

## Questions?

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NORTH  
**Dakota** | Lake Metigoshe  
Be Legendary.™ STATE PARK

FEBRUARY 7-9, 2025

# Wild Outdoor Women

*Wild Outdoor Women (WOW) events are primarily for ladies over the age of 16 who wish to learn or improve skills related to a variety of outdoor recreational activities, meet other outdoor enthusiasts or simply enjoy various recreational activities at Lake Metigoshe State Park.*

REGISTRATION OPENS DECEMBER 11, 2024 AT  
12PM (CT) VIA [HTTPS://BIT.LY/LMSPSHOWCLIX](https://bit.ly/LMSPSHOWCLIX)  
OR VIA QR CODE



REGISTRATION CLOSSES AT 11:59PM ON JAN 19  
OR AS ACTIVITIES ARE SOLD OUT



# WOW Event Schedule & Fees

Please make note there are activities that continue; ShowClix will not alert you if you double-book yourself.

## Friday, February 7

1pm-4:30pm (Central Time)	<b>Session I—Pre-WOW Self-Guided Adventures</b> Self-Guided Kicksledding (\$18), Self-Guided Snowshoeing (\$18), Guided Skishoeing (\$18) and Self-Guided XC Skiing (\$18)
6:00pm-9:30pm	<b>Session II (note this session overlaps Session III)</b> Intermediate Night XC Skiing (\$25), Custom Antler Knife Handle (\$75) and Gouache Painting (\$40)
7:00pm-9:00pm	<b>Session III (note this session overlaps Session II)</b> Tubing @BWP (\$22), Personal Protection & Self-Defense (\$25) and Peyote Stitch Beading (\$30)
9:45pm	<b>WOW Welcome</b> not required, but great opportunity to ask questions and pick-up WOW apparel!
Campfire Social	Dorms

## Saturday, February 8

8:00am-8:45am	*Breakfast (Dining Hall) food served until 8:30am
8:45am-9:00am	Travel to Assigned Activity Location
9:00am-12:30pm	<b>Session IV</b> Intro to Downhill Skiing (\$80 - CONTINUES THROUGH SESSION VI), Darkhouse Spearfishing (\$70 - CONTINUES THROUGH SESSION V), Fur Handling (\$70 - CONTINUES THROUGH SESSION V), Intro to Outdoor Apps (\$35), Re-Loading Ammo (\$40), Fly Tying (\$40), Sap to Syrup (\$35), Self-Guided Kicksledding (\$18) and Self-Guided Snowshoeing (\$18)
12:30pm-1:15pm	Lunch/ WOW apparel pick-up (Dining Hall) food served until 1:00pm
1:15pm-1:30pm	Break & Travel to Activity Location
1:30pm-3:30pm	<b>Session V</b> Intro to Downhill Skiing (Continued), Darkhouse Spearfishing (Continued), Fur Handling (Continued), Intro to XC Skiing (\$30), Intro to Skishoeing (\$30), Fat Bike Adventure (\$30), Tracking Trek (\$25) and Self-Guided Kicksledding (\$18)
3:30pm-4:00pm	Break & Travel to Activity Locations
4:00pm-6:00pm	<b>Session VI</b> Intro to XC Skiing (\$30), Intro to Skishoeing (\$30), Birch Bark Basket Making (\$70 - CONTINUES ON 2/9 IN SESSION VIII), Intro to Wood Carving (\$50 - CONTINUES THROUGH SESSION VII), Field Journal Making (\$30), Fat Bike Adventure (\$30), Intro to Snowshoeing (\$30) and Self-Guided Kicksledding (\$18)
6:00pm-7:15pm	Supper Break (Dining Hall) food served until 6:45pm
7:15pm-7:30pm	Travel to Activity Location
7:30pm-9:30pm	<b>Session VII</b> Intro to Wood Carving (Continued), Walleye Basics (\$30), Peyote Stitch Beading (\$30), Moonlight Snowshoe Hike (\$30), Self-Guided Skishoeing (\$18) and Self-Guided Kicksledding (\$18)
Campfire Social	Dorms

## Sunday, February 9

8:00am-8:45am	*Breakfast (Dining Hall) food served until 8:30am
8:45am-9:00am	Travel to Assigned Activity Location
9:00am-12:30pm	<b>Session VIII</b> Darkhouse Spearfishing (\$70 - CONTINUES UNTIL 3PM.), Birch Bark Basket Making (Continued), Custom Antler Knife Handle (\$75), Viking Thumb Knitting (\$35), Essential Oils DIY (\$35), Self-Guided Skishoeing (\$18), Self-Guided XC Skiing (\$18) and Self-Guided Snowshoeing (\$18)

*\*Please view optional meal ticket descriptions via ShowClix to view menu and pricing.*

## General Event Information

**Wild Outdoor Women (WOW) events are primarily for ladies ages 16 and over looking to learn or improve upon various outdoor recreational skills in a safe, hands-on setting. We look forward to offering classic activities, bringing back a few by popular demand and introducing a few new activities and topics for the upcoming event. This event has additional Friday activity options, but such options overlap in time. Please take note of the times for which these options are offered and do not double-book yourself.**

