

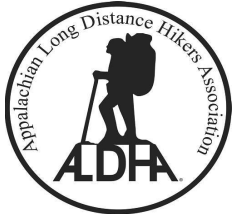
38TH ANNUAL GATHERING

OF THE APPALACHIAN LONG DISTANCE HIKERS ASSOCIATION

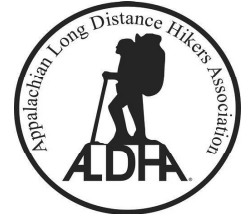
Williams College

Williamstown, Massachusetts

October 11-14, 2019



WWW.ALDHA.ORG



WWW.ALDHA.ORG

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, Abington, VA. Consider being part of the team!

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

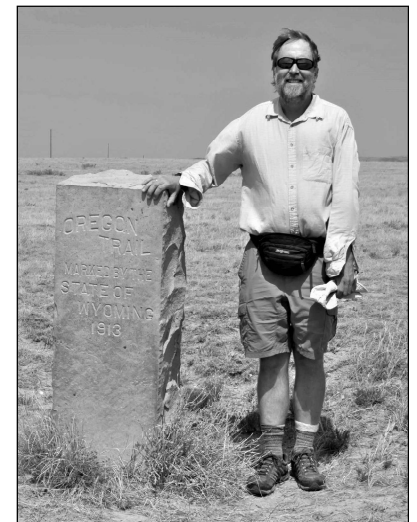
Your ALDHA Gathering Team,

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 pm 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.

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.

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 thruhike 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.



mountainstorytelling.com

"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 boosters, 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 o'er 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

SCHEDULE OF EVENTS

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 <i>Gathering Coordinators</i>
Welcome	Ron Burger, <i>ALDHA Coordinator</i> Cosmo Catalano, <i>Williams College</i> Scott Lewis, <i>Williams Outing Club</i>
Inspiration	Kip Redick
ALDHA Song Walkin'	Jim Stoltz sing-alon
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. **CAMPSITE**

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 Ezinga (Seeker). The IAT in Ireland spans 283 mi. from the cliffs of Slieve League on the west coast to the eastern port city of Larne in Northern Ireland. In May 2017, Joanna Ezinga became the first woman to thru-hike the IAT Ireland.

9-10 White Mountains Single-Year Grid **GREYLOCK D**
Philip Carcia. 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

10:15-11:15 The Joy of Trail Maintenance GREYLOCK D
John Calhoun (Mother Nature's Son) and Dan Bedore (Fashionplate Dan) will discuss the maintenance of the Pinhoti Trail of Alabama.

10:15-11:15 Be Bear Aware! 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.

10:15-11:15 PSAR/Staying Found on the AT GRIFFIN 4
Ken Bunning (Nimbus). Understanding PSAR, the educational outreach derived from our now retired Search and Rescue Program. "Staying Found" is a narrated slide show intended to give a safety net to hikers with limited experience, but even experienced hikers should find it interesting.

10:15-11:15 Hiking the Beautiful Coastline of Portugal 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.

10:15-11:15 Thru-Hiking the PCT (PANEL) 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!

10:15-12:30 Common Sense Ideas for Lightweight Backpacking GRIFFIN 7
Sue Williams (Leapfrog). New to backpacking, old pro, or somewhere in between, this is the place for all levels (and 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.

11:30-12:30 Pacific Crest Trail Slide Show GREYLOCK A
Jennifer Stewart (Firefeet). Images of the Pacific Crest Trail captured by Firefeet during her hike in 2018 and 2019.

11:30-12:30 Chasing the Story of the Mysterious Jim Whyte 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.

11:30-12:30 The Great Eastern Trail GREYLOCK D
Dan Bedore (Fashionplate Dan). Dan will speak on his hike of his variant of the Great Eastern Trail.

11:30-12:30 Day Hiking the AT and Exploring AT Communities 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.

11:30-12:30 Hiking the Camino Portugués 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.

11:30-12:30 Staying Healthy on the AT 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!

11:30-12:30 Women on Trail: Beyond Peeing, Pooping & Periods 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.

11:30-12:30 Common Sense Ideas for Lightweight Backpacking GRIFFIN 7
Sue Williams (Leapfrog). Continued from 10:15 am.

SATURDAY AFTERNOON

1:30-2:30 Human-Powered Poetry on the AT 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.

1:30-2:30 Edible and Medicinal Plants for the Backpacker 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 live 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.

1:30-2:30 Adirondack Place Names: Why Is That Thing Over There Called That? GREYLOCK D
Erik Schlimmer. Erik historically decodes scores of Adirondack place names, from Catamount Mountain to Avalanche Lake, Mount Haystack to Gooseneck 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."

