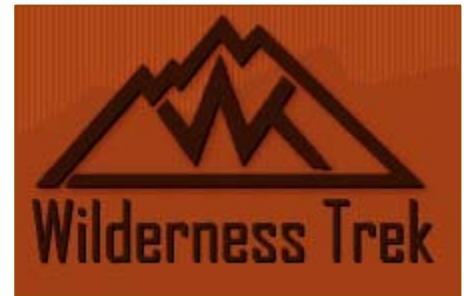


# TREK 10 INFO PAGE



**LOCATION** Salida, Colorado

**WHEN?** July 10-17, 2010

**WHO CAN PARTICIPATE?** Any High School student (*entering 9<sup>th</sup> grade in the Fall of '10*) involved in other "Grow" or "Go" events (*small groups, Advance, Valentine Dinner, etc.*), committed to attending the workouts and meetings, and committed to raising support for this trip. We have spots for 32 students.

**WHAT IS THIS TRIP?** It's an exciting opportunity that will give students a chance to participate in several outdoor mountain-type activities that will challenge them to do more (*physically and spiritually*) than they ever thought possible.

**WHAT WILL WE DO?** Students will participate in the following:

- Rappelling
- Primitive Camping
- Backpacking
- Summit Attempting
- White-Water Rafting
- And more.

**WHERE DO WE STAY?** We will spend a night in Raton, New Mexico on the way up to Salida and also on the way back home. Most likely, it will be in the Microtel Inn on Interstate 25. We have stayed there for two other trips and it's been a good experience. The rest of the time, we will be camping out either at the Wilderness Trek Base Camp or on the mountain itself.

**WHAT IS THE COST?** \$600. Initial deposit of \$100 is due by February 28<sup>th</sup>. Payment in full is due by June 26<sup>th</sup>. Students will also need an additional \$50 for eight (8) on-the-road food stops. Trip price includes transportation, lodging, food, Wilderness Trek experience (rappelling, backpacking, rafting, etc.), and ministry supplies.

**IMPORTANT:** A completed application will reserve your spot. However, if \$100 deposit is not received by February 28<sup>th</sup>, we will open up your spot if there is a waiting list. We will not remove you from a reserved spot without giving you a heads-up.

**WHERE CAN I GET AN APPLICATION?** You can download one from the HPY website: [www.highpointyouth.org](http://www.highpointyouth.org).

**WHAT ARE THE PAYMENT DUE DATES?**

- Initial Application: \$100 non-refundable deposit.
- April 4 - \$150
- May 2 - \$150
- June 6 - \$100
- July 4 - \$100 (final balance due on this date)

**RAMP-UP: SERVING OUR COMMUNITY** Each student will be required to be involved in Faith-In-Action Sunday (for the entire day). If they can't serve on that day for some reason, they can work 10 hours in service to our community prior to the trip. Mike can help you get service hours if you need them.

**RAMP-UP: PHYSICAL PREPARATION** With a physically-challenging trip such as this, each student (as well as each leader) will be required to work hard to get into excellent physical shape. Starting around March, we will have regular weekly workouts that will involve both aerobic and strength training (though students are encouraged to start running and eating healthier, if needed, before this date). There will be physical standards that *must* be attained before a student (or leader) can make the trip. The biggest being the following: The student must be physically able to run 2 miles in 20 minutes...or walk 2 miles in 40 minutes.

**NOTE:** Though we hate to do it, we WILL leave someone behind if he/she does not take the proper steps to physically prepare for this trip. Contact Mike if you have questions about this.

**WHAT IF I HAVE QUESTIONS?** Contact Mike or Jeanne-Mari if you have questions about anything.

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