



Beyond BOW

Snowshoe Workshop

January 24, 2015
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.

Cancellation Deadline: January 16th is the last day to cancel. No refunds are given if you cancel after that date.

Questions?

Call: Nancy Fields at 949-412-8561
Jolene Dryden at 406-826-2606
Liz Lodman at 406-444-9940

Sponsored by



**Montana Fish,
Wildlife & Parks**

Registration Fee: \$20

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.

If you can walk . . . you can snowshoe!

For centuries people have been traveling over the snow using "snowshoes." The shape and materials used to make a snowshoe has changed making snowshoeing a pleasurable way to travel over snow in the winter. And snowshoeing is still one of the fastest growing winter sports in the world. The BOW program is offering two half-day classes for beginner and intermediate snowshoers.

Beginner Class

The beginner or novice snowshoe class is Saturday morning from 8:00 to 1:00. You'll learn about the different types of snowshoes and their benefits. The class will take a stroll through the forest to practice walking and learn to travel up-hill and down-hill on snowshoes.

Intermediate Class

The intermediate class is Saturday afternoon from 11:30 to 4:30. This class is for persons who have previous snowshoe experience and don't need help putting on their snowshoes. The class will take a longer walk in the forest with less instruction than the beginner class.

Lunch will be served for both classes at the Elks Lodge. And you'll enjoy exploring the winter landscape and observing the plants, animals and tracks found in the area.

Meet us in Thompson Falls

The workshop is based at the Elks Lodge in Thompson Falls at 2019 Industrial Way. We'll carpool from here to a nearby site on the forest.

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 Snowshoe Workshop

Check the class you wish to attend.

Beginner 8:00-1:00 Intermediate 11:30-4:30

Name _____

Address _____

City _____

State _____ Zip _____

Daytime Phone _____

Evening Phone _____

Email _____

Year of Birth _____

Enclosed is my check for \$20

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 _____