

# MINI WOW EVENT

**FEBRUARY 19-21, 2021  
 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.*



## REGISTRATION

opens at [www.ticketleap.com](http://www.ticketleap.com) on December 16, 2020 at 12:00pm via and closes at 11:59pm on January 31, 2021.

## REGISTER

by purchasing tickets that represent the number of desired sessions, the activities and optional grab and go style meals.

## LODGING

can be found at the lake or in Bottineau, which is 14 miles SW of Lake Metigoshe State Park. Visit [www.bottineau.com](http://www.bottineau.com) for information related to local accommodations. You may also call the Bottineau Area Chamber of Commerce at 701.228.3849 or email [bcc@utma.com](mailto:bcc@utma.com).

## FEES

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

## PARTICIPATION

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

## EVENT PARTNERS



# EVENT SCHEDULE

## Friday, February 19

### 1:30pm—5:00pm Session I

*Snowshoe Lacing (through Session III)-\$130* Shop

5:00pm-6:45pm Supper on your own

### 7:00pm—9:00pm Session II (Mini-Session)

*Snowshoe Lacing (Continued)* Shop

*Tubing Hill-\$18*

*Fat Tire Bike Ride-\$25*

*Snowshoeing Owl Prowl-\$25*

*Bottineau Winter Park*

*Slemmen Cabin Area*

*Warming House*

## Saturday, February 20

7:30am—8:15am \$10 Bfast Grab & Go (Dining Hall)

### 8:30am—12:00pm Session III

*Snowshoe Lacing (Continued)* Shop

*Darkhouse Spearfishing (through Session IV)-\$65*

*Intro to Snowboarding (10am-5pm closing)-\$75*

*Tracking on Snowshoes-\$35*

*Intro to X-Country Skiing-\$35*

*Intro to Fat Tire Biking Intro and Ride-\$35*

Shop

*DH Parking Lot/Lake*

*Bottineau Winter Park*

*Warming House Lot*

*Warming House*

*Slemmen Cabin Area*

12:00am—1:00pm \$13 Lunch Grab & Go (Dining Hall)

### 1:30pm—5:00pm Session IV

*Darkhouse Spearfishing (Continued)*

*Intro to Snowboarding (Continued)*

*Watercolor Painting-\$50*

*Spearfishing Decoys (through Session V)-\$50*

*Advanced X-C Skiing-\$35*

*DH Parking Lot/Lake*

*Bottineau Winter Park*

*Dining Hall*

Shop

*Warming House*

5:00pm—6:45pm Supper on your own

### 7:00pm—9:00pm Session V (Mini Session)

*Spearfishing Decoys (Continued)*

*Paper Quilling-\$30*

*Yoga: Warm Your Heart-\$30*

*Intro to Skishoeing-\$25*

*Self-Guided Snowshoeing-\$15*

Shop

*Auditorium*

*Dining Hall*

*Warming House*

*Warming House Lot*

## Sunday, February 21

7:30am—8:15am \$10 Bfast Grab & Go (Dining Hall)

### 8:30am—12:00pm Session VI

*Darkhouse Spearfishing (through 4:30pm)-\$65*

*Snowshoe Yoga: Moving into Stillness-\$40*

*Winter Beanies-\$30*

*Intro to Snowboarding (10am-5pm closing)-\$75*

*Self-Guided X-Country Skiing-\$15*

*DH Parking Lot/Lake*

*Slemmen Cabin Area*

*Dining Hall*

*Bottineau Winter Park*

*Warming House*

## EMAIL ADDRESSES

are very important as email will be utilized to obtain your confirmation for registration as well as notifications related to activity and meeting locations. Check it often and consider checking spam folders.

## RECREATIONAL

equipment and materials are provided unless otherwise noted within individual activity descriptions.

## MASKS

are to be worn indoors in addition to outdoors where proper distancing cannot be achieved.

## BRING YOUR CONFIRMATION

to reference the activities for which you are registered.

