



Hello Fellow Snowshoeing Enthusiasts,

We are pleased that you have signed up for the Probus Blue Mountain's newest group, the ***Probus Blue Snowshoe Group***.

I'm Bill Brennan, Committee member and volunteer organizer for the short term.

Once we have acceptable winter and snow conditions for snowshoeing, we will start off at an easy pace until we know everyone's skill, endurance, and comfort level. We intend to establish our schedule for Thursday mornings once per week, with the exception of our meeting days (3rd Thursday) when we will go out on the Thursday afternoon.

I will email all group members at the beginning of each week confirming the snowshoe hike, and the details as to location, skill level, length and approximate duration, as well as our meeting point and time.

We want this to be fun and rewarding for all, with planning and route selection by all participants. If you have any favorite routes you would like to share and lead, please let me know. PLEASE volunteer to be a committee member. I can't do it all.

Some tips to prepare for our expeditions:

**BOOTS- it's perfectly fine to use your hiking boots which will have more control, but for very cold days & more warmth you may want snow boots.*

**PANTS- snow pants and a pair of gaiters.*

**POLES for Balance & Cardio- helpful for balance & can also help with your cardio, particularly if you are looking for a full-body workout, as you will need to actively engage your arms to walk with a fluid motion on the snow.*

**FITTING- adjust your snowshoes inside at home to fit perfectly to the boots and as tight as possible to avoid them falling off on the trail.*

I am attaching a short questionnaire so we can gauge the type of trails we should be doing.

I look forward to seeing all of you in our group on the trails.

Bill Brennan
Probus Blue Snowshoe Committee

Brennan22@gmail.com

mobile: 705-607-0729