

Uphill Training Series Schedule

Offered by The Hiking Committee

Week	Hours (Total for the wk)	Pack Weight (% Body Weight)	<u>Hike I</u> Date Time Hike Lead	<u>Hike I</u> Location	<u>Hike II</u> Date Time Hike Lead	<u>Hike II</u> Location
1	Orientation, Assessment	20	March 2 5:30pm Will	Pine and Cedar	-	-
2	2	10	March 9 5:30pm Audrey	Fragrance Lake	-	-
3	2.5	10	March 16 5:30pm Will	Raptor Ridge South	-	-
4	3	15	March 22 5:30pm Justin	Pine and Cedar	March 25 5:30pm Will	Pine and Cedar
5	2	15	March 30 5:30pm Will	Fragrance Lake	-	-
6	3	20	April 8 5:30pm Steve	Oyster Dome	-	-
7	3	20	April 13 5:30pm Will	Oyster Dome	-	-
8	4	25	April 19 5:30pm Audrey	Raptor Ridge North	-	-
9	1.5	25	April 27 5:30pm Steve	Pine and Cedar	-	-
10	5	30	May 3 5:30pm Justin	Oyster Dome	May 6 5:30pm Will	Fragrance Lake

11	6	30	May 11 5:30pm Will	Raptor Ridge N	May13 5:30pm Steve	Raptor Ridge South
12	6.5	30	May 18 5:30pm Will	Fragrance Lake	May 22 8:00am Will	Mount Si
13	3	30	May 24 5:30pm Audrey	Pine and Cedar	May 27 7:00pm Will	Pine and Cedar