



Dipsea Trail Wellness Hike and Discussion

John Pavolotsky
May 18, 2024

Agenda

- Dipsea Trail – Brief History
- Our Itinerary
- Attorney Wellness
- Resources
- Q&A

Dipsea Trail

- 7.51 miles from Mill Valley to Stinson Beach
- 688 steps (previously 671)
- Most are in the first mile, *from Mill Valley*
- Double Dipsea – Just like (or as good/bad as) it sounds
- Jack Kirk (ran the Dipsea 67 years straight!)



Our Version of the Dipsea – Lawyers are Different



Our Starting Point – How Attorneys Think

- What problem are you trying to solve?
- What is your proposed solution?
- Why is yours the best (or at least a better) solution?
- What new problem(s) may your proposed solution create?
- **How do you mitigate those new (potential) problems?**



Now, Let's Talk Wellness (and Competence)

- New MCLE compliance requirements (periods ending 1/31/25+)
- **For the compliance period ending January 31, 2025**, and subject to the proportional requirements (State Bar Rule 2.72(C)(2)(c) and exceptions (State Bar Rule 2.54) licensees are required to complete and report **25 hours of MCLE within the three-year compliance period** as follows:
- **Competence**: At least two credit hours of education addressing competence, one hour of which must focus on prevention and detection **and one hour of which may focus on attorney wellness**



Attorney Competence

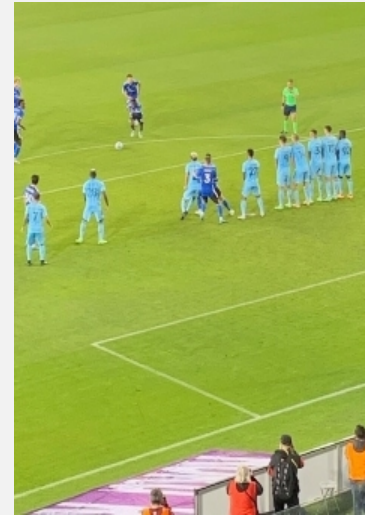
- **Rule 1.1 Competence** (Rule Approved by the Supreme Court, Effective March 22, 2021)
- (a) A lawyer shall not intentionally, recklessly, with gross negligence, or repeatedly fail to perform legal services with competence.
- (b) For purposes of this rule, “competence” in any legal service shall mean to apply the (i) learning and skill, and (ii) mental, emotional, and physical ability reasonably* necessary for the performance of such service.
- (c) If a lawyer does not have sufficient learning and skill when the legal services are undertaken, the lawyer nonetheless may provide competent representation by (i) associating with or, where appropriate, professionally consulting another lawyer whom the lawyer reasonably believes* to be competent, (ii) acquiring sufficient learning and skill before performance is required, or (iii) referring the matter to another lawyer whom the lawyer reasonably believes* to be competent.
- (d) In an emergency a lawyer may give advice or assistance in a matter in which the lawyer does not have the skill ordinarily required if referral to, or association or consultation with, another lawyer would be impractical. Assistance in an emergency must be limited to that reasonably* necessary in the circumstances.

Peninsula Hiking Club (PHC)

- Founded: 2021
- Monthly hikes throughout the SF Bay Area
- Next: SF Crosstown Trail (6/15/24) 15.5 miles, but (mostly) flat!
- Hiking crew: 3-25 (usually)
- **Put away your cell phones** (except to take pictures)
- **Everyone's hiking journey is different (but we need to stay together)**
- Hiking is part of a **comprehensive wellness program**, but requires planning and commitment. Other, complimentary activities: shorter (urban) hikes, yoga, spin, boot camp, meditation, etc.
- 3-4 activities/week, with an anchor activity each month (PHC hike)
- Key: find an **accountability partner!**



Wellness is Everywhere – But Requires Planning!



- California Hiking (Stienstra & Brown)
- Peninsula Trails (Rusmore, Spangle, Crowder)
- 60 Hikes Within 60 Miles/San Francisco (Huber)
- Hiking summaries: www.johnpavolotsky.com
- Neurodharma (Hanson)

Questions?



**John
Pavolotsky**

Attorney

(650) 490-0652

john.pavolotsky@stoel.com