

Yosemite Fit-Trip

October 2nd, 3rd, 4th



Itinerary:

This is going to be a great trip!

Thursday

We will be leaving Thursday afternoon at 1pm. There is a carpool list if you can offer your car.

When we arrive you will have around 30 minutes to unpack and get comfortable. We'll have a 30 minute stretch session and then you're on your own to explore for the evening and have dinner.

We are staying in cabins without baths. There are 3 shower houses with individual stalls available. Yes, this is camping. 😊

Friday-Half-Dome!

We'll be getting up at the crack of dawn, around 6am as always. ☺ Breakfast will be available for those who have purchased it with this package and lunch and snacks are included in the package price.

For the first hour we will be in darkness and you will be given flash lights. There will be two guides taking us up Half-Dome. It is recommended your shoes for half dome be good comfy hiking shoes. If you have bad ankles, you'll want to purchase hiking boots. Give your shoes two weeks of daily wear before this trip.

We'll be returning in the evening around 6pm. This hike is about 12-13 hours. There will be a 30 minute stretch session after the hike and it is more than recommended you take a cool shower before bed. Ibuprofen wouldn't be a bad idea as well. Dinner is included with this package.

Spots are limited!

If you are ready to enjoy a wonderful national park, push yourself harder than you thought possible and be part of a trip you'll remember for a lifetime, sign up today!

There are only **13 spots available**. The first 13 paid participants will join us on this fabulous trip!

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Registration Print and Fax 208.275.1714 or Mail TODAY!

Date: _____

Name: _____ Single *Couple (same family)

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

Are you rooming with someone? (Name): _____

In case of emergency contact: Name _____ Phone: _____

Payment Rate:

Persons	Pay In Full by Sept. 19th	Pay In Full After September 19th
Single	\$399	\$425
Couple (same family)	\$598 (\$299 each)	\$635 (\$317.50 each)

Amount Due: \$ _____ Transfers allowed.

No Refunds _____ (initial)

Choose One Payment Type Below:

Credit Card Number: _____ Exp. Date: _____

Full Name on Card: _____

Authorized Signature: _____

Cardholder's Billing Address:

Address: _____

City: _____ State: _____ Zip: _____

Phone # of Card Holder: _____

**Or make checks payable to GIFT and mail to:
868 Park Dr. #3
Mountain View, Ca 94040**

Fax today to 208.275.1714

*All parties must complete a registration form.

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Lodging is included in the package price. We are staying at Curry Village in cabins with no baths. There are 3 showers houses available. Please check **ALL** activities and meals that apply. Extra charges will be added to your card.

Thursday:

Stretching Class (included)

Dinner is on your own. Go explore! ☺

Friday Half-Dome Hike with Two Guides (12-13 hour hike):

Breakfast (early) Cost \$16.75 (includes tax and tip)

Lunch and Snacks (included)

Dinner (Included)

Stretching Class (included)

Take a very cool shower before bed and ibuprofen.

Saturday:

Breakfast Cost \$16.75 (includes tax and tip)

Stretching Class (included)

Ropes Course Cost \$30 (includes tip)

Lunch and Snacks (included)

Home by dinner time

Special Needs: Specific Needs You Have: What specific needs, if any, do you have for nutrition or anything else that will make your stay more comfortable? Please be **very** specific and give examples of exactly what you need.

Optional:

Yes, I'm interested in a 3-6 hour Saturday hike(s) to train for Half Dome. Cost TBD

Waiver:

I _____ take full responsibility for my participation on this fitness trip. I declare that I am of good health with no major risk of coronary heart disease, hypertension, or any orthopedic, metabolic, physical or mental conditions that may be aggravated by physical activity. I understand it is recommended to obtain a medical release if I am male over 45, or female over 55 and have, or may have, significant risk factors for heart disease, or have not participated in a regular fitness program in the last year. I further acknowledge that I (if female) should not start an exercise program if I have recently become pregnant and have not been regularly exercising. I release all claims and assume full risk of injury due to any ailments I may suffer while participating on this fitness trip or death. I release all claims to GIFT, Michelle Melendez and any employees and assume full risk and responsibility for my participation on this fitness trip.

Signature: _____ Date: _____

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Carpool

I can offer my car for this trip.

Name: _____

Phone that you will use the day of the trip: _____

How many people can you take? _____ (Remember their luggage)

What time will you be ready to leave on Thursday, Oct 2nd? _____ (1pm is recommended)

Where can you meet on Thursday, Oct 2nd? Please give exact address.

If you know people signed up to go, do you have a preference who you'd like to travel with?

How much should your travel partners expect to contribute to gas? \$ _____
The trip takes about 4.5 hours

Anything else your travel partners should know?
