Montana Fish, Wildlife & Parks
PO Box 200701
Helena, MT 59620

**A final note.**

If weather conditions are deemed too poor to conduct the class (either not enough snow or severe storm conditions) the workshop will be cancelled and full refunds issued. Or we may move the class to another location.

If you register for the workshop and then find that you cannot attend, please contact us as soon as possible.

**Questions?**

Call Liz Lodman at 444-2615
Sam Chapman at 495-3718.

Beyond BOW

# Learn to Snowshoe

## -A class for beginners-

***February 5th and 6th, 2011***
***Moose Creek Cabin***
***near Rimini***

Sponsored by

Helena National Forest

Montana Discovery Foundation

Montana Fish, Wildlife & Parks

## Registration Fee: $10

*Beyond BOW workshops provide opportunities to learn outdoors skills. Workshops are designed especially for women and are an extension of the Becoming an Outdoors-Woman program sponsored by Montana Fish, Wildlife & Parks.*

Snowshoeing is the fastest growing winter sport in the world and this is your chance to try it. The BOW program has partnered with the Montana Discovery Foundation to offer a day of snowshoeing and winter discovery. The workshops starts and 9 a.m. and conclude by 4 p.m.

## If you can walk. . . you can snowshoe!

For centuries people have been traveling over the snow using "snowshoes." You'll learn about the different types of snowshoes and their benefits. You'll practice walking, learn to travel up-hill, glissade down-hill, walk along a side hill, and navigate a stream crossing.

While practicing your technique we'll explore the forest around Moose Creek and Upper Ten Mile Creek. A naturalist will share information about the plants, animals and tracks found in the area.

We do the same activities both days. Please choose to attend either Saturday or Sunday, but not both days.

## Moose Creek Cabin

The workshop is based out of the historic Moose Creek Ranger Station near Rimini – about 14 miles from Helena. The cabin has been restored and furnished to look like a 1900-era Ranger Station. It's equipped with a propane cook stove, heating stove and outhouse.

## What should I bring?

- Bring your snowshoes if you have them. If you don't have any you can borrow a pair of snowshoes from us.
- Wear warm winter clothes and dress in layers. Don't forget your hat.
- Footwear should be sturdy snow boots or insulated hiking or hunting boots.
- Some people find it helpful to use ski poles while snowshoeing – bring them if you have them.
- Bring your lunch. We'll take a break at noon in the cabin.

We'll provide coffee, tea and water. We'll provide snowshoes for those who need them. If you have any dietary restrictions or medical conditions please note them on your registration form.

**Make checks payable to: FWP**

**Send checks and registration form to:**

Liz Lodman
FWP-BOW
PO Box 200701
Helena MT 59620

**Upon receipt of your registration, we will send you a confirmation letter and map with driving directions.**

## Registration
## Learn to Snowshoe

Check one:
[ ] February 5th
[ ] February 6th

Name _____

Address _____

City _____

State _____ Zip _____

Daytime Phone _____

Evening Phone _____

Email Address _____

Year of Birth _____

[ ] Enclosed is my check for $10
[ ] I need to borrow a pair of snowshoes

I attest that I am at least 18 years old. I acknowledge that my participation the Beyond BOW clinic sponsored by Montana Fish, Wildlife & Parks, Montana Discovery Foundation, and Helena National Forest involves some risk of personal injury. The risk of personal injury may come from poor weather, accidents, natural disasters or other hazards created by my own actions or the actions of others, over which FWP, and the USDA Forest Service have no control. By signing below, I accept responsibility for all personal injuries that may result from my participation, and I agree to hold the State of Montana; Montana Fish, Wildlife & Parks; and the USDA Forest Service harmless from and against any claim. I also understand that photos/video may be taken for promotion of the program.

_____
Signature