

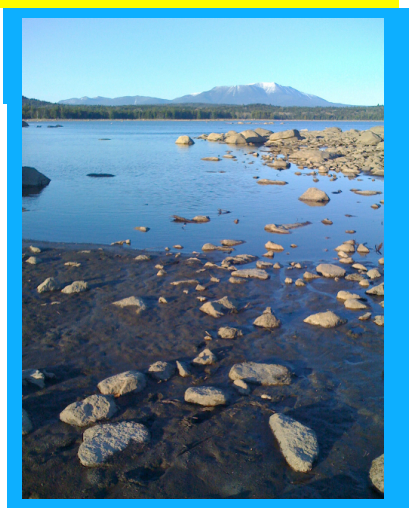
25 Years and Counting: Section Hiking the Appalachian Trail



Public Invited

What started as a weekend hike in 1985 turned into the trip of a lifetime—a 25 plus year trek on the Appalachian Trail. Jeff Ryan of South Portland and his friend Wayne Cyr are 140 miles away from finishing this epic journey. Jeff will describe the challenges and joys of section hiking over an extended timeframe, including the logistical challenges of reaching far-flung trailheads to begin the walk anew and the practical challenges of learning that a 50-year old body and mind operate differently than those of a 20-something when it comes to getting up and over mountains.

Come for a potluck dinner at 6 pm followed by the presentation at 7 pm. For more information, contact John Mullens at education@amcmaine.org.



**April 21, 2010, Wednesday, 6pm Potluck, 7pm Speaker
South Portland Library, South Portland**