## MEALS

are grab and go style enabling participants to pick up meals any time within the indicated time frame (45 min) in the dining hall and either enjoy them by distancing within the dining hall or within one of the dorms while sitting near the indoor fireplaces or taking it to enjoy off-site. **You must register for meals prior to the event.**

## DORMS

will be open and available throughout the weekend providing a place for participants to come and go as they please to warm up around the fire or to distance themselves and enjoy the grab and go style meals; dorms will not be available for overnight usage.



## Event Modifications

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. This event is a smaller, modified version that will follow North Dakota Smart Restart as well as CDC guidelines. Under the ND Smart Restart guidelines and in partnership with local health officials, the following precautions will be put into place to support the health and safety of our park staff, instructors and participants.

- Registration will take place online via [www.ticketleap.com](http://www.ticketleap.com); email confirmations are generated from Ticketleap (check all folders).
- Overall event is significantly reduced; therefore less people at the park.
- Most activities will take place outdoors; indoor activities will allow for proper distancing.
- At this time, please plan to wear a mask for all indoor activities. Should mask mandates and/or recommendations change, updates will be provided via email prior to event.
- Measures were taken where possible to reduce contact.
- Participation within each activity is limited to 8-16 participants.
- There will be no large group gatherings. As a result, email will be a critical part of the communication surrounding the event. Registered participants will need to reference email prior to the event to obtain maps and locations as well as any last-minute updates.
- Grab and go style meals will be offered; those interested need to purchase tickets for desired meals via Ticketleap. Participants that register for such meals can pick up their meals at the Dining Hall at any time within the time frame indicated on the schedule (45 minute time frame will stagger those picking up their meals). Participants will be able to enjoy their meals either by distancing within the Dining Hall or in one of the park's two adjacent dorms. Please note there are no breakfast options at the lake during the winter and limited breakfast options in town that would accommodate those with early morning sessions. There are a few local establishments around the lake that will be serving lunch and supper options. For information on local establishments, please visit [www.bottineau.com](http://www.bottineau.com) and plan accordingly.
- Dorms will not be available for overnight usage; dorms will be available throughout the weekend during the day and evening offering a place to sit and warm by the fire. Participants will be expected to responsibly practice personal responsibility in these spaces.
- Participants are responsible for obtaining their own lodging either at the lake or in Bottineau, which is located 14 miles SW of Lake Metigoshe State Park. For information on local accommodations, please visit [www.bottineau.com](http://www.bottineau.com).
- Although equipment is provided, ladies are allowed to bring and utilize their own gear such as skis, snowshoes, yoga mats, headlamps, etc. for sessions.
- Hand sanitizer will be made available in various locations; however, participants should consider bringing their own so it is attainable as and when needed.
- Anyone experiencing any COVID symptoms are asked to not attend the event. Please know that all ticket sales are final; however, participants that can no longer attend the event are able to find a replacement to take over their participation. Advanced notice is required as liability waivers need to be completed. Please contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov) should you have a replacement attending in your absence.
- Any changes will be sent via email to registered participants.

## DRESS IN LAYERS

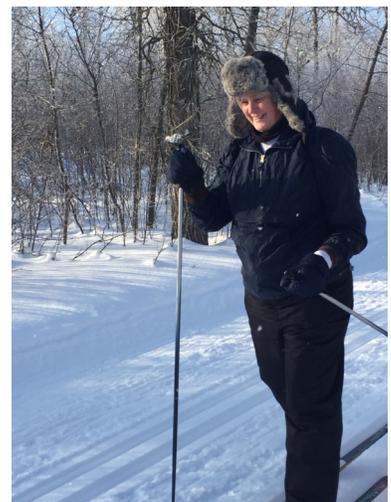
helps to maximize your comfort level through the ability to layer up or down depending upon weather and activity.

## BRING A SNACK

and some water to make sure you stay hydrated, especially if you are taking sessions that entail a high level of physical activity.

## MARK YOUR CALENDARS

for the fall event which is scheduled for **September 10-12, 2021**. Follow the Facebook event listings!



