:00-2:30</td>
<td>Adirondack Place Names: Why Is That Thing Over There Called That?</td>
<td>GREYLOCK D Erik Schimmer. Erik historically decodes scores of Adirondack place names, from Catamount Mountain to Avalanche Lake, Mount Haystack to Gooseeneck Pond. Years of research are presented on a backdrop of his best photography from this range. As Erik likes to say, “Behind every name there’s a story, and the story’s usually pretty good.”</td>
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### SATURDAY, OCT. 12, 2019

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<tr>
<td>9:00 to 10:00</td>
<td>PARESKY Auditorium</td>
<td>ATC Update: Activities &amp; current topics</td>
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<tr>
<td>9:00 to 10:00</td>
<td>GREYLOCK A</td>
<td>Presenters' test room</td>
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<td>10:15 to 11:15</td>
<td>GREYLOCK C</td>
<td>Hiking the IAT in Ireland: First woman to thru-hike the IAT Ireland shares her journey</td>
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<td>GREYLOCK D</td>
<td>White Mountains Single-Year Grid: FKT for all 48,000-footers in the White Mountains in a single year</td>
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<td>GRIFFIN 2</td>
<td>Thru-Hiking the CDT: Information &amp; planning tips - informal interactive panel discussion</td>
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<td>Adirondack Place Names: History behind scores of Adirondack place names; photos</td>
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<td>How do you &quot;Hike your hike&quot; on the IAT-SA? 10 Years, 13 Countries, 23 Flags &amp; 2000 miles of International &quot;Trail Magic&quot;</td>
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<td>2:45 to 3:45</td>
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<td>Barbarian Utopia - Video: 91-minute documentary about AT thru-hiking; interviews with over 100 hikers</td>
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<td>2:45 to 3:45</td>
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<td>Presenters' test room</td>
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<td>2:45 to 3:45</td>
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<td>25 years along the IAT: The International Appalachian Trail turned 25 on Earth Day - April 22, 2019</td>
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<td>4:00 to 5:00</td>
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<td>Hiking NH's 48,400 Footers: Putting them all together into one big to-do list</td>
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<td>Laugavegur-Fimmvorduhals Trail: Two remote trails in Iceland - planning/logistics of getting to/from trailheads</td>
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### SUNDAY, OCT. 13, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>9-11:30</td>
<td>Annual Meeting</td>
</tr>
<tr>
<td>11:30-12</td>
<td>Group Photo</td>
</tr>
<tr>
<td>10:30-1:30</td>
<td>BRUNCH</td>
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<tr>
<td>1:30 to 2:45</td>
<td>Botanical Thru-Hike of the Florida Trail: Thru-hike of the 1,100 mile Florida Trail; edible &amp; medicinal plants &amp; incorporating them into meals &amp; medicines</td>
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<tr>
<td>1:30 to 2:45</td>
<td>Presenters' test room</td>
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<tr>
<td>3:00 to 5:00</td>
<td>Dean(o) Barber's 1985 Thru Hike: Footage from this legendary year narrated by AT &quot;Class of '85&quot; members</td>
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<tr>
<td>3:00 to 5:00</td>
<td>My Long Walk: Trail Inspired Images &amp; Poems: A hike of the NH &amp; ME sections of the AT</td>
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<td>3:00 to 5:00</td>
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<tr>
<td>3:00 to 5:00</td>
<td>Long-distance Hiking in Spain – Caminos de Santiago: Long-distance hiking options in Spain &amp; Portugal</td>
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<tr>
<td>3:00 to 5:00</td>
<td>Thru-Hiking the New England Trail: 215-mile trail, from Long Island Sound in CT to the MA/NH border</td>
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<td>3:00 to 5:00</td>
<td>Presenters' test room</td>
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Workshops wth a graduation cap count towards your ALDHA U diploma. See inside back cover.
<table>
<thead>
<tr>
<th>SATURDAY, OCT. 12, 2019</th>
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<tbody>
<tr>
<td><strong>GRIFFIN 3</strong></td>
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<td>Presenters’ test room</td>
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<td>Presenters’ test room</td>
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**LUNCH**

