

# Awakening:

a full-day integral bike trek for well-being, awareness and transformation

Dates: Saturday 22 May 2021 (rain date: any other trek)

Location: Interurban, Brown Deer & Oak Leaf Bike Trails  
Grafton to Milwaukee: Estabrook Park

Time: 9:00 am - 6:30 pm

Guides: Thomas D'Alessio, Jennifer D'Alessio

Cost: \$100 (includes supplies, lunch and supper)

Limit: maximum 10 participants

*Awakening* is what we call all our courses for well-being, awareness and transformation, and this particular one is a full day integral trek workshop, set in the natural world, that includes journal work, biking, and great food and fun.

“Well-being” includes connecting with self, with others, and the natural world that sustains us all. “Awareness” means practicing attention, respect, and gratitude. “Transformation” means becoming more connected, more compassionate, more responsible. And integral means attending to the whole thing: self and other, natural and created, individual and communal. It means a healthy and strong body, a clear and bright mind, a free and full spirit. It means acknowledging our moral and ethical accountability to each other and to the natural world.

In other words, the course is designed to help you awaken. It's not anyone waking you up. It's you, awakening. Something gets through and then you see it and nothing is ever the same again, and your life is deeper, richer, more meaningful, *better*. You have to be awake in order to creatively respond to the mystery of your own being and becoming and of the world around you, and it will help to have the tools to continue your awakening journey for as long as you wish after the trek. Body, mind and spirit are the three dimensions of the Awakened One. The physical, cognitive/emotional, and spiritual/larger than personal are three pathways. And considering the interior and exterior aspects of our individual and communal experience insure that we are leaving nothing out.

Leaders are First Aid/CPR certified, and will carry an extensive first aid kit. All food preparation will follow ServSafe food safety guidelines, and all activities will take place outdoors following CDC guidelines as we continue to work our way out of the covid-19 pandemic.

## Further information for this specific event:

Difficulty of bike trek: mostly flat. Starting at Lime Kiln Park in Grafton, we will follow the Interurban, Brown Deer, and Oak Leaf Bike Trails South to Milwaukee: Estabrook Park Beer Garden.

Total mileage: about 36 miles there and back

### Format of the day:

- 9:00 gathering at Grafton: Lime Kiln Park
- introduction and opening journal work
- 10:00 first "out" segment
- 12:30 lunch
- 1:00 mid-day journal work at Estabrook
- 2:30 second "back" segment
- 5:00 journal work back at gathering site
- 5:15 supper at Lime Kiln Park
- 6:30 depart for home!

### What we provide (yours to keep):

- "before you go" kit, including full equipment checklist and study materials
- water and re-usable bottle, bag lunch for the hike, and warm supper cooked on site at day's end
- hand sanitizer, sanitizing wipes, and face mask
- journal notebook and pencil
- "after you return" kit, including study materials to continue your journey after the course

### What we will have available for use:

- first aid kit
- moleskins
- insect repellents (natural, picaridin, permethrin)
- extra pencils

### What you will need to provide:

- road bike/hybrid/trail bike in good repair
- shoes suitable for biking
- spare tube for your bike
- bike gloves (recommended)
- sunglasses
- sunscreen, lip balm, personal items (Rx medications, contact lens supplies, aspirin/advil/tylenol, etc.)
- bike helmet
- extra water
- small backpack/daypack or bike bags/panniers
- a more complete equipment list will be sent to you!

## Frequently asked questions:

Q: Do I have to be an experienced cyclist?

A: Nope. Most trails will be "beginner" level. We will specify if a Trek route might be more challenging. We will never leave anyone behind, or push anyone beyond their capabilities!

Q: Do I need a certain kind of bicycle?

A: There will be paved and crushed limestone trails, and each Trek will specify what surface(s) will be involved. If you have a road bike with skinny 709-23C or 709-25C slick tires and have experience riding on crushed limestone, feel free to join us on those Treks. Otherwise we recommend wider tires, preferably with some tread, for the non-paved surfaces. Otherwise, any bike style will work just fine on any of our Treks. Consult your Local Bike Shop, or ask us if you're still unsure.

Q: Do I need the fancy clothes or shoes?

A: Nope. However, shorts or tights with padding, made for cycling, might be more comfortable in the long run. They are made to be worn as the closest (possibly only) layer to one's skin and reduce friction and chafing. We will have single-use packets of anti-chafing salve available should anyone experience discomfort. Cycling clothing is made of material to aid in moisture wicking, temperature regulation, and comfort. There are some budget friendly options, so ask us for recommendations if you're interested in looking into purchasing attire.

Cycling shoes depend on your pedals. Make sure whatever you do wear are comfortable. REI has great advice on what to wear and why.:  
<https://www.rei.com/learn/expert-advice/bike-clothing.html>

Q: What if I don't want to wear or don't have cycling clothing?

A: Wear something moisture wicking. Cotton is typically not a good material. Plan for layers, depending on the weather forecast.

Q: Do I have to be a good writer?

A: Nope. What you write is for you only. Penmanship, spelling and grammar do not matter.

Q: Will the food be tasty and nutritious?

A: Yup.

Q: So what's on the menu?

A: For a lunch example, home-made sub sandwiches (like beef/cheddar or ham/swiss), gorp, and fruit.

For supper examples, pasta faggiolo or beef stew, garden salad, and wine, coffee and tea available to drink.

Q: Should I bring my "before you go" materials?

A: Yup.

Q: What if it rains?

A: Depends on whether it's a deluge or a sprinkle.

Q: Do I arrange my own transportation to and from the event site?

A: Yup. Point Beach State Forest is just north of Two Rivers.