**Due to the hands-on nature of the activities affiliated with this event, participation is limited due to equipment and/or the comfort level of the instructor(s). We highly encourage participants to register upon registration opening to increase chances of getting into desired sessions and/or activities. Activities often sell out, some selling out within minutes. Additional sessions and/or activities will not be added.**

**Although many ladies would like to take activities 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 of the 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. We highly encourage everyone to register themselves due to the terms and conditions that are agreed to upon registration.**

**Email addresses and the names of the ticket holders that are provided during registration process will be very important as emails will be utilized to obtain your ShowClix confirmation and various important information surrounding the event. If we do not have the correct names and/or email address, you may not obtain the information you need ahead of the event. Check your email often and consider checking junk folders looking for emails from both ShowClix and [aschimetz@nd.gov](mailto:aschimetz@nd.gov).**

**Ticket sales are final and waiting lists are not managed – please see cancellation policy.**

**We are confident that ladies will find several activities for which to register whether you are ready to try something new, refine skills or simply meet other outdoor enthusiasts.**

## Registration

**Registration will open on December 11, 2024 at 12pm (Central Time) via ShowClix <https://bit.ly/LMSPShowClix> and will close January 19, 2025 at 11:59pm or as sessions fill.**

Participants register online by purchasing tickets that represent the number of sessions and the activities for which you want to participate in as well as optional lodging and meals. Onsite registration during the event is not available. **Please note Friday evening sessions overlap in time. In addition, there are activities that span multiple sessions throughout the weekend. Tickets are named for the date, session for which it starts (if it continues, it'll indicate it in the title) and the activity description.** Please take note so you do not double-book yourself (ShowClix will not alert you).

To ensure that you have complete information surrounding each activity, please be sure to read all of the activity descriptions for which you are registering, taking note of the indication of indoors/outdoors, the physical rating and additional information whether it is about what to bring, how to dress or if the activity spans multiple sessions.

Once registered, participants will receive a confirmation email generated by ShowClix; check junk mail folder. You may contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov) to get the confirmation re-sent electronically. Print off your confirmation to reference the sessions, activities, meals and/or lodging for which you registered for your own personal reference. Lists will also be posted in the park's kitchen/dining hall for all to reference throughout the weekend of the event.

## Registration Fees

Registration fees are determined by factoring in overall costs affiliated with planning, hosting and wrapping up the event. Event costs include the use of all of the park facilities (kitchen, dining hall, dorms, cabin lodging for instructors, auditorium), equipment usage for the activities (skiing equipment, snowshoes, kicksleds, skishoes, etc.), catering services, additional materials purchased for specific activities and costs to cover the staff it takes to plan, host, teach and wrap-up the event. Ticketing platform fees are absorbed. We do our best to keep our costs lower by seeking sponsors, collaborators and volunteers.

## State Park Entrance Fees

Special thanks to Starion Bank (Bottineau, ND) and Souris River Telephone (SRT) Communications for their continued support in purchasing advertising space which covers the state park entrance fees for all registered WOW participants. Entrance fees are normally \$7/vehicle/day or \$35 for an annual permit. Those interested in purchasing a 2025 annual pass to utilize after the event can do so via <https://bit.ly/NDPRDEntrance>; they will be mailed to you. The 2025 annuals are now available and are valid through April 30, 2026. Annual permits waive entrance fees into all of the ND State Parks.

## Welcome Session

We are so excited to pull roughly 20% new participants at each WOW event. We invite everyone, whether you are new or a familiar face to join us for this Friday evening session to learn more about LMSP and WOW events. It's also a great opportunity for those with questions to get them answered ahead of the rest of the weekend's activities.

## Cancellation Policy

All sales are final-no exceptions. If you have registered, but are no longer able to attend for whatever reason, you are able to send a replacement as long as prior notification is given via email [aschimetz@nd.gov](mailto:aschimetz@nd.gov) and necessary liability waivers have been completed and submitted on or prior to Tuesday, February 4, 2025 at 5pm. Any participants that do not attend and are not able to send a replacement waive their full registration amount. Should weather forecast not be ideal, the event will go on and we'll modify as we are able. Please plan and pack appropriate gear as well as a positive attitude. If LMSP deems it necessary to cancel the event, full refunds will be provided. Refunds will be available if, for whatever reason, LMSP needs to cancel specific activities affiliated with the event.

## Optional Insurance

Any optional insurance that was purchased through the registration process is between registered participants that opted for it and the insurance company; LMSP/WOW is not involved with processing any optional insurance claims or affiliated documentation. To get information, please visit their website at <https://help.requestmyrefund.com/general/>; it does route you to a list of covered scenarios, exclusions and provisions.

## Veteran Scholarship Available

Annie's House Adaptive Recreation Program is supporting veterans as well as the upcoming event by providing a great opportunity for women veterans that have a 10% service connected disability or greater. This is a limited opportunity so please contact [annies.house@annecenter.org](mailto:annies.house@annecenter.org) for complete details.

## What to Bring

Please be prepared for changing weather conditions to maximize your safety, comfort and enjoyment. Reference activity descriptions and/or lodging info as it applies for additional information as to what to expect so you can plan and pack accordingly.