| Presenters’ test room | Gators, Guts to Glory - A Florida Trail Adventure: Blissful hike of the 1,100-mile Florida Trail from Big Cypress National Preserve to Gulf Islands National Seashore | With Pickaxes, Rakes, & Shovels: A Pictorial History: History of the trail in MA, VT, & NH - with vintage photos | Dreamer Prep - AT 101: Aspiring AT hikers, ask your questions. If you just completed an AT hike, share your wisdom! | Prehab - Hints to Staying Healthy: Physical prep, hydration, electrolyte balance, first aid, & keeping your feet happy |
| Presenters’ test room | Wildflowers of the AT: A 2,000-Mile Parade: The story behind flower names, & use in folkloric and modern medicine | 27 DAYS, 27 Years Later - Video: Update on Lynne Whelden’s 1991 film following 4 backpackers, all in their 60s, as they tried to hike the Long Trail from end to end | |
| Yes, You Can Day Hike the Entire AT: Why backpack the AT when you can day hike it? | AT Museum/ironmasters Mansion Hostel: Updates & new projects in the works | Presenters’ test room |

**SUNDAY, OCT. 13, 2019**

**BRUNCH**

| Hiking the AT - Changes Over the Last 46 Years: Equipment, food; clothing; hiking style; safety; rules/regulations | Presenters’ test room | Presenters’ test room | Presenters’ test room | Presenters’ test room |
| Increase Your Chances of Completing the AT: Time- & trail-tested wisdom from one who knows | Presenters’ test room | Presenters’ test room | Presenters’ test room | Presenters’ test room |
| Hiking the Long Trail in Winter: Fourteen years of searching for white blazes on the Long Trail in winter | Presenters’ test room |
| Between Sea & Glacier: Story of environmental & social change on the IAT in Greenland through images | Presenters’ test room |

Workshops wth a graduation cap count towards your ALDHA U diploma. See inside back cover.
### SCHEDULE OF EVENTS

#### SATURDAY PM (Cont.)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter/Location</th>
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<tbody>
<tr>
<td>1:30-3:45</td>
<td>How do you “Hike your hike” on the IAT-SAI?</td>
<td>Griffin 2</td>
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<tr>
<td>1:30-3:45</td>
<td>Gators, Guts to Glory - A Florida Trail Adventure</td>
<td>Griffin 4</td>
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<tr>
<td>1:30-2:30</td>
<td>With Pickaxes, Rakes, and Shovels: A Pictorial History</td>
<td>Griffin 5</td>
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<tr>
<td>1:30-2:30</td>
<td>Dreamer Prep - AT 101</td>
<td>Griffin 6</td>
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<tr>
<td>1:30-2:30</td>
<td>Prehab - Hints to Staying Healthy</td>
<td>Griffin 7</td>
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<tr>
<td>2:45-5</td>
<td>Barbarian Utopia – Video</td>
<td>Paresky</td>
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<td>2:45-3:45</td>
<td>Human-Powered Poetry on the AT</td>
<td>Greyleck A</td>
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<td>2:45-3:45</td>
<td>Steering Committee/Life Members</td>
<td>Greyleck D</td>
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<tr>
<td>2:45-3:45</td>
<td>“Hike your hike” on the IAT-SAI?</td>
<td>Griffin 2</td>
</tr>
<tr>
<td>2:45-3:45</td>
<td>Gators, Guts to Glory</td>
<td>Griffin 4</td>
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- **1:30-3:45** Wildflowers of the Appalachian Trail: A 2,000-Mile Floral Parade  
  Leonard Adsins (The Habitual Hiker). The book follows the progression of flowers from late winter to fall, and from Georgia to Maine. With photographs by Joe Cook and Monica Sheppard, it received the National Outdoor Book Award and Foreword magazine’s Book of the Year Award. Accompanied by music, the presentation id’s the flowers and reveals the story behind the names, the role it has played through history, and its value in folkloric as well as modern medicine.

- **1:30-2:30** With Pickaxes, Rakes, and Shovels: A Pictorial History  
  Leonard Adsins (The Habitual Hiker). Based on his book “Along the Appalachian Trail: MA, VT, and NH” and chronicling the history of the trail in those states, nearly 100 photographs - many never before published - provide an engaging look at life in the mountains before and during the trail’s creation, how it came into being, who its early champions were, and the many relocations the pathway has experienced.

- **1:30-2:30** Dreamer Prep - AT 101  
  Shalin Desai (Shay). Aspiring AT hikers, ask the veterans everything you need to know. If you just completed an AT hike, here’s your chance to pass on your wisdom to next year’s hikers! Hear a discussion of everything AT: gear, mail drops, trail safety, resupply, permits, personal hygiene, etc.

