WILD OUTDOOR WOMEN

SEPTEMBER 13-15, 2019
LAKE METIGOSHE STATE PARK-
BOTTINEAU, NORTH DAKOTA

WOW is primarily for ladies over the age of 16 who wish to learn or improve skills associated with a variety of outdoor recreational activities.

REGISTRATION
Opens July 10, 2019 at 12pm via www.ticketleap.com and closes August 16, 2019 at 12am.

REGISTER
by purchasing tickets that represent the number of desired sessions, the activities and the optional meals, lodging needs and WOW apparel.

FEES
vary according to the number of sessions for which participants register, as well as the materials required for the individual activities.

RECREATIONAL equipment and materials are provided unless otherwise noted.

PARTICIPATION
is limited due to the hands-on nature of the activities; ticket sales are limited to 1 person/person/session.

EVENT PARTNERS

Questions about this event?
Amy Schimetz
aschimetz@nd.gov
701-263-4514
## REGISTRATION FEES & SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td><strong>Friday, September 13</strong></td>
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<tr>
<td>11:30am-12:45pm</td>
<td>Lunch</td>
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<tr>
<td>12:40pm</td>
<td>Welcome/Announcements</td>
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<tr>
<td>1:00pm-4:30pm</td>
<td>Session I</td>
<td>Intro to Kayaking ($35), Intro to Archery ($35), Outdoor Photography ($35) and Outdoor Rockwall Adventure ($35)</td>
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<tr>
<td>4:30pm—5:45pm</td>
<td>Check-in/Supper</td>
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<td>5:40pm</td>
<td>Welcome/Announcements</td>
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<tr>
<td>6:00pm—8:00pm</td>
<td>Session II (Mini-Session)</td>
<td>Basic Bike Maintenance ($25), Pickleball ($25), Shed Hunting and Art ($25), Stick to Staff ($55—Continues in Session III), Fur Crafting ($55), Self-Defense ($25) and Self-Guided Canoe OR Kayak Rental ($18)</td>
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<tr>
<td>8:00pm—</td>
<td>Campfire Social</td>
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<tr>
<td>8:30pm—9:00pm</td>
<td>Check-in for late travelers</td>
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<tr>
<td>8:30pm—10:00pm</td>
<td>Night Adventure</td>
<td>Stars, Stories and Secrets of the Night ($10) WOW-Let’s Go Camping! ($12)</td>
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<td><strong>Saturday, September 14</strong></td>
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<tr>
<td>6:00am—6:45am</td>
<td>Morning Yoga       ($12)</td>
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<tr>
<td>6:30am—7:45am</td>
<td>Check-in/Breakfast</td>
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<td>7:40am</td>
<td>Welcome/Announcements</td>
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<tr>
<td>8:00am—11:30am</td>
<td>Session III</td>
<td>Stick to Staff (Cont.), High Ropes ($50—continues through Session IV), Traps &amp; Trapping ($35), Intermediate Fly-Fishing ($35), Dutch Oven Cooking &amp; Care ($40), Intro to Mountain Biking ($50), Intro to Handguns ($45), Nature’s Harvest ($35), Angler Adventures ($35) and Call of the Wild ($35)</td>
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<tr>
<td>1:00pm—4:30pm</td>
<td>Session IV</td>
<td>High Ropes (Cont.), Intro to Canoeing ($35), Shotgunning ($45—Continues through Session VI), Intro to Archery ($35), Outdoor Photography ($35), OHV Safety ($30), Unofficial Hunger Games ($35), Custom Ice Fishing Rod ($90), Dutch Oven Cooking &amp; Care ($40) and Intro to Handguns ($45)</td>
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<td>6:00pm—8:00pm</td>
<td>Session V (Mini Session)</td>
<td>Shotgunning (Cont.), The Heart of Yoga: Finding Your Inner Warrior ($25), Re-Loading Ammo ($25), Pheasant Hunting; Basics, Bird Dogs &amp; Bird Harvests ($25), WOW Triathlon ($25), Nature Journaling ($25), Dehydrated Meal Prepping ($30), Old Oak Hike ($25) and Self-Guided Canoe OR Kayak Rental ($18)</td>
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<td>Night Adventure</td>
<td>Hunting with Dogs (FREE—open to all WOW Participants)</td>
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<tr>
<td>8:00am—11:30am</td>
<td>Session VI</td>
<td>Intro to Kayaking ($35), Beginner’s Fly-Fishing ($35), Geocaching ($35), Intermediate Archery ($35), Intro to Mountain Biking ($50), Angler Adventures ($35), Pollinator Power ($35) and Beginner’s Golf ($35)</td>
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Meet in Dining Hall 20 minutes prior to ALL sessions

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### REGISTRATION

Opens July 10, 2019 at 12pm via www.ticketleap.com and closes August 16, 2019 at 12am.

