



# 2012 Winter/Spring Mid-Week Trekking Session



## Session Description:

A six-week session designed for women that -

- Want to start a hiking and/or walking routine.
- Want to ramp-up and be consistent with their existing hiking and/or walking routine.
- Want to meet other hikers and walkers.

This session will offer instruction on proper hiking/walking technique. Training hikes/walks will increase in intensity and duration as the session progresses.

Hikes and walks are non-competitive and safety is paramount. SBGAL's policy is that no member hikes or walks alone (as long as you are under the direction of the SBGAL Guide).

### *Prerequisite:*

No previous hiking or long distance walking experience is necessary.

### *Schedule & Time Commitment:*

Walks on mixed surfaces (pavement, sand, dirt, etc.) will take place on Tuesday mornings. "Lite" hikes (approximately 3 - 4 miles) will take place on Friday mornings. Members can participate once or twice per week and days you attend each week can vary.

### *Tentative Schedule & Time Commitment:*

Tuesday, February 7th, 8:45 a.m. meet at Ellwood Open Space Preserve for introductions and a walk.

Friday, February 10th, 8:45 a.m. at Stevens Park for introductions and a hike.

Tuesdays, February 14th – March 13th walks begin promptly at 8:45 a.m. and end at approximately 10:15 a.m.

Fridays, February 17th – March 16th hikes begin promptly at 8:45 a.m. and end at approximately 11:00 a.m.

Saturday, March 17th – Barbara Ireland Walk for Breast Cancer Research.

Locations for Tuesday and Friday walks and hikes will change during the session. All registered members will receive a Trek/Hike Schedule.

### **Registration Fee:**

### **Session Registration:**

1 time per week \$40 / 2 times per week \$75

**New Member Registration:** \$45

**For Registration Details and More Information go to [www.sbgal.com](http://www.sbgal.com)**