

Am I Fit, Healthy Enough to Participate in SJOE Activities?

This is a frequent question we get. An obvious potential hurdle to participating in our activities, relates to how fit you need to be to enjoy an SJOE activity. There is no single answer, so consider these notes and assess your condition as best you can.

If you have not been physically active for some time, some training will be needed so that you enjoy yourself. You need good cardiovascular fitness, leg strength, some upper body and core strength for the best outcomes.

Our events can last from two hours (5-7 kms) to six hours (8-15 kms) in a day. We typically take several brief stops and enjoy a lunch break. Expect some hilly, rugged trails when we are not in groomed trails or parks.

You should discuss your situation with each event leader so they can help you understand how easy or difficult the event might be and whether or not, there are options to stop sooner, take alternate routes, etc.

How do you figure out if you are fit enough for our events?

A simple way is to load up your backpack and head out for a half-day hike (3-4 hours). Assess how you feel during the day:

- Are you out of breath?
- Do you need frequent rest-stops?
- Is the weight of your pack bothering you?
- Are your legs tired/sore?
- How is your balance?

See how you feel the next morning. If you feel very sore or tired, then maybe you should keep training before you try full-day hikes.

Suggestion: If you can't comfortably hike for at least 8 kms then pick less strenuous events until you feel stronger.