### TO REGISTER

purchase tickets that represent the number of desired sessions, the activities and the optional meals, lodging needs and WOW apparel.

### LODGING

is $10/night per person in our dorms; participants need to provide their own bedding and towels.

### MEALS

Are $7 for breakfast, $9 for lunch and $12 for supper; those with dietary needs, allergies or concerns should email aschimetz@nd.gov.

### WOW SHIRTS

Hooded pullover sweatshirts ($25.50) and long sleeve t-shirts ($18.50) are available for purchase. To order, purchase a ticket via Ticketleap representing the style and desired size upon registration; shirts will be available for pickup at the LMSP during the event.
General Information
We are thrilled to see the high level of interest surrounding our upcoming fall WOW event! As a result, we have expanded the event in multiple ways. A Friday afternoon session has been added to the schedule as well as early morning yoga sessions on Saturday and Sunday. In addition, night adventures on Friday and Saturday evenings have been added to offer opportunities to explore and enjoy the park at or after dark. There will also be additional activities during each of the sessions. There are so many options with this upcoming event! Returning participants and those attending for the first time are all sure to find something of interest. Whether you are joining us for a day, two days or the whole weekend, we encourage you to take a session or two off to further explore the park on your own or simply take some time to rest and relax! Many participants fight exhaustion during the weekend so consider the combination and number of activities as well as the physical level they required and register accordingly.

Registration
Registration will open on July 10, 2019 at 12pm via www.ticketleap.com and will close August 16, 2019 at 12am. To register, participants purchase tickets that represent their registration for the number of sessions they wish to participate in as well as desired activities, lodging needs, optional meals and style/size of shirt(s) that will be available for purchase. Registrants will be able to view availability, pay online and get confirmation upon checkout. Be aware that some activities span multiple sessions; Ticketleap will not alert you if you double book yourself and register for activities that overlap in time. Please understand that participation within these activities is limited as a result of the hands-on nature of these activities, equipment involved and/or comfort level of the instructors. We highly encourage registering shortly after registration opens to increase the chances of getting into the number of and desired activities. Waiting lists are not managed. Although many ladies would like to come to the event with a friend or family member, we also want to provide everyone an equal opportunity; therefore, individuals will be limited to purchasing one ticket/person for all activities. Those that want to attend with friends or family members will need to coordinate a time to register individually, factoring in ticket availability at that time.

Cancellation Policy
All sales are final-no exceptions. The costs affiliated with this event are covered by registration fees. If you have registered, but are no longer able to attend, you are able to send a replacement as long as prior notification is given via email aschimetz@nd.gov and necessary liability waivers have been completed. Any participants that do not attend will waive their full registration amount; if possible, kindly email aschimetz@nd.gov if you are not able to attend last-minute, if possible. If, for whatever reason, Lake Metigoshe State Park needs to cancel the event, full refunds will be provided. Lake Metigoshe State Park will provide refunds for sessions if, for whatever reason, specific activities need to be cancelled.

Weather
Should weather forecast not be ideal, the event will go on. What’s a wild outdoor woman that can’t take a little rain and/or cold? Please plan and pack appropriate gear as well as a positive attitude. Adjustments will be made to move activities indoors, if needed, where possible.
Arrival

If you are unfamiliar with the park, the group facilities (kitchen/dining hall, dorms and comfort station) that we’ll be using as a base are located near the entrance of the park; take your first right after you enter the park (if you pass by the entrance station located in the middle of the road, you went too far).

It is crucial for all participants meet in the kitchen/dining hall 20 minutes prior to all sessions to meet instructors, find out locations of activities and work out potential car pools. Out of respect for staff, instructors and other participants please do your best to be on time; those that are late run the risk of not catching up the group.

