

# ALDHA-West and CDTC Rockies Ruck Schedule

March 11, 2017

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| 8:00am  | Doors open, bagel breakfast  |
| 8:45am  | President's welcome  |
| 9:00am  | Lightweight Gear – Panel Discussion  |
| 9:45am  | break  |
| 10:00am | Dangers of the Rocky Mountains with Felicia “Princess of Darkness” Hermsillo   |
| 10:30am | Navigation with Mike “d-low” DiLorenzo   |
| 11:00am | break  |
| 11:15am | Pack Shakedowns  |
|         | <i>This time can also be used for folks to practice the lightening safe position as well as safe water crossings</i> |
| 12:00pm | Pizza Lunch  |
| 12:45pm | Trail Nutrition with Aria “Whole Food Hiker” Zoner   |
| 1:45pm  | break  |
| 1:55pm  | LNT/Town Etiquette with Whitney “Allgood” LaRuffa and Liz “Snorkel” Thomas   |
| 2:40pm  | break  |
| 2:50pm  | Trail Specific Breakout Sessions (CT, CDT, PCT, Teton Crest Trail)   |
| 3:35pm  | break  |
| 3:45pm  | Hiking the CDT in 1978 with Jean Ella  |
| 4:45pm  | Raffle   |
| 5:00pm  | Beer   |