

TREKKER GUIDELINES AND ANSWERS TO MOST FAQ:

This has been compiled and tweaked over the years, in order to more easily assimilate new members, as well as provide a reference to all members when involved in Trekker s events.

INTEREST GROUP COORDINATOR:

Similar to other AAUW interest groups, we have one coordinator to whom you should RSVP if you plan on attending the event and to whom you may direct all questions. The coordinator is also responsible for posting information received from the event leader to the interest group members, as well as to persons to include in the Branch newsletter and AAUW calendar. She is also responsible for alerting members to any needed changes in the schedule and other AAUW interest group matters.

PLANNING TEAM:

Any interest group member may be on the planning team.

Our planning team has done its best to match the scheduled hikes/walks to the correct seasonal weather conditions, however obviously the weather does not always cooperate and last minute weather conditions or trail closings may require flexibility in that regard.

INTEREST GROUP EVENT LEADER:

Each event will have at least one leader (preferably two) whose responsibility it is to:

1. Research the hike/walk location and provide information that will inform the participants of the degree of difficulty, estimated length of hike/walk in mileage/time, elevation gain if any, maps, directions, parking, car pooling, restroom facilities, hours of operation, any required fees, and/or website or publication information for area to be hiked; and
2. Forward this information to the coordinator at least one month in advance so that the coordinator may post it to the members of the group and to the general members in the monthly Branch newsletter and AAUW calendar; and
3. Be available to lead the event on the date of the scheduled hike/walk or find coverage by another Trekker; and
4. Arrive early and have participants sign the usual waiver form; and
5. Be familiar with travel directions, and the environs and current condition of the actual trail and obtain trail map and provide same to participants.

INTEREST GROUP MEMBERS SHOULD UNDERSTAND THE FOLLOWING:

1. Many want to know the difference between hikes vs. walks. Hikes and walks vary in length and difficulty, and some walks may be very easy and on sidewalks or macadam or through rolling meadows and forest walks. Some hikes may be long and the longer hikes may tend to be at a fast pace. Every effort will be made by the event leader(s) to provide ample information regarding the trails prior to the hike/walk (i.e. web sites, maps, etc.) however it is the participant s individual responsibility to research the sites and maps and judge her own ability to participate in a particular hike. Only those persons in good physical condition should participate in a hike and any medical considerations should be discussed with a physician prior to any participation. Participants with any medical conditions should alert their companions to such conditions, i.e. bee sting allergies, asthma, diabetes, etc. and the treatment to be followed in the case of an emergency.
2. Due to the strenuous nature of some of our AAUW TREKKER outings, all participants will be required to sign a liability waiver similar to those used by other hiking organizations in our area.
3. Events are scheduled on weekends, most on Saturday mornings (with an occasional Sunday). Our group attempts to meet year round, whether permitting. Rain or poor driving conditions will always cancel an event. Notifications are made via email and/or telephone calls.
4. Since trail head parking lots are notoriously tiny, and gas prices and car maintenance are pricey commodities, car pooling is encouraged for all events. Although not strictly enforced, it is also encouraged that you and your fellow passengers get together and offer your driver some gas/toll money for the generous use of her vehicle. If you are occasionally driving yourself this may not be an issue, however it is especially important when the same people are always doing the driving. Your thoughts about a more strict policy would be appreciated.
5. Often times there will be a dining car, and then a second non-dining car, and those participants who opt to stop for lunch on the way home will drive in the former, and those who need a fast hike and then a quick ride home would choose the latter.
6. Events are only open to AAUW members, unless specifically noted that it is a Friends of Trekker s Event , in which case you may bring an additional adult who is wishing to learn more about, or who supports AAUW.
7. If you are wanting to attend an event, it will be necessary to RSVP to the coordinator, and to also provide your contact telephone number to the coordinator in case of cancellation of event or emergency.

8. Members are responsible for their own water/food, appropriate footwear, clothing, insect repellent, sunscreen, trekking poles or other equipment, event fees, travel expenses, etc.
9. From time to time Trekkers may opt to introduce a previously unscheduled, pop-up event. Here's how a pop-up idea would work: If you are interested in attending a special event you just read about, and would like to know if other Trekkers would like to join you, send me an email with all of the specific information and your contact information and I will forward it out to Trekkers. An example of a pop-up would be arranging for a group of you to go snowshoeing after a fresh fallen snow. The only criteria for a pop-up is that it must involve exercise and that the event leader must follow all of the guidelines listed under the category for Interest Group Event Leader above, and be sure to obtain the usual signed AAUW waivers for the event. Also it is important to note that the pop-up does not need to occur only on a Saturday morning. You can organize these activities during the week whenever several of you are free to get together.
10. Mystery Event(s) will be offered a few times a year and members may opt to participate but understand that they will only be told the absolute basics of what they need to know as they need to know it. There are usually lots of laughs and drama leading up to each of these events.
11. Trekkers' schedule is submitted to the webmaster at the same time as it is sent to you all, and is then posted on the AAUW Poughkeepsie Branch website calendar, as well as appears in each month's events in the Branch newsletter. However, for up to the minute changes it is best to watch your email for current updates from me. The email subject line will always begin with AAUW Trekkers