

## **SENIOR TRAILBLAZERS - A Whatcom County Hiking Club**

The Senior Trailblazers is a hiking club for folks 50 years old and over. We are independent from the Bellingham Senior Activity Center but we do have a close association with them as they provide us with a meeting place, parking facilities and use of their monthly publication. It is for these reasons that BSAC membership is required as a prerequisite for membership in the Senior Trailblazers.

The club's purpose is to provide an opportunity for members to hike on a weekly basis throughout the year regardless of weather. Our philosophy is to promote fellowship and camaraderie in addition to keeping our bodies healthy and in shape. After the hike, we often stop at the Center for a cup of coffee and conversation.

Our hikes are for active seniors. Hikes vary from 4 to 10 miles. The easy hikes are on flat or slightly rolling terrain while the moderate hikes are uphill and in the mountains. A few hikes are rated hard, due to the steep terrain or other challenges. To include more people with different hiking abilities, two hikes are normally scheduled for the same day. The first listed hike often will be more physically demanding and the second less challenging; the two hikes usually go to different places.

### **Important Guidelines:**

- Membership:** Each hiker must be a member of the Bellingham Senior Activity Center; currently the dues are \$50 per year
- Hike Schedule:** Every Thursday, except for major holidays. Please try to be at the Center fifteen minutes before the scheduled departure time
- Transportation:** Members carpool to and from the trailhead. The carpool donation should be given to your driver upon return to the Center
- What to Wear:** Hiking boots and appropriate clothing for our fickle weather
- What to Bring:** Lunch, snacks, water, hiking poles, medicine (if necessary)  
The 10 Essentials: Extra clothing, extra food, sunglasses, First Aid Kit, matches, fire starter that will work under wet conditions, flashlight, knife, map and compass.
- Rules:** Follow your leader and keep together with the group
- Areas of Hikes:** Whatcom, Skagit and Island Counties and the Lower BC Mainland

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## Membership Application

Please read this agreement carefully before signing and dating.

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Preferred Phone: \_\_\_\_\_ Is This a Cell Phone? Y \_\_\_ N \_\_\_

E-Mail \_\_\_\_\_

Are you a member of the Bellingham Senior Activity Center (required): Y \_\_\_\_ N \_\_\_\_

In signing and submitting this form, I recognize that hiking involves strenuous activities, is potentially hazardous, and involves inherent risks. I knowingly and voluntarily assume all responsibility and risk for my actions and my family's actions while hiking. This includes, but is not limited to, falls, hazards of traveling on roads, mountainous terrain, accidents or illness in remote places, forces of nature, and the actions of activity leaders, coordinators or of other participants and other persons. I hereby for myself, my heirs, administrators, or anyone else who may bring claims on my or my family members' behalf, covenant not to sue, release and discharge the Senior Trailblazers, its committee members and all related individuals, from any and all claims of liability for death, personal injury, or property damage arising from my or my family members' participation in Senior Trailblazers activities.

**Signature:**

\_\_\_\_\_ Date: \_\_\_\_\_