



## POND Summer Conference 2024 Hiking

**Who:** Hikers and Runners of all Abilities!

**What:** Summer Water Congress POND Networking Activity

**When:** Wednesday, August 21, 2024

Leave at approximately 1:30 pm and return by 5:00 pm.

**Where:** Palmer Trail (Section 16). Palmer Red Rock Trailhead.

**Transportation:** We will be meeting in the lobby of the Cheyenne Mountain Resort at 1:30 pm and carpooling to the trailhead

**General Information:** The Palmer Trail is a 6- mile loop with 1300 vertical feet of elevation gain. This loop provides amazing views of the Garden of the Gods and the Rampart Range. There should be some shade throughout. The plan is to hike together along the trail and enjoy the beauty of Colorado Springs. There will be an option for those interested to form a trail running group that will go out ahead of the hiking group. Participants can then join together at Cerebrus Brewing for an hike beer or people can return to the resort

### Additional Notes:

- Please come prepared! All riders are REQUIRED to have adequate water and shoes that they are comfortable hiking in.
  - NOTE – It will likely be hot so be sure to bring as much water as you think you will need.
- Snacks, sunscreen, rain jacket, gloves, and sunglasses are all HIGHLY RECOMMENDED.

### RSVP Information:

If you would like to attend, please contact Devon Gibson at [dgibson1@brwncald.com](mailto:dgibson1@brwncald.com) or on her cell phone at 719-426-7057 In your message, include the following:

- Name
- Telephone Number
- Preference on hiking or running