SATURDAY, OCT. 12, 2019

	PARESKY Auditorium	GREYLOCK A	GREYLOCK C	GREYLOCK D	GRIFFIN 2
9:00 to 10:00	ATC Update: Activities & current topics	<i>Presenters' test room</i>	Hiking the IAT in Ireland: First woman to thru-hike the IAT Ireland shares her journey	White Mountains Single-Year Grid: FKT for all 48 4,000-footers in the White Mountains in a single year	Thru-Hiking the CDT: Information & planning tips - informal interactive panel discussion
10:15 to 11:15	<i>Presenters' test room</i>	IAT Scotland, Northern Ireland, & Ireland: Role of geoheritage & geoparks on the Scottish IAT	Mildred Ryder: First woman to hike the AT in one season (1952) - Peace Pilgrim	The Joy of Trail Maintenance: Maintenance of the Pinhoti Trail of Alabama	Be Bear Aware! Minimize the chances of aggressive bear behavior; strategies on countering
11:30 to 12:30	<i>Presenters' test room</i>	Pacific Crest Trail Slide Show by Firefeet: Images of the PCT from 2018/2019 hike	Chasing the Story of the Mysterious Jim Whyte: His trail of secrets	The Great Eastern Trail: Story of a hike on America's newest long-distance trail	Day Hiking & Exploring AT Communities: Adventures & discoveries, day-hiking tips
11:30 to 2	LUNCH				
1:30 to 2:30	<i>Presenters' test room</i>	Human-Powered Poetry from the Appalachian Trail: Favorite pages from a new book based on a 2017 thru-hike & the inspiration behind them	Edible & Medicinal Plants: Easy to identify, harvest & prepare for both food & medicine	Adirondack Place Names: History behind scores of Adirondack place names; photos	How do you "Hike your hike" on the IAT-SAI? 10 Years, 13 Countries, 23 Flags & 2000 miles of International "Trail Magic"
2:45 to 3:45	Barbarian Utopia – Video: 91-minute documentary about AT thru-hiking; interviews with over 100 hikers	<i>Presenters' test room</i>	Steering Committee / Life Members: Open to all members in good standing. Develop a Long Range Plan for ALDHA		
4:00 to 5:00		25 years along the IAT: The International Appalachian Trail turned 25 on Earth Day - April 22, 2019	Hiking NH's 48 4,000 Footers: Putting them all together into one big to-do list	<i>Presenters' test room</i>	Laugavegur-Fimmvorduhals Trail: Two remote trails in nd - planning/logistics of getting to/from trailheads

SUNDAY, OCT. 13, 2019

9-11:30	Annual Meeting				
11:30-12	Group Photo				
10:30-1:30	BRUNCH				
1:30 to 2:45	Botanical Thru-Hike of the Florida Trail: Thru-hike of the 1,100 mile Florida Trail; edible & medicinal plants & incorporating them into meals & medicines	Dean(o) Barber's 1985 Thru Hike: Footage from this legendary year narrated by AT "Class of '85" members	My Long Walk: Trail Inspired Images & Poems: A hike of the NH & ME sections of the AT	Long-distance Hiking in Spain – Caminos de Santiago: Long-distance hiking options in Spain & Portugal	Thru-Hiking the New England Trail: 215-mile trail, from Long Island Sound in CT to the MA/NH border
3:00 to 5:00		PARESKY 220: ALDHA Board Meeting Meeting of the ALDHA Board; all ALDHA Members welcome to attend.	<i>Presenters' test room</i>	<i>Presenters' test room</i>	<i>Presenters' test room</i>

Workshops with a graduation cap count towards your ALDHA U diploma. See inside back cover.