## General Message

We will miss collectively gathering as one large group for meals and socials as this event is usually a great opportunity to meet outdoor enthusiasts. However, we cherish the safety and health of our park staff, instructors and participants and look forward to gathering together once again in the future when we have the opportunity to do so. Until then, we look forward to providing an opportunity to meet other enthusiasts on a smaller scale, to share outdoor experiences and enjoy one another's company on small scales and from a distance! All participants should bring a mask to utilize for indoor use and when proper distancing cannot be established. We look forward to seeing you at the lake this winter enjoying the great outdoors!

## Registration

Registration will open on December 16, 2020 at 12pm via [www.ticketleap.com](http://www.ticketleap.com) and will close January 31, 2021 at 11:59pm. To register, participants purchase tickets that represent their registration for the number of sessions they wish to participate in as well as desired activities and optional meals. Upon registration, participants will receive a confirmation email generated by Ticketleap. If you did not obtain it, check all email folders. If you do not find it, please contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov) to verify email address and/or get confirmation re-sent electronically. Participants should print off their confirmation to reference the sessions, activities and meals for which they registered. Since there will be no collective gathering, there will not be a common area for you to reference registration lists.

Please understand that participation within these activities is limited. We highly encourage registering when registration opens to increase the chances of getting into the desired activities. Waiting lists are not managed (see cancellation policy described below).

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.

## Lodging & Restrooms

Dorms will not be available for overnight usage. Local lodging is available at the lake as well as in Bottineau, ND (14 miles SW of Lake Metigoshe State Park). Visit [www.Bottineau.com](http://www.Bottineau.com) for information on local accommodations.

The comfort station adjacent to the Dining Hall and Dorms will be open and available for those looking for restrooms. There is also a vault toilet available adjacent to the Warming House.

## 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 an 2021 annual pass to utilize after the event can do so via [www.parkrec.nd.gov](http://www.parkrec.nd.gov); they will be mailed to you. The 2021 annuals are now available and are valid through April 30, 2022. Annual permits waive entrance fees into all of the ND State Parks.



## Grab & Go Style Meals

Grab & go style meals will be available for breakfast and lunch on Saturday in addition to breakfast on Sunday. Those meals can be picked up at the LMSP Dining Hall within the time frame indicated on schedule (45 minute time frame for pick-up) to spread out traffic flow. Meals can be enjoyed within the Dining Hall or by the fire in either of the Dorms utilizing social distancing. Please note there are no breakfast options at the lake during the winter and limited breakfast options in town that will accommodate those with morning sessions. There are a few local establishments around the lake that will be serving lunch and supper options. For information on local establishments, please visit [www.bottineau.com](http://www.bottineau.com) and plan accordingly. Please read ticket description via Ticketleap to obtain meal menus and prices. Due to grab and go logistics, we will not have the flexibility to accommodate for those with dietary restrictions, allergies, etc.

## Physical Activity Ratings

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.

## Warm By The Fire

Participants are welcome to sit and relax by the fire in either of the two Dorms located adjacent to the Dining Hall and Comfort Station. Participants can come and go as they please throughout the weekend offering a place to sit and warm by the fire when times allow, as often as needed. Consider bringing a book or craft project if you have time in between sessions. All will be expected to wear masks and practice social distancing in these spaces. Dorms will not be available for overnight use.

## Weather

Should weather forecast not be ideal, the event will go on. Please plan and pack appropriate gear as well as a positive attitude.

## Cancellation Policy

**All sales are final-no exceptions.** The costs affiliated with this event are covered by registration costs. 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. Any participants that do not attend and are not able to send a replacement 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 affiliated with the event.

## Gear & Equipment

Participants are asked to carefully read activity descriptions to reference valuable information related to items to bring and/or what to wear. Most gear and materials are provided unless otherwise noted in activity descriptions. Although items such as skis, snowshoes, yoga mats, etc. will be available, ladies are welcome to bring their own should they feel more comfortable.



