

Introductory Hike with the PebbleCreek Hiking Club

Welcome to the PebbleCreek Hiking Club. We are a Club of dedicated hikers that offer a variety of hikes throughout Arizona and throughout the year designed at various skill levels to meet your hiking needs. The Introductory hike is a 4-5 miles hike on a desert trail.

Our website is: <http://www.pchikers.org>. On it, you will find important information about incoming events; hike schedules, and hiking and safety tips. When you have gathered the mandatory items for the introductory hike and completed the Robson Circle walk as described below, please contact us at: PCHCVP@gmail.com or call Nancy Love (206-355-5206) to schedule your introductory hike on a Tuesday or Thursday morning. We meet in the Eagles Nest parking area, drive to the trailhead, and do the introductory hike. We are generally back in PebbleCreek by 11:00-11:30.

The fee to join the club is \$20 per person per year payable upon your successful completion of the introductory hike process. Gas costs are shared among the hiking participants and are listed on the weekly schedule.

Hikes are structured around varying skill levels:

<u>Hike Rating</u>	<u>Distance</u>	<u>Elevation</u>
D	3.7-5.0 miles	less than 600 feet
C	6-8 miles	650-1500 feet
B	up to 12 miles	up to 2,400 feet
A	up to 16 miles	up to 3,200 feet

The Introductory Hike process allows you and the Club to best decide an appropriate hike rating for you and acquaint you with desert hiking. To participate in the introductory hike, please complete the Robson Circle walk described as well as the following documents found on the club website and bring them with you on the introductory hike.

1. Signed "No Blame" Waiver form
2. Completed File of Life form (store in a zip lock bag in your backpack)

Mandatory Items for Introductory Hike

1. Hiking boots (walking shoes or sneakers OK on Introductory hike)
2. Water (1 Quart) and Electrolytes (16 oz)
3. Sunscreen
4. File of Life completed form & meds if needed
5. Hat
6. Food (energy snack, salty snack, salty nuts)

Optional Items:

1. Hiking Poles
2. Hand sanitizer/disinfecting wipes

Robson Circle Preparation Walk

1. You will need to perform this self-assessment walk (this is on your own-no one will be observing) prior to scheduling the Introductory Hike with the PC Hikers Club. Be sure to check with your physician prior to the walk if you have any health concerns.
2. You need to walk twice (2 loops) around Robson Circle (5 miles total) within 3 hours 20 minutes to qualify for the Introductory Hike.
3. The route-1 loop-completed 2 times-for a total of 2 loops.
 - From the corner of Clubhouse Drive & Robson Circle South (intersection before the Eagles Nest Country Club),
 - Proceed Northwest on Clubhouse Drive,
 - Turn right on W Robson Circle North,
 - Follow Robson Circle North as it turns into Robson Circle South,
 - Continue on Robson Circle South as it turns into Clubhouse Drive.
4. You need to perform this as one continuous exercise- it is not OK to perform lap 1 in the morning and lap 2 later in the day. You may stop during the exercise and take a 15-minute break at one of the benches for a snack. Be sure to carry enough water during the walk.

Schedule of Introductory Hikes

Prospective Hiking Club Members need to complete the Robson Walk and an Introductory Hike to qualify for membership. Once you have completed the Robson Circle walk or if you have any questions or concerns, please contact Nancy Love, PCHC Vice President PCHCVP@gmail.com, at (206-355-5206) to sign up for one of the Introductory Hikes. Sign up by close of business the Friday prior to the Tuesday or Thursday D hike. To become a club member you must complete the introductory hike, pay \$20 dues per person per year, complete a registration form and no blame waiver form.

Introductory hikes are arranged with regular D hikes on Tuesday and Thursday mornings each week. If new hikers have a major conflict on Tuesdays and Thursdays, e.g., working, the club may arrange an alternative day for an intro hike, please contact the club vice president (noted above) in such instances.

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