

I have been hiking long distance for more than 60 years in some of the most remote and inhospitable wildernesses in the world, unsupported and mostly alone, including hundreds of miles on the Appalachian Trail. I've also written numerous articles, as well as a book about my experiences entitled, "Way Out There: Adventures of a Wilderness Trekker." In addition, I am a frequent speaker at outdoors organizations such as the AMC, Sierra Club, ADK, Audubon Society, the Explorers Club, L.L. Bean, REI, and I was a speaker at last year's ALDHA Gathering in Williamstown. My objective is to share my experiences to hopefully motivate others to pursue a healthy outdoors lifestyle, preferably by hiking. I am also an advocate for more diversity, equity, and inclusion (DEI) in the outdoors. For example, I am Chair of the DEI Committee for the 116-year old Explorers Club. I believe DEI will increase the number of people who will appreciate, and therefore protect, our public lands and open spaces. All of these experiences have given me a unique perspective on the mindset of long-distance hikers, as well as the importance of preserving our precious natural environments. I believe these are benefits I can bring to ALDHA to help fulfill its mission to promote the hiking experience across the entire Appalachian long distance hiking community. For more information about my background and experience, I invite you to visit my website: www.jrinthewilderness.com