

The **38th Annual ALDHA Gathering** is October 11-14, 2019 at Williams College, Williamstown, MA. Camping is nearby and is included in the \$20 Registration fee. This is where you can get your 2019 ALDHA Completion Certificate, unique in its own way, onstage in front of hundreds of your peers to a standing ovation. And you can receive the ALDHA "I Hiked ALDHA Way" patch to be proudly displayed on your vest or pack. We hope to see you there!!

Special for the 23rd Northern Ruck:

The 2019 Thru-Hikers' Companion is only \$15 and includes a year membership in ALDHA. This will get you the pdf version of the 2019 Thru-Hikers' Companion, a pdf copy of the 2019 ALDHA Directory, four seasonal pdf copies of the ALDHA Newsletter, and a membership in the greatest hiking organization in the world!!

This is our 26th Edition of the **BEST** guidebook on the Appalachian Trail. More than three dozen volunteers have given their time and efforts to make sure the information is the most accurate and current on the AT. The profiles in this book are professionally drafted from 2019 data. This book provides essential information for anyone hiking the AT. This "Companion" remains the only Appalachian Trail guide that reflects the perspectives of many— and the only one produced by non-profits that put the proceeds **entirely** back into the Trail.

For those of you desiring to give back to the trail, Mike "Wing-Heart" Wingart leads a PATC group of volunteers called the "Mid-Week Seniors et.al." that works primarily during the week (because our spouses want us home on the weekends for the grandkids). If you would like to help, please email Mike at: mikewingart@hotmail.com or call (443) 791-9196.

Ron "Yellow Shoes" Bungay, leads a team that is working on the AT Museum. Work takes place about once a month. If you would like to help, contact him at ronbungay@verizon.net, or call (410)627-6367.

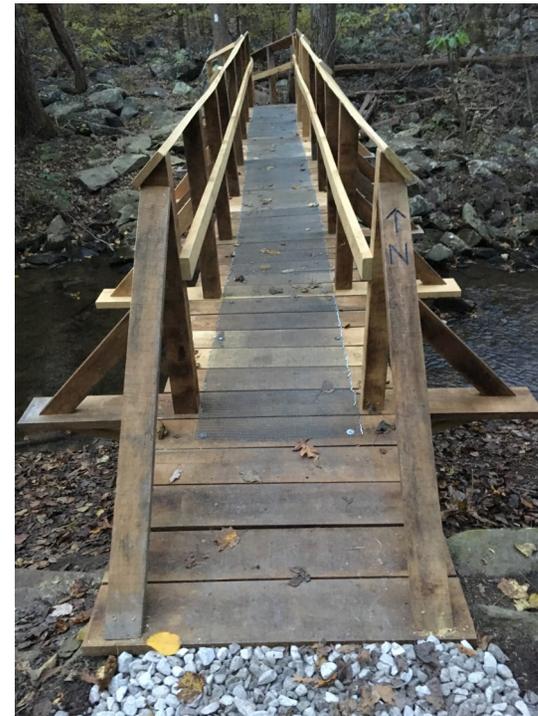
The 24th Annual Northern Ruck will be January 24-26, 2020 at Bears Den Hostel.

<https://www.aldha.org/noruck>



The 23rd Annual Northern Ruck

<https://aldha.org/noruck>



Bears Den Hostel, Bluemont, Va

January 25-27, 2019

Schedule of Events for the 23rd Annual Northern Ruck

Friday, January 25, 2019

- 5:00 pm — **Check in**, meet and greet.
6:00 pm — **Dinner**—Spaghetti Dinner*
7:00 pm — **Leave No Trace Skills**— Ron Burger
8:00 pm — **Staying Found on the AT**— Ken Bunning
9:00 pm — **Flip Flopping the AT**— James Smyle

Saturday, January 26, 2019

- 8 am — **Breakfast**—Blueberry pancakes and sausage, etc.
9 am — **Hikes along the AT**— form groups, have a good time
9 to 11am — **Pack Tuckerizations**— James Smyle
11 to 1 pm — **Lunch**— Soup and sandwiches*
1:30 to 2:30 pm — **Pack Tuckerization**— James Smyle
3 to 4:30 pm — **Thru-hiking Bull Session**— AT Thru-Hikers
4:30-5:30 pm — **What the Funk?**— Jim Fetig
6 pm to 7 pm — **Ruck Potluck**— You know how it works.
Everyone brings a dish, we all eat well, and leave lots for the caretaker!
7 pm — **Northern Ruck Group Picture**— Mike Wingart
7:15 pm — **Welcome** — Glen, host, PATC; Jim Fetig ATC;
Nate Shank, AT Museum; Jim Chambers, ALDHA.

7:30 pm — **Raffle** — Jill Byrd

7:45– 8:30 pm — **ALDHA's 50th Anniversary National Scenic Trails Hikes** — Ron Burger

8:30-9:30 pm — **The Language of Bears**— Jim Fetig

Sunday, January 27, 2019

7am to 9 am—**Breakfast**—on your own for this one!

9am to 11am—**Clean up**—grab a broom (or what have you), and help clean up the hostel. Leave it better than when we arrived and we'll be back next year!

Leave No Trace (LNT).

*For those that cannot cook or choose not to bring food to share, please make a donation to offset the costs for those that do. Everything does help, and thank you!

To the AT Class of 2019— **Hike Your Own Hike (HYOH)** and remember your actions will directly affect those coming behind you!! Please be respectful when summiting Mt Katahdin in Maine; hike it in small groups, forget the alcohol & marijuana, and celebrate quietly. We would like it to remain the northern most terminal of the AT.

<https://www.aldha.org/noruck>