



**Friday March 6 at 6pm
Orcas Island Library Graves Reading Area**

**Author Mary Davison: Old Lady on the Trail: Triple Crown
at 76**

Author Mary Davison delivers an informative and amusing rendition of her experiences in long distance hiking, which she discovered at the young age of 60. Hiking's "Triple Crown" consists of the Appalachian Trail (2,181 miles), the Continental Divide Trail (3,100 miles), and the Pacific Coast Trail (2,650 miles.) Starting in 2003 Mary was a novice, hiking long sections of the U.S. National Scenic Trails. In 2012 she started on the Continental Divide Trail, finally completing all three in 2017 at the age of 76.

In her memoir, Mary Davison recounts the beauty she found in the solitude of majestic mountains and serene meadows, but also the challenges of rough trails, freezing streams, dehydration and food supplies. Mary talks about the people she met and friends she made. She learns about equipment and weight, blisters and technology; lessons that increases her stamina, health, and safety, completely redefining the norms about aging.

This program is suitable for all ages. Brought to you by the Friends of the Orcas Island Library.

For more information, contact Mary Pugh at 360-376-4985 or mpugh@orcaslibrary.org