

Summer 2010

Dear Hiker(s):

We are very excited that you are joining us for the 12th Annual Hike For Hope to take place this year on Saturday, September 25^h.

Please take a few minutes to review the information provided below. We want the day of hike to be a great day for everyone. And for that to happen, everyone needs to be prepared for a day on the Bruce Trail!

What to wear/bring:

- ❑ Hiking boots are essential. If your boots are new, take the time to break them in before hike day! (You can use sturdy running shoes as a substitute, but from personal experience, we strongly recommend hiking boots.)
- ❑ Hiking shorts or pants – breathable fabrics are best.
- ❑ Layers help. Consider the weather that day and be prepared with a fleecy top, vest or shirts – it’s better to start with more and remove the layers as you hike and become warmer.
- ❑ A hat to shield you from the sun!
- ❑ Sunscreen
- ❑ Good hiking socks - bring an extra pair in case you need to change mid-hike.
- ❑ Day of hike Lunch - we’ll be giving you an apple, granola bar and water in your goody bag, but you’ll still need a nutritious lunch, including extra fluids to sustain you throughout the hike.
- ❑ Backpack to carry your lunch, water, extra socks, etc.

Day of hike activities:

- ❑ Check in for hikers starts at **8 a.m.** at Spirit Rock. Hike Orientation is at **8:45 a.m.** with the Hike starting promptly at **9 a.m.** We will have snacks at registration, so come early!
- ❑ There is parking right on site at Spirit Rock. Committee Members will direct you to available parking spots.
- ❑ The full hike is approximately 15 km and will take you 4 to 5 hours to complete – depending on your level of fitness and hiking experience. The Bruce Trail map rates the route as ‘intermediate difficulty’.
- ❑ You could choose to shorten your hike by finishing at our pick-up point part way along the route – all hike options will be outlined at the Hike Orientation on Hike day.
- ❑ Members of our Hike for Hope Committee will also be hiking and will be available if you have questions along the trail.
- ❑ Please “bare” in mind -- there are no toilets on the trail! Come prepared just in case you need to step off the trail to commune with nature! And keep in mind “poison ivy” is a reality. If you aren’t sure what to look for, check out <http://www.poison-ivy.org> prior to the hike. In the meantime, here’s a quick rule of thumb.....Leaves of three, let them be!

- ❑ There will be bus runs bringing hikers back to our start zone from both the pick up point and the trail end. **Please note: The final bus run will leave the end point no later than 3 p.m.**
- ❑ If you haven't yet registered for the **Celebration Dinner**, please do so as soon as possible; it's a fun time with lots of great door prizes! Dinner-time is 6:00 p.m. at the Wiaraton Royal Canadian Legion, 330 Boyd St. in Wiaraton - just off the main street across from the Wiaraton Inn. Cost is \$17 for adults, \$7.50 for children 6 to 12 and children under 6 are free! Please make dinner cheques payable to **Hike for Hope** and mail to the address below.

Individual Pledges:

- ❑ Your pledge forms are part of your Hike for Hope brochure. Additional copies can be downloaded from our website www.hikeforhope.com or you can make a photocopy of your own form.
- ❑ As outlined in the letter accompanying your brochure and on our website, all donations are being directed again this year to Wellspring London and Region, a support centre for people with cancer and their loved ones.
- ❑ **VERY IMPORTANT: Donations by cheque must be made payable to 'Wellspring London and Region'.**
- ❑ Accuracy counts –Wellspring cannot provide a charitable receipt unless you provide the complete name (first and last) and a full mailing address including postal code for each of your donors.
- ❑ And please remember, receipts will not be issued for donations under \$10.

More preparation:

- ❑ We have included several hiking tips to help you along the trail. See attached.
- ❑ Have you made your overnight accommodations yet? www.hikeforhope.com.

We're looking forward to seeing everyone on September 25th. If you have questions prior to hike day, please send us an e-mail at info@hikeforhope.com. Or write to us at Hike for Hope, Box 1035, Stn B. London, Ontario. N6A 5K1

Hope is just a hike away!

Your 2010 Hike for Hope Planning Committee:

Michelle LaCharite
 Jane Howitt
 Beth Pustai
 Gary Robins
 Willy Ross
 Carolyn Smiley

Small, but important, stuff:

- ❑ Stick with a buddy. Don't hike alone.
- ❑ If you see a wild animal, give them a wide berth – don't get between a mother and her babies. That said, with 100 hikers pounding along the Trail, the wildlife should be contained to chipmunks, birds and wild pheasants.
- ❑ Hike for Hope Committee members will be wearing pink bandannas – unlike the wildlife, they are all very approachable!
- ❑ Washrooms – none, zip, zilch, nothing, nada. Start the day with a bathroom break and come prepared with toilet paper and a “woodsman” attitude!
- ❑ At the Pick Up Point and End of trail – watch for our friendly logistics guys – they'll transport you back to the hike start (and your car!)
- ❑ Stretch. Morning of the hike, take a few minutes to stretch those ham strings and limber your muscles.

Rules of the Bruce Trail:

- ❑ Hike only along marked routes – especially on farmland – do NOT take shortcuts
- ❑ Do not climb fences – use the stiles provided.
- ❑ Respect the privacy of people living along the Trail.
- ❑ Leave the Trail cleaner than you found it – carry out all litter!
- ❑ No open fires are allowed on the Trail.
- ❑ Leave flowers and plants for others to enjoy.
- ❑ Do not damage trees or strip off bark.
- ❑ Keep dogs on a leash.
- ❑ Protect and do not disturb farmland.
- ❑ Leave only your thanks and take nothing but photographs.

Hike for Hope Pink Flags:

- ❑ **We will again be placing pink flags along the trail to help keep us all on track. Keep an eye out for them – they're florescent with our logo on them!**

Terminology of the Bruce Trail:

- ❑ **Blazes** – The trail is marked with white blazes. Blazes are rectangles of white paint (about 15 X 5 cm.) located on trees, fence posts, stiles and rocks. The blaze usually faces you as you approach. Blazes are found less frequently on a straightforward path that does not fork.
- ❑ **Double Blazes** – A double blaze (two marks in parallel) indicates a turn. Look for the next single blaze to the left or right.
- ❑ **Blue Blazes** – indicates a side trail. If you lose the regular trail, return to the place you last saw a white blaze and pick up the trail from there.

Hiking Terrain:

- ❑ You will be hiking on terrain that will take you across meadows, but mostly through wooded and rocky areas. Watch where you place your feet – please be careful!
- ❑ There are several beautiful look-out points overlooking Colpoys and Georgian Bay. Enjoy the view, but don't venture too close to the edge - the rocks can be loose!