

WILD OUTDOOR WOMEN

**FEBRUARY 21-23, 2020
LAKE METIGOSHE STATE PARK
BOTTINEAU, NORTH DAKOTA**

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



NORTH
Dakota |
Be Legendary.™

Lake Metigoshe
STATE PARK

REGISTRATION

opens at www.ticketleap.com on December 11, 2019 at 12:00pm via and closes at 11:59pm on January 16, 2020.

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 within individual activity descriptions.

PARTICIPATION

is limited due to the hands-on nature of the activities; ticket sales are limited to one per person, per session.

EVENT PARTNERS



INTENTIONAL FITNESS with Crystal
YOGA * GROUP FIT * PERSONAL TRAINING

SCHEELS®



REGISTRATION FEES & EVENT SCHEDULE

Friday, February 21

5:00pm-6:15pm	Check-in/Supper
6:20pm	Welcome/Announcements
6:30pm—8:30pm	Session I (Mini-Session) Tubing at the Bottineau Winter Park (\$18), Custom Fishing Rod Building (\$220), Cache Creation (\$25), Alpine & X-C Ski Maintenance (\$25) and Owl Prowl on Snowshoes (\$25)
8:30pm—9:00pm	Check-in for late travelers
8:30pm—	Campfire Social

Saturday, February 22

7:00am-8:15	Check-in/Breakfast
8:20am	Welcome/Announcements
8:30am—12:00pm <i>(Downhill Skiers meet at the Bottineau Winter Park at 9:30am)</i>	Session II Custom Fishing Rod Building (cont.), Downhill Skiing Intro (\$75), Darkhouse Spearfishing (\$65), Fur Handling (\$60), Intro to X-Country Skiing (\$35), Wild Game Processing (\$35), Beanies 'Round the Fire (\$25), Sun Mountain Wilderness First Aid Mini-Course (\$55) and Snowshoeing and Wildlife Scatting Adventure (\$35)
12:00pm—1:15pm	Lunch/Check-in
1:10pm	Announcements
1:30pm—5:00pm	Session III Custom Fishing Rod Building (cont.), Intro to Downhill Skiing (cont.), Darkhouse Spearfishing (cont.), Fur Handling (cont.), WOW Triathlon (\$35), Arm Knitting (\$25), In The Right Direction (\$35) and Bringing It Home (\$35)
5:00pm—6:15pm	Supper/Check-in
6:10pm	Announcements
6:30pm—8:30pm	Session IV (Mini Session) GRIT in the Wild (\$25), Fat Tire Biking Adventure (\$25), Warm Winter Yoga (\$25), Outdoor Survival Techniques and Tools (\$25), Self-Guided Night Ski or Snowshoe (\$16)
8:30pm—	Campfire Social

Sunday, February 23

7:00am-8:15	Check-in/Breakfast
8:20am	Welcome/Announcements
8:30am—12:00pm	Session V Darkhouse Spearfishing (\$65; wraps up at 4:30pm), Advanced X-Country Skiing (\$35), Sun Mountain Wilderness First Aid Mini-Course (\$55), Find Your Winter Balance & Get Those Wheels Rollin' (\$35), Spearfishing Decoys (\$35) and Self-Guided Fat Tire Biking Adventure (\$24)
12:00pm-1:00pm	Lunch

REGISTRATION

opens at www.ticketleap.com on December 11, 2019 at 12:00pm via and closes at 11:59pm on January 16, 2020.

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 \$8.50 for breakfast, \$10.50 for lunch and \$13.50 for supper; those with dietary needs, allergies or concerns should email aschimetz@nd.gov.

WOW APPAREL

The ladies tri-blend long sleeve t-shirt is \$20 and the unisex long sleeve hooded t-shirt is \$24. Purchase a ticket via Ticketleap representing the desired style and size. Shirts are to be pre-ordered via Ticketleap starting December 11, 2019 at 12pm. Shirt orders need to be completed by January 16 at 11:59pm. All sales are final—no returns or exchanges will be available. Shirts can be picked-up at Lake Metigoshe State Park during the event. There will not be extra inventory ordered to allow for exchanges or to be purchased at the event.



