

The Hike to Lonely Lodge

GREEN A

The hike occurs in early spring and begins at a point approximately 100-150 feet above sea level along the coast on the Olympic Peninsula in the state of Washington. At the trailhead, the terrain is rolling; the path is well-packed soil; and the soil is relatively dry. The path is relatively narrow and winds through vegetation similar to saw grass, approximately 6-8 inches high.

INSTRUCTIONS TO MODIFY SHOES:

Think comfort and protection!

1. Using newspaper and tape, construct a cylindrical "gator" (leg protector) that will fit around the hiker's lower leg. Make certain that the gator isn't too tight; the hiker needs to have enough room for his/her leg muscles to flex while walking.
2. At the bottom of the gator, attach a 3-4 inch "skirt" to protect the hiker's ankle. The "skirt" is to be made by cutting a large "O" out of newspaper and taping it around the bottom of the gator.
3. Secure the gator and skirt to the shoe by making a U-shaped "stirrup" out of duct tape. The stirrup should run from the inside ankle area, under the heel/arch of the shoe, and attach to the outside ankle area.

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GREEN B

The path turns inland after approximately four miles and descends to a marshy region. The path is wider, is still well marked, but the soil is saturated. The path meanders through the marsh for two and one-half miles before a gradual ascent to a small meadow where it is dry again.

INSTRUCTIONS TO MODIFY SHOES:

Think dry and slip-resistant!

1. Trace the sole of the shoe onto one of the plastic bags provided.
2. Using a pair of scissors, cut out the piece of plastic for the sole leaving an extra 1.5-inch margin.
3. Place the shoe on top of the plastic pattern; ensure that there is a 1.5-inch margin on all sides of the shoe.
4. Using duct tape, adhere the plastic along the side margins of the shoe.
5. Invert the shoe and trace a similar pattern on plastic for the shoe's uppers.
6. Leave a 1.5-inch margin, and cut a hole large enough for the foot to be inserted and the laces tied securely.
7. Adhere the plastic upper along the same margins as were used before, overlapping the tape to ensure a tight seal.
 - **Note:** If the soil is excessively slippery, tape four metal shop nuts to the shoe's sole near the ball of the foot - two closer to the outer margin (one in front of the other; proximately one inch apart) and two closer to the inner margin (one in front of the other; approximately one inch apart).

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GREEN C

Approximately one-half mile through the meadow, the path begins to climb rather steeply. The path is somewhat rougher here; the soil is rockier and not as well packed as before. The steep climb continues with a series of switchbacks over a distance of 3.2 miles. The temperature drops considerably as you ascend to an altitude of approximately 2,700 feet. Near the top of the path, small patches of snow begin to appear.

INSTRUCTIONS TO MODIFY SHOES:

Think traction, cooler weather, and ankle support!

1. Invert the shoe and trace a pattern for the shoe's uppers on felt.
2. Leaving a 1.5-inch margin, and cut a hole large enough for the foot to be inserted and the laces tied securely.
3. Adhere the felt upper along the shoe's margins using duct tape to ensure a tight seal.
4. To improve ankle support, fashion a U-shaped "high top" out of cardboard. The "high top" should be closed in the back and open in the front for the foot to be inserted into the shoe. The "high top" should be attached
5. Attach the "high top" to the shoe using duct tape; it should be secured to the hiker's ankle the by using rope, twine, or string (like an additional shoe lace).
6. On the bottom of the shoe, attach metal shop nuts using duct tape. From front to back, use a pattern as follows:
2 (near toe) - 3 (front of foot's ball) - 3 (back of foot's ball)
- 2 (front part of heel) - 2 (back part of heel).

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GREEN D

The last section of the trail is well marked and level, but the actual path is covered in approximately three inches of wet snow. The ground underneath the snow is no longer frozen; it's saturated and slippery. To reach Lonely Lodge, you have approximately 2.5 miles of your hike remaining.

INSTRUCTIONS TO MODIFY SHOES:

Think traction, warmth, and keeping dry!

1. Invert the shoe and trace a pattern for the shoe's uppers on felt. Leave a 1.5-inch margin, and cut a hole large enough for the foot to be inserted and the laces tied securely. Adhere the felt upper along the shoe's margins using duct tape to ensure a tight seal.
2. Trace the sole of the shoe onto one of the plastic bags provided. Using the scissors provided, cut out the piece of plastic for the sole leaving an extra 1.5-inch margin. Place the shoe on top of the plastic pattern; ensure that there is a 1.5-inch margin on all sides of the shoe. Using duct tape, adhere the plastic along the side margins of the shoe.
3. Invert the shoe and trace a similar pattern on plastic for the shoe's uppers. Leave a 1.5-inch margin, and cut a hole large enough for the foot to be inserted and the laces tied securely. Adhere the plastic upper along the same margins as were used before, overlapping the tape to ensure a tight seal.
4. On the bottom of the shoe, attach metal shop nuts using duct tape. From front to back, use a pattern as follows:
2 (near toe) - 3 (front of foot's ball) - 3 (back of foot's ball)
- 2 (front part of heel) - 2 (back part of heel).