

42nd Annual Gathering

SWVHEC

ABINGDON, VA

OCTOBER 11 - 13, 2024

Appalachian Long Distance Hikers' Association



WELCOME!

We are so glad you are here. We have gathered, as Walkin Jim said to meet with, “friends of the trail and our trail of friends.” The Gathering; where you will experience stories of adventures, trail talk, and skills are shared around every table, classroom, and campfire. We invite you to share your adventures, learn a new skill, hear about a new trail, or check out some new gear. Pull up a chair at our Friday Afternoon Picnic or the evening campfires, with some new friends, take a class, and help us celebrate those who have finished a trail.

I, also, want to take this opportunity to THANK the Southwest Virginia Higher Education Center for all of their support Thanks to the Highland Community College, and the Foundation for allowing us to use their land for camping and campfires. Many thanks to all those who willingly volunteered to make this weekend great. Please make sure to thank them if and when you see them. If you have any questions or needs, that please come by ALDHA Central.

Penny Vann 42nd Gathering Director.

GATHERING DEDICATION



This Gathering is dedicated to Noel DeCavalcante our sixth coordinator, Noel DeCavalcante took the reins of ALDHA in 1995 when most of our communication was by phone or US mail. He started ALDHA’s transition into the modern age of communication. During Noel's watch, ALDHA became one of the first trail organizations to launch its own web page which continues to this day, nearly 30 years later.

Under his guidance, the Gathering moved in 1996 to a new location for the first time other than Pipestem, WV or Hanover, NH. We held our annual get-together that year at a junior high school in Carlisle, PA, and it became the most well-attended Gathering in ALDHA history with an estimated 600 people in attendance. At least 400 were on hand early Sunday morning for a surprise slide show by Earl Shaffer from his 1948 thru-hike. That was Earl’s first Gathering and Noel welcomed him to it.

Noel was himself something of a trailblazer. After he thru-hiked the AT in 1989 under the trail name of "The Singing Horseman" (a rough translation of his last name), he spent the next year paddling a canoe solo down the Mississippi River from its source in northern Minnesota past New Orleans to a place called Pilottown, a small assemblage of shacks built on stilts that no longer has any permanent residents. Noel may be the first person to have canoed the entire length of that mighty river. This was something he had dreamed about since he was a boy. (cont.page 12)

FEATURES FOR THE EVENINGS

Friday Night Roll Call

This year we will start from the years gone by and work our way forward until we get to those who finished the AT in 2023 after last year's Gathering and this year’s class of 2024. We will also recognize those who have thru-hiked other trails, maintainers, hostel owners, shuttlers, and others who help all of us achieve our trail goals. Afterward, come to the reception to congratulate them personally.

Saturday Night Guest Speaker



Briana DeSanctis: The first woman to continuously solo the entire American Discovery Trail.

Sunday Night Speaker...

The Famous Miss Janet Hensley. She is a well known for being a trail angel/shuttler and a Big Sister to many current hikers. She has stories to tell and miles to recount. Does anyone know how many vehicles she has gone through over the years?

REGISTRATION	Main Lobby
Friday	12:00 pm - 4:30 pm
Friday	5:30 pm - 6:30 pm
Friday	9:00 pm - 10:00 pm
Saturday	8:00 am - 12:00 pm

ALDHA CENTRAL & HIKER HANG OUT

If you need anything throughout the weekend, stop by ALDHA Central which will be staffed by ALDHA Board members and volunteers who can assist you. ALDHA Central is in a room off the hallway behind the Grand Hall. Here you will find the lost and found, the ride/message board, the motions, and the agenda for the Annual Member meeting.

THE ALDHA STORE

You can purchase ALDHA merchandise at the ALDHA Store on Friday and Saturday. You will find hats, bandanas, t-shirts, and the AT Trail Companion plus more. It is located in the Hiker Fair area.

NECK WALLETS & WRIST BANDS

At the registration table, you'll receive your registration packet, a name badge, and an ALDHA neck wallet. It must be worn for the duration of the Gathering, so you are identifiable as an ALDHA Gathering attendee.

CONNECTING TO WI-FI ON CAMPUS

From your device, go to the SWVHEC log-in site that should pop up automatically. No password is needed.