There will be lists posted to reference in the dining hall pertaining to activities, lodging and meals. If you are staying in the dorms, feel free to claim a bunk in either the “early risers” or “night owl” dorm; the doors will be labeled. Those staying in dorms are able to check into the dorms on Friday morning any time after 10am simply by claiming a bunk. Please pick up WOW apparel, if purchased, in the dining hall, on either Friday afternoon/evening or Saturday morning.

Locations of Sessions

Participants are required to meet at the kitchen/dining hall 20 minutes prior to sessions to meet their instructors and other participants. At this time, locations of each activity will be announced as well as any last-minute items. Transportation is the participants’ responsibility; you are welcome to work out car pools. A majority of the sessions will take place within the state park boundary, but may require a short drive. A few activities take place outside of the state park and will require a bit longer drive (up to 12 miles for one activity). Activities that take place more than one mile outside of the state park indicate the location and distance within its activity description. Your instructor will be able to provide you instructions when you meet in the dining hall prior to your session.

Lake Metigoshe State Park is located 15 miles NE of Bottineau, North Dakota. The park entrance is located along the Lake Loop Road, about 3 miles off of Highway 43.

Important note: Please DO NOT utilize GPS navigation systems when traveling to the park as they usually direct visitors to the wrong area of the lake.
Lodging
The two dorm facilities at Lake Metigoshe State Park are large rooms with bunk style beds. One dorm will be for late nighters, the other for early risers. There are no assignments-just claim a bunk upon arrival! Those staying in dorms will need to provide their own pillow, bedding, wash rags, towels and toiletries. Consider bringing sandals for walking to and from the adjacent comfort stations, which is where flushing toilets, sinks and showers are located. Lodging in the LMSP dorm facilities for this event are $10/person/night. Camping within the state park is available by making reservations via 1-800-807-4723 or www.parkrec.nd.gov. Camping fees are $17/night for primitive camping, $20/night for modern. Water and electricity is included with modern camping in the Washegum and/or Main O’Moonshine Campgrounds. The comfort stations in the modern campgrounds will be available through the end of September, pending nighttime temperature lows.

What to Bring
Although equipment is provided for all of the activities (unless otherwise indicated in activity descriptions), everyone is welcome to bring their own recreational equipment (life jackets, OHV helmet, GPS units, paddle, etc.) if they so choose. Please be prepared for changing weather conditions as well as morning versus evening temperature changes to maximize your safety, comfort and enjoyment. Those staying in dorms will need to provide their own wash rags, towels, bedding and toiletries. Consider bringing additional items to include, but not be limited to sunscreen, bug spray, ear plugs for those sleeping in dorms, lip balm, ball cap, sunglasses, re-fillable coffee cup, re-fillable water bottle, personal prescriptions, camera, sandals for night trips to the comfort station, waterproof case for phone/camera and camp chair.

Meals & Snacks
Meals will be available in the amounts of $7/breakfast, $9/lunch and $12/supper. Snacks will be provided to those registered for session I, III, IV, and/or VI. If you have allergies or special dietary requirements, please contact aschimetz@nd.gov as our caterers are very accommodating. A refrigerator and microwave will be available for those with dietary needs and/or requirements that need to bring their own food drink.

Campfire Socials
There will be campfire socials on Friday and Saturday evenings. These socials will be outdoors, weather permitting, following the mini sessions and take place around the fire ring located on the south side of the parking area on the south side of the dining hall. Should weather not be ideal, the social(s) will take place inside the dorms around the indoor fireplaces. All registered participants are welcome. Feel free to bring snacks, beverages and games! Limited seating is available so consider bringing your favorite camping chair. The dining hall will be available as well should folks want a place to gather for board games, cards, etc.
SESSION I: FRIDAY AFTERNOON 1PM-4:30PM

Introduction to Kayaking O-M
Instructors: Amanda Anstrom, Angie Morrison and Amber Bowers
We'll start with the basics on land and then hit the water for hands-on learning. We'll focus on how to enter/exit a kayak, paddling techniques, portaging and water safety. Dress appropriately as you will get wet! Come explore the prettiest area of LMSP and the start of its fall foliage colors!