# Veteran Scholarships 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 [Rachael.Buss@annecenter.org](mailto:Rachael.Buss@annecenter.org) for complete details.

## What to Bring

Although equipment is provided for all of the activities, everyone is welcome to bring their own recreational equipment to include snowboards, yoga mats, snowshoes, x-country skis, etc. All participants should bring facial masks for indoor sessions in addition to outdoors when social distancing cannot be achieved.

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 hand sanitizer, quality footwear, 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.

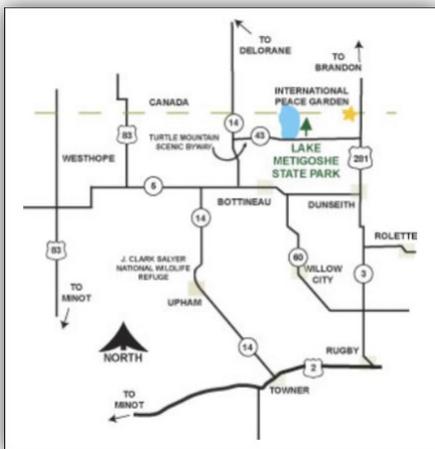
## Arrival & Activity Locations

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. A majority of the sessions will take place within the state park boundary. A few activities will meet and take place outside of the state park, requiring a bit longer drive (up to 9 miles for one activity). Activities that take place outside of the state park indicate the location and distance within its activity description.

**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.

Park maps will be sent via email closer to event along with the locations for which participants should meet for each activity.

Out of respect for staff, instructors and other participants please do your best to be on time; those that are late risk not catching up to the group and/or activity.



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.

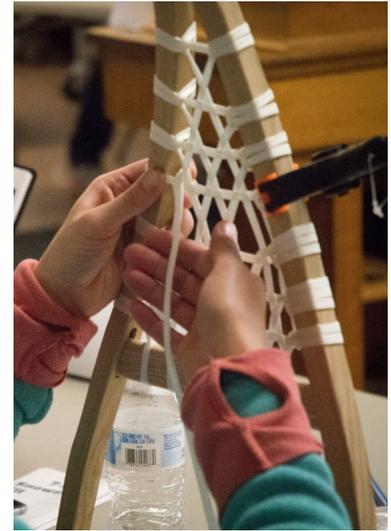
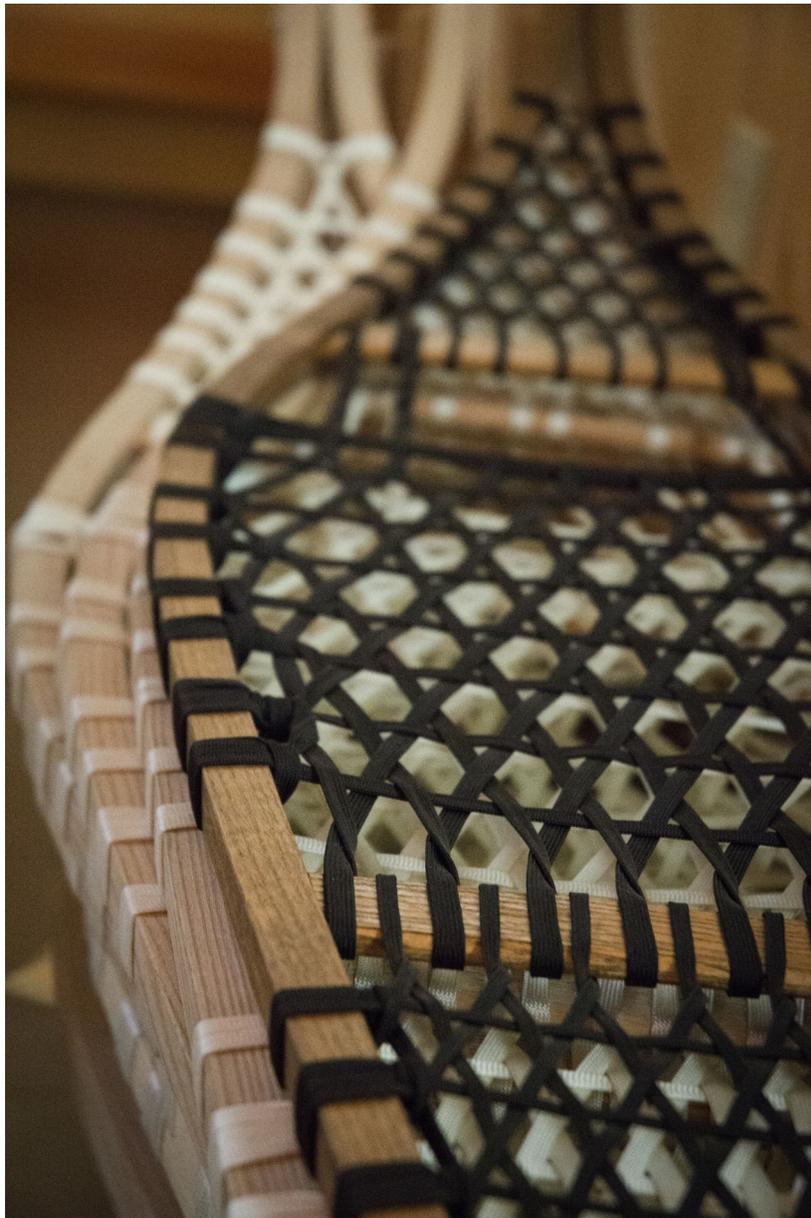
# ACTIVITY DESCRIPTIONS