BATHROOMS

The Restroom Trailer is directly next to the school and the camping area. They are not ADA compliant but there are restrooms in the Education Center that are available when the school is open. An ADA bathroom is also available on the Foundation land, near the campfire.

PETS

Service animals will be allowed at all events. Dogs must be on a leash at all times, and any gifts dropped on the ground must be cleaned up immediately. The Clarion Pointe is pet friendly. Please do not have pets on the soccer field.

SMOKING POLICY

Smoking is not allowed inside the SWHEC but there are three designated smoking areas outside of the building. Although smoking is allowed in the camping areas, PLEASE dispose of butts in the trash containers. Someone will have to pick them up after the Gathering if you throw them on the ground. Please be respectful and pick up after yourself!

DINING OPTIONS

While there is no dining hall on-site at the Southwest Virginia Higher Education Center, There will be breakfast items provided for a donation each morning in Room 103/104. Also, Le Café', the small dining area off the main hallway, will be open for Gathering attendees to sit, eat, and relax. Coffee, soda, and snack machines are available here. Tables are set up in Room 103/104 and the hallways for use during the Gathering. There is also free coffee and water located in the Hiker Fair area. Please bring your own cup.

There are a few restaurants near the SWVHEC and more at the northern exits off I-81. There will be information on dining options at the Abingdon information table.

GROUP PHOTO

Will be Saturday Night in the main lobby near the stairs immediately after the Saturday evening program. Again this year, Dean "Crooked Sticks" Clark, ALDHA's official photographer will be organizing this. Please follow his directions.

FRIDAY NIGHT RECEPTION

Join us after the Friday night opening on the Patio and the Hiker Hangout for snacks and lively conversation.

WATER & ELECTRICITY

Water can be collected from the outdoor spigot at the Higher Education Center. No outdoor electricity is available for campers. There are no dumping facilities for black water available on site. PLEASE DO NOT dump your waste water while parked in the school lot. There is a barrel near the Portalet for gray water.

RAFFLE

ALDHA Treasurer, Jill Byrd will be selling raffle tickets for a chance to win prizes. Winners will be drawn on Saturday and Sunday evenings before the feature presentation. To purchase tickets, visit ALDHA Central or see Jill Byrd. Tickets will be available as follows (cash only): 1 for \$1, 6 for \$5, 14 for \$10, 22 for \$15, 30 for \$20.

There usually is some pretty good stuff given away. All proceeds will go to help defray Gathering costs, and then to a trail project if there are excess funds. This will be a fun way to help support the Gathering and other ALDHA projects. You must be present to win. Buy your tickets before the Saturday Evening Program

CAMPING

There is FREE camping available directly adjacent to the Education Center building on the soccer field with plenty of room for any sized tent. Also this year the Virginia Highland Foundation is generously letting us use their land for camping and our evening fires (if allowed by the state of VA). Please pick a camping spot within the yellow-taped boundaries. There is NO hammock hanging allowed on site and NO cooking on site. If you wish to cook, please do it on the Patio behind the school.

The Soccer Field area will be a designated quiet area and a no-alcohol area. Moderate alcohol consumption will be allowed in the Foundation Land camping area. Quiet hours on campus and in the camping areas will be from 12 AM to 7 AM.

If you are an RV or Van Dweller, the large parking lot directly opposite the camping area is the perfect spot for your rig.

All campers and RVers please sign your name to the camper booklet so we can have an accurate number of how many people we have in campground/RV areas.

CAMPFIRES

The campfire pit will be set up on the Foundation Land and available during the nights after the evening festivities. Quiet hours begin at Midnight.



SHOWERS

Showers will be available during the weekend at the Harry L. Coombs Recreational Center, 300 Stanley St, Abingdon, VA, when open, Friday through Monday. The fee for showers will be \$4. Please bring exact cash, if possible. Plan to use your own shower items and towels. Hours will be posted at ALDHA Central.

INTRODUCING THE GATHERING GAMES

These group games are a way we can meet new people. Every attendee is assigned a team. During the weekend there are various fun games or activities. Points are awarded to the winners or for participation. Awards will be given to the winning team on Sunday Night.

