



Poles for Hiking and Coastal Exploration

June 19, 2010

Pacifica, San Mateo County

Take charge of your health—learn a skill that can help you and your bones stay healthy. Optimal use enables you to use your muscles to help preserve your joints. Poles facilitate an upper body/core workout, balance and weight loss while you're connecting with your buddies and enjoying the beauties of nature—in this case, the dramatic coastline of Pacifica!

Learn what poles fit and suit you best as well as how to avoid common mistakes that can cause injury or strain. Learn how to efficiently transition between techniques as you change terrain so that you can expand your hiking capabilities and more safely and completely enjoy your outdoor experiences!

Instructor **Jayah Faye Paley** will provide multi-level training and drills in a progressive format provide plenty of opportunities to practice using poles on a variety of terrain (or just rest and watch!).

Top quality poles and gloves will be provided. You'll be able to try different models to see what works best for your body and concerns.



Fee: \$50

20 participants

In California, over 5,000 women have participated in a BOW event.

Don't wait another minute to step outside and join us.

www.bowca.org ☞ (530) 347-0227