Meet in Dining Hall 20 minutes prior to ALL sessions

General Event Information

Whether you are a first time WOW participant or someone coming back for more, you'll find something of interest in the upcoming event that is scheduled at Lake Metigoshe State Park (LMSP) February 21-23, 2020. Whether you are joining us for a session, a day, two days or the whole weekend we encourage you to take some time to relax or simply explore the park on your own. May participants fight exhaustion during the weekend so consider the number of activities or the physical level required to do the activities for which you plan to register.

Registration

Registration will open on December 11, 2019 at 12:00pm and will close on January 16, 2020 at 11:59pm via www.ticketleap.com. Participants purchase tickets that represent their registration for desired activities, lodging needs, optional meals and size/style of shirt(s) that will be available for purchase. Ticketleap fees for this event will be absorbed by LMSP. Registration fees cover costs affiliated with state park facilities, equipment rentals, honorariums for volunteer instructors, the event's food and beverages in addition to materials needed for a variety of activities. Participants that are at least 16-17 years of age need to register for the event with a participant that is at least 18 years of age; they do not need to be within the same activities.

Through Ticketleap, you will be able to view which activities have availability, pay online and get confirmation upon checkout. There are activities that span multiple sessions. Ticketleap will not alert you if you have a time conflict so please double-check to ensure you didn't double-book yourself during the event.

Participation is limited due to the hands-on nature of activities and the equipment involved. It is highly recommended to register early to increase your chances of getting into desired sessions and activities; activities have filled within minutes. Although we understand that some ladies would prefer to attend the event with a friend or family member, we want to provide everyone an equal opportunity to register for the event. Therefore, registrants 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 availability at that time.

Actual tickets do not need to be presented at the event; they simply reserve your spot in activities, at meals, in our lodging and represent the size/style of shirt you desire and assist us in creating such lists for the event. You will need to provide your name and email address for every ticket purchased.

Arrival Prior To All Sessions/Locations of Activities

Participants should meet at the kitchen/dining hall 20 minutes prior to all sessions to get last-minute announcements, meet instructors and organize arrangements to get everyone to the locations where each activity will take place. This is done to collectively get participants where they need to go for their activities more effectively enabling sessions to start on time. The majority of the activities take place within the state park boundary, but may require a short drive from the kitchen/dining hall to get to the facility/area where the activity will take place. Activities that take place outside of the state park indicate their distance within the individual activity descriptions. Please do your best to be on time for all of your activities as you run the risk of not catching up with your group.

Cancellation Policy

All sales are final-no exceptions. 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 and submitted. Any participants that do not attend, for whatever reason, waive their full registration amount. LMSP will make every attempt to host this event despite the weather forecast. 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.

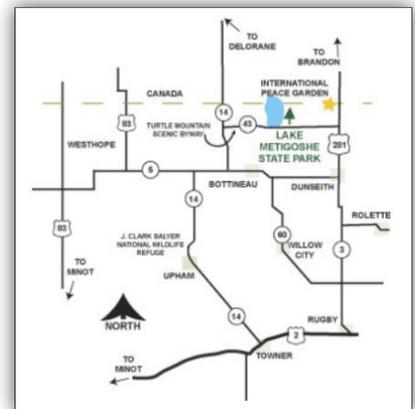
Weather

Should weather forecast not be ideal, the event will go on. What's a wild outdoor woman that can't take the cold?! Please plan and pack appropriate gear as well as a positive attitude. Adjustments will be made where possible to include more breaks to warm up, if needed.

GETTING HERE

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.

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 towels, bedding and toiletries. Consider bringing slip-on shoes 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.

