

Adventure Freedom Outdoor Clinics, Classes & Travel by Adventure's Edge

"Adventure isn't on a map and Freedom isn't in the guide book"

ADVENTURE TRAVEL:

Grand Teton - Yellowstone Adventure

This camping and hiking adventure will leave by van from Morgantown, WV and travel across the country to two of America's most beloved national parks. This is an adventure-packed trip designed to explore the best Yellowstone and Grand Teton National Parks have to offer. Get ready to lace up your hiking boots, don a day pack and hit the trails of Grand Teton and Yellowstone. Experience firsthand the pristine wilderness and rugged beauty of dramatic mountains, cascading waterfalls, glacial lakes, and geysers. Come explore with us. Let us show you places that you can only get to on foot. While you need to be physically fit and able to hike challenging terrain (6-10 miles/day) no prior camping skills are required.

July 7-18, 2010 \$850

CLASSES:

Rock On! - Climbing 101.

Have you always wanted to give rock climbing a try but never knew how or where to go about it. This half-day class provides the average person with an opportunity to climb. Get expert instruction while learning basic climbing techniques and belaying in an outdoor setting. All materials and safety gear provided.

Saturday, May 22, 2010 8:00 am - 12:00 pm

Coopers Rock State Forest \$75

Must be 14 years or older. Class size is limited.

Top Rope Systems.

Have you take our introductory climbing class and would like to get out on your own? This class will give you the opportunity. Previous climbing experience preferred. This is not a class to teach you to climb. This is a class to teach you to rig for top rope climbing. You will gain the technical knowledge and practical experience needed to build and evaluate top rope systems. The first part of this course will be knot tying and gear discussion. The second part will be spent building and evaluating anchors.

Saturday, May 22, 2010 2:00 am - 6:00 pm

Coopers Rock State Forest \$60

Participants must be at least 18 years of age. Class size is limited

CLINICS: All clinics are held at Adventure's Edge, 131 Pleasant St., Morgantown, WV.
They begin at 7pm and last for 60-90 minutes. Clinic cost is \$12 each.

Waxing 101 Tuesday, 7:00-8:00 pm January 26, 2010

Learn how to wax your skis or board at home. We will cover tools, techniques and tips to keep your equipment in top condition.

Fitting: The Good, The Bad, and The Ugly Thursday, 7:00 pm - 8:00 pm February 11, 2010

Happy feet = a happy hiker / hunter / woodsman / worker... Do you get blisters? Have you ever lost a toe nail because of how your boots fit? Do you have "weird" feet? This is a demonstration of how to get the best fit from your hiking and outdoor footwear. This workshop introduces a revolutionary new way to fit footwear by inspecting both the tops & bottoms of your feet, determining volume, selecting the proper sock, stabilizing foot beds, choosing proper footwear for fit & usage, and how to modify as needed. An absolute must for those who work and play outside!

Map & Compass Tuesday, 7:00-8:30 pm March 9, 2010

Aimed at the newcomer to map and compass. This course will cover the basics such as understanding your compass, finding and following a bearing, orienting a map and compass, declination adjustment, and reading terrain features.

GPS 101 & Geocaching Tuesday, 7:00-8:00 pm March 23, 2010

Learn the basics of using a gps in an outdoor environment. GPS setup, mark & name waypoints, save tracks and more. Want to go on a modern day treasure hunt using your gps? Learn how to get started. This clinic is for the novice that has never used a GPS before. We have a few gps units for use, but bring your own if you have one.

To Register: <http://www.pierpont.edu/communityeducation/fitnesswellnessdance.asp>