



## 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 generally about 4.2 miles long.

Our website is: <http://www.pchikers.org>. On it, you will find important information on upcoming events, hike schedules, and hiking and safety tips. When you have completed the items, including the Robson Circle walk, contact us at: [PCHCIntroHike@gmail.com](mailto:PCHCIntroHike@gmail.com) or call Pete Williams (623-444-8052) to schedule a date for your introductory hike, generally on a Tuesday morning. We meet in the Eagles Nest Lobby, carpool to the Verrado Trailhead, and do the introductory hike. We are generally back in Pebble Creek by 11:00-11:30. See the bottom of the document for the latest Introductory hike schedule.

The fee to join the Club is \$10 per person per year payable upon your successful completion of the introductory hike process.

Gas costs are shared among the hiking participants; the gas cost for the Introductory Hike is currently \$2. Gas costs for regular hikes vary and are generally \$5.00 to \$15.00.

Hikes are structured around varying skill levels:

PC Hiking Club – Hike Ratings		
Hike Rating	Distance	Elevation
A	more than 12 miles, and/or	more than 3,500 feet
B	7 to 12 miles, and/or	1,500 to 3,000 feet
C	4 to 7 miles, and/or	500 to 1,500 feet
D	less than 4 miles, and	less than 500 feet

The Introductory Hike process allows you and the Club to best decide an appropriate hike rating for you.



In order to participate in the introductory hike, please complete the Robson circle walk described below as well as the following documents found on the club website and bring them with you on the introductory hike:

1. “No Blame” Waiver form -
2. File of Life form (to carry on your backpack) -

### Mandatory Items for Introductory Hike

#### Mandatory Items:

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

#### Optional Items:

1. Hiking poles
2. Comb/Tweezers
3. Compass
4. Mirror
5. Dry shirt & shoes for change at end of the hike
6. Hand cleaner
7. Frogg Toggs (A towel, when wet allows moisture to evaporate & keeps you cool)

### Robson Circle Preparation Walk -



- 1 . You need to perform this prior to scheduling the Introductory Hike with 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.
  1. From corner of Clubhouse Drive & Robson Circle South (intersection before the Eagles Nest Country Club),
  2. Proceed Northwest on Clubhouse Drive,
  3. Turn right on W Robson Circle North,
  4. Follow Robson Circle North as it turns into Robson Circle South,
  5. Continue 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 sufficient water and electrolytes during the Walk.



## **SCHEDULE OF INTRODUCTORY HIKES**

Prospective Hiking Club members need to complete the Robson Circle walk and an Introductory hike in order to qualify for membership.

Once you have completed the Robson Circle walk, contact Pete Williams (623-444-8052 or pchcintrohike@gmail.com) to sign up for one of the Introductory Hikes. Sign up by COB of the Friday prior to the Introductory hike you wish to do the hike.

Here is the schedule of Introductory hikes for 2016 -17 (All hikes meet in the Eagles Nest front lobby):

Generally there will be 2 Introductory hikes a month: one on the Tuesday following the meeting and another a week or two later on Tuesday. Here are the dates and times to meet for the 2016-2017 season:

October 25	Meet at 7:00 am
November 1	No hike (overnight hiking trip)
November 8	Meet at 7:00 am
November 22	Meet at 7:00 am
November 29	Meet at 7:00 am
December 20	Meet at 7:30 am
December 27	No hike (Christmas week)
January 3	Meet at 7:45 am



January 24	Meet at 7:45 am
January 31	Meet at 7:45 am
February 21	Meet at 7:30 am
February 28	Meet at 7:30 am
March 21	Meet at 7:00 am
March 28	No hike (overnight hiking trip)
April 4	Meet at 7:00 am