



## Tacoma Branch Conditioning Hiking Series

**We want you to succeed!**

*Sign up for the Conditioning Hiking Series course begins on February 1, 2020 at 8:00 a.m.*

March 8, 2021 is a required classroom session.

The purpose of this course is to get you out to some amazingly beautiful places with dedicated, experienced, hike leaders. You will learn techniques and skills that will allow you to accomplish these goals. You will be able to knowledgeably participate in activities within your capability, skill levels, and preferences. You will find your “tribe” to get out hiking and exploring!

### How it works

You will choose two hikes monthly from April - August and one graduation hike in September. Each month, you will select hikes that are purposefully chosen to offer more distance and elevation gain until the end of the summer. *With some work*, you will be able to graduate by completing a hike that is at the upper limit of the Mountaineers “Moderate” level hikes. The monthly difficulty level is as follows:

Month	Distance	Elevation Gain	Skills Focus
April (2 hikes)	4-7 miles	500-1,000 feet	10 Essentials, Trekking Poles, Hiking Techniques, Footwear, Backpack and Clothing
May (2 hikes)	5-8 miles	800-1,300 feet	Hydration (Dehydration), Nutrition (food & extra food), & Sun protection
June (2 hikes)	6-9 miles	1,000-1,500 feet	First-Aid, Navigation ("Staying Found")
July (2 hikes)	7-10 miles	1,200-2,000 feet	Illumination, Insulation (Hypothermia), Fire, and Repair Kit & Tools
August (2 hikes)	8-11 miles	1,500-2,000 feet	Emergency shelter, Leave No Trace Practice
September (1 Grad. hike)	9-12 miles	2,000-2,500 feet	Next Steps...

\*A minimum 1 Day conservation activity is also required to graduate.

\* Low impact Recreation Badge.

### Equipment:

You may want to begin gathering your clothing and equipment now to make it easier in April. We will talk about the “Ten Essentials” in depth during the classroom session.

## Physical Conditioning:

You are encouraged to begin your physical training prior to April. You will enjoy hiking more and you will have a better chance to succeed and graduate from the course if you are in better physical condition! Unfortunately, we occasionally have people drop the course in July because of the physical demands. As the summer progresses, we aim to get you up into the mountains and on some of the amazing hikes that are only open in the summer. You will love the views, but you have to earn them.

Unless you are actively hiking 3-5 miles with 500-1,000 feet elevation gain, or actively working out, you will need to begin your physical training well before April. If not, you will have a very difficult time completing the course due to the physical challenge. There are ways you can begin small now and work your way up to meeting the challenges of this course.

## Training in the City and with the Mountaineers prior to your course:

Local parks are great places to get some practice. In Tacoma, some great options are:

- Point Defiance Park
- Chambers Bay Loop Trail
- Dash Point Park
- Swan Creek Trail
- Walk/Jog/Run on Ruston Way
- Stairs are wonderful training – use them whenever you can!
- Mountaineers mid-week hikes
- Mountaineers Naturalist hikes

## Other Training options:

- Hike/walk a minimum of 3 times per week – try for at least 5 miles
- Stairmaster
- Treadmill
- Rowing machine
- Stationary bike
- Walk up stairs as often as possible
- Squats
- Step Ups
- Develop your lung capacity by taking a deep breath and holding it as long as you can (be safe!)

## Nutrition and Hydration!

- Remember to drink plenty of water and eat well when you are exercising.

Questions? Contact Carlanna Livingstone via e-mail at [carlanna74@comcast.net](mailto:carlanna74@comcast.net)