Introduction to Archery O-E
Instructors: Emily Mercer and Brooke Hilliard
Whether you are looking to get into bow hunting or simply shoot a bullseye, you’ll need to know the basics! Get introduced to different types of bows, establish eye dominancy, learn proper shooting technique and how to do simple equipment adjustments to safely start what could potentially be your new hobby. When registering for archery, be sure you are registering according to whether you are right-handed or left-handed.

Outdoor Photography O-E
Instructors: Clint Saunders, Dakota College at Bottineau Photography Department
This is a hands-on course in which we will learn, first by demonstrating, and then by doing. We will spend the entire class time outdoors taking photos of a variety of subject matter which will include vast landscapes, intimate landscape, macro, rustic, and rural photography. We will learn composition, lighting, lenses, and technical camera settings. The main focus, pun intended, will be on aesthetics and how to create visually appealing photos. We have a variety of Canon DSLR cameras and lenses for participants to use; however, you are welcome to use your own camera(s).

Outdoor Rock Wall Adventure O-M/A
Instructors: Camp Metigoshe Staff
The rock wall is a great element on which to be introduced to the high ropes course that's also located at Camp Metigoshe. The rock wall offers different challenges for climbers at every level! Climbers are safely harnessed at all times. Everyone will set goals, gain confidence and persevere during this incredibly fun adventure! Camp Metigoshe is about 6 miles from LMSP.
Session II: Friday Evening 6pm-8pm

Basic Bike Maintenance I/O-E
Instructors: Val’s Cyclery Staff
Learn some tips and tricks that will help you keep your bike in working order, potentially extending its longevity and maximizing its resale value. Join the staff from Val’s Cyclery as they show you how to do general bike maintenance to include cleaning your bike, tire repairs and chain care.

Pickleball O/E-M
Instructors: Becky and Allen Kluth
This fun sport combines many elements of tennis, badminton, and ping-pong. A paddle sport created for all ages and skill levels. The rules are simple and the game is easy to learn! Participants are encouraged to bring water and to wear loose, comfortable clothing. Let’s play!

Shed Hunting and Art I/O-E
Instructor: Char Binstock, North Dakota Parks & Recreation Department
Learn tips and tricks that will prepare you for shed hunting! We’ll also be answering questions about related policies and ways to use your antler finds. There will be a short indoor presentation followed by a mock shed hunt outdoors. Once we find our sheds, we will get crafty with them. No skills required!

Stick to Staff (Continues through Session III) I-E
Instructors: Pam Ihmels and Alegra Powers
Participants will choose from a selection of diamond willow pieces prior to rolling up their sleeves to create a customized hiking staff! Please bring leather gloves as we’ll be working with a variety of tools. This spans two sessions!

Fur Crafting I-E
Instructor: Jeffrey Miller
Learn the fine art of fur crafting. Participants will be given hands-on instruction on turning tanned animal pelts into a beautiful headband. We will cover patterns, cutting, and sewing. Learn how to use locally sourced fur to keep warm this winter!

Self-Defense I-E
Instructors: Josette Severson and Brandy Eckroth, Prairie Patriot Firearms
Basic. Simple. Practical. Protecting yourself is your right and obligation. You are the only one who can commit to being your own security guard. In this hands-on session, ladies will learn awareness, prevention and basic defensive move skills in addition to every day tools to protect yourself and your loved ones. Please dress in comfortable clothes and be ready to participate!

Self-Guided Canoeing OR Kayaking O-E/M/A
Take advantage this opportunity to grab a paddle and a canoe OR kayak to further explore the shoreline and the start of the fall foliage on your own!

Night Adventure 8:30pm-10pm

Stars, Stories and Secrets of the Night O-E
Instructor: Erika Kolbow, North Dakota Parks & Recreation Department
Transport yourself into the great legends through the stars! We will be learning the different constellations, meaning behind them, and stories to remember them on this night hike. While we are out in the night, we will discuss some of the adaptations of night animals and how we can be better adapted for the night. This is a dark hike. Any items that light up (phones, watches, flashlights, etc) should be packed away.