- **1:30-2:30** Prehab - Hints to Staying Healthy  
  Sue Williams (Leapfrog). Everything from preparing your body for your hike to staying healthy on the trail! Sue will cover the importance of physical preparation, hydration, electrolyte balance, first aid on the trail and off, and her personal favorite - keeping your feet happy. This includes correct ways to walk, techniques to go uphill and down, picking out the right shoe, and ways to prevent blisters and hot spots.

- **2:45-5** Barbarian Utopia – Video  
  Thaddeus Lamar (No Pants). “Barbarian Utopia: Encounters on the Appalachian Trail” is a documentary about the AT. The film traces how the trail has evolved throughout its history, and uses interviews with over 100 hikers to convey what a thru-hike is like.

- **2:45-3:45** Human-Powered Poetry on the AT  
  Daniel Zube (Screech). Continued from 1:30 pm.

- **2:45-3:45** Steering Committee/Life Members  
  Ken Bunning (Nimbus). This open to all members in good standing. Task: develop a Long Range Plan for ALDHA. The committee is chaired by Ken and the meeting structure was developed by the core subcommittee. Please come with your vision for ALDHA’s future: long- and short-term goals for consideration.

- **2:45-3:45** “Hike your hike” on the IAT-SAI?  
  Will French (Enlightened Rogue). Continued from 1:30 pm.

- **2:45-3:45** Gators, Guts to Glory  
  Lauralee Bliss (Blissful). Continued from 1:30 pm.
SCHEDULE OF EVENTS

SATURDAY EVENING

7-9  Feature Presentation with Bart Smith  ’62 CENTER
Walking with history: One man’s endeavor to walk and photographically document America’s National Historic Trails.

9:30  Saturday Night Barn Party  BARN
Head back to the campsite off campus to enjoy a get together in Eric White’s barn! Snacks and drinks will be available, but feel free to BYOB as well.

9-12  Campfire  CAMPSITE
Midnight Quiet Hours Begin.
Campfire noise must end at midnight. Respect your neighbors!

SUNDAY MORNING

7:74  Sunrise Service  CAMP
An informal gathering featuring a rendition of “Amazing Grace” at the campsite. Bring a story to share, drawing on inspirational trail experiences.  Kip Redick

9-11:30  ALDHA’s Annual Meeting  PARESKY
Please come by reading the minutes and motions located at ALDHA Central. The agenda is on Page 10.

11:30  Group Photo  PARESKY
A hi-res file will be posted online for all to download. So please, don’t hold up the works by taking one of your own.  Dean Clark

11:30  Brunch (Ticket Required)  PARESKY

1-2  Registration  GREYLOCK

SUNDAY AFTERNOON

1:30-2:45  Botanical Thru-Hike of the Florida Trail  PARESKY
Heather Housekeeper (Bot) and Scott Weis (Wise Man). This past winter, we set out on a thru-hike of the 1,100 mile Florida Trail. While hiking, we surveyed the edible and medicinal plants we encountered, periodically foraging, incorporating these plants into meals and medicines.

1:30-2:45  Dean(o) Barber’s 1985 Thru Hike on 8mm Film  GREYLOCK A
Daniel Kahn (Spice Twin #1). A narrated screening of 40+ minutes of footage from this legendary year, through the lens of a remarkable isolan. Members of the AT “Class of 85” will provide context to the images, towards a fog and possible soundtrack.

1:30-2:45  My Long Walk: Trail Inspired Images and Poems  GREYLOCK C
Larry Chambers (Dreamer). I’ve always wanted to hike the trail and Maine sections of the AT. On June 10th, I stood in Vermont and walked across the bridge into NH. I started with the idea that I wanted to see, hear, and feel what most people do not. Simply, I wanted to learn from the trail. It started slow, but as I got closer to Katahdin the poems came faster and faster.

1:30-2:45  Long-distance Hiking in Spain  Caminos de Santiago  GREYLOCK D
Chris Howard (Steps). Exploring different options for long-distance hiking in Spain and Portugal, including costs, accommodation options, and various trails throughout Spain and Portugal.

1:30-2:45  Thru-Hiking the New England Trail  GRIFFIN 2
Faren MacDonald (Castle). The New England National Scenic Trail is 215 miles long, stretching from Long Island Sound in CT to the MA/NH border (but don’t stop hiking there—find out why!).

SUNDAY EVENING

1:30-2:45  Hiking the AT - Changes Over the Last 46 Years  GRIFFIN 3
Warren Doyle. Covering changes in long-distance AT hiking since 1973 - areas to be covered will include: the physical AT; the spiritual AT; equipment; food; clothing; hiking style; safety; social behavior; cost; hiker services; rules/regulations.

