



Learn to Snowshoe -A class for beginners-

February 8th, 2014
at
Thompson Falls, Montana



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
Nancy Fields at 827-8561 or
cell at 949-412-8561

Sponsored by



**Montana Fish,
Wildlife & Parks**

Registration Fee: \$15

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 8:30 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 Thompson Falls

The workshop is based at the Elks Lodge, 2019 Industrial Way, Thompson Falls. 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 at the Elks Lodge.

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:

Nancy Fields
P.O. Box 2043
Thompson Falls MT 59873

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 8:30-1:00 Afternoon 12:00-4:30

Name _____

Address _____

City _____

State _____ Zip _____

Daytime Phone _____

Evening Phone _____

Email _____

Year of Birth _____

Enclosed is my check for \$15

I need to borrow a pair of snowshoes

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness or death and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program.

Signature _____