

Tips for First-Time Urban Poling Class Participants

1. Arrival time

Please arrive 15 minutes early if you're borrowing poles. It takes a few minutes to get poles adjusted to the proper height for you.

2. Workout intensity

FYI, most classes are a big mix of ages and fitness levels. To manage the diversity of the group, there are two instructors (for High Park classes); one leads at a fast pace, while the other stays at the back of the group with the slower participants. Our goal is to challenge you to walk at the pace that works best for you. We don't want anyone to overdo it or underdo it!

3. What to wear

Wear running shoes, light hiking shoes/boots or light boots (in the winter).

Cold weather: layers of clothes (like longjohns with pants, warm running tights or pants with wind pants), hat and *very warm* gloves/mitts (you can't put your hands in your pockets or up your sleeves when you're poling!). Avoid scarves (too bulky to stow in a pocket once you warm up) and bulky/puffy jackets (get in the way of swinging arms).

Warm weather: sunglasses, sunscreen, hat. On super-sunny/hot days we try to stay in the woods and shade as much as possible.

Don't bring a purse or heavy backpack. (If you walk to the park or come by TTC, you can lock valuables in my car if you like.)

4. Shopping

I have a car full of loaner poles that I'm happy to loan for as many weeks as you like.

If you'd like to purchase poles, I recommend and sell Urban Poling brand poles.

Cost is \$113 for the blue Fitness poles and pink 4LIFE Series poles, and \$130 for the Adventure Series poles (come with trekking and snow baskets). Descriptions are at this link: <http://urbanpoling.com/shop/products>.

I also carry replacement boot tips and carrying bags which are both \$20.

All prices include tax.

I accept cash, cheques and credit cards.
