

(18-06-24 16:04)

Copy and Paste Below into a new Email, then enter info

Day of Week =

Mo =

Date in Month =

Special Activity Details =

Select Regular Activity(ies) Below with Y or √

HIKE =

HIKE w CLIMBING =

BIKE =

XC SKI =

SNOW_SHOE =

OTHER =

Lvl =

Spd =

Dest (trailhead) =

Trail =

Dist =

Total Vert =

Max e =

Hrs (Canmore to Canmore) =

Max in Group =

Depart Time =

Gas = \$

Activity Notes =

Leader =

SignUp Rqd = (Default: Yes)

SU when = If Blank, Standard Wednesday before applies

Email =

SU Notes: = (Default: No reply, check Junk folders).