1:30-2:45  Hiking the Long Trail in Winter  GRIFFIN 6
Mary Lou Recor (Snowberry). If the Long Trail were designed for winter use, the path would be wider and the blazes orange, which is why few hikers have done it. Join Mary Lou Recor as she recounts her fourteen years of searching for white blazes.

3-5  ALDHA Board Meeting  PARESKY 220
All ALDHA Members welcome to attend.

3-5  Botanical Thru-Hike of the Florida Trail  PARESKY
Continued from 1:30.

3-5  Increase Your Chances of Completing the AT  GRIFFIN 3
Warren Doyle. Time and trail-tested wisdom from one who knows.

MONDAY MORNING

8 am  Work Trip(s)  MEET AT THE BARN
ALDHA will sponsor two work trips. Cosmo Catalano of the AT Management Committee in Massachusetts will lead a work trip near the Sherman Brook campsite on the AT, a moderate 1.8-mile hike north of Rt 2 in N. Adams. The project is installing several stepping stones, and potential other work.

Jim Niedbalski, ALDHA board member and also on the Massachusetts AT Committee, will lead a boundary/corridor work trip on the AT in N. Adams, between Phelps Ave and Pattison Rd. This is the 5-year maintenance cycle for corridors, and will involve monument finding, pruning and blazing.

Participants are invited to meet at Eric White’s barn starting at 8 am for a continental breakfast, with both trips leaving no later than 8:45 am. A trail lunch will be provided.

The views, information, or opinions expressed by presenters and vendors during the 38th ALDHA Gathering are solely those of the individual involved and do not necessarily represent those of ALDHA.
ANNUAL MEETING AGENDA

Sunday, Oct. 13, 2019, 9 to 11:30 a.m. in Paresky Auditorium at Williams College in Williamstown, MA.

Call to Order .................................................. Ron Burger
Reading of the Statement of Purpose .................. Sue Spring
Adoption of Agenda & Approval of Minutes ...... Ron Burger
Welcome and Introduction ................................. Ron Burger
Approval of the Update of ALDHA Bylaws ................. Ron Burger
Election of Officers/Directors see Offices for Election
Executive Officers Reports ................................. Officers
Newsletter Update .......................................... Bill O’Brien
ALDHA Blaze Update ...................................... Vera Hurst
Museum Update ............................................. Larry Luxenberg
ATC Update ..................................................... Hawk Metheny
Gathering Coordinator Reports ......................... P. Passalacqua
Future Gatherings (2020 & 2021) ......................... Ron Burger
Program Coordinators’ Updates ......................... Program Coords
Old Business ..................................................... Ron Burger
New Business ..................................................... Ron Burger
Motions/Resolutions ......................................... See Motions below
Honorary Life Membership ............................... Ron Burger
Coordinator’s Awards ...................................... Ron Burger
Announcements/Closing Remarks ........................ Ron Burger
Motion to Adjourn

PARLIAMENTARY PROCEDURE

1. To speak, please raise your hand and wait to be recognized. Otherwise you’ll be cut off in favor of someone who followed this nicely.

2. Motions require a second before discussion may occur. Without a second, the motion dies.

3. Calling the question: The purpose of this motion is to end discussion. It is treated as a motion, so raise your hand if you wish to call the question. It does not require a second, is not debatable, and requires a two-thirds vote to pass. This motion should be employed only if debate has become repetitive.

4. A point of order is only for asking a question about procedure, not to prolong debate or make a personal statement. Any purpose besides asking a procedural question is out of order. You must attend Sunday afternoon’s Board meeting and all meetings during the rest of your term. You must volunteer for various tasks to help the coordinator, and take an active part in decisions necessary for the organization to continue. Additional duties will be assigned by the coordinator to help with the 2014 Gathering including the Hiker Fair, Photo Contest, etc.

ELECTION PROCEDURES

Candidates will be asked to briefly introduce themselves, and give qualifications and the reason they want to serve on the Board.

Voting will be done by raising hands for uncontested positions; if there are multiple nominees, each will address the members and state their qualifications and how they can help ALDHA.

Recipients of Board Member at-Large positions will be based on the total number of votes each candidate received, with those receiving the highest number of votes awarded the two-year vacancies.

OFFICES FOR ELECTION

Coordinator (2-year term)
Assistant Coordinator (2-year term)
Recording Secretary (2-year term)
Director-at-Large (2-year term: 3 or 4 directors)
The 4th director is pending approval of a by-law change
Director-at-Large (1-year)
This is to fill the remainder of an empty existing 2-year term.