EMERGENCY NOTIFICATION

In the event of a weather emergency, you will get alerts from an app made available by both SWVHEC and the VHCC. You will also be notified by our Campground Coordinator, Mark Hudson. If the weather is threatening, you will be warned at the evening presentations. If the city's tornado sirens go off during the day head to the building asap. If at night, head to lower ground and wait out the weather in your car.

POLICE AND FIRE INFORMATION
EMERGENCY: 911
Abingdon Police Office Non-Emergency
(276) 628-3111
425 W Main St, Abingdon, VA 24210
Mon - Fri 8:00 am - 5:00 pm
Central Dispatch Non-Emergency (24/7)
(276) 676-6277
Fire Non-Emergency
(276) 628-5563
316 Park St SE, Abingdon, VA 24210

SCHEDULE OF EVENTS

FRIDAY

Registration SWVHEC Lobby	12:00 pm - 4:30 pm
ALDHA Store Hiker Fair	12:00 pm - 5:00 pm
Welcome Picnic Patio	3:30 pm - 5:00 pm
Registration SWVHEC Lobby	5:30 pm - 6:30 pm
Opening Ceremony Grand Hall	7:00 pm - 8:30 pm

SATURDAY

Continental Breakfast Hiker Hangout	7:00 am - 8:30 am
Hiker Fair Behind Grand Hall	8:00 am - 5:00 pm
ALDHA Central Hiker Fair Area	8:00 am - 5:00 pm
Here you will find the message board, dropbox for motions/ resolutions for the Annual Meeting, ride board, lost and found, and a place to ask questions.	
Registration SWVHEC Lobby	8:30 am - 12:00 pm

OPENING CEREMONY

Gathering Song	Walkin' Jim Stoltz sing-along
Introduction	Penny Vann
Welcome	Dennis Newton, ALDHA Coordinator Amanda Pillion, Mayor of Abingdon David Matlock, SWVHE Center Executive Director
Announcements	Penny Vann
Dedication	Bill O'Brien
Roll Call	Robert Palermo
Final Blaze	Kip Redick
Thought on the Journey	Kip Redick
Gathering Games Begin	John Jordan
Meet your team and join the fun.	

SATURDAY WORKSHOPS

8:45 - 9:45 Wild Flowers on the AT

Leonard Adkins

Exec. Auditorium

Wildflowers of the Appalachian Trail: A 2,000 Mile Floral Parade follows the progression of wildflowers from late winter to fall, and from Georgia to Maine. Featuring stunning photographs by Joe Cook and Monica Sheppard. The workshop is based on the book that received the National Outdoor Book Award and Foreword magazine's Book of the Year Award. Accompanied by classical, folk, and new-age music, The presentation not only identifies the flowers, but reveals the story behind the names, the role a flower has played throughout history, and its value in folkloric as well as modern medicine.

8:45 - 9:45 Superstition Wilderness Walkabout

Mic Lowther

RM 130

Mic shares his experience of his 24-day hike in the Arizona desert. He hiked with no schedule, no miles per day, no place to be at any particular time. He resupplied from buried food caches, started fires with a bow drill, got lost several times, and had very limited water sources. He also experienced the desert's silence, beauty, and unforgiving harshness. He developed his own mantra during the hike. Come to the workshop to discover what

First Timers Orientation Dennis Newton	8:45 pm - 9:00 pm Front Stage
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Evening Reception Come enjoy the evening air together. Meet new people and some old friends over late night snacks.	9:00 pm - 10:00 pm Hiker Hangout
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Campfire Foundation Land	10:00 pm - Midnight
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Quiet Hours Campfire noise must end at 12. Please respect the other campers and neighbors	Midnight - 6:00 am
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SCHEDULE OF EVENTS - SATURDAY CONTINUED

8:45 - 9:45 LNT: Why Should We Care

Tom Ottinger

RM 222

What's this Leave No Trace thing and why is it important to you? This interactive session will give participants a chance to share their knowledge and experience (both good and not so good). Hopefully you will leave knowing why we need to preserve these wild areas we walk through as visitors, and how to preserve them. And we'll throw in a few jokes, too.

