





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 444-9940 Jacqi Peterson at 826-3047.



Learn to Snowshoe

-A class for beginners-

February 23rd, 2013 at Plains, Montana



Sponsored by





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 is offering half-day introduction to snowshoeing classes. Choose to attend the morning session from 8:00 to 1:00 or the afternoon session from noon to 4:30. Lunch is included in the registration fee.

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, and walk along a side hill.

While practicing your snowshoe technique we'll explore the winter landscape and observe the plants, animals and tracks found in the area

Meet us in Plains

The workshop is based at the United Methodist Church in Plains. After the overview of the different types of snowshoes and gear we'll carpool to a nearby site where we'll practice using snowshoes. Both the morning and afternoon groups will eat lunch and hear a presentation about Winter Survival during the lunch time.

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.

We'll provide lunch, 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:

Jacqi Peterson 15 Meadowlark Lane Plains MT 59859

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



Registration Learn to Snowshoe

Check the class you wish to attend.	
☐ Morning 8:00-1:00	☐ Afternoon 12:00-4:30
Name	
Address	
City	
State	Zip
Daytime Phone	
Evening Phone	
Email	
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, 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