Consider bringing additional items to include, but not be limited to winter survival kit, hand sanitizer, quality footwear, cell phone charger/battery pack, extra clothing layers, lip balm, sunscreen, ball cap, hand/toe warmers, winter face mask, scarf, extra socks, extra gloves, sunglasses, snacks, re-fillable coffee cup, re-fillable water bottle, book and camera. Ear plugs and slip-on shoes come highly recommended for those staying the on-site dorm lodging. Everyone staying within the LMSP dorms need to bring their own bedding as well as towel, wash cloth and personal toiletries.

## Physical Activity Ratings & Indoor/Outdoor Indicators

Each activity has a fitness level rating to include Easy, Moderate and Arduous. Some activity ratings may vary as they depend upon the level you choose to do them, an individual's physical condition or the trail or activity may vary in difficulty throughout the session itself. We hope you find that information helpful when choosing activities. Participants are able to establish how to dress for their activities by the indication of where each activity takes place within its description.

## Lodging & Restrooms

Those interested in staying within the Lake Metigoshe State Park dorms (\$12/night) need to purchase a ticket to represent the night(s) lodging, if desired, on or prior to 11:59pm on January 19, 2025. **Everyone staying within the LMSP dorms need to bring their own bedding as well as towel, wash cloth and personal toiletries. Beds are not assigned; simply claim a bunk upon your arrival in the desired dorm, depending if you are a night owl or an early riser.**

The comfort stations will be open and available for those looking for restrooms and/or showers throughout the event weekend. Comfort stations with flushing toilets, sinks and showers are located adjacent to the kitchen/dining hall and dorms. In addition, there is a vault toilet near the Warming House on the north side of the parking lot.

Local hotel lodging is available at the lake as well as in Bottineau, ND (15 miles SW of Lake Metigoshe State Park). Visit [www.bottineau.com](http://www.bottineau.com) for information on local accommodations. Metigoshe Ministries also has a variety of guest rooms available that sleep 4-7 people in each room. Visit [www.metigosheministries.com](http://www.metigosheministries.com) for additional information.





## Meals

Meals that will be available onsite for the event include Saturday's breakfast, lunch and supper in addition to Sunday's breakfast. Please purchase tickets for the optional meals on or prior to January 19 at 11:59pm via ShowClix; meals will not be available for purchase at the event.

Meals will be served out of the park's dining hall located near the entrance of the park throughout the time indicated on the event schedule; please allow yourself time to eat and get to your session(s) on time. There are very limited breakfast options available at the lake. Please view meal ticket descriptions via ShowClix to view menu and pricing. Those with dietary restrictions, allergies, etc. should plan to bring their own food. A refrigerator, freezer and microwave will be available for you to utilize. Anything kept in the refrigerator needs to be labeled in terms of date and contents.

All other meals are on your own. For information on where to eat in the Bottineau-Lake Metigoshe area, please visit <https://bottineau.com/eat/>.

## Arrival & Activity Locations

**Activity locations will be communicated to registered participants prior to the event via email.** It is crucial for registered participants to check their email, including junk or spam folders, to ensure emails are received. **There is no formal check-in process, simply show up for the activities for which you are registered at the time you are supposed to be there. 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 to the group and/or activity.** A majority of the sessions will take place within the state park boundary, but may require a short drive. A few activities will meet and take place outside of the state park, requiring a bit longer drive (up to 9 miles). Activities that take place more than one mile outside of the state park indicate the location and distance within its activity description. A map of the state park can be found at <https://bit.ly/LMSPmap>. If there are any further questions as to where the locations are once they are announced, please contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov) prior to the event as it may be difficult to find staff during the event.

**Please do not utilize GPS navigation systems when traveling to the park as they usually direct visitors to the wrong area of the lake.** Follow a North Dakota map in addition to local road signs. Look for the flag poles and large entrance sign.

## Campfire Socials

Participants are welcome to sit and relax by the fire throughout the weekend in either of the two dorms located adjacent to the dining hall and comfort station. Participants can come and go as they please to sit and warm by the fire, as often as needed. Firewood is provided in both dorms. Consider bringing a book or craft project if you have time in between sessions. This is also a great time to meet other enthusiasts and share stories and experiences from the great outdoors.



## Winter 2025 WOW Event Apparel Pre-Sale Only!


Purchase a ticket on or prior to January 19 that represents the garment style and size you would like order. Apparel orders can simply be picked up at the event before or after Friday evening WOW Welcome or during lunch on Saturday (kitchen/dining hall). Due to team member and/or volunteer availability, we cannot guarantee alternative times so please plan accordingly. We will have ShowClix reports that reference names as well as size, quantity and style of garment(s) ordered. A minimum order is required. Should minimum quantity not be met, refunds will be provided.

There will be no onsite options to purchase or exchange apparel; we will be ordering exactly what is needed to fulfill the order in terms of quantity and sizes. Please reference the fit guide and sizing information below to assist you in establishing the garment(s) you'd you like to order.

**Garment options include a long sleeve t-shirt as well as a hooded sweatshirt option:**

**JTRLS Women's Tri-Blend Long Sleeve (\$35)** - 4.6 oz. - 50% Polyester, 37% cotton, 13% Rayon  
Roomier fit and super soft tri-blend makes this a very comfortable garment. Available in S-2XL. Classic Fit.


