

Northern California Redwood Ruck Schedule

Saturday, March 4th, 2017

Camp Lindblad, Santa Cruz Mountains

Saturday, March 4th:

8:00 – Registration opens, bagel breakfast, welcome from trail greeters

8:45 – **President and Vice President’s Welcome:** Whitney “Allgood” LaRuffa and Liz “Snorkel” Thomas

9:00am - **Lightweight Gear – Panel Discussion (45 min):** Duncan Cheung (moderator): Focus, Bobcat

9:45am - 15 min break

10:00am – Leave No Trace with Ken and Marcia Powers (30 min)

10:30am – Town Etiquette with Snorkel and Allgood (30 min)

11:00am – 15 min break

11:15 Trail Nutrition with Aria “Whole Food Hiker” Zoner (1 hour)

12:15 Special Lunch by Scott “Shroomer” Williams

12:45pm – Pack Shakedowns

1:35pm – 10 min break

(Those hiking the Camino de Santiago will break out from the rest of the group at this point)

1:45pm: Resupply (45 min) Moderator: Duncan Cheung, Panelists: Nancy “WhyNot” Huber, Tim “Venture” Repp, Anne “Kimchi” Hildebrand

2:30pm – 15 min break

2:45pm - Trail Specific Breakout Sessions (Camino and JMT/PCT/TRT/CDT, etc.) (45 min)

3:30pm – 10 mi break

3:45pm – **Hiking the PCT 35 years later: Steve “OG” Queen (1 hour)**

4:45pm – Raffle and Social Hour

For those camping overnight:

7:00 pm: Film: Asquatchalypse Now! By Squatch Films

Sunday, March 5th:

8:00 AM: Breakfast