**SESSION I 1:30PM-5:00PM  
FRIDAY, FEBRUARY 19**

## **Snowshoeing Lacing (Indoors-Physically Easy, but Mentally Moderate!)**

**Instructors: Jackie Jacobson and Lynda Knutsen**

Participants will use an Ojibwa style snowshoe kit that includes white ash frames and woven nylon lacing. Instructors will assist participants in completing the lacing pattern. Ladies will work at their own pace towards snowshoes that can be used outdoors, as an heirloom or as décor. This activity spans Session I, II & III. The majority of the participants will get one snowshoe done by the end of Session II. Once registration is complete, we will be in touch with you via email to determine the size of kit you'll need so we can order the correct size and have it ready and waiting for you at the event. This session will take place indoors so please bring a mask to utilize.



# ACTIVITY DESCRIPTIONS

**SESSION II 7:00PM-9:00PM  
FRIDAY, FEBRUARY 19**

## **Snowshoe Lacing (Continued)**

### **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 at the Bottineau Winter Park, located about 9 miles west of Lake Metigoshe State Park, along Highway 43.**

### **Fat Tire Bike Ride (Outdoor-Moderate/Arduous)**

**Instructors: Turtle Mountain Trails Association and Val's Cyclery**

We'll start out briefly discussing fat biking and safety prior to heading out onto the trails for an after dark adventure. We will explore the northwest portion of the park where the trails are specifically groomed for fat biking through a collaboration between the Turtle Mountain Trails Association and Lake Metigoshe State Park. Please dress in layers and appropriately for the evening's weather conditions. Fat bikes, bike helmets and headlamps are provided. Ladies that have their own headlamps and/or helmets are welcome to bring and utilize them.

### **Snowshoeing Owl Prowl (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. It is recommended that participants dress in layers for the evening temperatures. Some extra headlamps will be available for those that do not have their own.



# ACTIVITY DESCRIPTIONS

## SESSION III 8:30AM-12:00PM SATURDAY, FEBRUARY 20

### Snowshoe Lacing (Continued)

#### Darkhouse Spearfishing (Indoors/Outdoors-Easy)

##### Instructors: ND Game & Fish Department Staff & Volunteers

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 be 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 wrap up in a heated shop where 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 prior event. All participants need to register at <https://gf.nd.gov/fishing/darkhouse-spearfishing>. Registration is free and takes just a few minutes. Instructor ratio will be reduced to 1:1 unless there are family members or close contacts that want to register together in pairs. If that's the case, one should register and contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov) for instruction to allow any additional participants. Participants can either register for lunch or bring their own food/drink. Participants required to drive/carpool approximately 6 miles to/on a nearby lake. Please bring a mask as these fish houses are small. This activity continues through Session IV.

