

or areas. Smoking is only allowed within an enclosed vehicle or building, a developed recreation site, or while stopped in an area at least 3 feet in diameter that is barren or cleared of all vegetation. Please go to www.fs.usda.gov/inyo and click on fire restrictions for more information, and use extreme caution with anything that could cause a fire in this extremely dry year.

For more information on recreation opportunities in the Inyo National Forest please visit www.fs.usda.gov/inyo or stop in or call any of the visitor centers listed above.

SIERRA CLUB FUN & DISCOVERY HIKE - JULY 12

Explore local trails every Thursday on a moderate to easy hike for fun and fitness with different leaders. Back to trail head by dark. Meet at Mammoth Lakes Union Bank parking lot at 5:30 pm. Dogs ok. Info: Malcolm 760 924-5639, wmalcolm.clark@gmail.com.

SOS TRAIL DAYS, HORSESHOE & MCLEOD LAKES – JULY 14

Volunteers of all ages and abilities are welcome to join Friends of the Inyo and MLTPA in beautifying Horseshoe & McLeod Lakes for the 2nd of five 2012 Mammoth Lakes Trail System Summer of Stewardship Trail Days. **What:** Bagel breakfast, trail maintenance, lakeshore cleanup and other stewardship activities followed by lunch and prizes! Please dress for trail work with sturdy, close-toed shoes, long pants and a long-sleeve shirt. Gloves and tools provided. **When & Where:** Meet at 8:30 a.m. at Horseshoe Lake. **More info:** Visit www.mltpa.org, email drew@friendsoftheinyo.org, or call (760) 873-6500.

SIERRA CLUB HIKE, NORTH DOME - JULY 15

8 mile RT from Porcupine Flat through old growth forest to top of the dome. No dogs on trail in Yosemite NP. Fee or pass required for park entry. Meet at Mammoth Lakes Union Bank parking lot at 8 am or Lee Vining Ranger Station on Tioga Road at 8:30 am. Info: Brigitte 760 924-2140 jungberman@mac.com.

WILLPOWER FOR GIRLPOWER® - JULY 17

Rachele Jaegers, a certified willPower® instructor is launching willPower for girlPower® for ages 8-18 at Snowcreek Athletic Club in Mammoth Lakes from July 17 – August 22, 2012. “I am strong, I am confident, and I can do anything I set my mind to” this is the mantra of willPower for GirlPower®: a 6-session program for tween and teen girls. The goal of the program is to empower young women to find inspiration, strength and confidence through a fusion of exercise and philosophy. Participants in the program learn the importance of regular balanced exercise, emotional well-being, and healthy nutrition. The next session of willPower for girlPower® will begin on July 17, 2012, at Snowcreek Athletic Club. To register, contact Rachele at CHELES0123@aol.com or (760) 258.7621, or call the club desk at (760) 934-8511. To learn more, contact: www.willPowerMethod.com.

FOOTLOOSE SPORTS WOMEN’S BIKE RIDES

Footloose Sports offers a FREE two hour guided road bike ride for women every Wednesday and Sunday. Session includes mini-clinics and tips on riding. Sunday’s rides vary. Call (760) 934-2400 or check our Facebook page for current info.