SATURDAY, OCT. 12, 2019

GRIFFIN 3	GRIFFIN 4	GRIFFIN 5	GRIFFIN 6	GRIFFIN 7
<i>Presenters' test room</i>	"Lighting Up the Trail" with Solar Power: Backpacking using solar power, rechargeable items available	Hiking the Northville-Placid Trail: The beauty & solitude of a 138-mile Trail in the Adirondack Mountains	Dreamer Prep - AT 101: Aspiring AT hikers, ask your questions. If you just completed an AT hike, share your wisdom!	Camino de Santiago: Both the French Way & the Primitivo. Slide show & informative talk.
<i>Presenters' test room</i>	PSAR & Staying Found on Appalachian Trail: Narrated slide show to give hikers a safety net	Hiking the Beautiful Coastline of Portugal: Fisherman's Trail along the Atlantic Coast, island of Madeira, & more	Thru-Hiking the PCT: Info & planning tips - an informal interactive panel discussion	Common Sense Ideas for Lightweight Backpacking: Pack light, walk smart, take care of your body, prepare for any weather, & adapt for your own style. For all levels (and ages).
<i>Presenters' test room</i>	Hiking the Camino Portugués: Lisbon to Santiago, walking the Central "Way" from Porto	Staying Healthy on the AT: Tick-borne illness, Norovirus, Giardia, Cellulitis, Heat Illness, Hypothermia, Injury, etc.	Women on Trail: Panel discussion for women: questions about safety, food, hygiene, getting in shape, & more	
LUNCH				
<i>Presenters' test room</i>	Gators, Guts to Glory - A Florida Trail Adventure: Blissful's 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
<i>Presenters' test room</i>		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	Flip-Flop on the AT: The pros & cons of doing a flip-flop thru-hike of the AT
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	<i>Presenters' test room</i>		Cameras, Photography, & Websites: Running your own website for your trail diary; equipment & software

SUNDAY, OCT. 13, 2019

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

Workshops with a graduation cap count towards your ALDHA U diploma. See inside back cover.

SCHEDULE OF EVENTS

SATURDAY PM (Cont.)

1:30-3:45 How do you "Hike your hike" on the IAT-SAI? **GRIFFIN 2**

Will French (Enlightened Rogue). He will share his experience of 10 Years, 13 Countries, 23 Flags and 2000 miles of International "Trail Magic." Any questions?

1:30-3:45 Gators, Guts to Glory - A Florida Trail Adventure **GRIFFIN 4**

Lauralee Bliss (Blissful). Walk on the wild and humorous side of adventure with Blissful, hiking the 1,100-mile Florida Trail from Big Cypress National Preserve to Gulf Islands National Seashore. From encountering gators and cottonmouths to cypress forests, swamps, and palms, Blissful uncovers the hidden gems along this National Scenic Trail.

1:30-2:30 With Pickaxes, Rakes, and Shovels: A Pictorial History **GRIFFIN 5**

Leonard Adkins (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 vintage 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 **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.

1:30-2:30 Prehab - Hints to Staying Healthy **GRIFFIN 7**

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 **PARESKY**

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 **GREYLOCK A**

Daniel Zube (Screech). Continued from 1:30 pm.

2:45-3:45 Steering Committee/Life Members **GREYLOCK D**

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? **GRIFFIN 2**

Will French (Enlightened Rogue). Continued from 1:30 pm

2:45-3:45 Gators, Guts to Glory **GRIFFIN 4**

Lauralee Bliss (Blissful). Continued from 1:30 pm

2:45-3:45 Wildflowers of the Appalachian Trail: A 2,000-Mile Floral Parade **GRIFFIN 5**

Leonard Adkins (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.

2:45-3:45 27 DAYS, 27 Years Later - Video **GRIFFIN 6**

Lynne Whelden. In 1991 he released the film "27 Days." (It premiered in Williamstown at the ATC conference!) He followed 4 backpackers, all in their 60s, as they tried to hike the Long Trail from end to end. Lynne went back to Vermont 27 years later. Everything changed, including Lynne. His new old film is called "27 DAYS, 27 Years Later."

2:45-3:45 Flip Flop on the AT **GRIFFIN 7**

Jackie Howard (Sprout). She will discuss pros and cons of doing a flip flop thru hike on the AT, bringing her own unique perspective as a petit, 30-something, half Colombian, vegan woman.

4-5 Barbarian Utopia - Video **PARESKY**

Thaddeus Lamar (No Pants). Continued from 2:45 pm.

4-5 25 years along the IAT **GREYLOCK A**

Don Hudson (Weary Ankle). The International Appalachian Trail turned 25 on Earth Day - April 22, 2019 - we'll review those years to understand where we've come and where we're going.

4-5 Hiking NH's 48 4,000 Footers **GREYLOCK C**

Faren MacDonald (Castle). New Hampshire has 48 peaks over 4,000 feet in elevation, mostly in the White Mountains. Individually, each is a serious undertaking, but, put together into one big to-do list? That takes dedication, hard work, and lots of logistics.

4-5 Laugavegur-Fimmvorduhals Trail, Iceland **GRIFFIN 2**

Jim Rowland (Mechanical Man). These two remote trails connect to form a 49-mile hike. You encounter spectacular waterfalls, volcanic activity, cross large snowfields and spend time in black valleys with bright green mountains. Talk will cover planning and logistics of getting to and from trailheads. The Laugavegur portion is part of the IAT.

