

## Marsha Hubble

### Portland EcoTrek Series

How long have you been doing EcoTrek?

I started in July of this year.

What personal goals have you reached since beginning EcoTrek Fitness?

I am no longer the last person. I am able to keep up with everyone now and they don't have to wait on me, except when Laura makes us jog! That is still my weak spot, but I am making progress.

Which EcoTrek Series route is your favorite?

I attend the Portland, Michigan Series with Laura Pung leading. I would say I enjoy the route at Ionia State Recreation Area... it's always an adventure! One week we had to find a way across a creek without getting wet, it was great fun.

Many people find the thought of try-

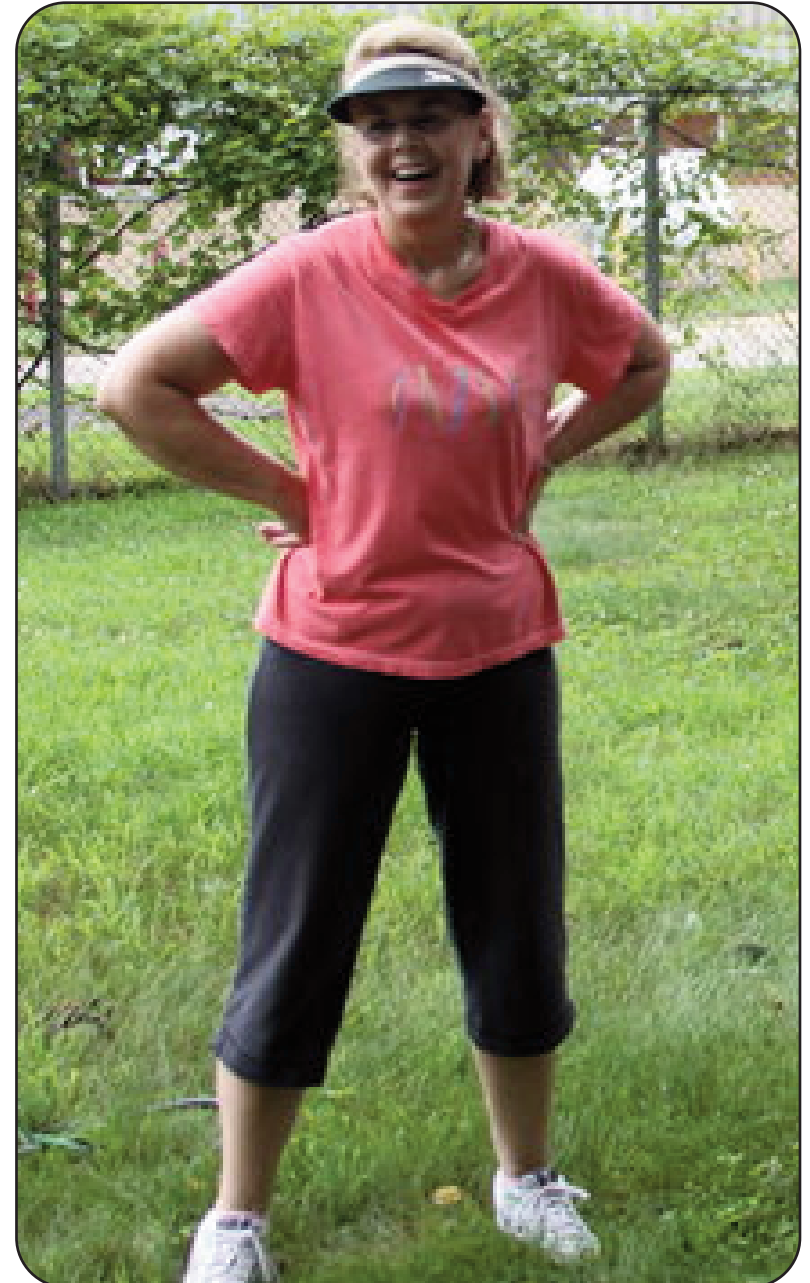
ing EcoTrek rather intimidating. What advice would you give to someone who is hesitant about working out, outside, in all kinds of crazy weather?

I would tell them you don't know what you can accomplish until you try. I joined with my 36-year-old daughter and after the first night I wondered what I had gotten myself into, but everyone was very supportive and I set a goal to not be the last person by the end of the summer.... and I made it! :-)

What activities have you been inspired to try since you started EcoTrekking?

I am currently taking riding lessons once a week and EcoTrek has helped improve my core strength and stamina, which has helped tremendously.

I really can't wait to see what winter brings. It should be interesting!



**Are you an avid EcoTrekker?**

**Nominate yourself or someone you know as a future EcoTrekker of the Month by emailing your nomination to [cari@ecotrekfitness.com](mailto:cari@ecotrekfitness.com)**