WOW-let’s Go Camping! O-E
Instructors: Mary Kay Tokach and Doreen Yantzer
Have a prepared bag on hand for a no fuss meal. Learn tips and tricks to prepare meals that you can grab and go, perhaps on a last-minute camping trip. Avoid those rushed trips to the grocery store. It is highly recommended that participants bring a camping chair for this session and be prepared to be outdoors for these demonstrations.
**Saturday Morning Yoga 6am-6:45am I-M**

Instructor: Sigrid Strebe, Transitions Yoga

This is an all levels yoga class! Start your day by taking a moment to move, stretch, breathe and set your intentions. By linking your breath and movements, we’ll quiet the mind and allow you to set a special dedication for the day. Smooth flowing movements energize the body and open your heart as you move through Sun Salutations. Lengthen the spine, lubricate the joints and build strength and flexibility. Focus will be on alignment, integrity of breath and gazing points. Dress to move, laugh and play. Bring a flexible mind, flexible bodies optional.

**Session III: Saturday Morning 8:00am-11:30am**

**Stick to Staff (Continued)**

High Ropes (Continues through Session IV) 0-A

Instructors: Camp Metigoshe Staff

Camp Metigoshe’s high ropes course is suspended over 35 feet above ground. It also includes a zip line over 300 feet long. Everyone will set goals, strengthen relationships, gain confidence, improve communication, solve problems and persevere during this incredibly fun adventure! Climbers are safely harnessed at all times. Camp Metigoshe is about 6 miles from LMSP. This activity continues through Session IV!

**Traps & Trapping 0-E**

Instructor: Jeff Miller

Are you interested in furbearers and trapping? Do you want to have up-close experiences with a variety of furbearing animals that inhabit ND? This class will teach you the biology and conservation of furbearers, along with different traps and techniques to target them. We will delve into habitat usage and spoor of the animals in the fields and forests. Be prepared to learn and get your hands dirty!

**Intermediate Fly-Fishing 0-E**

Instructor: Elisha Mueller, ND Game & Fish Department and Teal Myre

Spend less time learning the basics and more time on the water! If you have already taken the beginner class or are familiar with a fly rod, this class is for you. North Dakota Game & Fish Department is teaching this session and will not require you to purchase a fishing license for this educational session.

**Dutch Oven Cooking & Care 0-E**

Instructors: Mary Kay Tokach and Doreen Yantzer

This hands-on session will get you cooking! We’ll go over various fuel sources, care, seasoning and storage of your cast iron cookware. You will prepare and make desserts demonstrating these methods. Please dress for the weather and bring a camping chair.

**Introduction to Mountain Biking 0-M**

Instructor: Lisa Kudelka

We’ll start discussing the differences between road and mountain biking. Be prepared to adjust for the terrain and changing surfaces. We’ll do a few practice drills to help you develop your maneuvering skills, shift gears and deal with the bumps along the trail. Wear comfortable clothing, avoiding long pants; biking shorts or exercise tights are recommended. Bikes and helmets will be provided.

**Introduction to Handguns 0-E**

Instructors: Josette Severson and Brandy Eckroth, Prairie Patriot Firearms

Education is the key to firearms! Learn in a low-stress, fun-oriented setting aimed to instill confidence in handling and shooting a handgun, while providing fundamental knowledge and safety practices. Participants will complete drills to learn safe gun handling and function prior to shooting live-fire drills. We’ll focus on using semi-automatic, .22lr, .380 and 9mm handguns. Please do not bring your own handgun.

**Nature’s Harvest I/0-E**

Instructor: Erika Kolbow, ND Parks & Recreation Department

Learn about traditional medicinal and culinary uses of plants. We’ll discuss identification basics, best collection practices and sample some of the uses. You may want to bring a pen/pencil, notebook and a camera.

**Angler Adventures 0-E**

Instructors: Jon Tofteland, ND Game & Fish Department and Emily Mercer

We’ll spend a relaxing morning on a pontoon learning how to tie on/set the hook and hopefully catch fish to include filleting fish. We’ll also compare and contrast fishing poles, baits and fish species you can catch. North Dakota Game & Fish Department is teaching this session and will not require you to purchase a fishing license for this educational session.

