

ROCKY MOUNTAIN FIELD SEMINARS

LEARN ♦ EXPLORE ♦ ADVENTURE

TITLE: WATERFALL HIKE WITH POLES

JUNE 7, 2008

COURSE LEVEL: III COURSE #: 08-011

FEE: \$85

INSTRUCTOR: JAYAH PALEY



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**LOCATION: Rocky Mountain Field Seminar & Conference Center
1895 Fall River Road, Estes Park, Colorado**

TIME: Saturday: 9:15 AM - 3:30 PM

COURSE DESCRIPTION: Participants will learn the proper use of hiking poles and how they can improve balance and endurance on the trail. After a brief introduction at the Field Seminar Center, participants will learn and apply their poles skills on the trail to Ouzel Falls. Progressive learning format makes this class accessible to hikers of many levels, from beginner to advanced.

COURSE LEVEL III: Moderate hikes of less than five miles per day with elevation gain of less than 1,000 ft. Optional practice is offered for those who want to do more and/or practice steeper inclines, and opportunities are provided for those who want to rest and watch.

BRIEF INSTRUCTOR BIOGRAPHY (additional information available at www.rmna.org): Jayah Faye Paley joins us from California to share her passion for and knowledge of using poles. She is a mobility coach, a Sierra Club hike leader, and an exercise trainer/fitness counselor. She specializes in teaching people to use poles for hiking and walking. Jayah is the creator of the award-winning video and DVD: *POLES for Hiking, Trekking & Walking*. She is the founder of the Lymphedema Education & Exercise Group at California Pacific Medical Center. Her website, www.AdventureBuddies.net, provides helpful information.

EXPECTATIONS: Professional conduct will be expected from participants at all times. Individual ideas will be respected observed. Except during course breaks, cellular phones, pagers, and personal entertainment devices are strictly prohibited in the classroom and during field sessions.

CAR-POOLING: Rocky Mountain Field Seminars courses utilize car-pooling to limit vehicles traveling into the Park. Car-pooling makes it easier to keep the group together, reduces transit time, and allows courses greater access because fewer parking spaces are required at destinations. In addition, it provides an opportunity for participants to discuss course material in small groups during transit. Typically, a few participants from each course volunteer the use of their vehicles for car-pooling to course locations.

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TENTATIVE COURSE SCHEDULE:

- Intro, discussion of your goal(s) and issue(s)
- Benefits of using poles
- Equipment basics
- Straps, adjusting, baseline length
- Posture and how to use your muscles to help preserve your joints
- Exercises to improve posture & strength with poles
- Techniques for flat terrain & gentle slopes
- Stairs and obstacles

Lunch with discussion of equipment types and hiking tips

- Hiking with steeper up and down (optional)
- Transitioning between techniques
- Streams & bridges
- Pole care & troubleshooting
- Stretches (if time)

WHAT TO BRING:

- Sack lunch, snacks, energy bars, & **WATER**
- Hiking shoes or boots

REMEMBER TO BRING THE 10 ESSENTIALS:

Rocky Mountain National Park recommends that hikers always carry the 10 essentials in their daypacks.

- Raingear
- Map & compass
- Flashlight or headlamp
- Sunglasses & sunscreen
- Candles
- Matches or other fire starter
- Pocketknife
- First-aid kit
- Extra food & water
- Sack lunch, snacks, & water
- Extra layers of clothing

Note: Rocky Mountain Field Seminars recommends that participants for all courses dress in layers and wear comfortable/sturdy hiking boots/shoes. Participants should be prepared for sudden changes in temperature and weather conditions.

RECOMMENDED VIEWING: DVD *POLES FOR HIKING, TREKKING & WALKING*

TEACHER RECERTIFICATION CREDIT

All courses are eligible for teacher recertification credit through the Centennial Board of Cooperative Education Services (BOCES). The new fee is \$25.00 per seminar (.5 units) or \$25.00 per series of threaded seminars (1.0 - 3.0 units). A list of threaded seminars can be found in the Field Seminar Catalog or online at www.rmna.org. Participants must enroll in all seminars of a threaded series in order to qualify for the \$25.00 multi-unit fee. Please be prepared to pay for this credit with a check, made payable to BOCES, on the first day of a seminar or on the final day of a threaded series of seminars.