**CCHD Men's Hamden Hood (\$55)** - 8.5 oz. - 55% cotton, 45% Polyester  
Classic sweatshirt that will keep you warm and cozy any time of year! Available XS-2XL. Relaxed Fit.



**N9DCF**  
HEAVENLY SPACE TREES/SNWFLK FS

PRICE LEVEL:  
53A/48 PC.

Dillon B.  
10/18/24





JTRLS - BLACK



CCHD - CHARCOAL

**PLACEMENT:** FULL FRONT  
**DIMENSIONS:** 10 x 9

**PLACEMENT:** FULL LEFT SLEEVE  
**DIMENSIONS:** 2.5 x 14

**INKS SET:**

○ UNDERLAY PER GUIDE

● GREEN 375

● LT. YELLOW 608

● NAVY 539C

○ WHITE

● FLUO BLUE

● FLUO VIOLET

THIS IS AN ARTIST REPRESENTATION ONLY. ACTUAL PRODUCT MAY VARY

## FIT guide

### MENS



**RELAXED FIT:**  
Comfortable loose  
fit in both the  
sleeves and body



**CLASSIC FIT:**  
Slightly fitted in  
both the sleeves  
and body

### WOMENS



**RELAXED FIT:**  
Roomy and relaxed



**CLASSIC FIT:**  
Shaped to contour  
the body with room  
to move



**FITTED:**  
Shaped close to  
the body

MENS	S	M	L	XL	2XL
CHEST	34-37	38-40	41-43	44-46	47-49
WOMENS	S	M	L	XL	2XL
CHEST	33-34	35-36	37-38	39-40	41-42

## Activity Descriptions

### Session I - Pre-WOW Self-Guided Adventures (Equipment Rental Opportunities)

Friday, February 7

1pm-4:30pm

Please meet at the Warming House to pick-up equipment at 1pm

#### Self-Guided Kicksledding

**Moderate - Arduous/Outdoors**

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carry a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions. One ticket equals one kicksled - feel free to bring a friend to share the experience allowing you to switch between driving and riding OR simply use the seat for gear you may want with you while exploring the LMSP trails! Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) is greatly appreciated. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should return kicksleds at or prior to 4:30pm at the warming house. Grab a map from the warming house and set out to try something new!

#### Self-Guided Snowshoeing

**Moderate - Arduous/Outdoors**

Bring your sense of adventure and grab a map to further explore the park on your own on snowshoes. Dress in layers and wear good quality footwear as snowshoe binding attach to the footwear you already have on. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) is greatly appreciated. Participants should return gear at or prior to 4:30pm at the warming house. If you have your own snowshoes, no need to register-just show up and go snowshoeing with other enthusiasts!

#### Self-Guided Skishoeing

**Moderate - Arduous/Outdoors**

Skishoeing is a combination of snowshoeing and xc skiing-great for beginner winter trail users! Skishoes have a one-way skin of sorts under the bindings allowing traction to climb uphill while the smooth tips and tails allow for gliding component. Skishoes are attached to your footwear have a free heel binding that is adjustable. The wide platform of the skishoe allows for floatation in deep snow. Beginners will find ease in utilizing the packed side of the multiuse trails (please keep off of the groomed xc-ski trails). Participants should dress for the weather conditions and wear good winter footwear. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should return all gear at or prior to 4:30pm at the warming house.

#### Self-Guided XC Skiing

**Moderate - Arduous/Outdoors**

We'll get you set up with boots and skis so you can take some time to get out on the trails ahead of your WOW activities. We highly suggest dressing in layers to layer up or down as you desire. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should return gear at or prior to 4:30pm at the warming house. If you have your own xc skis, no need to register-just show up and go xc skiing with other enthusiasts!





## Activity Descriptions

### Session II

Friday, February 7

6pm-9:30pm

**\*Please note this session overlaps Session III**

### Intermediate Night XC Skiing

**Easy/Indoors**

**Instructors: Lisa Kudelka and Emily Mercer**

Add to your basic skills by learning more about equipment and different x-country skiing techniques. Take some time to try those techniques as you explore the trails for a nighttime ski! This outing is for those that have experience cross-country skiing and are ready for an advanced, longer adventure out on the trail system. Please dress in layers as you'll appreciate layering up or down. Bring a headlamp; some will be available for those that need to borrow. Equipment is provided, but you are welcome to bring your own equipment, if you have it.

### Custom Antler Handled Knives

**Easy/Indoors**

**Instructor: Thomas Marrs**

Don't miss this opportunity to cut, drill and affix a deer antler handle to your choice between three knife blanks, creating your own useful work of art! Along the way, we'll be discussing properties of grinds, points and types of knives as well as personalizing handles and embracing its imperfections and character. Participants are welcome to bring their own antlers should they want to incorporate them into their knife.

### Gouache Painting

**Easy/Indoors**

**Instructor: Erika Gallaway**

This beginner-friendly class will introduce participants to gouache, a water-based paint similar to watercolor, but even easier to use! A landscape or nature inspired image of your choice will be traced onto a wooden canvas in a DIY paint by number style that you can paint over using techniques taught in class. No drawing or painting experience required! Participants should bring their own images printed in color onto plain paper.





