

CASCADE LOCKS RUCK SCHEDULE

8:00 — 8:45 am	Arrival, Check In, & Breakfast
8:45 — 9:00 am	President's Welcome Whitney "Allgood" LaRuffa, President of ALDHA-West
9:00 — 9:45 am	Leave No Trace / Trail Town Etiquette Liz "Snorkel" Thomas, Vice-President of ALDHA-West Whitney "Allgood" LaRuffa, President of ALDHA-West Robert "Story" Curzon
9:45 — 10:00 am	Break
10:00 — 11:00 am	Trail Nutrition Aria "Whole Food Hiker" Zoner
11:00 — 11:15 am	Break
11:15 — 12:00 pm	Gear Panel Moderator: Tiffany "Miss Info" Searsdodd Panelists: Steve "OG" Queen, Meg "Delightful" Roussos Eric "Panorama" Wollborg, John "John Z" Zahorian
12:00 — 12:45 pm	Lunch Food swap, used gear sale
12:45 — 1:15 pm	Pack Shakedowns Experienced long distance hikers
1:15 — 1:30 pm	Break
1:30 — 2:30 pm	Section Hiking the PCT in Oregon Eli Borschetto
2:30 — 3:15 pm	Q&A Trail Breakout Sessions PCT, PNT, CDT, JMT, and Wonderland Trail
3:15 — 3:30 pm	Break
3:30 — 4:15 pm	Calendar Year Triple Crown Jeff "Legend" Garmire
4:15 — 5:00 pm	Raffle Amazing gear prizes!
5:00 — onward	Social Hour and Informal Q&A Beer donated by Thunder Island Brewery

