



2012 Winter/Spring Saturday Trekking & Hiking Session

Session Description: Part One of this two part session will begin with six weeks of Town & Country Trekking in preparation for the 13th Annual Barbara Ireland Walk for Breast Cancer Research to be held on March 17th. Training treks will be on mixed surfaces (dirt, pavement, sand, etc.) and will increase in distance to ensure preparedness for the 10-mile culminating event. Part Two of the session will include six weeks of hiking in our local mountains. Most training hikes will be 6-8 miles in distance. Treks and hikes are non-competitive and safety is paramount. SBGAL's policy is that no one treks or hikes alone (as long as you are under the direction of the SBGAL Guide).

Beginning in March, optional midweek evening fitness walks will be offered.

In addition to weekly treks/hikes and fitness walks, members will enjoy invitations to optional fitness, social and other events during and after the session.

Saturday members can also participate for free in any Mid-Week Session walks or hikes. Walks occur on Tuesdays at 8:45 a.m. and hikes occur on Fridays at 8:45 a.m.

Prerequisite:

Previous hiking or long distance walking experience is recommended (comfortably walk 4 miles).

Tentative Schedule & Time Commitment:

Saturday, February 4, 2012, 8:00 a.m. meet for breakfast, introductions and a trek. Location TBD.

Saturday, February 11th – March 10th treks begin promptly at 8:00 a.m.

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

Saturday, March 24th – Rain make-up date or Bye.

Saturday, March 31st – May 5th hikes begin promptly at 7:30 a.m.

Session ends on Saturday, May 5th.

Optional evening midweek fitness walks will begin in March on Wednesdays. Time and location TBD.

Travel Adventure:

A travel adventure to a suggested destination of Big Basin State Park in the Santa Cruz Mountains for after the session concludes will be planned for May 11th -13th. More information will be provided to registered members.

Note: Participation in the travel adventure is highly encouraged, but not mandatory.

Registration Fee¹: **\$260** - New Member²
 \$215 - Sustaining Member

¹ Does not include any costs associated with the travel adventure.

² Non-participation for two or more of the most recent sessions requires registration as a New Member.

For Registration Details and More Information go to www.sbgal.com