8:45 - 9:45 Dreamers Thru Hike Orientation

Dennis (Trail Pilgrim) Newton & Cast

RM 226

Newly minted A.T. thru-hikers from 2023 and 2024 are the best experts in the world on how to successfully hike the A.T. In this panel discussion, they will answer questions for the Dreamers & Planners about all facets of hiking the A.T. during this workshop.

8:45 - 9:45 You Are Wanted in ALDHA Care

John Jordan

RM 230

Come and learn about ALDHA's program to encourage and support hostels. Bring your ideas on how to make the program better and hear about how you can get involved.

8:45 - 9:45 The Future of Backpacking

Paul (Chef Paul) Fitzner

RM 240

Backpacking gear has changed a lot in the past 50 years. New materials and designs are constantly bringing newer, lighter, and better quality gear. We will take a look at what is coming down the pike for Backpacking.

9:55 - 11:35 American Camino: Spiritual Walking

Kip (Hippy Kippy) Redick

Exec. Auditorium

In Kip's informative and entertaining way, he uses the AT to bring to light the spiritual side of hiking. He will also discuss how walking can become a pilgrimage which John Muir talked about when he said he liked the word saunter over the word hike.

9:55 - 10:55 Pinhoti Trail: The Big Blue Blaze

Nathan (Switchback) Wright & Cast

RM 130

This is an update on the Pinhoti Trail: The growth, trends, and its place in the US trail system will be discussed.

9:55 - 12:05 Common Sense Ideas for Lightweight

Backpacking

Sue Williams

RM 222

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 25 years ago at age 48, Sue emphasizes how to pack light, walk smart, take care of your body, prepare for any type of weather, and adapt to your own style.

9:55 - 10:55 Great Eastern Trail

Tim Hupp

RM 226

The Great Eastern Trail lies west of the AT. It uses several trails to stretch from Flagg Mountain in Alabama 1600 miles to the Finger Lakes Trail NY. This Powerpoint presentation will include updated information on its route, trails, conditions, and current needs.

9:55 - 11:35 Hiking Responsibly With Your Dog

Maria Wishart

RM 230

This workshop provides information on how to be a responsible handler. Topics include logistics, training, nutrition, gear and much more. The second part of this workshop will go into canine body language and safe ways to deal with encounters with trail dogs.

9:55 - 11:35 Moose Tales: Got Moose

Waterlilly Nelson

RM 240

Come learn about this big brown-eyed charismatic megafauna with bog shoes, antlers, and weighs 1500 pounds. Moose live in the northern areas of the US including along the AT. Let's talk about how to find or avoid them on trail and why docile moose can sometimes get feisty and possibly dangerous.

SCHEDULE OF EVENTS - SATURDAY CONTINUED

11:05 - 12:05 The AZT

Thomas Conover

RM 130

This workshop is a recap of a thru hiker's experience of hiking the AZT in 2008 with trail updates.

MIDDAY BREAK

Lunch Break

12:05 pm - 1:30 pm

Gathering Game

1:15 pm - 1:30 pm

A quick game among us all. Come and win points for your team

Grand Hall

WORKSHOPS CONT.

1:40 - 2:40 50 Years On The Allegheny Trail

Nicole Flood - Sawczyn

Exec. Auditorium

This short film will describe the 50 Years of the Allegheny trail with a video presentation about the plans for the next 50 years. There will be time for Q&A.

1:40 - 2:40 The Overmountain Men

Gordon Sisk

RM 130

This exciting workshop details the story of the Overmountain Men and their quest to protect their homes. After British Major Patrick Ferguson threatened their homes, during the Revolutionary War. They journeyed 330 miles to King's Mountain. This is epic journey still inspires us today.

1:40 - 2:40 Prehab, How to Get and Stay in Shape

Sue Williams

RM 222

Everything from preparing your body for your hike to staying healthy on the trail in the workshop! 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 walking techniques to go uphill and down, picking out the right shoe and ways to prevent blisters and hot spots.

1:40 - 2:40 HELP! I am Back in the Real World

Penny (Reverse)Vann & Cast

RM 226

We have adjusted to living in the woods, made friends in the Tramily and now we are back to our old life. Yet the world and life seem out of step. We may feel out of place or wonder why life is so different from before the hike. Come to this panel workshop as we discuss navigating the waters of reentry shock and Post-Hike Depression.