**Call of the Wild I/0-E**

Instructor: Annabelle Raines, ND Parks & Recreation Department

Let’s explore ND’s wildlife together! We’ll be learning about all the common species in the area and how to identify them by their scat, tracks, and most importantly sounds! Let’s test your knowledge before we head out to see what critters await in the park.
Session IV: Saturday Afternoon 1:00pm-4:30pm

High Ropes (Continued)
Instructors: Molly Skadsen, ND Parks & Recreation Department and Terri Lundberg
Gain confidence and gain the knowledge to select the appropriate gear, how to safely enter/exit a canoe, utilize fundamental paddle strokes and how to be prepared for an emergency. There will be plenty of paddle time as we explore the lake and take in the start of fall foliage! Weather permitting, we will ask for volunteers to demonstrate how to get back into a tipped canoe so consider packing a swimsuit and towel.

Shotgunning I/O-E (Continues through Session V)
Instructors: Marty Egeland, ND Game & Fish Department and Karla Meikle
Learn eye dominance, shotgun anatomy, basic firearm safety, the differences between trap and clay shooting and get the opportunity to shoot a variety of shotguns. In addition, you’ll be disassembling, cleaning and reassembling the guns. We’ll supply you with everything that is needed and provide you hands-on instruction. This activity continues through Session VI!

Introduction to Archery O-E/M
Instructors: Emily Mercer and Brooke Hilliard
Whether you are looking to start bow hunting or simply shoot a bullseye, you’ll need to know the basics! Get introduced to different types of bows, establish eye dominance, learn proper shooting technique and how to do simple equipment adjustments to safely start what could potentially be your new hobby. When registering for archery, be sure you are registering according to whether you are right-handed or left-handed.

Outdoor Photography O-E
Instructor: Clint Saunders, Dakota College at Bottineau Photography Department
We will learn first by demonstrating and then by doing. We will spend the entire session outdoors taking photos of vast landscapes, intimate landscape, macro, rustic, and rural photography. We will learn composition, lighting, lenses, and technical camera settings. The main focus, pun intended, will be on aesthetics and how to create visually appealing photos. We have a variety of Canon DSLR cameras and lenses for participants to use; however, you are welcome to use your own camera(s).

OHV Safety O-E/M
Instructors: Erik Dietrich and Ben Potts, ND Parks & Recreation Department
In this hands-on off-highway vehicle (OHV) course, explore OHV operations on a fleet of mini all terrain vehicles (ATVs). It’s a great beginners course to learn operations over obstacles, going up-hill, down-hill and other obstacles. If you have a helmet, please bring it as there will be a limited number of adult sized helmets available. We’ll be traveling off-site about 10 miles so please be prepared to leave from dining hall at 12:45pm.

Unofficial Hunger Games O-M
Instructor: Kathy Duttenhefner, ND Parks & Recreation Department
Your name has been pulled from life’s reaping jar! You will have time to learn basic survival skills before you enter the “arena” and face major challenges. The victors will be brave, positive thinkers and will form strong alliances. The session will detail many of the skills you can use in the “arena” and in real-life outdoor survival situations.

Custom Ice Fishing Rods I-E
Instructor: Chuck DeRemer, Chuck’s Custom Rods
The class will allow each participant to make their own, custom ice fishing rod. Participants will be able to select from a variety of handles and blanks to personalize it. Registration fees cover basic materials and instruction; upgrades will be available during the session for additional fee(s). Rods will be ready on Sunday morning.

Dutch Oven Cooking & Care O-E
Instructors: Mary Kay Tokach and Doreen Yantzer
This hands-on session will get you cooking! We’ll go over various fuel sources, care, seasoning and storage of your cast iron cookware. You will prepare and make desserts demonstrating these methods. We’ll be outdoors, please dress for the weather and bring a camping chair.

Introduction to Handguns O-E
Instructors: Josette Severson and Brandy Eckroth, Prairie Patriot Firearms Education is the key to firearms! Learn in a low-stress, fun-oriented setting aimed to instill confidence in handling and shooting a handgun, while providing fundamental knowledge and safety practices. Participants will completed drills to learn safe gun handling and function prior to shooting live-fire drills. We’ll focus on using semi-automatic, .22lr, .380 and 9mm handguns. Please do not bring your own handgun.
Session V: Saturday Evening 6pm-8pm

Shotgunning I/O-E (Continued)

The Heart of Yoga: Finding Your Inner Warrior O-M
Instructor: Sigrid Strebe, Transitions Yoga
We are all strong in so many ways, yet we need to learn to take off our armor and open our hearts to all of the possibilities life has to offer. In July 2018, Sigrid had a heart attack; however, the real story is about the five days before when her symptoms started. Learn about the signs of a heart attack in women and also how to create the life you love despite any hardship life throws at you. Finding your inner warrior is about the balance between strength, softness and the belief that anything is possible. We will finish the session with a 1 hour all levels heart opening class. Come to class dressed to move, laugh and play. Bring a flexible mind, flexible bodies optional.

