

GENESEEVALLEYCHAPTER

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COME CELEBRATE THE OUTDOORS
AT THE
ADK OUTDOOR EXPO

June 9, 2007 9am-4pm
Hosted by
Adirondack Mountain Club, Genesee Valley Chapter
www.gvc-adk.org

The EXPO offers you a day of learning opportunities to enhance your enjoyment for outdoor recreation on both land and water

- Participate in workshops for hiking, canoeing, kayaking, backpacking, camping, bicycling and many other related outdoor skills.
- Test paddle the latest in kayaks and canoes on the pond.
- Check out the newest gear from local vendors.
- See displays of outdoor gear.
- Meet representatives of outdoor clubs and organizations.
- Learn about organizations related to your love of the outdoors.

BRING THE FAMILY !!!
FREE

2007 ADK Outdoor Expo Schedule of Events

June 9, 2007 9AM-4PM at Mendon Ponds Park Beach area

for latest information check EVENTS at www.gvc-adk.org

Time	Table A (Red)	Table B (Yellow)	Table C (Blue)	Table D (Orange)	Table E (Purple)	Table F (Green)	Table G (Pink)	Hikes	Beach	
9:00	Setup								Beginner Kayak (9:30-10:00)	
10:00	Mountain Bike Skills Clinic	Changing a Flat Tire	Kids- Pick Apart A Pellet	Camp Culinary - The Dried Up Gourmet	Map and Compass	Getting Started in Backpacking	Gear Care and Repair	ADK Saturday Hike (2 hours)	Intermediate Kayak (10:15-10:45)	
10:30				Climbing For Cancer - Journeys of Inspiration						Geocaching 101 (1 hour)
11:00				Outdoor Skills For Kids - Trail Signs						
11:30		Bike Maintenance		Winter Backpacking and Camping	How to Stay Dry	10 Ways to Lighten Your Backpack	Trail Running Workshop and Run	Mushroom Walk (1 hour)	Canoeing Basics	
12:00	Learn to run		Alternative Methods of Firestarting						East Esker Hike (1 hour)	Freestyle Canoeing (11:45-12:15)
12:30		Bike Emergency Repairs		Stoves, Kitchen Gear, and Food for the Backcountry	Does Your Hiking Boot Fit?	Gear Care and Repair	How to Use a GPS	1 Mile Hike (30 minutes)	Crewing & Racing Sailboats	
1:00	Outdoor Equipment, Safety, and Hygiene for Women Only		Kids - Pick Apart A Pellet							Geocaching 101 (1 hour)
1:30		Changing a Flat Tire			Alternative Methods of Firestarting		K9 Use in Search & Rescue	GPS Walk (1.5 hours)		
2:00			If You Are Lost in the Woods	A Fed Bear is a Dead Bear		How to Stay Dry	Stretching Before (and After) Hiking	East Esker Hike (1.5 hours)	Kayaking For Fitness	
2:30	Mountain Bike Skills Clinic	Drink Up!			Camp Culinary - The Dried Up Gourmet	10 Ways to Lighten Your Backpack	Wilderness Survival	5 mile hike (1.5 hours)	Boat/Paddle Building	
3:00			Outdoor Skills For Kids - Making a Campfire	Outdoor Equipment, Safety, and Hygiene for Women Only	Climbing For Cancer - Journeys of Inspiration					Nordic Walking (1 hour)
3:30										

All Day Hands-on Activities

How to Hang a Tarp - ADK Younger Members Committee
Introduction to Fly Casting - Up The Creek
Knot Tying - Boy Scout Troop 341
Making a Pepsi Can Stove - Sue Rooney and ADK members
Orienteering Course - Rochester Orienteering Club
"Test Drive" a canoe or kayak - BayCreek Paddling Center
"Test Drive" a canoe or kayak - Braddock Bay Paddlesports
"Test Drive" a canoe or kayak - Eastern Mountain Sports
"Test Drive" a canoe or kayak - Oak Orchard Canoe & Kayak

All Day Demonstrations

Backpacking / Hiking Gear table - ADK Trails Committee
Birds of Prey - Wild Wings (10:00-2:00)
Freestyle Canoeing - American Canoe Association
Mock Native American Indian Camp - Dave Mundie, ADK
Mock 3 Season Camp - Dan Young, ADK
Mock Winter Camp - Karin Töpfer, ADK

Informational booths from local outdoor vendors, organizations, and clubs will be available all day

Food is available for purchase

Thank you to Foodlink and the Corn Hill Creamery for being the Expo's food vendors

Check out the ADK outdoor trips slide show located in the pavilion

2007 ADK Outdoor Expo Workshop Descriptions

(In alphabetical order by workshop title) -- revised 5/11/07

1 mile hike (30 min) Barb Navik, Genesee Valley Hiking Club

A 30 minute hike along the north/south ridge of the park. Some hills are included.