4-5 Yes, You Can Day Hike the Entire AT **GRIFFIN 3**

Warren Doyle. Why backpack the AT when you can day hike it? From one who has and knows how it can be done.

4-5 AT Museum/Ironmasters Mansion Hostel **GRIFFIN 4**

Larry Luxenberg, Bill O'Brien and Jim Foster. The AT Museum will operate Ironmasters Mansion Hostel as of Jan. 1, 2020, and is looking for ideas to make the hostel more hiker friendly - give us your thoughts! Also, update on new projects: placing on Museum grounds a stone trail shelter built by Earl Shaffer, a native plants garden, and trail maintenance exhibits.

4-5 27 DAYS, 27 Years Later - Video **GRIFFIN 6**

Lynne Whelden. Continued from 2:45 pm.

4-5 Cameras, Photography, & Websites **GRIFFIN 7**

Dan Bedore (Fashionplate Dan). Fashionplate Dan will discuss the advantages of running your own website for your trail diary, including what equipment and software he uses.

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. CAMPSITE
Campfire noise must end at midnight. Respect your neighbors!

SUNDAY MORNING

7-7:45 Sunrise Service CAMP
An informal gathering featuring a rendition of "Amazing Graced" 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 prepared 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*

11-1:30 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 Iowan. Members of the AT "Class of '85" will provide context to the images, towards a log 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 NH 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!).

It travels through classic New England landscape including mountain ridges, summits, forested glades, wetlands, lakes, streams, waterfalls, and it's up to you to find a way across the wide Connecticut River.

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.

1:30-2:45 Between Sea and Glacier GRIFFIN 7
Will Richard. "Between Sea and Glacier: Greenland [and the IAT] in a Changing World" is the title of new book by author and geographer Will Richard. He is a longtime board member of the IAT and helped to establish the trail on Greenland. Will has documented both environmental and social change, and his images tell the story.

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.

SUNDAY EVENING

7-8 Meet Grandma Gatewood Bernhard Music Center
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 AT in 1955. After her monolog there will be Q&A.

8-9 Tramily Fued Bernhard Music Center
"Survey says ..." Join us for some laidback fun as we play our hiker family revision of the old time game show, Family Fued.

MONDAY MORNING

8 am Work Trip(s) MEET AT THEBARN
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 a.m. 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 ALDHA BUSINESS MEETING

ANNUAL MEETING AGENDA

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

Call to OrderRon Burger
 Reading of the Statement of Purpose..... Sue Spring
 Adoption of Agenda & Approval of MinutesRon Burger
 Welcome and IntroductionRon Burger
 Approval the Update of ALDHA Bylaws.....Ron Burger
 Election of Officers/Directors see **Offices Up for Election**
 Executive Officers ReportsOfficers
 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' UpdatesProgram Coords
 Old Business.....Ron Burger
 New Business.....Ron Burger
 Motions/Resolutions See **Motions** below
 Honorary Life MembershipRon Burger
 Coordinator's Awards.....Ron Burger
 Announcements/ClosingRemarksRon 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 thisnicety.
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.

MOTIONS

If you would like to make a motion during the business meeting, please submit it in writing to Coordinator Ron Burger by 4:00 pm Saturday. We hope to project during the meeting and need to get the motion typed into the system ahead of time. Motions from the floor on the day of the meeting are still welcome, but please write it on paper for accuracy and submit to the ALDHA Coordinator, Ron Burger.

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 UP 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.

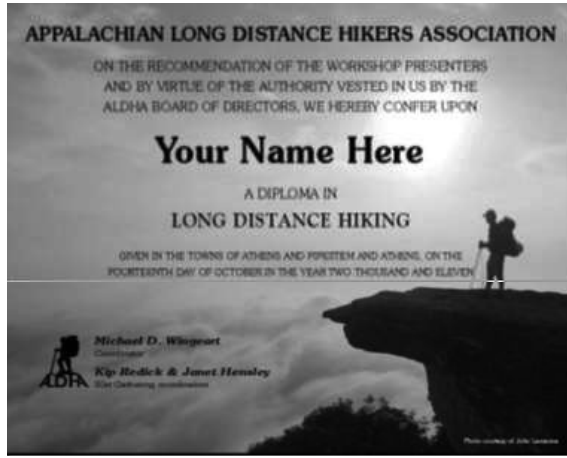
Reminder to existing and newly elected board members. There will be a Sunday afternoon ALDHA board meeting from 3-5 in Paresky 220. All ALDHA Members are welcome to attend.