What to Bring

Although equipment is provided for all of the activities, everyone is welcome to bring their own recreational equipment (skis, snowshoes, etc.) if they so choose. Please be prepared for changing weather conditions to maximize your safety, comfort and enjoyment. Consider bringing additional items to include, but not be limited to, ear plugs (for those sleeping in dorms), slip-on shoes, lip balm, sunscreen, ball cap, hand/toe warmers, face mask, scarf, extra socks, extra gloves, sunglasses, re-fillable coffee cup, re-fillable water bottle, personal prescriptions, cards/games, camera and camp chair. As a reminder, those staying in dorms will need to provide their own towels, bedding and toiletries.

Meals & Snacks

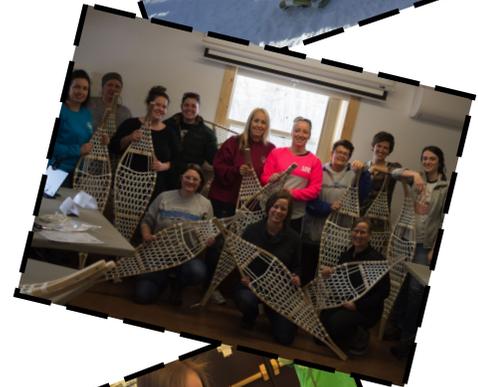
Meals will be available in the amounts of \$8.50/breakfast, \$10.50/lunch and \$13.50/supper. Snacks will be provided to those registered for session II, III, and/or V. If you are a vegetarian, have allergies or special dietary requirements, please contact aschimetz@nd.gov as our caterers are very accommodating. A refrigerator and microwave will be available for those with dietary needs and/or requirements that need or chose to bring their own food.

Campfire Socials

There's nothing like meeting new folks or reconnecting with old friends while swapping stories 'round a fire! There will be campfire socials on Friday and Saturday evenings. These socials will be in either/both dorms. All registered participants are welcome to attend. 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.

WOW Apparel

A unisex hooded long sleeve t-shirt (\$24) will be available in addition to ladies long sleeve t-shirt (\$20). WOW apparel is optional and needs to be purchased via Ticketleap prior to the January 16 registration deadline. Additional inventory will not be available for purchase at the event.



ACTIVITY DESCRIPTIONS

SESSION I 6:30PM-8:30PM
FRIDAY, FEBRUARY 21, 2020

Winter Tubing (Outdoors-Easy/Moderate)

Feel like a kid again and experience all the thrills of sledding and tubing without the long hike back up the hill! Grab a tube and have an absolute blast speeding down your choice of several tubing lanes at the Bottineau Winter Park. **Participants will meet and leave from the dining hall at 6:15pm prior to driving themselves approximately 9 miles to the Bottineau Winter Park.**

Custom Fishing Rod Building (Indoors-Easy)

Instructor: Chuck DeRemer (Chuck's Custom Fishing Rods)

Don't miss out on the opportunity to build your own custom fishing rod! We'll cover the basics of building a rod including proper design and construction. In addition, we'll discuss proper maintenance and simple repairs. Registration fees cover basic materials and instruction; upgrades will be available during the session for additional fee(s). Due to drying time, fishing rods will need to be picked up on Sunday morning. **This activity continues through Session II and III.**

Cache Creation (Indoors-Easy)

Instructor: Pam Ihmels

It's just as fun, if not more fun, to create and hide geocaches as it is to find them! Learn some tips and tricks related to cache creation to include how to put together a creative cache that others would find interesting, how to officially register new caches and how to maintain them. We'll be assisting Lake Metigoshe State Park by creating their newest geocache for their park visiting cachers to find!

Alpine & X-C Ski Maintenance (Indoors-Easy)

Instructors: Scott Johannsen and Conner Oliver (SCHEELS Experts)

Skiers all generally tend to wax and tune skis differently. Take in this hands-on opportunity to learn from SCHEELS Experts how to better maintain your skis which will maximize your experiences on future alpine and x-country skiing adventures. We'll be discussing the varieties of waxes that can be utilized and the variables that should be considered when deciding which wax is best for you, the conditions and your skis.