10 Ways to Lighten Your Backpack Steve Czompo, ADK

Tips for lightweight backpacking, including discussion of gear (or less gear), techniques and philosophy of "going light."

5 mile hike (1.5 hrs) David Lentz, Genesee Valley Hiking Club

1 1/2 hr. hike around Hundred Acre Pond and West Esker. Some hills are included.

A Fed Bear is a Dead Bear Debi Holt and Kathy Krenzer, ADK

Learn how to keep the bears out of your food - bear canisters & bags.

ADK Sat. Hike - Round the Pond (2 hrs) Carol Thiel, ADK

A hike around the 100 acre pond with some side excursions to explore the west side of the park - brisk pace, a few short, steep hills and one short muddy section.

Alternative Methods of Firestarting Boy Scout Troop 233

See different methods of starting fires without using matches. - including using a battery and steel wool, flint and steel.

Beginner Kayak Anne Flatley, Empire Therapeutic Massage Center

Learn basic kayak paddling techniques, from entering the boat to paddle strokes.

Bike Emergency Repairs Bob DeRou, Peddlers Bike Shop

Learn to do emergency repairs to your bike on the road or trail. This will include wheels, derailleurs, chains etc.

Bike Maintenance Bob DeRou, Peddlers Bike Shop

Keep your bike running smoothly by learning what to do and what not to do - chain maintenance, adjusting brakes, derailleurs, wheels and other helpful tips.

Boat/Paddle Building ADK members

Demonstrations on skills and techniques for building your own boats & paddles.

Camp Culinary - The Dried Up Gourmet Pack Paddle Ski

Dried kiwis? Dried watermelon? Make your own beef jerky? Dehydrated foods are lightweight, last ages, and really add to the camp cooking.

Canoeing Basics Mike Akey, Oak Orchard Canoe & Kayak

Basics of canoeing: balance, paddle handling to types of boats.

Changing a Flat Tire Harry deLahunta, ADK

This workshop will show you how to change a flat tire on your mountain bike or road bike.

Climbing For Cancer - Journeys of Inspiration

Pack Paddle Ski

If cancer has touched you or someone in your life, join this session on using the outdoors for community, beauty and celebration of life.

Crewing & Racing Sailboats John Atkins Newport Yacht Club

Learn the basics behind the racing sailboats seen on Irondequoit Bay.

Does Your Hiking Boot Fit? Snow Country

Tips on how to get the right hiking boot for your foot.

Drink Up! Robert James, Gander Mountain

An overview of water filtration and purification to keep you safely hydrated.

East Esker Hike (1 hr) Joanne Mitchell, ADK

A hike with some rolling hills.

East Esker Hike (1.5 hrs) Carol Thiel, ADK

We'll cross Douglas Road and walk a loop in the woods, in the rolling terrain of the east esker. approximately 2.5 miles.

Freestyle Canoeing Marc Ornstein, American Canoe Association

See a demonstration of freestyle canoeing - canoeing that integrates the body, boat & paddle in harmony.

Gear Care and Repair Eastern Mountain Sports

Learn how to wash your water-proof breathable clothing to maintain its performance, how to keep your favorite boots going mile after mile, what to do with a mildewed tent, and what to pack with you for repairs in the field.

Geocaching 101(1 hr) Clare Sloat, ADK

Geocaching 101 is designed to walk a potential new geocacher through a multi cache. Geocaching is the sport of finding a hidden cache using a GPS.

Getting Started in Backpacking Dave Harrison, ADK

Learn about gear needed for a backpacking trip. Techniques and destination suggestions will be included.

GPS Walk (1.5 hrs) Bob Borland, ADK

Practice on the trail what you learned at the GPS workshop. Participants must bring a GPS receiver and have a basic understanding of it's operation. Expert navigators are welcomed.

How to Stay Dry Eastern Mountain Sports

Learn about gear for keeping dry whether from rain or from paddling. Foul weather clothing comes in different materials. Learn how the materials work and their limitations.

How to Use a GPS Bob Borland, ADK

If you are thinking about getting a GPS receiver, have one and wonder what to do with it, or you are an expert navigator, you will enjoy this moderated discussion.

If You Are Lost in the Woods... Massassauga Search & Rescue

This workshop, for parents & children, will focus on how to prevent getting lost, how to stay safe until you are found if you are lost, and what parents should do if their child becomes lost.

Intermediate Kayak Dave Klafehn, Braddock Bay Paddlesports

Learn how to properly select a paddle and boat as well as more advanced paddling tips.

K9 Use in Search & Rescue

Kathryn Bamford, Massassauga Search & Rescue

Learn about the types of dogs that are chosen for Search & Rescue, their training, and the types of jobs they perform. See a demonstration of how the dogs use their noses to find lost persons and how they communicate with the handler.

