

# TLP 2010 Castle Rock Hike Form

Name: \_\_\_\_\_

Please complete this form if you are planning to participate on the Castle Rock Hike. This form is intended to assist the Tule Lake Committee in planning the numbers of individuals interested in participating in the Castle Rock Hike to be held on **July 3, 2010**, with a departure from the Oregon of Institute of Technology at **6:30 am**. The Tule Lake Committee anticipates offering other optional activities. These other optional activities will be identified in your confirmation letter package.

## Description of the Castle Rock Hike

The Castle Rock hike is a challenging 2.5 mile up Castle Rock with an 800-foot climb to the top that is a dusty, unshaded hike with one section that is a steep climb on loose rocks where it is easy to injure knees and ankles. The view overlooks Tule Lake Camp, Abalone Hill, and the Tule Lake basin. You must wear hiking boots/shoes and must be in good physical condition. Individuals without appropriate attire and shoes will not be permitted on the hike. The hike is not recommended for children under 10, or those with physical or medical conditions that could lead to dizziness, falls, or other injury.

Signature: \_\_\_\_\_

Departure Point: Berkeley\_\_ Sacramento\_\_ Sac/Airport\_\_ San Jose\_\_ San Francisco\_\_

Union City\_\_ Seattle/Eugene/Portland\_\_