1:40 - 2:40 Lakes to Ocean Trail: The 10th Yr Anniversary

Scot Taba Ward

RM 240

This workshop looks at the past, present, and future of this 10-year-old trail. Join Scot "Taba" Ward as he talks about this relatively new 2,800+-mile trail that links the Great Lakes to the Atlantic Ocean. It connects long distance trails across 6 states using an all-terrain route designed to experience everything each state has to offer.

2:50 - 4:30 Safe and Found

Julie Gayheart

Exec. Auditorium

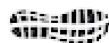
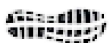
This educational documentary features the Haywood County Search and Rescue Team in one of the most remote areas of western North Carolina and the Great Smoky Mountains National Park. In addition to learning about hiker safety from a Search and Rescue perspective, you will also hear accounts from those who have been rescued.

2:50 - 3:50 Hiking Old AT Routes in SW Virginia

Jim McNeely

RM 130

Come discover the three general routes that the AT has taken through SW Virginia. You will learn which of the old AT routes can still be hiked and how to identify them. Many of them are easily hiked using the current AT and can be made into circuit hikes providing a unique and remote hike. The presentation will include a booklet of general maps of the former AT routes.



SCHEDULE OF EVENTS - SATURDAY CONTINUED

2:50 - 3:50 Fuel the Body Fuel the Adventure

Jennifer Fear **RM 222**

Explore how freeze-drying meals for optimal nutrition, convenience, and taste while on the trail can make a difference in your hike. Learn the basics, get questions answered, and discover options for maximizing your nutrition on the trail.

2:50 - 3:50 Trail Community: On Trail and Online

Matthew (Odie) Norman **RM 226**

In this workshop Odie will present a slide show about community relations between hikers, trail maintainers and trail support through in person and online communications. And bury your poop.

2:50 - 3:50 How to Day Hike the Entire A.T.

Warren Doyle **RM 230**

Yes, it can be done. Why carry a 25-35 lb. pack when you can carry a 5-10 lb. pack?

This discussion/workshop will be led by AT Hall of Fame member, Warren Doyle, who has day-hiked every section of the AT.

2:50 - 4:30 The Magic of a Hostel

Neville Harris & Cast **RM 240**

The Trail is like a church. Neville will share how the Hostels are the vehicles to help people stay in the Woods. This talk will dive into the history of Wood's Hole. Neville will also share her stories about how her life at Wood's Hole has been directly impacted by the special relationship she has with the trail and the hiker community.

2:50 - 4:30 PCT Food Hanging Method

Ed Homenick **Hiker Hangout**

Learn how to properly execute the PCT method of hanging a food bag with all of the intricacies that the speaker has discovered along the way. Participants are encouraged to participate and should bring a food bag hanging kit, if possible so they can practice.

4:00 - 5:00 Hiking the Benton Mackaye Trail

Andy (Hiker Boy) Boyes **RM 222**

Discussion of the logistics of thru-hiking this 289 miles long trail covering resupply, shuttles and trail services, and the GSMP permit system.

EVENING EVENTS

Dinner Break **5:00 pm - 7:00 pm**

Evening Program **7:00 pm - 9:00 pm**
Grand Hall

EVENING PROGRAM

Announcements	Penny Vann
Raffle Part 1	Jill Byrd
Billy Goat Awarding	Dennis Newton
Featured Speaker	Briana DeScantis

Group Photo **9:00 pm**

Main Hall Near the Stairs

Join us immediately following the evening program for our annual Gathering Group Photo.

