

SATC Hike Submission Form

Hike Description Codes P-T-L Codes (Pace, Terrain and Length/Mileage)

Pace Codes

Leisurely	Nature or historical walk; frequent stops for observation
Average	Steady, 1 to 2 miles per hour (mph)
Brisk	Steady, 2 to 3 mph
Fast	3 to 4 mph; very short breaks; a workout

Terrain Codes

Paved	Solid pavement/sidewalk
Easy	Soft ground / sand / carriage trails; nearly level
Moderate	Hiking trails; some rocks and hills; climbs and descents totaling up to 1000 feet possible
Strenuous	Challenging terrain; steep hills, rocks, individual climbs and descents totaling more than 1,000 feet possible
Extremely Strenuous	Very difficult terrain; some or all of these features possible or likely: non-technical rock climbing, scrambling, bushwhacking; unbridged stream crossings, frequent individual climbs and descents totaling well over 1000 feet

NOTE: Ratings are approximate. There can be variations within each terrain category. Contact hike leader for more information.

Length/Mileage

Estimated by hike/event leader

Publicity Note: Hikes are listed in the *Bushwack Bulletin*, area newspapers, and on **SATC's** website unless otherwise requested by the hike leader. For more difficult hikes, the meeting time and/or place are omitted from newspapers and the web, forcing hikers who don't receive the newsletter to call the leader. Leaders should ask these callers about their hiking experience and steer them to easier hikes in the schedule when appropriate. If the leader desires, meeting time and/or place may also be omitted from the *Bushwack Bulletin*. Publicity may also be limited to the *Bushwack Bulletin* only.

HIKE LEADERS: Please note: All hikes or activities submitted must follow all SATC guidelines. If you publicize your hike outside of the SATC structure, (i.e., with another hiking club or meetup.com, etc.), please include the following verbiage in your activity description:

This is a hike/activity with the Susquehanna Appalachian Trail Club and will follow SATC guidelines and Code of Conduct that includes **NO PETS. For a complete list of hiking guidelines with SATC and information about the club, see www.satc-hike.org/hikes.html.**

SAMPLE for Completing Form

Day/Date	Thursday March 6
Title of Hike	AT: Peter's Mountain Shelter (In & Out)
P:	Avg
T:	Moderate
L:	5
Driving Miles:	n/a
Description of Hike:	Enjoy a ridge walk to "our" shelter. Vistas at power line and Table Rock. Optional post hike lunch at Stony Creek Inn.
Meeting Time & Place	9:30 AM Dauphin Park & Ride
Leader:	Cindy Radich, cradich7@verizon.net
Publicity restrictions	None

SATC Hike Submission Form

Guidelines for completing form: After typing in the right column, either TAB or Down Arrow to move to next ROW. Using the RETURN button will expand the ROW and allow additional text to be seen. Links to meeting place will be put in by Cindy.

Hike #1

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike	
Meeting time and place	
Leader:	
Publicity Restrictions:	

Hike #2

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike:	
Meeting time and place	
Leader:	
Publicity Restrictions:	

Hike #3

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike:	
Meeting time and place	
Leader:	
Publicity Restrictions:	

SATC Hike Submission Form

Hike #4

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike:	
Meeting time and place	
Leader:	
Publicity Restrictions:	

Hike #5

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike:	
Meeting time and place	
Leader:	
Publicity Restrictions:	

Hike #6

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike:	
Meeting time and place	
Leader:	
Publicity Restrictions:	