

A Vermont Ruck- The First One

Cosponsored by

Killington Section of the Green Mountain Club & the Appalachian Long Distance Hikers Association

The Appalachian Long Distance Hikers Association (ALDHA) in partnership with the Killington Section, Green Mountain Club, are co-sponsoring the first Vermont Ruck, a spring weekend event promoting outdoor camaraderie where experienced hikers share their knowledge with both dreamers (planners) and anyone who is actively planning the possibility of long distance hiking the Appalachian or Vermont Long Trails. This Vermont Ruck will feature sharing information on cold weather hiking and survival skills geared toward increasing awareness, safety and other related trail issues. ALDHA's new program Hiker Awareness, Safety, and Trail Education (HASTE) will be featured for the first time in New England.

Dates: Friday March 20th thru Sunday March 23rd, 2020. Check-in opens at 12 noon on Friday.

Location: Church of our Savior Mission Farm, Mission Farm Road, Killington, VT.

Cost: \$25 per person plus lodging. Cost includes four catered meals (2 breakfast, bagged lunch, dinner provided for the weekend including the public spaghetti and meatball dinner being offered Saturday night from 5–7 pm before the keynote presentation.

Lodging: The first 15 registrants may elect to stay at the Mission Farm Lodge on site (\$25 per night to stay Friday and Saturday night (bunks). Outdoor camping is available on site (with indoor toilet facilities available) for \$5 per night. Once the Mission Farm bunk accommodations are filled, overflow bunkrooms are available at the Turning River Lodge Inn, 5672 US Rt. 4, Killington (802-422-3766), (\$45 dollars a night discounted Ruck price.) Space limited, so reservations should be made as early as possible.



View of Killington overlooking Rutland Vermont located 7 miles from AT/LT.



A Long Trail Hiker's Climb of Denali, "the Great One" in Alaska

Saturday March 21st 2020 7 pm - Keynote speaker *Michael DeBonis, Green Mountain Club Executive Director* will talk and share photos about his 2019 Denali adventures including the “how to” of winter training on the Long Trail to prepare for a Denali climb.

Cost: Donation

Location Church of our Savior Mission Farm, Mission Farm Road, Killington, VT

Program/Agenda:

FRIDAY

Check in (12 noon), tent camp set up, dinner on your own in the area.

Friday evening workshop (7-8pm) TBA

Music & Social Time (8pm-TBD), snacks provided.

SATURDAY

Pancake and Sausage Breakfast (7-9am)

Optional outdoor activities: Hike/Skiing (reduced rate)

Killington Section, Green Mountain club sponsored family hike- TBA

AM workshops:

1. (9-10am) “ALDHA and GMC orientation”
2. (10-11am) “Hypothermia and Hiking”
3. (11-12pm) Pack Tuckerization

Bagged sandwich Lunch provided (12-1pm)

PM Workshops:

1. (1-2pm) TBA
2. (2-3pm) “Hiking the Long Trail”
3. (3-4pm) “Personal Safety on the Trails”

Social Time (4-5pm), 50/50 raffle to benefit Green Mountain Club

Open to the public \$10. Per person Spaghetti and Meatball Dinner (5-7pm) included in the Ruck registration. Kids under 12 eat free.

Keynote Speaker (7-8pm) "From the Long Trail to Denali"

Program/Agenda: continued:

SUNDAY

Breakfast (8-9am)

Optional outdoor activities: Hike/Skiing (reduced rate)

Check out (10 am)

See Facebook for further info & scheduling of events info.

Primary Contact: Kathleen & Wayne Krevetski 802-779-1485,

Volunteers welcome to present proposals for workshops. Contact
kkrevetski@hotmail.com