Owl Prowl on Snowshoes! (Outdoors-Moderate)

Instructor: Erika Kolbow (ND Parks & Recreation Department)

Who's who? Venture out into the darkness on snowshoes to see what feathered friends are in the neighborhood. We will be discussing local owls and doing some activities to better understand their adaptations. Dress for the dropping evening temperatures and bring a headlamp!



SESSION II 8:30AM-12:00PM SATURDAY, FEBRUARY 22, 2020

DIY Custom Fishing Rods-Continued

Introduction to Downhill Skiing (Outdoors-Moderate/Arduous)

Instructors: Bottineau Winter Park (BWP) Staff

This day-long experience includes rental equipment, lift ticket, approximately an hour of lessons and time on the slopes. In addition, an onsite lunch (choice of chicken sandwich, burger or chicken strips with a small order of fries and a drink) so no need to register for a lunch or leave the BWP to snag a bite. Please come prepared and dressed for changing weather conditions. Participants are highly encouraged to stop by the BWP on Friday, February 21 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. Please arrive at the BWP at 9:30am; 9am if you are unable to get fitted on Friday. Ski lesson starts at 10am. This activity continues through Session III; participants are able to ski until their 5:00pm closing time.**

Darkhouse Spearfishing (Indoors/Outdoors-Easy)

Instructors: Jeff Long (ND Game & Fish Department), Tighe Teets, Cody Clemenson, Al Burgard, Bob Olson and Jacob Krause

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss needed gear, teach you how to set up, spend time fishing and hopefully fillet fish to get a taste of the day's catch! 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 available nearby. We'll wrap up in a heated shop where we'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity for all to try fresh fish and 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 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 need to either register for lunch (boxed lunch for those spearfishing) or bring their own food/drink as lunch will be taken on the ice! Participants required to drive/carpool approximately 6 miles to/on a nearby lake. This activity continues through Session III.**

Fur Handling (Indoors-Moderate)

Instructors: Stephanie Tucker (ND Game & Fish Dept.) and Chad Tucker

Make the most of your catch by learning how to properly skin, flesh, stretch and get the fur ready to sell or tan for garment use or décor. Please consider wearing clothes you don't mind getting dirty as well as comfortable shoes. The day will consist of a lot of standing as you work. Critters will be provided! **This activity continues through Session III.**

Intro to X-Country Skiing (Outdoors-Moderate/Arduous)

Instructors: Terri Lundberg, Lisa Kudelka and Katie Schlafke

This intro is for beginners, but all skill levels are welcome! We'll go over the basics before setting out onto groomed trails within the state park. We'll start out with some history and discuss equipment. Participants will learn how to get fitted for skis, boots and poles in addition prior to getting some tips and tricks related to staying upright as well as how to fall and get back up! Please dress in layers; depending upon the weather, 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.

Wild Game Processing (Indoors-Easy)

Instructors: Kate & Kraig Motzko

Processing your own wild game can seem daunting, but once you learn how you will never want to stop! Let us show you how fun and easy it is to turn that freezer full of animals into delicious snacks for you and your family to enjoy. We will go through proper techniques and common tools of the trade to successfully process and cook your wild game. This will be a hands-on activity as we will be cooking and sampling from several different animal groups including big game, waterfowl, and fish. Please bring a copy of your favorite wild game recipe, if you have one.



(CONTINUED)

Beanies 'Round The Fire (Indoor-Easy)

Instructor: Elisha Mueller

Gather 'round the fireplace to learn the basics of crocheting and, if time allows, finish a beanie you can wear to keep warm the remainder of the weekend! You will need to purchase and bring two skeins of bulky yarn (weight- 5 ply) of your color/pattern choice and an 8mm crocheting hook (size L).

