

2008 ADK Outdoor Expo Schedule of Events

June 14, 2008 10AM-4PM at Mendon Ponds Park - Beach area, Monroe County

for latest information visit www.gvc-adk.org/Expo

Time	Table A	Table B	Table C	Table D	Table E	Table F	Hikes	Beach	
9:00	Setup								Beginning Kayak (9:15-9:45)
10:00	Mountain Bike Skills Clinic		World Wild Comm. Service Adventures		Changing a Flat Tire		Mushroom Walk (1 hour)	Making a Greenland Paddle (9:45-10:15)	
10:30		Winter Backpacking and Camping		10 Ways to Lighten Your Backpack		Food Dehydrating	East Esker Hike (1 hour)	Intermediate Kayaking Strokes (10:15-10:45)	
11:00			K9 Use in Search & Rescue					Day Paddles - Where To Go & What To Take (10:45-11:00)	
11:30		The Great Migration Challenge	Alternative Methods of Fire Starting		A Fed Bear is a Dead Bear	Bike Maintenance		1 Mile Hike (30 minutes)	Intro To Kayak Safety (11:00-11:15)
12:00			Treat the Water			How to Use a GPS	Nordic Walking (1 hour)	Greenland Paddle Stroke Instruction (11:15-11:45)	
12:30	Staying Dry	Trail Running Workshop and Run		Getting Started in Backpacking			30 minute hike	Portaging & Packing Intro For Beginners (11:45-12:00)	
1:00			If You Are Lost in the Woods			Bike Emergency Repairs			Photos From Your Boat (12:00-12:15)
1:30	Hiking boot clinic	Wilderness Survival				Stoves, Kitchen Gear, and Food for the Backcountry	GPS Walk (1.5 hours)	How to Choose Your Kayak/Canoe (12:15-12:30)	
2:00			Outdoor Skills for Kids					30 minute hike	Fishing Kayaks - Specialized (12:30-1:00)
2:30	Mountain Bike Skills Clinic			10 Ways to Lighten Your Backpack				Beginning Kayak (1:00-1:15)	
3:00		Outfitting your wilderness survival pack	K9 Use in Search & Rescue	What not to wear: dressing for the outdoors		Cycle Touring	Food Dehydrating	Neoprene - Make Your Own Spray Skirt (1:15-1:30)	
3:30								Paddling For Fitness (1:30-2:00)	
					Hiking and Backpacking for Women Only	Mapping Software for your GPS	30 minute hike	Wooden Boat Construction (2:00-2:30)	
								Trip Planning For Fun and Success (2:30-3:00)	
								How to Pack Your Kayak/Canoe For Camping (3:00-3:30)	
								White Water Paddling (3:30-4:00)	

All Day Hands-on Activities

Making a Pepsi Can Stove - ADK Members
Introduction to Fly Casting - Up The Creek shop
Knot Tying - Boy Scout Troop 341
Hands-on Nature Crafts for Kids - Tricia Cook, Joanna Kaufman, Bret Robertson, ADK
Nature Touch table - Anne Schoessler
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 - Hemlock Canoe Works
"Test Drive" a canoe or kayak - Oak Orchard Canoe & Kayak

All Day Demonstrations

Backpacking / Hiking Gear table - ADK Trails Committee
Mock 3 Season Camp - Dan Young, ADK
Mock Winter Camp - ADK Trails Committee
Handmade fly fishing equipment - John Schutz
Birds of Prey - Wild Wings (10:00-2:00)
Freestyle Canoeing - American Canoe Association
Slide shows of outdoor trips

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.

Music provided by the Golden Link Folk Singers Society -- www.goldenlink.org