

## Capital Region Hiking Program Hike Scheduling Form

### Hike Description Codes

#### P-T-LCodes (Pace, Terrain and Length/Mileage)

#### Pace Codes

<b>Leisurely</b>	Nature or historical walk; frequent stops for observation
<b>Moderate</b>	Steady, 1 to 2 miles per hour (mph)
<b>Brisk</b>	Steady, 2 to 3 mph
<b>Fast</b>	3 to 4 mph; very short breaks; a workout

#### Terrain Codes

<b>Paved</b>	Solid pavement/sidewalk
<b>Easy</b>	Soft ground / sand / carriage trails; nearly level; few rocks / roots / obstructions
<b>Rugged</b>	Some rocks / roots / obstructions / unbridged stream crossings possible; climbs and descents totaling up to 1000 feet possible
<b>Strenuous</b>	Steep hills, rocks / roots / obstructions / unbridged stream crossing likely; frequent climbs and descents totaling more than 1,000 feet
<b>Extremely Difficult</b>	- Usually more than 12 miles; some or all of these features possible or likely: rocks / roots / obstructions / unbridged stream crossings; non technical rock climbing / scrambling; bushwhacking; climbs and descents totaling well over 1,000 feet

Length/Mileage Estimated by hike/event leader

**Publicity Note:** Hikes are listed in the *Bushwack Bulletin*, area newspapers, and on **SATC's** website unless otherwise requested by the hike leader. For more difficult hikes, the meeting time and/or place are omitted from newspapers and the web, forcing hikers who don't receive the newsletter to call the leader. Leaders should ask these callers about their hiking experience and steer them to easier hikes in the schedule when appropriate. If the leader desires, meeting time and/or place may also be omitted from the *Bushwack Bulletin*. Publicity may also be limited to the *Bushwack Bulletin* only. .

<u>Date</u>	<u>Pace-Terrain-Mileage Code</u>		<u>Hike Title</u>
<u>Day of Week</u>	<u>Round Trip Driving Miles</u>	<u>Meeting Time</u>	<u>Description (include special features, what to bring, etc.)</u>
<u>Leader Name(s), Phone, E-mail (Optional)</u>			
<u>Publicity Restrictions, if any</u>			<u>Does Hike Meet at State Library?</u>
			<u>Additional (list time) or Alternate Meeting Place</u>

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<u>Date</u>	<u>Pace – Terrain – Mileage Code</u>		<u>Title</u>
<u>Day of Week</u>	<u>Round Trip Driving Miles</u>	<u>Meeting Time</u>	<u>Description (include special features, what to bring, etc.)</u>
<u>Leader Name(s), Telephone, E-mail (Optional)</u>			
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