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 (lw-gear.com), Green Mountain Club (greenmountainclub.org), Potomac Appalachian Trail Club (patc.net), Human-Powered Poetry from the Appalachian Trail - A Thru-hiker's Perspective" (humanpoweredpoetry.com), International Appalachian Trail (internationalat.org), Habitual Hiker (habitualhiker.com), Friends of the Trans Adirondack Route (transadk.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.

Workshop	Presenter's Signature	Workshop Hours
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		
6. _____		
7. _____		

First Name: _____ Last Name: _____ Trail Name: _____

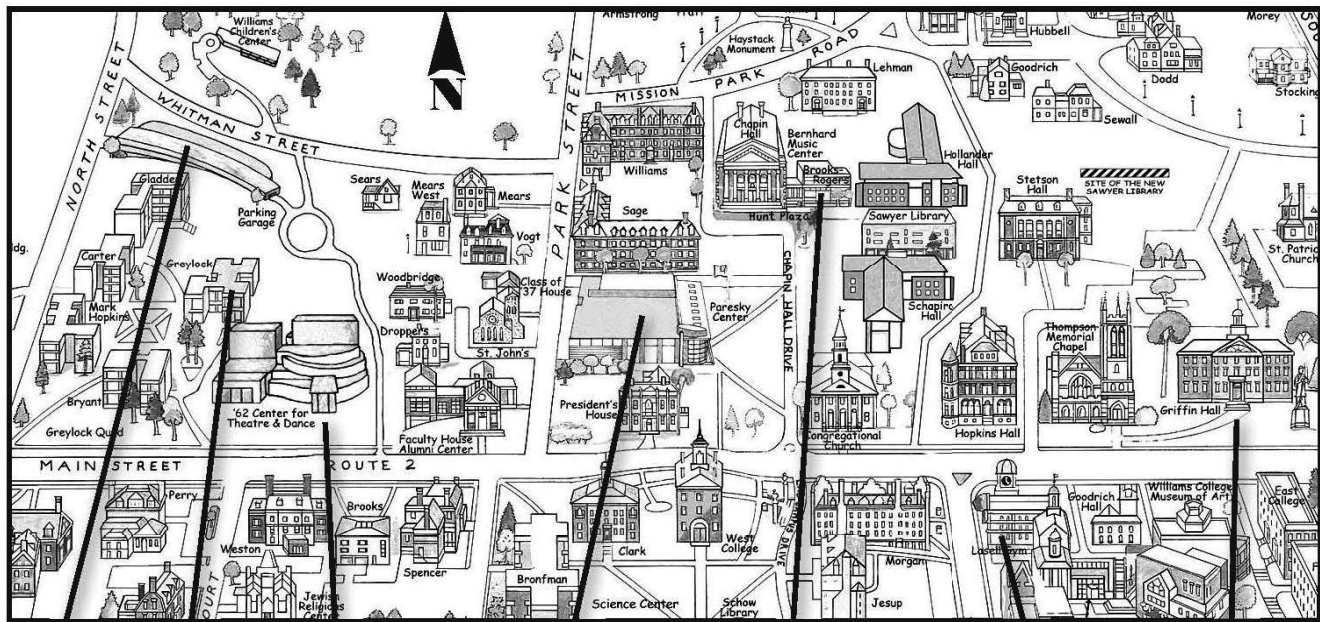
Street Address: _____

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!



Parking Garage	Greylock ALDHA Central and Hiker Fair	'62 Center Friday and Saturday night presentations	Paresky Center Dining hall, workshops, Sunday annual meet- ing and group photo	Bernhard Music Center Sunday night program	Lasell Gym Showers (hours posted in the program)	Griffin Hall Workshops Workshops Workshops!
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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.

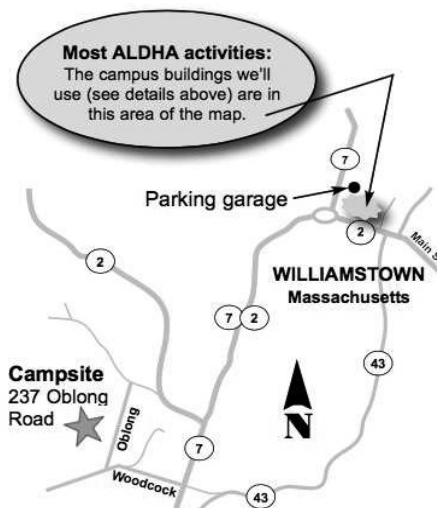
The spring Board Meeting meeting is scheduled for Saturday, April 4, 2020 at 9 a.m., at Bears Den. All members are welcome to attend.

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.



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.