#### Intro to Snowboarding (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 will be provided 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 should stop by the BWP on Friday, February 19 between 12pm and 9pm to get fitted for equipment so it can be set aside ahead of the Saturday crowds. **Participants should meet at the Bottineau Winter Park, which is located approximately 9 miles west of LMSP along Hwy 43. Please arrive at the BWP at 9:30am; 9am if you are unable to get fitted on Friday. Snowboarding lesson starts at 10am. Participants are able to utilize the slopes until 5:00pm.**

#### Tracking on Snowshoes (Outdoors-Moderate/Arduous)

##### Instructor: Erika Kolbow, ND Parks and Recreation Department

Ever wonder who's been wandering through? In this session, we will be learning about how to track the animals you may be seeing on your hikes or in your backyard. We will be doing a basic introduction to snowshoes and then heading out to find signs of our furry and feathered friends! Snowshoes and optional poles are provided, but ladies that have their own are welcome to bring and utilize their own. It is highly suggested to dress in layers to maximize comfort level and overall experience.

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

##### Instructors: Terri Lundberg & Lisa Kudelka

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

##### Instructors: Turtle Mountain Trails Association and Val's Cyclery

Bring your sense of adventure! We'll start out briefly indoors discussing various tips, tricks and options of fat bikes as well as 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. Dressing in layers is suggested. Fat Bikes and helmets will be provided. Extra helmets will be available for those that need one.



# ACTIVITY DESCRIPTIONS

**SESSION IV 1:30PM-5:00PM  
SATURDAY, FEBRUARY 20**

## **Darkhouse Spearfishing (Continued)**

## **Intro to Snowboarding (Continued)**

## **Watercolor Painting (Indoors-Easy)**

**Instructor: Amanda Starr**

Ever wonder how to use watercolor paints to create a one-of-a-kind painting? In this session, you will learn the basic tricks and tips to creating a beautiful scenic watercolor painting. We will explore different techniques to create different scenes that include sunset, sunrise, winter/snow rain and much more! Take your watercolor skills from elementary to advanced in just a day! All materials are included. Each person will create two or more paintings and be able to keep a watercolor palette! This session will take place indoors so please bring a mask to utilize.

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

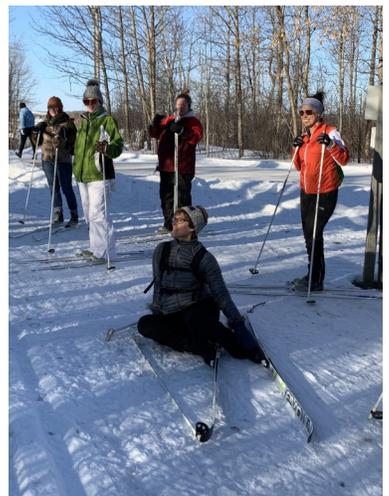
**Instructor: Melissa Shockman**

Getting out on a frozen lake, peering over into a giant hole in the ice and seeing a Northern Pike focus in on a spearfishing decoy is a thrill that everyone should experience....BUT what if 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! This session will take place indoors so please bring a mask to utilize.

## **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!



# ACTIVITY DESCRIPTIONS

**SESSION V 7:00PM-9:00PM  
SATURDAY, FEBRUARY 20**

## **Spearfishing Decoys (Continued)**

### **Paper Quilling (Indoors-Easy)**

**Instructor: Amanda Starr**

Join us for this hands-on session where you will learn the basics of paper quilling as well as different techniques and types of quills you can make to create a beautiful piece of artwork. Use your creative side to fashion your own one-of-a-kind paper quilled piece with a nature/outdoors theme. Each person will go home with their artwork in addition to a quilling tool, glue bottle and extra paper to enable you to keep creating at home! This session will take place indoors at the office auditorium so please bring a mask to utilize as needed.