Campfire **9:30 pm**

Foundation Land

Quiet Hours **Midnight - 6:00 am**

Campfire noise **must end** at 12. Please respect the other campers and neighbors



SUNDAY SCHEDULE

	Firepit	Grand Hall	Exec Auditorium	RM 130	RM 222	RM 226	RM 240	Hiker Hangout
7:00am - 7:45am	Sunrise Service							
7:15am - 8:30am	Breakfast							
8:45am - 10:30am		Member Meeting						
10:40am - 11:40am			Challenges of Aging Hikers	Always Be Fearless	How to Lead a Hike	38,000 Miles	Thru Hiking the Pinhoti	
12:05pm - 1:30pm	Lunch							
1:30pm - 2:15pm		Gathering Games						
2:25pm - 3:25pm			My 55 yr Love Affair w/ the AT	Reintegration Experiences of Hikers	Long Distance Hiking Tips	Foraging 101	The CDT	
3:35pm - 4:35pm			My 55 yr Love Affair w/ the AT, Cont	Reintegration Experiences of Hikers, Cont	Long Distance Hiking Tips, Cont	Going to Maine	The CDT, Cont	Board Meeting, Starting at 4
5:00pm - 7:00pm	Dinner							
7:00pm		Evening Program						
9:00pm	Campfire							



SCHEDULE OF EVENTS - SUNDAY

Sunrise Service **7:00 am - 7:45 am**
Foundation Land

Continental Breakfast **7:00 am - 8:30 am**
 By donation **Hiker Hangout**

ALDHA's Annual Meeting **8:40 am - 10:30 am**
Grand Hall

Come and help shape the future of ALDHA

SUNDAY WORKSHOPS

10:40 - 11:40 Challenges of the Aging Hiker
Jake Stewart **Exec. Auditorium**
 Hiking and backpacking are activities that can be enjoyed throughout the human lifespan, but it does unfortunately come with more challenges as we age. The presentation and discussion will cover injuries, proactive and reactive measures, and resources available. There will be a slideshow to provide structure and stimulate thought, but discussion throughout the workshop including opportunities for others to share their own experiences and best practices will be encouraged.

10:40 - 11:40 Always be Fearless
Jennifer Fear **RM 130**
 What does 'mind over matter' mean to you? What obstacles are you facing? Are they fueling you or limiting you? Jennifer Fear shares her experience of thru-hiking the Appalachian Trail after being diagnosed with Multiple Sclerosis. While fighting to regain the use of her legs she learned that knowing our limits is very different from fearlessly pushing back against our limitations. It's our mindset, not our limitations, that define us.

10:40 - 11:40 How to Lead a Hike
Marcia Pruner **RM 222**
 This discussion and presentation will teach the ins and outs of leading a group hike safely.

10:40 - 11:40 38,000 miles of Trail Stories and Epiphanies
Warren Doyle **RM 226**
 Get your day started with stories including a deer leaping through a platoon of heavily-armed soldiers, an opera singer campsite lullaby, a buffet treadmill, 'friending' giardia, two American kids from the heartland, and also a nighttime conversation with zoo-imprisoned, 'body electric' Walt Whitman. Also, some substantive, spiritual gifts that the AT gave Warren on his 18 traverses of the entire AT.

10:40 - 11:40 The Journey of Thru-Hiking the Pinhoti
Scot Taba Ward **RM 240**
 Taba brings his exciting and experienced look at what you need to know to thru-hike this trail.

MIDDAY BREAK

Hiker Fair **10:40 am - 4:00 pm**

Lunch Break **12:05 pm - 1:30 pm**

Gathering Games **1:30 pm - 2:15 pm**
Grand Hall

You aren't going to want to miss this. Come and help your team to victory.

WORKSHOPS CONT.

2:25 - 4:35 My 55y.o. Love Affair with the AT
Warren Doyle **Exec. Auditorium**
 Come be regaled by Warren Doyle and his 'classic' slide/music show shown at the first Gathering in 1982. His passion for the AT speaks for itself. Be prepared to be entertained, amused, agitated, enlightened and/or pushed out of your comfort zone (just like the trail does to hikers). Your question of "What motivates someone to walk the entire trail 18 times?" may be answered by the end of this program.



SCHEDULE OF EVENTS - SUNDAY CONTINUED

2:25 - 4:05 Reintegration Experiences of AT Hikers
Frank Barnett **RM 130**

This 90 min workshop is a summary presentation of a master's research project done through the Experiential & Outdoor Education MS program at Western Carolina University. The purpose of this project was to explore the phenomenon of reintegration back into society after a long-distance hike on the AT. Through the qualitative method of narrative inquiry, the primary researcher interviewed and recorded seven participants who hiked the entirety of the Appalachian Trail. Through these shared stories, the primary researcher hopes to offer a better understanding of how to navigate the emotional burdens of grief, detachment, culture shock, and a loss of community to past, present, and future long-distance hikers. Additionally, these insights may be a helpful addition to long-distance hiking-related research within the field of outdoor recreational science.