## Activity Descriptions

### Session III

Friday, February 7

7pm-9pm

**\*Please note this session overlaps Session II**

#### Tubing @ Bottineau Winter Park

**Moderate/Outdoors**

Hit the tubing hills at the Bottineau Winter Park under the Friday night lights and feel like a kid again by experiencing all the thrills of sledding without the long hike back up the hill! Grab a tube and have an absolute blast speeding down several tubing lanes at the Bottineau Winter Park. Participants are required to drive and/or make arrangements to meet directly at the Bottineau Winter Park, which is located approximately 9 miles west of Lake Metigoshe State Park along Highway 43.

#### Personal Protection & Self-Defense: Basic, Simple, Practical

**Easy/Indoors**

**Instructor: Josette Dupree, Dupree Firearms & Training**

Protecting yourself is your right and obligation. You are the only one who can commit to being your own security guard. The knowledge you possess on your personal protection is your toolbox. During Dupree's two-hour training session, you will build your personal protection toolbox and learn techniques for day-to-day safety challenges that include situational awareness, danger assessment, verbal assertiveness, prevention and basic defensive more skills. Every day tools to protect yourself and your loved ones - confidently!

#### Peyote Stitch Beading

**Easy/Indoors**

**Instructor: Katie Tamburrino**

Peyote beading is a bead weaving technique that involves using a needle and thread to lay beads in patterns. It's a straightforward stitch that's often one of the first learned by new beaders. Participants in this session will start on a small keychain lanyard, learning the technique of the peyote stitch. Each participant will be able to choose two colors of seed beads to start their project with and will leave with materials to complete the project after the session.



## Activity Descriptions

### Session IV

**Saturday, February 8**

**9am-12:30pm**

#### **Introduction to Downhill Skiing—CONTINUES**

**Moderate - Arduous/Outdoors**

**Instructors: Bottineau Winter Park (BWP)**

This day-long experience includes rental equipment, lift ticket, approximately an hour-long lesson and time on the slopes. Please come prepared and dressed for changing weather conditions. Participants are highly encouraged to stop by the BWP on Friday, February 7 between 12pm and 9pm to get fitted for equipment so it can be set aside ahead of the Saturday crowds. Participants are responsible for their own travel from Lake Metigoshe State Park to the BWP, which is about 9 miles west of the park along Highway 43. Please arrive at the BWP at 9:30am; 9am if you are unable to get fitted on Friday for equipment. Ski lesson starts at promptly at 10am. You may choose to register for lunch and come back to LMSP to join WOW group for lunch, purchase lunch onsite at the Bottineau Winter Park or make your own arrangements for lunch. ***This activity continues through and into Session V and VI; participants are able to ski until the 5pm closing time.***

#### **Darkhouse Spearfishing—CONTINUES**

**Easy/Indoors-Outdoors**

**Instructors: Bill Demming, Cody Clemenson, Renee Aalund, Al Burgard, Andrea Sagsveen and Jack Parisien**

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss gear, teach you how to set up, spend time fishing and hopefully fillet fish! Equipment provided. Dressing in layers is highly recommended. Fish houses will be heated, but participants need to wear insulated winter boots, coats, snow pants/insulated overalls, etc. for frequent indoor/outdoor trips. A primitive vault toilet will be available nearby. We'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity to bag fillets to take home. Participants are not required to purchase a fishing license for this event as it is an educational event, unless they've spearfished at a prior event. All participants need to register at <https://gf.nd.gov/fishing/darkhouse-spearfishing>. Registration is free and takes just a few minutes. Participants can either register for lunch or bring their own food/drink; lunch will be delivered on the ice for those that register for lunch. Participants may be required to drive/carpool approximately 6 miles to/on a nearby lake. ***This activity continues through Session V.***

#### **Fur Handling Muskrat & Mink—CONTINUES**

**Easy/Moderate-Indoors**

**Instructors: Rick Tischaefer, ND Fur Hunters and Trappers Association**

Make the most of what you catch in this hands-on opportunity as participants will be learning how to properly skin and prepare muskrat and mink pelts for tanning and to take with you. Please consider wearing clothes you don't mind getting dirty and comfortable shoes. The day will consist of a lot of standing as you work. All materials and critters will be provided! ***This activity continues through Session V.***

#### **Intro to Outdoor Apps**

**Easy/Indoors**

**Instructor: Erika Kolbow, ND Parks & Recreation Department**

Don't miss this opportunity to learn about various smart phone apps that outdoor enthusiasts can utilize the maximize their adventures whether it related to geocaching, adventure labs, tree or wildflower identification, hiking/biking trails, birding call identification and so much more! Make the most of your outdoor experience and join us for this session!

#### **Reloading Ammo**

**Easy/Indoors**

**Instructor: Matt Schimetz**

Gain basic knowledge to learn how to safely reload your own ammo. 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.

#### **Fly-Tying**

**Easy/Indoors**

**Instructor: Alecia Pulver**

Develop basic skills and learn essential fly tying techniques required of most patterns, parts of a fly, understand the different types of flies (dry, wet, streamer, nymph), become familiar with fly tying terminology, learn the parts of the hook, the types of tools needed to tie flies and how these tools are used. You will tie a simple, standard fly pattern that will let you practice these basic skills. Join us-you'll be hooked!

