

# 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 three hiking/walking events each month and provide information about volunteering for the City of Gresham. We believe in giving back to our community. 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.

**Bi-monthly Schedule of Events:** Every other month, we send an email to members with a Schedule of Events. Information about our events can also be viewed on the City of Gresham website at [greshamoregon.gov](http://greshamoregon.gov) under the City Calendar/Upcoming Events. Information on other group events such as our annual picnic or Christmas party will also be sent by email to all members.

**Eligibility:** Membership is open to seniors age 50 and older. For couples, one member must be age 50 or older. 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 and be able to hike 4 miles, with little elevation gain, in 2 hours. Our hike/walk levels of difficulty are defined as follows:

**Easy:** 200 ft. or less elevation gain. Generally described as paved, bark dust, or gravel level trail, not a lot of roots. Typically 3-4 miles in length.

**Moderate:** Above 200 ft. to 600 ft. elevation gain and/or uneven surfaces, obstacles, stairs, rolling hills or exposure. Typically 3-5 miles in length.

**Difficult:** A hike of any length with above 600 ft. elevation gain and/or many of the above moderate rating conditions with numerous switchbacks and steeper climb.

**Membership dues:** An annual dues donation of \$5 to cover miscellaneous costs is appreciated.

**Where we meet for our events:** Enter at the main entrance lobby of Gresham City Hall, 1333 NW Eastman Parkway, and go to the "Liberty Lounge." Arrangements must be made with the hike leader prior to the day of the event to meet the group at the trailhead or an alternate location.

**Parking during an event:** Park in the fenced back lot parking area of City Hall. Do not park in Visitor or Reserved Parking spaces in the lot near the building. If we are traveling by MAX to our trailhead, park in the Park and Ride area of the City Hall MAX Station. The Park and Ride area is also the overflow parking area for the City Hall parking lot.

**Bi-Monthly Planning Meetings:** All members or anyone interested in the group, are invited to attend our planning meetings held at Gresham City Hall, 1333 NW Eastman Parkway, at 10:00 AM on the first Monday in February, April, June, August, October and December. Enter at the main entrance lobby of Gresham City Hall, where you'll be directed to the correct meeting room.

**Hike descriptions:** We try to describe our activities as accurately as possible, to include distance, elevation gain, level of difficulty and trail conditions. At times, circumstances such as weather, trail conditions, etc., will mandate changes to our planned events. You will be notified by email of important changes to a scheduled event.

**Hike Leader tasks:** Scouting, planning, leading hikes/walks, and providing driving directions to and from trailheads are volunteer tasks taken on by the hike/walk leaders of the Senior Healthy Hikers. The leader sets the pace for the hike/walk according to our fitness level requirements listed on page 2 of this packet. We ask all hikers to remain behind the leader as a safety measure. The leader will assign a person to be a shepherd, who hikes at the end of the group to make sure no one gets left behind. The leaders are in charge of activities for the full hike/walk event.

**Guests:** With the approval of the hike leader, members may bring a guest to a scheduled event. The guest must meet the fitness level requirements described above and complete a Statement of Understanding and an Agreement and Release of Liability form.

## MEMBER GUIDELINES

**Hiking gear:** Some hike descriptions specify that sturdy hiking shoes are required. This does not imply that sturdy hiking shoes should be worn only on those hikes. The hike leaders strongly suggest that sturdy hiking shoes be worn on all hikes for your comfort and safety; however, sturdy hiking shoes must be worn when the requirement is indicated in the description for a specific hike. Always bring ample drinking water and an energy snack on all hikes/walks. When the description indicates that we plan to eat our lunch along the trail, also pack a lunch. 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 and suggested carpool donations:** 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 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 are listed on the Schedule of Events and are based on the following formula:

- 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 to essential or emergency contacts during hikes/walks.

**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.

If you have questions about the group, please contact Dana Duval at (907) 230-6543 or email at [danakol24@aol.com](mailto:danakol24@aol.com)