2:25 - 4:05 Hiking Tips and Experience After 25 yrs
Thomas Conover **RM 222**

Experience is the best teacher. In this workshop Thomas will lead the discussion about various lessons and topics gleaned from 25 years of long distance hiking.

2:25 - 3:25 Foraging 101
Penny Vann & Cast **RM 226**

Nature abounds with edible and helpful plants. In this interactive workshop, Penny, a long-time forager, will facilitate a discussion of a few of the many edibles and restorative plants that grow in the Appalachian Mountain System. We will also discuss responsible foraging, policies, and cautions.

2:25 - 4:35 CDT Talk
Kip (Hippy Kippy) Redick **RM 240**

Come and watch a presentation featuring Hippy Kippy's photographic documentation of his Big Year Hike on the CDT. Whether it was snow pack, hot weather, long walks to town, or the amazing people he met along the way Hippy Kippy experienced it all and more. Kip's beautiful photographs and entertaining presentation style will surely be not only informative but also entertaining.

3:35 - 4:35 To Maine: All the Ways to Fall on the AT
Sally Chaffin Brooks **RM 230**

Join comedian and author Sally Chaffin Brooks, as she talks about her new memoir, Going to Maine: All the Ways to Fall on the Appalachian Trail, a funny and heartfelt memoir about her 2003 AT thru-hike.

EVENING EVENTS

Board Meeting	4:00 pm
	Hiker Hangout
Dinner Break	5:00 pm
Evening Program	7:00 pm - 9:00 pm
	Grand Hall

EVENING PROGRAM	
Announcements	Penny Vann
Raffle Part 2	Jill Byrd
The Gathering Awards	
Featured Speaker	Miss Janet Hensley
On to Next Year	Penny Vann

Campfire **9:30 pm**
Foundation Land



SCHEDULE OF EVENTS - MONDAY

ALDHA Work Trips - Hiker Hangout

7:15 am

Work trip volunteers gather in the Hiker Hangout for a continental breakfast, coffee and to build our Brown Bag Lunches for various work trips on trails and in the community.

Come, Extend the fun and give back to the community.

Our hotel price is still good for Monday night so treat yourself to a nice bed and a hot shower if you are staying.

Please sign up for a work trip at the ALDHA Table in the Hiker Fair area or see Mark Hudson.

UPCOMING ALDHA EVENTS

ALDHA Board Meeting

11/16

All members are welcome to attend.

Southern Ruck

1/24 - 1/26

Unicoi Christian Camp

Contact person John Jordan

Mid Atlantic Ruck

1/31 - 2/2

Bear's Den

Contact person Jill Byrd

COME JOIN THE FUN;

VOLUNTEER WITH ALDHA

Come join a committee, or help out at an event like a ruck, festival, or Outreach. Do you have an area of expertise related to hiking? We are always looking for someone to write an educational piece for the Blaze. If you would like to help by volunteering please the talk to contact anyone on the board or come by ALDHA Central.

Dedication, Cont. from Page 1

After Noel's term as coordinator expired in 1997, he continued to serve on the board for many years, helping to secure candidates for each year's elections and serving in other capacities. Shortly after the 1998 Gathering, he was tapped to serve as a charter member of the Appalachian Trail Museum Society whose mission was to create a facility celebrating the history and culture of the AT — its founders, builders, maintainers, volunteers, friends, and users, namely thru-hikers, section-hikers and other trail walkers. He served on the museum board until his death on July 13. (He is the first of ALDHA's long line of coordinators to pass away.)

Several years ago Noel was made an honorary life member of ALDHA, our highest honor. This year we are dedicating the Gathering, to him "The Singing Horseman."

by Bill O'Brien edited by Penny Vann and Vera Hurst. For Bill's unedited article, go to ALDHA's Gathering webpage.

Until Next Year

May all your trails be easy.

May your mountains be climbable.

May all your adventures be incredible.

May the weather be glorious and companions be near.

Blessings

Penny Vann

