



South Coast Striders Hiking Group

"Find a Beautiful Hike and Nice People to Hike With"

Who Can Participate?

- **Anyone can come.** (persons under 18 must be accompanied by a parent or legal guardian)
- **You should be fit enough for the activity.**
- **Come properly prepared.**
- **Sign our Waiver of Liability & Assumption of Risk document.**

How Do I Know If I Am Fit Enough?

South Coast Strider hikes take place on rugged terrain in very remote locations where access to medical attention is at best hours away.

We recommend that everyone consult their physician before they start to become this physically active.

A list of questions was developed by the American Heart Association as a general guideline for people to consider **before** becoming more physically active.

These questions are not intended to replace the advice of a physician.

If one or more of the items below describe your current condition, you **must** seek a physician's advice to determine if you are fit enough to begin the kind of vigorous physical activity involved in South Coast Striders hikes.

Physical Activity Readiness Questionnaire - Please read carefully and answer each one honestly:

- I have a heart condition and my healthcare professional recommends only medically supervised physical activity.
- During or right after I exercise, I often have pains or pressure in my neck, left shoulder or arm.
- I have developed chest pain within the last month.
- I tend to lose consciousness or fall over due to dizziness.
- I feel extremely breathless after mild exertion.
- My healthcare provider recommended that I take medicine for high blood pressure or a heart condition.
- I have bone or joint problems that limit my ability to do moderate-intensity physical activity.
- I have a medical condition or other physical reason not mentioned here that might need special attention in an exercise program.
- I am pregnant and my healthcare professional hasn't given me the OK to be physically active.
- I am over 50 and have not been physically active for a year or more.

What If I'm Out of Shape?

- Some people may need to build up their strength and stamina before attempting our shorter/easier hikes.
- We partnered with the Coos County Women's Health Coalition to prepare guides to help people start up gradually from their own home and build a healthy walking habit.
- "Starting and Building a Healthy Walking Habit" in Coos Bay, North Bend, and Coquille.
Links to .pdf versions of these brochures are available on the Healthy Hikes page at www.coostrails.com

I'm Ready to Hike

How Do I Prepare?

- Read the full hike description.
- Dress in layers and always be prepared for changing weather conditions.
- Bring plenty of water (1 liter per person for short hikes and 2 liters for longer hikes).
- Snacks and/or lunch if hike is scheduled to last more than two hours.
- Hiking boots or sturdy walking shoes (must be broken in).

Understanding the Hike Ratings

for people who are somewhat in shape.

- **Easy** - stable surface, 0-3% average grade, 1 ½ to 2 mph pace, some stops planned. ***breathe easy**
- **Moderate** - stable to not so stable surface, 3 to 10% grade, 1 ½ to 2 mph pace minimum, some ups and downs.
* **some grunting and scrambling**
- **Difficult** - unstable surface, slippery surface or deep sand, some long and/or steep climbs and descents, 2mph pace minimum, overall distance over 5 miles. * **huffing and puffing**
- **Most Difficult** - That pounding sound you hear is your heart. Long steep climbing, sand walking, undeveloped trails with down trees, elk trails or bushwhacking may be involved. * **Schedule a massage for later**

***The following statement is part of our sign in process for each hike.**

Everyone is required to sign this release in order to participate.

Release from Liability and Assumption of Risk

- I am aware that South Coast Strider activities like the one I am signing up for are potentially dangerous, that accidents can happen, and that illness can occur in remote places.
- In consideration of being permitted to join and participate in this South Coast Striders activity, I do for myself, my heirs, legal representatives, and assigns (or, if applicable, as a parent or legal guardian of a minor), assume all risks associated with this activity and traveling to and from the activity, and release and discharge the South Coast Striders, their officers, volunteers and sponsors from all liability for any and all loss, damage or claim on account of property damage, death or bodily injury to me, my minor child or minors for whom I am legal

guardian, caused by the act or failure to act of the South Coast Striders, their officers, volunteers, agents or sponsors.

- I agree to pay for my own medical and /or rescue expenses, whether or not authorized by me in the event of accident or illness.
- I have read and understand the above and voluntarily affix my signature below.

How to Dress for Hiking

- Light Jacket or windbreaker with hood.
- Rain gear (rain jacket – rain pants if you have them).
- Waterproof Boots with good ankle support. * must be broken in.
- Socks with well padded heel and foot bed.
- Jog bra - my wife says this is the way to go.
- Light weight wicking inner layer t-shirt (**not cotton**)
- Nylon quick-dry long sleeve shirt.
- Nylon quick-dry long pants.
- Hat with wide brim & chin strap.

Fuel for Hiking

- **Good Night of Sleep & a Good Breakfast.**
- **Snacks** - You need to keep your energy level up. Go for complex carbs – no sugar. I usually eat a little something and drink some water every hour I am out hiking. South Beach meal bars or some kind of power bar. A little bag of granola, nuts, raisins or figs are good choices.
- **Lunch** – If our hike ends after 12:30 there will be a short (20-30min) lunch stop planned. Make sure everything is sealed and doesn't leak in your pack.

Walking Sticks

- I recommend the two trekking pole system.
- Telescoping poles with cork handles and anti-shock springs can be obtained at outdoor stores for \$60-\$80.
- They extend the comfortable hiking range for hikers of any age by distributing the work over different muscle groups.
- You are much less likely to leave your “butt print” on the trail if you use them.

Bringing Pets

- We understand the importance of our four-legged walking buddies.
- **Well Behaved Dogs – On a Leash – and Cleaned up After – Are Always Welcome.**
- If your dog acts aggressively toward other dogs or people, we may have to tell you “**You are welcome on our hikes, but your dog is not**”.

Car Pooling

- Carpooling is "**on your own**"
- The suggested locations and departure times are just suggestions. If you go to a carpooling site - no one may be there. There is no guarantee that you will get a ride. If no one shows up by the suggested departure time you should go on to the next carpool site on the route or to the caravan site or just drive on to the trailhead.
- Never accept a ride or take a rider into your car unless you feel completely safe with it. You should never feel obligated to give a ride.
- If you come and are refused a ride, try not to get your feelings hurt and please respect the driver's comfort level with this activity.
- Our participants are encouraged to try to meet people in their community on our hikes and get to know them and then try to exchange numbers and work out ride sharing for future hikes.

Hike Information

- For full current hike information - Go to the Healthy Hikes page at www.coostrails.com
- Send email to southcoaststriders@gmail.com
- If you don't have access to email, call the Bay Area Hospital at **269-8077** and ask for Jonna Bennett and ask her to put your address on the flyer mailing list.

Benefits of Hiking & Walking - There are many more - These are just a few.

- **Burns calories**
- **Strengthens back muscles**
- **Slims your waist**
- **Easy on your joints**
- **Strengthens your bones**
- **Lowers blood pressure**
- **Allows time with family and friends**
- **Shapes and tones your legs and butt**
- **Cuts cholesterol**
- **Reduces risk of heart disease & diabetes**
- **Reduces Stress**
- **Sleep better**
- **Improves mood and outlook on life**
- **Can be done almost anywhere**
- **Requires no equipment**
- **It's Free**

Hope to See You On The Trail