#### **Sap to Syrup**

**Easy/Indoors-Outdoors**

**Instructor: Josh Steffan, ND Parks & Recreation Department**

Delve into the world of natural sugar collection! Participants in this session will learn the basics of tapping trees for sap and processing that sap into other products such as syrup and candies. We will start inside and explore the dos and don'ts of sap collection and the materials involved. Then we will head into the forest to practice tapping trees together before heading back inside the kitchen to create some wonderfully sweet treats.



### Self-Guided Kicksledding

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carry a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions. Participants should obtain kicksleds at 9am at the warming house. One ticket equals one kicksled - feel free to bring a friend to share the experience allowing you to switch between driving and riding OR simply use the seat for gear you may want with you while exploring the LMSP trails! Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) and is greatly appreciated. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should pickup kicksleds at warming house at 9am and return kicksleds at or prior to 12:30pm at the warming house. Grab a map from the warming house and set out to try something new!

**Moderate - Arduous/Outdoors**

### Self-Guided Snowshoeing

Bring your sense of adventure and grab a map to further explore the park on your own on snowshoes. Dress in layers and wear good quality footwear as snowshoe binding attach to the footwear you already have on. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should obtain snowshoes at 9am at the warming house and return them at or prior to 12:30pm. If you have your own snowshoes, no need to register-just show up and go snowshoeing with other enthusiasts!

**Moderate - Arduous/Outdoors**





## Activity Descriptions

### Session V

**Saturday, February 8**

**1:30pm-3:30pm**

#### **Intro to Downhill Skiing (Continued)**

#### **Darkhouse Spearfishing (Continued)**

#### **Fur Handling (Continued)**

#### **Intro to XC Skiing**

**Moderate - Arduous/Outdoors**

**Instructors: Lisa Kudelka and Emily Mercer**

This intro is for beginners, but all skill levels are welcome! We'll go over the basics before setting out onto groomed trails. We'll start out with some history and discuss equipment prior to learning tips and tricks related to staying upright as well as how to fall and get up! Please dress in layers; you will appreciate being able to layer up or down. Equipment is provided. Registered participants that have their own skis are welcome to bring their own or utilize provided equipment.

#### **Intro to Skishoeing**

**Moderate - Arduous/Outdoors**

**Instructors: Glee Mayer and Erika Kolbow, ND Parks & Recreation Department**

Skishoeing is a combination of snowshoeing and x-country skiing. Skishoes allow snowshoers to add a gliding component to their sport and it allows x-country skiers to climb uphill easier because of the skin on the bottom. Ski shoes have a free heel binding that is adjustable for any member of the family. The wide platform of the skishoe allows for floatation in deep snow. There's no need for packed or groomed trails. It's a perfect activity for the wind swept prairies of ND where x-country ski trails either do not exist or they are extremely difficult to maintain due to the wind. It is highly recommended to wear good winter footwear and to dress in layers to layer up or down throughout this guided session.

#### **Fat Bike Adventure**

**Instructor: Mel Marquart, 701 Cycle & Sport Moderate/Outdoors**

Join us as we briefly chat about fat bikes and gear that can help you embrace winter and find the joy in riding on snow. Afterwards, we will take to the park's groomed trails for an exhilarating fat bike ride along the park's groomed trails. Participants should bring bike helmets, if they have them; some will be available.

#### **Track Trek**

**Easy/Indoor - Outdoors**

**Tom Marrs**

Ever wonder look at a set of tracks and wonder who's been wandering through? In this session, we start indoors and learn some basics about animal tracks you may be seeing on your hikes or in your backyard. Afterwards, we will be heading outdoors to see what animals have been moving about on the park's trails. Pending snow conditions, we may be utilizing snowshoes, which would be provided unless ladies would like to bring their own. It is highly suggested to dress in layers to maximize comfort level and overall experience.

#### **Self-Guided Kicksledding**

**Moderate - Arduous/Outdoors**

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carry a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions. Participants should obtain kicksleds at 1:30pm at the warming house. One ticket equals one kicksled - feel free to bring a friend to share the experience allowing you to switch between driving and riding OR simply use the seat for gear you may want with you while exploring the LMSP trails! Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) and is greatly appreciated. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Kicksleds should be picked up at the warming house at 1:30pp need to be returned at or prior to 3:30pm. Grab a map from the warming house and set out to try something new!



## Activity Descriptions

### Session VI

Saturday, February 8

4pm-6pm

#### Intro to XC Skiing

**Moderate - Arduous /Outdoors**

**Instructors: Lisa Kudelka and Emily Mercer**

This intro is for beginners, but all skill levels are welcome! We'll go over the basics before setting out onto groomed trails. We'll start out with some history and discuss equipment prior to learning tips and tricks related to staying upright as well as how to fall and get up! Please dress in layers; you will appreciate being able to layer up or down. Equipment is provided. Registered participants that have their own skis are welcome to bring their own or utilize provided equipment.

