

Essential Eligibility Criteria

Savage Gulf State Park and Natural Area

Short Trail Run

Program participants should be able to do the following, independently or with the assistance of a companion or adaptive equipment:

- Understand and follow directions and instructions to avoid and/or manage risks
- Tolerate exposure to the natural elements, including sun / temperature for 6 hours; be able to tolerate the program's listed running pace
- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions away from built facilities, electricity, and/or running water
- Be able to identify and recognize environmental risks, including but not limited to, falling objects/rocks, loose rock and unstable surfaces, steep and uneven terrain, cliff edges, crevices, moving water (fast or slow) such as rivers or creeks, and potentially hazardous animals, insects, and plants
- Travel over and negotiate varied terrain for 6 miles in an estimated 6 hours or less without sitting
- Navigate trail up and down gradual inclines and declines for up to 1.5 miles
- Carry a pack weight of 5 - 30 pounds, including at least 32 ounces of water, for 6 miles in an estimated 6 hours

Should you need additional assistance to participate, please contact the park or visit our website.