

COUNTY OF SAN DIEGO PARKS AND RECREATION

# WARRIOR HIKE CHALLENGE

SATURDAY, NOV. 11 - 7 A.M. - 4 P.M.

EL CAPITAN COUNTY PRESERVE - 13775 BLUE SKY RANCH ROAD - LAKESIDE, CA



Join us on Veteran's Day weekend for a trail adventure as we explore the steep ups and downs of El Cajon Mountain. The Warrior Hike Challenge is designed to test the physical and mental stamina that's required to climb the trail system at El Capitan County Preserve - which is popular among active duty and retired military personnel.

By breaking the hike into three levels, participants can choose their own adventure; navigating the length of trail that matches their individual interest and ability. Celebration Stations sit at the 1-mile and 3-mile turnaround points. Extreme hikers will push on to the summit (about 11 miles, roundtrip).

The Warrior Hike Challenge launched in 2015 and takes place twice a year, on Memorial and Veteran's Day weekends. Events are free, and all ages are welcome - though this is not an easy hike, and children and dogs may struggle. Water, sun protection and good shoes are a must. Hiking poles are recommended.

## CHOOSE FROM THREE ADVENTURES

- ★ **BOOT CAMP:** 2 miles • Moderate • Beginning Hikers
- ★ **RECON:** 6+ miles • Moderate • Skilled Hikers
- ★ **WARRIOR:** 11+ miles • Difficult • Expert Hikers

### ★ VOLUNTEERS ★

Volunteers are needed to staff Celebration Stations throughout the day. There are multiple shifts and the tasks are easy: Make sure hikers stop by for a snack and some water, and share words of encouragement with them to keep them motivated. This is a great opportunity if you love the outdoors and hiking, are part of a scouting group, or need community service hours.

For more information, contact Tony Richardson at [ParksVolunteer@sdcounty.ca.gov](mailto:ParksVolunteer@sdcounty.ca.gov).

### ★ SPONSORSHIP ★

Be part of this event by signing on as a sponsor! Your donation dollars can provide giveaways, water, snacks and logistical support for an event that has been growing in success, year over year, drawing hundreds of people to upper Lakeside to try what is arguably San Diego's toughest trail. All sponsors are guaranteed space at the check-in area of the event, and may be included in event promotions such as print, web and social media. Sponsorships are tax deductible.

For more information, contact Jessica Geiszler at [jessica.geiszler@sdcounty.ca.gov](mailto:jessica.geiszler@sdcounty.ca.gov).



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