# SPEAKER SERIES

## LIFELONG LEARNING FOR ALL

First Wednesday of the Month 5:30 PM

**OCT 07 WED**

# UNSUPPORTED

A Story of Moving Fast and Letting Go-Setting a Speed Record in the Adirondack Mountains

Join author and mountain athlete, Bethany Adams as she presents her memoir, *Unsupported*, which recounts an adventure she took in 2020, when she hiked all 46 High Peaks in 7 days, 4 hours and 50 minutes without any aid or resupply.



**Bethany Adams**
Author/Mountain Athlete

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