Reloading Ammo
Instructors: Matt Schimetz and John Schimetz
Gain basic knowledge to learn how to safely reload your own ammoe. We’ll briefly discuss ammo and materials needed prior to demonstrating reloading steps and providing participants the opportunity to get involved and reload multiple rounds of ammunition.

Pheasant Hunting; Basics, Bird Dogs & Bird Harvests
Instructors: ND Pheasants Forever and North American Versatile Hunting Dog Association (NAVHDA)
Join us during our “Golden Hour” to learn the basics of pheasant hunting, how to train/hunt with bird dogs and what to do with your pheasant beyond the hunt. We’ll discuss where and when to hunt, gear and equipment, different aspects of hunting with bird dogs and training techniques. Each participant will get their hands on a pheasant to learn how to process the bird and explore different ways to use a pheasant, like meat for a future meal, feathers or pelt for home décor, and wings for training your bird dog! This session will refresh the seasoned hunters and cover the basics of the hunt to women just getting interested or started.

WOW Triathlon O-A
Instructor: Hilliary Johnson, ND Parks & Recreation Department
Challenge yourself or your friends to our fall WOW Triathlon! Start out by kayaking approximately .75 mile. Then, grab a bike and hit the multi-use trails for a 4 mile ride. Finish up with a 1 mile run along the Hemerick Point Trail. Please dress for the weather, time of day, trail conditions and for the activities. Consider wearing light or reflective clothing and bring a headlamp as the sun will be setting as we finish. Kayaks, life jackets, paddles, mountain bikes and helmets will be provided.

Nature Journaling O-E
Instructor: Annabelle Raines, North Dakota Parks & Recreation Department
We’ll explore the numerous ways of journaling outdoors and how to choose the right journal for you! Then, we’ll head out into the park to discover which method of journaling works best for you. It’s a fun time to relax outdoors, connect with nature and document your sightings!

Dehydrated Meal Prepping I-E
Instructors: Michelle Smith and Lori Goetzfriedt
Who wants dish duty on a camping or backpacking adventure? No us! Who wants to spend big bucks on prepackaged meals loaded with sodium? We don’t! Join us as we taste rehydrated meals, prepare meals to dehydrate and discuss the differences in nutritional value between prepared meals and prepackaged foods. Meals prepped in this session will need to dehydrate overnight, but will be bagged and available for pick-up on Sunday morning and to take with you for your next outdoors adventure!

Old Oak Hike O-M
Instructor: Molly Skadsen, ND Parks & Recreation Department
Take in a guided hike along a portion of the Old Oak Trail, North Dakota’s First National Recreation Trail which was established in 1976. The Old Oak provides beautiful views and plenty of opportunity to connect with the outdoors. Please wear comfortable footwear and bring drinking water.

Self-Guided Canoeing OR Kayaking 0-E/M/A
Take advantage this opportunity to grab a paddle and a canoe OR kayak to further explore the shoreline and the start of the fall foliage on your own!

Night Adventure 8:30pm-10pm

Hunting with Dogs 0-E FREE-Open to all WOW participants
Instructor: Cody Hilliard
We’ll focus on hound hunting basics, including tracking game with dogs. Things will get eventful as we turn the dogs loose in search of raccoons. Listen to the sound of the hounds as they go through the woods and catch up to them to see what’s found at the tree. Wear comfortable footwear, potentially waterproof boots, and bring a flashlight for this adventure!
Sunday Morning Yoga 6am-6:45am I-M
Instructor: Sigrid Strehe, Transitions Yoga
This is an all levels yoga class! Start your day by taking a moment to move, stretch, breathe and set your intentions. By linking your breath and movements, we’ll quiet the mind and allow you to set a special dedication for the day. Smooth flowing movements energize the body and open your heart as you move through Sun Salutations. Lengthen the spine, lubricate the joints and build strength and flexibility. Focus will be on alignment, integrity of breath and gazing points. Dress to move, laugh and play. Bring a flexible mind, flexible bodies optional.