Sun Mountain Wilderness First Aid Mini-Course (Indoor-Easy)

Instructors: Dr. Jon Solberg with guest Dr. Agnieszka Solberg

Have confidence knowing you are more prepared in your outdoor adventures by obtaining this hands-on wilderness first aid training. You will leave with a basic adventure kit and skills to treat minor injuries. You will also learn to recognize some life threatening injuries and how to transport yourself or your loved one to an area accessible by EMS. In the wilderness, luck favors the prepared.

Snowshoeing and Wildlife Scatting Adventure (Tracking) (Indoor/Outdoor-Moderate)

Instructors: Patsy & Randy Crooke

This beginner course will introduce you to a few 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 on a pair and exploring Lake Metigoshe State Park. You will learn what proper clothing and equipment is needed in order to enjoy the outdoors on your snowshoes. You will have opportunities to look for wildlife tracks and signs and learn about their winter habits while enjoying some amazing views! It is very important to dress in layers and have a good winter boot that is waterproof and insulated. Be prepared to be worn out! Snowshoe equipment is provided but if you have your own, feel free to bring them. Ski poles might be a good asset, too.



SESSION III 1:30PM-5:00PM SATURDAY, FEBRUARY 22, 2020

Custom Fishing Rods-Continued

Downhill Skiing-Continued

Darkhouse Spearfishing-Continued

Fur Handling-Continued

WOW Triathlon (Outdoors-Moderate/Arduous)

Instructors: Emily Mercer, Terri Lundberg and Katie Schlafke (ND Game & Fish Department)

This session is for those that have some experience pertaining to archery, cross-country skiing and snowshoeing as there will be minimal instruction. All equipment will be provided, but if you have your own and want to bring it to use it, you'd be welcome to do so. We'll start with some discussion, fit everyone with gear, take a few minutes to practice archery (practice arrows only) and review the triathlon route. Afterwards, it's up to you to either simply enjoy the trail or compete with fellow wild outdoor women for bragging rights!

Arm Knitting (Indoors-Easy)

Instructor: Julie Thompson

Learn the basics of arm knitting and complete your own super-soft, chunky cowl. Ideal for beginners! No prior knitting knowledge is necessary. Makes a great gift for yourself or someone else. Those taking this session will need to purchase and bring two skeins of bulky weight yarn (#6)(106 yards each skein). Feel free to get your favorite color or combination of colors. Come prepared to use your arms instead of knitting needles!

In The Right Direction (Indoor/Outdoors-Easy)

Instructor: Molly Skadsen (ND Parks & Recreation Department)

What would you do if you were lost without your phone or a GPS unit? Would you know what direction to go? If your answer is no, then this class is for you! We will begin with a discussion about the basics of orienteering and how to use a map and compass. Then we will head outdoors to test our knowledge on an orienteering course.

Bringing It Home (Indoors-Easy)

Instructor: Erika Kolbow (ND Parks & Recreation Department)

Ever learn great information but have a hard time adapting it to teach it to your friends and family? We will be doing nature-based activities, crafts, methods and resources to help you bring what you've learned back home.



SESSION IV 6:30PM-8:30PM SATURDAY, FEBRUARY 22, 2020

Grit in the Wild (Indoor-Easy)

Instructor: Dr. Agnieszka Solberg (Founder of RadChicks)

Are you feeling two weeks behind and overwhelmed in your job and life? Don't have enough time for yourself or relationships? Prepare yourself to recognize, understand, and tackle social expectations as well as pressures in the wild and within our daily lives. Identify steps and learn research proven ways to become more resilient and develop some grit! Walk out the door with actionable tasks to reduce burnout and improve happiness and resilience in and out of the wilderness.

Fat Tire Biking Adventure (Indoor/Outdoor-Moderate/Arduous)

Instructors: Laurie Steinhaus and Shawna Brown (Turtle Mountain Trails Association)

Bring your headlamp and a sense of adventure! We'll start out briefly indoors discussing various options of fat bikes and variables that should be considered when it comes time to potentially purchasing one. Afterwards, we'll take to the trails in the northwest portion of the park that is specifically groomed for fat biking as a result of a collaboration between the Turtle Mountain Trails Association and Lake Metigoshe State Park.