### **Yoga: Warm Your Heart (Indoors-Easy/Moderate)**

**Instructor: Crystal Grenier, INTENTIONal Yoga with Crystal**

Warm your heart through gentle yoga practice to open your respiratory system, increase your immunity and provide protection from the cold. A beginning pose, a gentle flow and a restorative rest will enhance an open and warming balance from within to create a healing energy of love and a compassionate heart in these times of uncertainty. If you have a mat, please bring it; there will be a few extras should someone need to utilize one. In addition, please bring water and a blanket. Other props will be provided. This session will take place indoors so please bring a mask to utilize.

### **Intro to Skishoeing (Outdoors-Moderate/Arduous)**

**Instructor: Glee Mayer**

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 North Dakota where x-country ski trails either do not exist or they are extremely difficult to maintain due to the wind. It is also highly recommended to wear good winter footwear and to dress in layers to layer up or down throughout the session.

### **Self-Guided Snowshoeing (Outdoors-Moderate/Arduous)**

Pack your headlamp, grab a map and bring a sense of adventure to explore the park after dark. Equipment will be provided; those that have their own 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 9:00pm.**



# ACTIVITY DESCRIPTIONS

## SESSION VI 8:30AM-12:00PM SUNDAY, FEBRUARY 21

### **Darkhouse Spearfishing (Indoors/Outdoors-Easy)**

**Instructors: North Dakota Game & Fish Department Staff & Volunteers**

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 be 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.

Instructor ratio will be reduced to 1:1 unless there are family members or close contacts that want to register together in pairs. If that's the case, one should register and contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov) for instruction to allow any additional participants. Participants can either register for lunch or bring their own food/drink. Participants required to drive/carpool approximately 6 miles to/on a nearby lake. Please bring a mask as these fish houses are small. This activity continues through 4:30pm.

### **Snowshoe Yoga Hike: Moving into Stillness (Outdoors-Moderate/Arduous)**

**Instructor: Crystal Grenier, INTENTIONAL Yoga with Crystal**

Move into stillness through an invitation winter wellness snowshoe and gentle yoga practice on the Lake Metigoshe State Park trails. Be mindfully present in the tranquility of the outdoors connecting with our surroundings and each other through shared experience and intentional movement. Spending time in nature, breathing in fresh air and embracing the stillness will certainly align with your self-care actions. Participants are encouraged to dress in layers. Snowshoes will be provided, but participants are welcome to bring their own if they have them.

### **Winter Beanies (Indoor-Easy)**

**Instructor: Elisha Mueller & Emily Joynt**

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). Avoid selecting yarn with a lot of texture (for example, Lion Brand's Hometown yarn) as it increases difficulty level. Should participants struggle with making a hat, an opportunity to make a dish scrubbie will be available. This session will take place indoors so please bring a mask to utilize.

### **Intro to Snowboarding (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 will be provided 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 should stop by the BWP on Friday, February 19 (12pm-9pm) or Saturday, February 20 (9am-5pm) to get fitted for equipment so it can be set aside ahead of the weekend's crowds. **Participants should meet at the Bottineau Winter Park, which is located approximately 9 miles west of Lake Metigoshe State Park along Highway 43. Please arrive at the BWP at 9:30am; 9am if you are unable to get fitted on Friday or Saturday. Snowboarding lesson starts at 10am. Participants are able to utilize the slopes until their 5:00pm closing time.**

### **Self-Guided X-Country Skiing (Outdoors-Moderate/Arduous)**

Bring your sense of adventure and grab a map to explore the park's x-country ski trails on your own. Equipment will be provided; those that have their own x-country skiing 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 within the warming house for participants to check their names off of once off the trails. Participants are requested to return gear at or prior to noon to ensure rentals are available that afternoon for the general public.