#### Intro to Skishoeing

**Moderate - Arduous/Outdoors**

**Instructors: Glee Mayer and Erika Kolbow, ND Parks & Recreation Department**

Skishoeing is a combination of snowshoeing and x-country skiing. Skishoes allow snowshoers to add a gliding component to their sport and it allows x-country skiers to climb uphill easier because of the skin on the bottom. Ski shoes have a free heel binding that is adjustable for any member of the family. The wide platform of the skishoe allows for floatation in deep snow. There's no need for packed or groomed trails. It's a perfect activity for the wind swept prairies of ND where x-country ski trails either do not exist or they are extremely difficult to maintain due to the wind. It is highly recommended to wear good winter footwear and to dress in layers to layer up or down throughout this guided session.

#### Birch Bark Baskets Making - CONTINUES

**Easy/Indoors**

**Instructor: Deirdre Lee, ND Parks & Recreation Department**

Making birch bark into useful and beautiful baskets has been practiced by people in northern climates for millennia and you will learn the basics of one style of basketry. This is a beginner's class -we will be measuring, cutting, piercing, and constructing/sewing the bark, using the included tool set up: cutting mat, exacto knife, ruler, awl, needle & artificial sinew, small rubber finger protectors, and clothes pins. The base of the basket (made of basswood) will be pre-cut at roughly 5" diameter. We will reinforce top edge with reed and construct a lid. Each participant will receive an intriguing rough piece of birch, to adhere, for embellishment. Please note that no happy trees were harmed in gathering the bark as it was foraged from down trees on my 9 acre wood. ***This activity continues on Sunday morning in Session VIII.***

#### Intro to Wood Carving - CONTINUES

**Easy/Indoors**

**Instructor: Becky Barnes, Flickertail Woodcarvers**

Learn the basics of carving wood by hand. This class features knife use, not powered carving, and begins with a lesson on safety, proper technique, and different cuts that are used and combined to create many types of wood carving. Start with the "practice stick" to learn the steps, and then put that knowledge to use by carving your choice of either a small duck out of basswood, or an otter letter opener out of butternut. Paint supplies will be available for participants to us as time permits. ***This activity continues through Session VII.***

#### Field Journal Making

**Easy/Indoors**

**Instructor: Elisha Mueller & Emily Joynt**

Elevate your nature journaling by making your own faux leather-bound journal! In this course, you will learn the basics of book binding: including folding signatures, piercing holes and sewing, pressing and gluing, and casing the book. Each participant will get their own handmade journal to do some nature journaling in over the weekend and beyond.

#### Fat Bike Adventure

**Moderate/Outdoors**

**Instructor: Mel Marquart, 701 Cycle & Sport**

Join us as we briefly chat about fat bikes and gear that can help you embrace winter and find the joy in riding on snow. Afterwards, we will take to the park's groomed trails for an exhilarating fat bike ride along the park's groomed trails. Participants should bring helmets, if they have them; some will be available.

#### Intro to Snowshoeing

**Moderate/Outdoors**

**Instructor: Terri Lundberg**

This beginner course will introduce you to different types of snowshoes as well as some history behind them. Find out how to choose the right snowshoes for your needs and wants before strapping a pair on and exploring Lake Metigoshe State Park. Be on the lookout for wildlife, tracks and amazing views. It is very important to dress in layers! Equipment provided; those that have snowshoes are welcome to bring their own.

#### Self-Guided Kicksledding

**Moderate - Arduous/Outdoors**

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carry a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions. Participants should obtain kicksleds at 4pm at the warming house. One ticket equals one kicksled - feel free to bring a friend to share the experience allowing you to switch between driving and riding OR simply use the seat for gear you may want with you while exploring the LMSP trails! Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) and is greatly appreciated. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Kicksleds need to be returned to the warming house at or prior to 6pm. Grab a map from the warming house and set out to try something new!

## Activity Descriptions

### Session VII

**Saturday, February 8**

**7:30pm–9:30pm**

### Wood Carving (Continued)

#### Walleye Basics

**Easy/Indoors**

**Instructor: Chris Pulver**

Learn basic techniques of fishing for walleyes while learning some of walleye behaviors with a focus on open water fishing. We will discuss mostly boat fishing techniques but will learn some ways to target them from shore. Participants will tie Lindy rigs and spinners to take on their next angling adventure!

#### Peyote Stitch Beading

**Easy/Indoors**

**Instructor: Katie Tamburrino**

Peyote beading is a bead weaving technique that involves using a needle and thread to lay beads in patterns. It's a straightforward stitch that's often one of the first learned by new beaders. Participants in this session will start on a small keychain lanyard, learning the technique of the peyote stitch. Each participant will be able to choose two colors of seed beads to start their project with and will leave with materials to complete the project after the session.

#### Moonlight Snowshoe Hike

**Moderate/Outdoors**

**Instructor: Emily Laaveg, ND Parks & Recreation Department**

In the winter, when the sun sets so early in the day and we are left with only nighttime after work, it's hard to find the motivation to go outside at the end of the day. But that doesn't have to be the case at all! With the extra snow, the light from the stars and moon helps to illuminate a new, familiar, and magical environments to explore. Join us as we learn to get comfortable and have some fun exploring the winter woods at dark!