Warm Winter Yoga (Indoors-Easy/Moderate)

Instructor: Crystal Grenier (INTENTIONal Yoga with Crystal)

It's time to practice restoration and introspection to promote wellness, self-discipline and overall good health. Our session will start with an Ayurvedic (the sister science to yoga) overview of the dosha Kapha, and how to adapt our daily habits, yoga practice and food choices to stay in balance, followed by a mellow flowing movement (Hatha yoga) and breath work that will warm the body and prepare you to rest more fully in Restorative Yoga. Bring a mat, blanket and water....the rest will be provided. There will be several extra mats available.

Outdoor Survival Techniques & Tools (Indoors/Outdoors-Easy)

Instructors: Shubham Datta and Thomas Marrs (DCB Wildlife Club)

This will be a great opportunity to check out some gear, use some tools and test your skills! Participants will learn the basics surrounding setting up camp to include setting up a canvas tent, splitting wood, fire starting methods and there will be discussions surrounding various equipment to better establish what fits you and your needs in order to survive the great outdoors.

Self-Guided Night X-C Ski or Snowshoe (Outdoors-Easy/Moderate/Arduous)

Bring your headlamp, a map and a sense of adventure to explore the park after dark. Equipment will be provided; those that have their own skiing/snowshoe equipment do not need to register for this specific activity as this is simply an equipment rental opportunity for those that are interested. **For safety reasons, there will be a participant list displayed for participants to check their names off of once off the trails; participants are requested to return gear no later than 8:45pm.**



SESSION V 8:30AM-12:00PM SUNDAY, FEBRUARY 23, 2020

Darkhouse Spearfishing (Indoors/Outdoors-Easy)

Instructors: Jeff Long (ND Game & Fish Department), Tighe Teets, Cody Clemenson, Al Burgard, Bob Olson and Jacob Krause

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss needed gear, teach you how to set up, spend time fishing and hopefully fillet fish to get a taste of the day's catch! 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 available nearby. We'll wrap up in a heated shop where we'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity for all to try fresh fish and 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 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 need to either register for lunch (boxed lunch for those spearfishing) or bring their own food/drink as lunch will be taken on the ice! Participants required to drive/carpool approximately 6 miles to/on a nearby lake. Spearfishing is a day-long activity that will wrap up around 4:30pm.**

Advanced X-Country Skiing (Outdoors-Moderate/Arduous)

Instructors: Emily Mercer & Lisa Kudelka

Add to your basic skills by learning different x-country skiing techniques. Take some time to try those techniques as you go through a winter wonderland. This outing is for those that have experience cross-country skiing and are ready for a more advanced and longer adventure out on the trail system. Please dress in layers as you'll appreciate layering up or down. Equipment is provided, but you are welcome to bring your own!

Sun Mountain Wilderness First Aid Mini-Course (Indoor-Easy)

Instructors: Dr. Jon Solberg with guest Dr. Agnieszka Solberg

Have confidence knowing you are more prepared in your outdoor adventures by obtaining this hands-on wilderness first aid training. You will leave with a basic adventure kit and skills to treat minor injuries. You will also learn to recognize some life threatening injuries and how to transport yourself or your loved one to an area accessible by EMS. In the wilderness, luck favors the prepared.

Find Your Winter Balance and Get Those Wheels Rolling! (Indoors/Outdoors-Moderate)

Instructors: Crystal Grenier (INTENTIONal Yoga with Crystal), Dr. Michael Mack and Dr. Jadian Mack (True North Chiropractic)

These folks are teaming up for an awesome opportunity! Crystal will assist you in finding your winter balance through Turtle Mountain air and through snowshoe yoga! Be PRESENT in the serenity of the outdoors through walking mindful meditation and yoga poses to create YOUR total experience. The adventure will start with trail hiking to warm the body, stopping along the way to begin our yoga practice. More trail hiking will lead to more yoga-ing. The trail will meander back to enjoy some hot tea and energy bites where Drs. Michael & Jadian will teach you strategies to balance the different "spokes" of your life including social, financial, health and spiritual well-being to get your wheels rolling towards a more fulfilled life. After evaluating yourself, you'll know better how our wheel rolls! Snowshoes will be provided, but those that have their own are welcome to bring them.