Kayaking For Fitness Ken Altfeather, Bay Creek Paddlesports

Learn how you can use your kayak as a fitness trainer, working different muscles as well as cardio fitness.

Kids - Pick Apart A Pellet *Wild Wings*

Part of an owl's digestive process is to regurgitate a pellet containing indigestible food parts such as bones, fur and feathers. It is fun to pick apart a pellet to see what treasures it holds. All pellets have been sterilized.

Learn to Run *Ellen Brenner, Fleet Feet*

Learn the best methods to run safely, whether for the road, trail, or track. Learn tips from the experts on what to do, how to do it and how to include running into your busy lifestyle.

Map and Compass *Bill Crowe & Susan Aiello, ADK*

Learn the basics of working with a map and compass.

Mountain Bike Skills *John Underhill, National Mountain Bike Patrol*

Learn beginner to advance mountain bike skills. Obstacle course provided. Bring your bike and helmet.

Mushroom Walk (1 hr) *Dave Wolf, ADK*

Learn how to identify wild mushrooms.

Nordic Walking (1 hr) *Julie Doyle, Adventure Out!*

Taking a walk or a hike? Grab some poles! Increase cardio by 40%, get upper body involved, and decrease joint pressure.

Outdoor Equipment, Safety, and Hygiene for Women Only

Meagan Harris, ADK

Hear about features in backpacking equipment for women. Learn about tips for safety and female hygiene when out in the woods.

Outdoor Skills for Kids – Trail Signs *Girl Scout Troop 490*

Kids, learn how to lay, read & practice making trail signs.

Outdoor Skills for Kids – Making a campfire *Girl Scout Troop 284*

Kids, learn how to lay a simple campfire. Learn about fire safety and how to make your own fire starters.

Stoves, Kitchen Gear, and Food for the Backcountry

Al Bushnell & Gary Dewitt, ADK

Learn about selecting stoves, setting up your backcountry kitchen, and options on fueling your body, from simple to gourmet. Meal samples will be provided.

Stretching Before (and After) Hiking *Joanne Mitchell, ADK*

Stretching muscles can help prevent injury and ease soreness.

Trail Running Workshop and Run *Mort Nace, Medved*

Come see and hear about footwear, apparel, and gear that is specific to trailrunning followed by a 30-40 minute run over our favorite trails.

Wilderness Survival *Paul Gardner, Nature Awareness and Survival School*

Learn about wilderness survival and tracking. Topics we will cover are primitive fire making and hunting, types of survival shelters, and tracking.

Winter Backpacking and Camping *Mary Warchocki, ADK*

No bugs, no bear canisters, no crowds and spectacular beauty. Come hear about everything you need to know to prepare for that ultimate 4th season camping!

Thank you to the following vendors and organizations for their participation in the Outdoor Expo:

4-H Camp Bristol Hills
 Adventure Out!
 BayCreek Paddling Center
 Boy Scout Troop 233
 Boy Scout Troop 341
 Braddock Bay Paddlesports
 Burroughs Audubon Nature Clubs
 Delta Labs Adopt-A-Stream
 Eastern Mountain Sports
 Empire Therapeutic Massage Center
 Finger Lakes Land Trust
 Finger Lakes Ontario Watershed Paddlers (FLOW)
 Finger Lakes Trail Conference
 Fleet Feet Sports – Yellow Jacket Racing
 Freestyle Committee of the Amer. Canoe Assoc.
 Friends of the Genesee Valley Greenway
 Gander Mountain
 Ganondagan
 Genesee Land Trust
 Genesee Valley Audubon Society
 Genesee Valley Hiking Club
 Genesee Valley Nordic Ski Patrol
 Genesee Waterways Center
 Girl Scout Troop 284
 Girl Scout Troop 490
 Girl Scouts of Genesee Valley
 Huggers Ski Club
 Journeys Of Inspiration
 Leki USA
 Massasauga Search & Rescue

Medved
 Monroe Regional Canalway Trail Group
 Monroe Y Ski Club
 National Mountain Bike Patrol
 National MS Society, Upstate NY Chapter
 Nature Awareness and Survival School
 New York State DEC (Region 8)
 Newport Yacht Club
 Niagara Frontier Grotto
 Oak Orchard Canoe & Kayak
 Pack Paddle and Ski
 Peddlers Bike Shop
 Penfield Trails Committee
 Rochester Academy of Science
 Rochester Bicycling Club
 Rochester Birding Association
 Rochester Disc Golf Club
 Rochester Nordic Ski Club
 Rochester Orienteering Club
 Rochester Outdoor Photography Club
 Saturn of Rochester's Twilight Criterium
 Snow Country
 Terry Precision Cycling
 The Nature Conservancy
 Towners Bike Shop
 Trail Works, Inc.
 Up The Creek
 Victor Hiking Trails
 Wild Wings

Thank You!