

## DEFEAT Hiking 2009



April 2, 2009

Email #2

Hello Everyone ...

DEFEAT's first hike of the 2009 season is all set for April 18. That's only a little over two weeks from today.

**Where?** The Badlands Wilderness Study Area (and soon to be the Badlands Wilderness)

**When?** Saturday, April 18 - 9:00 AM

**Who?** Defeat people, caregivers, family members

**What?** Water, daypack, walking shoes / boots, lunch for the trail, rain gear, jacket, hat, and other usual Central Oregon stuff

**Distance?** About six miles, easy trail conditions, no real hills, sandy

**Why?** Diet, Exercise, Family, Education, Attitude, Thriving = DEFEAT

**Directions to the Trailhead:** We will be hiking to Flatiron Rock in the Badlands Wilderness east of Bend. Beginning at the intersection of Bend's 27<sup>th</sup> Street and Highway 20 (Barnes and Noble, Safeway, the Shell station where the guy flew his lawn chair to Idaho) take Highway 20 east for 13.7 miles. The trailhead is to the left of the road, just opposite milepost 16. We meet at 9:00 AM.

**Trail Conditions:** The trail to Flatiron Rock is relatively flat and mostly sandy. The distance out is about three miles. That makes the round trip six miles. We will eat lunch at Flatiron Rock.

**Total Time:** If you take your time, you will return to the car by 1:00 PM. If you are in a hurry, you can return by noon. There are no restroom facilities at the trailhead. Parking is free. I visited the trailhead on April 1 and saw no evidence of the change to Federal Wilderness status.

Photos for you:



The Trailhead for Flatiron Rock



Milepost 16 is exactly opposite the dirt road (50 yards) to the trailhead.



Happy DEFEAT people in April, 2008 on the Flatiron Rock trail.



Flatiron Rock area / Lunch break!!



Flatiron Rock area. Lunch is 100 yards away.

About May? The DEFEAT Cancer hike for May is on the 16<sup>th</sup>. I have decided to hike the Tam-a-lau Trail in the Palisades Cove State Park – commonly known as the Lake Billy Chinook area. I hope to meet some of the Redmond hikers from the 2008 season. More about Tam-a-lau later, but I can't resist sending on picture of the view:



May 16, 2009

Movement = Exercise. Keep moving ...

Mike Gibson

[Gibson11235@bendbroadband.com](mailto:Gibson11235@bendbroadband.com)

