



SNOWSHOEING

101

Sunday, February 2

1:00pm-3:30pm

Helena, MT

Snowshoeing is a great way to get outside in the winter, and it's also a great workout!

Join BOW and the Montana Discovery Foundation to learn about the different types of snowshoes and their benefits, how to put on and take off snowshoes, and how to travel uphill and downhill.

What should I bring?

- Bring snowshoes if you have them. If you don't have snowshoes, we will be providing snowshoes for your use.
 - Wear warm winter clothes and dress in layers. Don't forget your hat and gloves. Avoid jeans if you can.
 - Footwear should be sturdy snow boots or insulated hiking or hunting boots. Bring what you have, we'll make it work for this class.
 - Some people find it helpful to use ski or hiking poles while snowshoeing – bring them if you have them.
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- Cost is \$5
 - Must be +18 to register
 - Class size is limited
 - Drinks and snack provided!
 - Call Sara at 406-444-5280 with questions



We will be meeting at the historic **Moose Creek Cabin** which is about 14 miles west of Helena. The cabin is equipped with a propane cook stove, wood stove and outhouse. Driving directions will be provided with registration confirmation.



**Montana
Discovery
Foundation**

Registration Form - Snowshoe 101 Helena, MT

Upon receipt of your registration form, we will contact you to confirm your attendance.

Name _____ Year of Birth _____

Contact Phone _____

Address _____

City _____ State _____ Zip _____

Email Address _____ **We correspond mostly by email!**

Emergency Contact: _____ Phone: _____

My \$5.00 is enclosed: Yes

Make checks payable to: FWP
Send check and registration form to:
FWP-BOW
Attn: Sara Smith
PO Box 200701
Helena MT 59620

<p>I need to borrow a pair of snowshoes.</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No, I'm bringing my own.</p>
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I want to share my contact information (phone and email) with my fellow participants.

No registrations accepted by phone, email, fax or walk-in, or on forms other than this one.

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 agree to have photos or video taken for promotion of the BOW program. I agree to allow the use of my image by FWP for any legitimate purpose, such as newsletters and Facebook.

I **do not** agree to have photos or video taken.

Signature

Date