Session V: Sunday Morning 8am-11:30am

Introduction to Kayaking O-M
Instructors: Amanda Anstrom, Angie Morrison and Amber Bowers
We’ll start with the basics on land and then hit the water for hands-on learning. We’ll focus on how to enter/exit a kayak, paddling techniques, portaging and water safety. Dress appropriately as you will get wet! Come explore the prettiest area of LNSP and the start of its fall foliage colors!

Beginner’s Fly-Fishing O-E
Instructor: Elisha Mueller, ND Game & Fish Department and Teal Myre
Learn about the gear needed for fly-fishing as well as basic fly casting techniques before heading to the lake to refine your newly acquired skills! North Dakota Game & Fish Department is teaching this session and will not require you to purchase a fishing license for this educational session.

Geocaching O-E/M
Instructor: Kathy Duttenhefner, ND Parks & Recreation Department
Want to go on an outdoor treasure hunt? This is the class for you. You will be given instruction on using a Global Positioning System to locate caches (treasures). Sometimes referred to as “high-tech treasure hunting,” geocaching is one of the fastest growing outdoor activities. GPS receivers are provided for participants. A lifelong hobby is waiting for you in this class. This class involves walking a couple of miles on uneven trails and roads so please wear appropriate footwear.

Intermediate Archery O-E
Instructor: Brooke Hilliard
Are you ready to take the next step in your archery experience? This class is an intermediate course designed for participants who have already completed the Beginning Archery course. Ladies will be shooting at 3D targets, through blinds, and at longer distances to facilitate a hunting or 3D tournament experience. Please bring your own bow if it is available, although equipment will be provided as needed. When registering for archery, be sure you are registering according to whether you are right-handed or left-handed.

Introduction to Mountain Biking O-M/A
Instructor: Lisa Kudelka
We’ll start discussing the differences between road and mountain biking. Be prepared to adjust for the terrain and changing surfaces. We’ll do a few practice drills to help you develop your maneuvering skills, shift gears and deal with the bumps along the trail. Wear comfortable clothing, avoiding long pants that will get caught in the bike chain; biking shorts or exercise tights are recommended. Bikes and helmets will be provided.

Angler Adventures O-E
Instructors: Jon Totteland, ND Game & Fish Department and Emily Mercer
We’ll spend a relaxing morning on a pontoon learning how to tie on a hook, set the hook and hopefully catch fish to include filleting fish. We’ll also compare and contrast fishing poles, baits and fish species you can catch. North Dakota Game & Fish Department is teaching this session and will not require you to purchase a fishing license for this educational session.

Pollinator Power I-E
Instructor: Laura Halvorson
In this hands on session learn about the importance of pollinator insects and how to attract them to your area. We will build a pollinator house for you to take home. This session will also include a PowerPoint through the Master Gardener program.

Beginner’s Golf O-E
Instructors: Glee Mayer and Terri Lundberg
This class is an introduction to the game of golf. We will cover proper grip, stance and swing involving the driver and irons. We will also teach the basics of putting. After preliminary introductions of these skills we will play a few holes of golf at the Bottineau Country Club at which time we will include some basics on golf etiquette. Bottineau Country Club golf course is located about 10 miles from the park.
Hamden Hooded Sweatshirt
$25.50
This men’s/unisex hooded, pullover sweatshirt has a relaxed fit, is streamlined and soft. It’s 8.5 oz and is made up of a 55% cotton and 45% polyester fleece blend. It has a three piece hood construction with spandex reinforced 1X1 rib trims. Available in sizes S-2XL.

Tri-Blend Long Sleeve T-Shirt
$18.50
This ladies long sleeve t-shirt has a classic fit and is cut to contour the body, yet leaves some room to move. The bottom is slightly rounded. It has ribbed cuffs and collar in addition to a double-stitched hem. Available in sizes S-2XL.

Order Info
Purchase a ticket via Ticketleap representing the desired cut/style and size. Shirts are to be ordered and paid for via Ticketleap starting July 10, 2019 at 12pm. Shirts orders need to be completed by August 16, 2019 at 12am. All sales are final. There will not be any available for purchase at the event. Shirts can be picked-up at Lake Metigoshe State Park during the event.