#### Self-Guided Skishoeing

**Moderate - Arduous/Outdoors**

Skishoeing is a combination of snowshoeing and xc skiing—great for beginner winter trail users! Skishoes have a one-way skin of sorts under the bindings allowing traction to climb uphill while the smooth tips and tails allow for gliding component. Skishoes are attached to your footwear have a free heel binding that is adjustable. The wide platform of the skishoe allows for floatation in deep snow. Beginners will find ease in utilizing the packed side of the multiuse trails (please keep off of the groomed xc-ski trails). Participants should dress in layers for the weather conditions, wear good winter footwear and bring a headlamp, if you have one (some will be available). For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should pick up gear at 7:30pm at the warming house and return all gear at or prior to 9:30pm.

#### Self-Guided Kicksledding

**Moderate - Arduous/Outdoors**

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carry a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions. One ticket equals one kicksled – feel free to bring a friend to share the experience allowing you to switch between driving and riding OR simply use the seat for gear you may want with you while exploring the LMSP trails! Participants should dress in layers for the weather conditions, wear good winter footwear and bring a headlamp, if you have one (some will be available). Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) and is greatly appreciated. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Kicksleds should be picked up at 7:30pm at the warming house and should be returned at or prior to 9:30pm. Grab a map from the warming house and set out to try something new!





## Activity Descriptions

### Session VIII

**Sunday, February 9**

**9am-12:30pm**

**Darkhouse spearfishing goes until 3pm; self-guided activities can also utilize equipment until 3pm.**

### Birch Bark Baskets Making (Continued)

#### Darkhouse Spearfishing—CONTINUES

**Easy/Indoors – Outdoors**

**Instructors: Bill Demming, Cody Clemenson, Renee Aalund, Jack Parisien, Andrea Sagsveen and Al Burgard**

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss gear, teach you how to set up, spend time fishing and hopefully fillet fish! Equipment provided. Dressing in layers is highly recommended. Fish houses will be heated, but participants need to wear insulated winter boots, coats, snow pants/insulated overalls, etc. for frequent indoor/outdoor trips. A primitive vault toilet will be available nearby. We'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity to bag fillets to take home. Participants are not required to purchase a fishing license for this event as it is an educational event, unless they've spearfished at a prior event. All participants need to register at <https://gf.nd.gov/fishing/darkhouse-spearfishing>. Registration is free and takes just a few minutes. Participants may be required to drive/carpool approximately 6 miles to/on a nearby lake. **Participants will be expected to bring their own food/drink. This activity continues until 3pm.**

#### Custom Antler Handled Knives

**Easy/Indoors**

**Instructor: Thomas Marrs**

Don't miss this opportunity to cut, drill and affix a deer antler handle to your choice between three knife blanks, creating your own useful work of art! Along the way, we'll be discussing properties of grinds, points and types of knives as well as personalizing handles and embracing its imperfections and character. Participants are welcome to bring their own antlers should they want to incorporate them into their knife.

#### Viking Thumb Knitting

**Easy/Indoors**

**Instructor: Emily Laaveg, ND Parks & Recreation Department**

Think you've heard of all the types of needle arts? Think again! Nålbinding is a type of needle weaving dating back to the dawn of civilization, 8,000 years ago. Using a single needle and yarn made from natural fibers, you will learn to weave knots around your thumb which can be turned into any number of articles. We will be going over the basic techniques and one of the basic stitches while working to complete a headwrap to take home. Participants will be responsible for purchasing and bringing their own yarn; we'll be in touch via email after registration to provide info as to what kind we'll utilize.

#### Essential Oils DIY

**Easy/Indoors**

**Instructor: Kylee Lessig**

Did you know most plants have a protein/allergy free substance called essential oil? The medicinal properties of each oil will be our main focus. We'll also learn how to use them to be prepared for anything. Everyone gets to make a few DIY projects to take home.

#### Self-Guided Skishoeing

**Moderate – Arduous/Outdoors**

Skishoeing is a combination of snowshoeing and xc skiing—great for beginner winter trail users! Skishoes have a one-way skin of sorts under the bindings allowing traction to climb uphill while the smooth tips and tails allow for gliding component. Skishoes are attached to your footwear have a free heel binding that is adjustable. The wide platform of the skishoe allows for floatation in deep snow. Beginners will find ease in utilizing the packed side of the multiuse trails (please keep off of the groomed xc-ski trails). Participants should dress for the weather conditions and wear good winter footwear. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants can utilize gear as late as 3pm and should return to warming house.

#### Self-Guided XC Skiing

**Moderate – Arduous/Outdoors**

We'll get you set up with boots and skis so you can take some time to get out on the trails ahead of your WOW activities. We highly suggest dressing in layers to layer up or down as you desire. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants can utilize xc skis as late as 3pm and should return gear to the warming house. If you have your own skis, no need to register—just show up and go xc skiing with other enthusiasts!

#### Self-Guided Snowshoeing

**Moderate – Arduous/Outdoors**

Bring your sense of adventure and grab a map to further explore the park on your own on snowshoes. Dress in layers and wear good quality footwear as snowshoe binding attach to the footwear you already have on. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should return gear at or prior to 3pm at the warming house. If you have your own snowshoes, no need to register—just show up and go snowshoeing with other enthusiasts!