You can find further directions to the park on the internet at [www.google.com/maps/dir//44.2113,-87.5102/@44.2113915,-87.5802161,12z](http://www.google.com/maps/dir//44.2113,-87.5102/@44.2113915,-87.5802161,12z)

Q: Do I need a Wisconsin State Park vehicle sticker?

A: Yup. If you don't have one, you can purchase an annual sticker or daily pass at the entrance to the park. From the Wisconsin DNR: Admission stickers and can be purchased online ([dnr.wisconsin.gov](http://dnr.wisconsin.gov)), over the phone (888.305.0398 from 8 a.m. to 4 p.m.), or at individual properties via self-registration stations, electronic kiosks or drive-up window service.

Annual vehicle sticker:       \$ 28 (\$ 13 for 65 and older)  
Daily vehicle pass:           \$ 8 (\$ 3 for 65 and older)

Keep in mind that the stickers ordered online or by phone will probably take a couple weeks to be delivered by the USPS but your receipt will count as a pass if you purchase online. No additional trail pass is required.

Q: What about cell phones?

A: Glad you asked! Cell phones are distracting, and cell signals are generally non-existent or sketchy at best in state parks and natural areas, so there's that. And since these treks have a focus on attention, respect and gratitude in a green-world setting, during the course of the day we'd like to keep cell-phone use restricted to taking photos.

Q: How much will I have to carry?

A: Whatever you bring with you, plus what you get from us: a water bottle, a journal notebook and pencil, hand sanitizer and sanitizing wipes, and your lunch, which means that after lunch your pack will be lighter and your journal will be heavier!

Q: What about restroom stops?

A: On this trek, there are public restrooms at both ends, at Point Beach State Forest as well as at the Marina in Manitowoc.

Q: What if I have to cancel?

A: We'll apply the full registration amount to another outing.

Q: What about Covid?

A: We will be following CDC guidelines as well as the guidelines set by our state parks. Restroom facilities will be open and access will be restricted as posted on the building doors (usually one person at a time, and facemasks required indoors). Nature center, offices and other park buildings will probably still be closed. We will be outside the entire day, and appropriately spaced (facemasks are not required outdoors). Your leaders have both had both doses of mRNA vaccine, and you will receive hand sanitizer and sanitizing wipes.

Q: Is this "new age" stuff?

A: Nope. "Gorp" is not a magical incantation, it means "good old raisins and peanuts." The integral model is the work of Ken Wilber and others, it's a map (and an excellent one at that). The journal work is drawn from Ira Progoff's work, based in depth psychology and the meditative traditions and practices. We are not "creating our own reality," we are awakening to the reality that was here long before we came along, and will be here long after we're gone.

Q: Are there other Integral Treks?

A: Yup. Check on the web at [IntegralTreks.com](http://IntegralTreks.com) or email either:  
[thomas@bodymindspiritworks.com](mailto:thomas@bodymindspiritworks.com)  
[jennifer@bodymindspiritworks.com](mailto:jennifer@bodymindspiritworks.com)

Registration

Awakening: grafton to estabrook bike

Thomas D'Alessio and Jennifer D'Alessio

Today's date: .....

Workshop dates: Saturday 22 May 2021 (rain date: any trek)
9:00pm - 6:30 pm

Cost: \$100

Name: .....

Address: .....

City: ..... State: ..... Zip: .....

Phone home: ..... Work: ..... Cell: .....

e-mail: .....

Food restrictions: .....

Emergency contact: ..... Phone: .....

Please: Either call or email Bodymindspiritworks first to reserve your place as group size is limited to 10 participants (call 262.377.7708, text 262.389.9307, or email thomas@bodymindspiritworks.com). Registration can then be mailed with check. If paying by credit card, please use PayPal (make payment to the account bodymindspiritworks@gmail.com). You do not need a PayPal account yourself to do so.

Make checks payable to "Bodymindspiritworks LLC" and send with this registration/informed consent to:
Bodymindspiritworks LLC
1573 Cheyenne Ave Unit F
Grafton WI 53024

# Integral treks: informed consent

I understand and acknowledge the following:

- Travel to and from the site of the Integral Treks event carries the risk inherent to all motor vehicle travel. If I am driving, I have a valid driver's license and carry liability insurance as required by the state of Wisconsin;
- I am physically able to participate in the hiking or biking as described in the registration materials, and I know of no cardiovascular, respiratory, or other health condition or disability that would prevent my participation;
- My participation in this Integral Trek is voluntary and I assume my own risk. I understand that I may discontinue my participation at any time during the event for any reason based on my own judgment;
- Outdoor activities such as hiking or biking carry inherent risks of bodily injury or death due to slips, trips, falls, equipment failure, or other unforeseeable accidents, and I assume all risks associated with such accidents;
- In the event that a need for emergency medical services arises, I authorize and consent to such service being provided and I assume the costs thereof. I agree to carry a MedSheet and photo identification on my person listing emergency contacts, prescription medications, medical conditions, and medical insurance information;

Notwithstanding these risks, I, for myself, my heirs, and assigns, do waive, release and discharge Bodymindspiritworks LLC, its owners, and its Integral Trek leaders, from and against all claims for injury, death or property damage arising in any manner out of my presence at this Integral Trek event or activities in connection with this Integral Trek. I acknowledge that the risks outlined above are not intended to be all-inclusive, and I voluntarily accept all risks for this event. I further agree that this waiver, release, indemnity and assumption of risk is to be binding on my heirs and assigns.

Participant's name: .....

Participant's signature: .....

Date: .....

Voluntary - I have the following allergies or health conditions that I would like the trek leaders to be aware of:

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