At-Large board members are expected to attend all ALDHA board meetings, take an active role in ALDHA programs, and participate in the annual ALDHA Gathering.

Reminder to existing and newly elected board members. There will be a Sunday afternoon ALDHA board meeting from 3-5 in Paresky 220. All ALDHA Members are welcome to attend.

Proposed By-Law changes are in your registration packet and are posted in ALDHA Central. Please take the time to review these prior to the Annual Meeting.

Many thanks to those who generously donated items in advance to our Gathering drawings and raffle. Check out their websites!!

Ron Burger, Trail Angel Mary, 27 DAYS 27 years later (twogear.com), Green Mountain Club (greenmountainclub.org), Potomac Appalachian Trail Club (pactrc.net), Human-Powered Poetry from the Appalachian Trail - A Thru-Hiker’s Perspective (humanpoweredpoetry.com), International Appalachian Trail (internationalat.org), Habital Hiker (habitahiker.com), Friends of the Trans Adirondack Route (transaek.com).

A special thanks to the AT Museum (atmuseum.org) for donating the raffle’s Grand Prize: a 2-night stay at the famous Ironmasters Hostel Luxury Suite.
ALDHA University
LONG DISTANCE HIKING DIPLOMA

This handsome suitable-for-framing diploma features a photo by John Lamanna on MacAfee Knob in Virginia. To receive your diploma, attend at least 5 hours of workshops (marked in the center-spread with a graduation cap) and have the workshop presenters sign this transcript sheet. Return the completed form at the end of the Gathering at the registration desk. Or, you can scan and email it to: gathering@aldha.org. If you wish to mail it, the address is: ALDHA, 10 Benning St, PMB 224, West Lebanon, NH 03784.

Like any educational opportunity, it will be up to you to take what you learned and put it to use. Happy hiking.

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<tr>
<th>Workshop</th>
<th>Presenter’s Signature</th>
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First Name: ___________ Last Name: ___________ Trail Name: ___________

Street Address: _______________________________________________________

City: ________________ State: __________________ Zip Code: ____________

Email: ____________________ Phone: _____________________________

Your personalized ALDHA Long Distance Hiking Diploma will be mailed to you within a few weeks.

Attend workshops this year to be eligible for a Masters Degree next year at the Gathering. Who knows? In three or four years you might get a PhD in long distance hiking!
Note that it is a half mile walk from Greylock Hall to Griffin Hall. Plan your time!

PARKING ON CAMPUS
Parking is available on campus in the parking garage, off Whitman Street and Route 7 North. Be sure to hang the permit you receive in your registration packet on your rearview mirror.

The upper-level open-air deck of the parking garage has a height limit of 8 feet; the lower decks have a height limit of 6 feet, 6 inches. Please be aware of this if the height of your vehicle exceeds these limits.

There is a free public parking lot at the south end of Spring Street; be advised that this is a prime leaf-peeping weekend, so there is likely to be lots of visitors to Williamstown and the surrounding area.

Carpooling is encouraged between the campsite and campus, about a 3-mile commute.

UPCOMING ALDHA MEETINGS
The fall Board Meeting is scheduled for Saturday, November 9, 2019 at 9 a.m., at Bears Den in Bluemont, Virginia. All members are welcome to attend.

The spring Board Meeting meeting is scheduled for Saturday, April 4, 2020 at 9 a.m., at Bears Den. All members are welcome to attend.

39TH ANNUAL GATHERING
We will head south to Abingdon, Virginia for next year's Gathering, Columbus Day weekend, October 9-12, 2020, at the Southwest Virginia Higher Education Center.

HOW TO GET FROM CAMPSITE TO CAMPUS
From the campsite, turn right onto Oblong Road. At Woodcock Road, turn left. Stay on Route 7 North through the rotary (do not take Route 2 East). Turn right in 0.1 mile onto Whitman Street, then take the first right onto Adams Memorial Theater Drive, to the garage.

Most ALDHA activities: The campus buildings we'll use (see details above) are in this area of the map.

GPS Campsite Coord: +42° 41’ 8.07” -- 73° 14’ 46.37”

Recycle your badge holder! Help ALDHA save money and reduce waste. Collection boxes are available for return of your badge holder for use in next year’s Gathering. If you wish to keep the holder, no problem. It is yours.

HAPPY TRAILS!
Until next year, a grateful word to all of you for sharing your adventures. Have a safe trip home or wherever the trail leads you.