

# SENIOR HEALTHY HIKERS

## NEW HIKER INFORMATION

**Who we are:** A group of volunteers who like to hike, walk and socialize while enjoying the outdoors.

**Our purpose:** To promote hiking, walking and volunteerism by offering a variety of outdoor activities to help seniors build a healthy future.

**What we do:** Offer two hikes and a walk each month. Provide information about volunteering for the City of Gresham's environmental studies. We believe in giving back to our community.

**Bi-monthly Schedule of Events:** Every other month, we send an email to members with a Schedule of Events. We offer a walk event on the first Thursday of each month and hike events on the second and fourth Tuesday of each month. Information about our events is advertised in *The Oregonian* and the *Gresham Neighborhood Connections Newsletter*.

**Eligibility:** Membership is open to seniors age 50 and older. For couples, one member must be age 50 or better. To continue as a member, you must participate in one hike or walk per year.

**Fitness level:** Members must be able to maintain a 30-minute-per-mile pace for walks and be able to hike 4 miles, with little elevation gain, in 2 hours (see definition below). Please check the ratings below, paying attention to the distance and elevation gain to see if you qualify:

**Easy:** 3-4 miles with an elevation gain up to 300 feet.

**Moderate:** 4-5 miles with an elevation gain of up to 600 feet.

**Difficult:** 5-7 miles with an elevation gain over 600 feet.

**How to become a member:** Attend one of our planning meetings and/or come to a scheduled event to complete a Statement of Understanding and an Agreement and Release of Liability form. There are no dues. An annual donation of \$5 to cover the cost of supplies is appreciated.

**Where we meet for hikes and walks:** The main entrance lobby of Gresham City Hall, 1333 NW Eastman Parkway.

**Parking while hiking:** Use unmarked spaces; do not park in Visitor or Reserved Parking spaces.

**Bi-Monthly Planning Meetings:** Everyone in our group, or anyone interested in the group, is invited to attend our meetings held at Gresham City Hall at 10:00 AM on the second Monday in February, April, June, August, October and December. Sign in at the front desk, where you'll be directed to the meeting room.

**Hike Descriptions:** The success of our activities is totally dependent on volunteerism. We try to describe our activities as accurately as possible. At times, circumstances such as weather, trail

conditions, etc., mandate changes. Please understand that the hike leaders do their best to select suitable options.

**Wilderness Area Hiking:** Occasionally our hikes pass through designated wilderness areas. The US Forest Service limits the size of groups hiking in wilderness areas to 12 people. Groups must also be separated by one hour on the trail. Because it is possible that, at times, we may have more than 12 people wanting to participate in a wilderness hike, our options to comply with the 12-person limit include: (1) separating into two groups, which would require a second volunteer leader, and having a group of faster, more experienced hikers start earlier than the rest of the group; or (2) if more than 12 people meet for a wilderness hike, asking for volunteers who would be willing to forgo the hike that day.

**Hike Leader Tasks:** Scouting, planning, leading hikes and walks and providing driving directions to trailheads are volunteer tasks taken on by the hike/walk leaders of the Senior Healthy Hikers. The leaders are in charge of activities only from the time of arriving at the location of the hike or walk until the time of leaving the location of the hike or walk. Typically that would mean the period between arriving at a trailhead and leaving a trailhead.

## MEMBER GUIDELINES

**Hiking Gear:** Some hike descriptions specify that hiking boots are required. This does not imply that day hiking boots should be worn only on those hikes. The hike leaders strongly suggest that hiking boots be worn on all hikes for your comfort and safety; however, day hiking boots must be worn when the description for a specific hike indicates that boots are required. In addition, always bring ample drinking water and an energy snack on all hikes and walks, and also pack a lunch when the description indicates that we plan to eat along the trail. The hike leader needs to consider the safety and well-being of the whole group and has the right to refuse to allow anyone who is not properly prepared to participate.

**Carpooling:** Carpool arrangements are made between volunteer drivers and their passengers. Those who wish to be included in carpool arrangements are generally expected to participate in the entire round-trip travel and carpool arrangement. Those who wish to provide their own transportation to and from our activities are welcome to do so, but they must inform the hike leader of their plans.

### **Suggested Carpool Donations:**

- 10 cents per mile for **round trip day travel** of 70 miles or over.
- 12 cents per mile for **round trip day travel** under 70 miles.

Drivers will not ask for a donation. Those who participate in the carpool should voluntarily offer a donation to their driver. Any additional tolls and/or parking fees will be divided among participants.

**Cell Phone Use:** Please limit cell phone use during hikes or walks to essential or emergency contacts.

**Pets:** Pets are not permitted on our hikes or walks.

**Clean Air:** Smoking is not permitted in our group as we want all members to enjoy a smoke-free environment when participating in our outdoor events. We also ask members to refrain from using perfumes and strong after-shave lotions to accommodate those who may be sensitive to fragrances.

Whether you are new to the area or have lived here your whole life, becoming a member of the Senior Healthy Hikers is a great way to explore natural areas, meet fun and friendly people and have an opportunity to help protect the environment.

If you have questions about the Seniors Healthy Hikers, please call Howard Berg at 503-665-8008.