

Northern Virginia Hiking Club

www.nvhc.com

Membership Application

Avoid the paperwork by registering and paying online at www.nvhc.com

Name(s) _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Emergency Phone _____

E-mail _____

Check One: **New Membership** **Renewal**

Check One: **Individual Membership** **Family Membership**
(\$5 per year; \$2 after Sept 1st) (\$8 per year; \$3 after Sept 1st)

Membership for children under 18 is free. Please provide **names** and **ages** of children:

Participation of Children: Children under 18 must be accompanied by a responsible adult. Both the child and their parent or legal guardian must sign and acknowledge the liability disclaimer on the sign-in sheet. Please call the hike leader in advance to verify that the hike is appropriate for children.

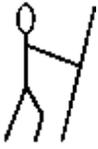
Liability Disclaimer: All adult members (18 years and older) must sign:
I do hereby agree to assume all risks and liability related to or resulting from any and all Club functions. I will not hold any of the Club's leaders, officers, or representatives liable for any injury, loss, or damage to my own person or any members of my family, children, pets, or property, arising directly or as a consequence of a hike or Club activity.

Signature: _____ Date: _____

Signature: _____ Date: _____

Payment enclosed Pay by credit card (We will email you a payment request via PayPal.)

Make check or money order payable to **"The Northern Virginia Hiking Club, Inc."** and mail to the Club treasurer: Mike Gingerich, 15065 Lindenberry Lane, Dumfries, VA 22025-3039. Mail only the first page of this form.



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The Club

For its size (approximately 500 members) the *Northern Virginia Hiking Club* offers an amazing number and variety of outdoor activities. Typically at least two hikes are offered each week: one on Saturday and one on Sunday. Quite often special activities such as backpacking, bicycling, camping, canoeing, cross-country skiing, moonlight hiking, and white water rafting are also offered. Typical day hike destinations include the Shenandoah National Park, the George Washington and Jefferson National Forest, and various other national, state and regional parks located around the DC metropolitan area. Special activities may involve farther destinations.

The Members

The members are a diverse group: men, women, senior citizens, outdoor enthusiasts, those interested in a work-out, and people who want to enjoy a relaxing stroll in the park in company of others. The members pay an annual fee of **\$5 per person**, or **\$8 per family**. Guests are welcome on most Club outings. Guests pay a fee of \$2 for the event.

Meeting Places And Times

Most hikes meet at well-known parking lots in Northern Virginia, such as Commuter Lots in Centreville, Woodbridge, Vienna and East Falls Church Metro Stations and the Sterling W&OD Bike Trail Parking Lot. The meeting times are usually 8 or 9 a.m., depending on the hike and the leader. It is hard to predict how long the hikes last. Easy, close-by ones may end by 1 or 2 p.m., while the longer and more distant hikes will take longer.

Car Pools

Voluntary car pools are formed to take the hikers to trail heads. A suggested car pool fee (typically \$5-15 or less) is recommended for each hike. Park entry fee, if any, is shared by everyone in the car.

Hike Ratings

Hikes vary from easy walks in the park to day-long treks up and down steep mountains. Hikes are rated to help you choose. The ratings are: **D - Easy**, **C - Moderate**, **B - Moderately Difficult**, and **A - Difficult**. Typically, the more difficult the hike the quicker the pace of the group. Information about the terrain, such as stream crossings or rock scrambles are usually included in hike descriptions.

Preparation

To enjoy the hike, it is essential that you are well prepared. Preparation includes, among other things, that you are medically fit; that you have done other similar hikes in the past; that you have enough food and water; that you have proper footwear; and that you are dressed for possible adverse weather. The club does not assume responsibility for anyone's safety; all participants must sign a liability disclaimer.

Schedules and Information

NVHC publishes a schedule of hikes each quarter, starting in late December. For more information try the following sources:

- The club's web page: <http://www.nvhc.com>
- The *Weekend* section of the Washington Post (published every Friday)