Spearfishing Decoys: Build It, Swim It, Spear It! (Indoors-Easy)

Instructor: Melissa Shockman

Getting out on a frozen lake, peering over into a giant hole in the ice, and seeing northern pike focus in on a spearfishing decoy is a thrill that everyone should experience....BUT what is that decoy is something YOU made? Add to the excitement of your spearing adventures or learn a new craft obsession by joining in on the art of making your very own working spearfishing decoy! You will get to learn the step-by-step process of creating a working decoy, construct and design your own wooden decoy with woodworking power tools, then build and craft it into a functional spearfishing decoy and a beautiful piece of art!

Self-Guided Fat Tire Bike (Outdoors-Moderate)

Grab a map and bring your sense of adventure to explore the park on your own. Fat bikes and helmets will be provided; those that have their own fat tire biking equipment do not need to register for this specific activity as this is simply an equipment rental opportunity for those that are interested. **For safety reasons, there will be a participant list displayed for participants to check their names off of once off the trails; participants are requested to return gear no later than 12:00pm.**

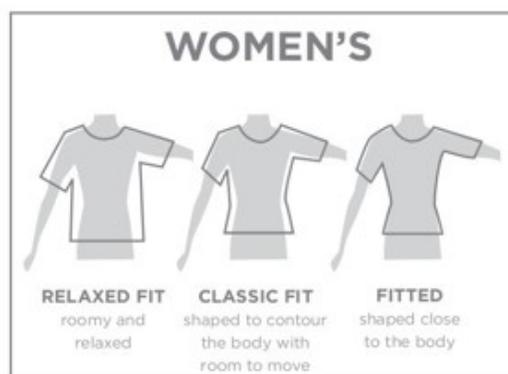
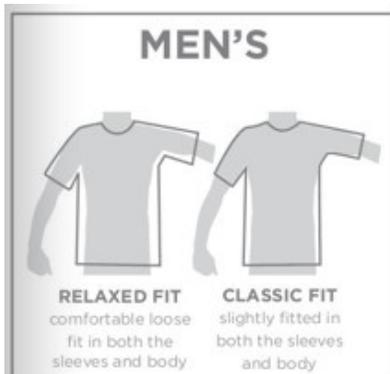


WOW Apparel



MEN'S	S	M	L	XL	2XL
CHEST	35-37	38-40	41-43	44-46	47-49

WOMEN'S	S	M	L	XL	2XL
SIZE	2	4-6	8-10	12-14	16-18
CHEST	33-34	35-36	37-38	39-40	41-42



Ladies Tri-Blend Long Sleeve T-Shirt \$20

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. This 4.7 oz shirt is 50% polyester, 37% cotton and 13% rayon. Available in sizes S-2XL.

Unisex Tri-Blend Hooded T-Shirt \$24

This unisex long sleeve hooded t-shirt also has a classic fit that somewhat contours the body, yet leaves room to move. There is a front pouch pocket and contrasting drawcords. This shirt is great to take off a chill or wear with layers under a vest. This 4.7 oz shirt is 50% polyester, 37% cotton and 13% rayon. Available in XS-2XL.

Order Info

Purchase a ticket via Ticketleap representing the desired style and size. Shirts are to be pre-ordered via Ticketleap starting December, 11, 2019 at 12pm. Shirt orders need to be completed by January 16 at 11:59pm. All sales are final-no returns or exchanges will be available. Shirts can be picked-up at Lake Metigoshe State Park during the event. There will not be any extra inventory ordered to allow for exchanges or to be purchased at the event.