

2008 ADK Outdoor Expo Workshop Descriptions

(In alphabetical order by workshop title) -- revised 4/12/08

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”.

30 Minute Hike – 12:00 pm *Ron Mercel, ADK*

30 Minute Hike – 1:00 pm *Jackson Thomas, ADK*

30 Minute Hike – 1:30 pm *Shirley Thomas, ADK*

30 Minute Hike – 3:30 pm *Jim Bird, ADK*

A 30 minute hike in the park.

A Fed Bear is a Dead Bear *Debi Holt and Kathy Krenzer, ADK*
Keep the bears out of your food - bear canisters & bags.

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.

Beginning Kayak *Anne Flatley, Kayak Instructor*
Intro to basic kayaking, boats, terminology, & basic 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 - chain maintenance, adjusting brakes, derailleurs, wheels and other helpful tips.

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.

Cycle Touring *Jason Hammel, Eastern Mountain Sports*
Learn how to plan a bike trip, what you need for equipment, and how to get the most out of your experience.

Day Paddles-Where To Go & What To Take *Vicky Duerr & Charlie Helman, ADK*
Get ideas on where to paddle for a couple of hours or all day.

East Esker Hike (1 hr) *Joanne Mitchell, ADK*
A hike with some rolling hills.

East Esker Hike (1.5 hrs) *Carol Thiel, ADK*
Walk the rolling terrain of the East Esker approx. 2.5 miles.

Fishing Kayaks-Specialized *Ron Missel, ADK*
Learn about a new style kayak & how to fish out of your boat.

Food Dehydrating *Margaret Reek, ADK*
Learn about food dehydrating for an easy way to prepare light weight meals and snacks to take on your travels.

Geocaching 101(1 hr) *Bob Borland, ADK*
Go on a walk to find a hidden cache by following coordinates entered into a GPS. Bring your 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. Bring a GPS receiver. Expert navigators are welcomed.

Greenland Paddle Strokes *Harry Weidman, Kayak Instructor*
Learn basic strokes of Greenland style paddling.

Hiking and Backpacking for Women Only *Laura Williams, ADK*
Learn about backpacking/hiking tips and gear for women.

Hiking boot clinic *Eastern Mountain Sports*
Get tips on how to make sure you get the right hiking boot for your foot.

How To Choose Your Kayak/Canoe and Paddle *Nancy Donny, Jim Bird, & other members, ADK*
Hear about different boats and paddles for different folks.

How To Pack Your Kayak/Canoe For Camping *Dave Ferguson & Ron Missel, ADK*
Be prepared for your trip. Learn how to pack for success.

How to Use a GPS *Bob Borland, ADK*
For those who are thinking about getting a GPS receiver, have one and wonder what to do with it, or are an expert navigator.

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 Kayaking Strokes *Dave Klafehn, Braddock Bay Paddlesports*
Take your kayak paddling to the next level – intermediate strokes.

Intro To Kayak Safety *Tad Vanzan, Cascade Adventures*
Learn safety tips on weather, water conditions, group dynamics, safety instruction.

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.

Making A Greenland Paddle *Harry Weidman, ADK*
Learn what a Greenland paddle is and how to carve your own paddle.

Mapping Software for your GPS *Matt Sims, EMS*
Display maps on the computer and on the GPS, exchange info between the two, choose the best software for your needs, map out a route at home before you go, display it when you return home.

Mountain Bike Skills *John Underhill, National Mountain Bike Patrol*
Learn beginner to advanced mountain bike skills. Obstacle course provided. Bring your bike and helmet.

Mushroom Walk (1 hr) *Dave Wolf, ADK*
Learn how to identify wild mushrooms.

Neoprene - Make Your Own Kayak Spray Skirt *Jennifer Pivovar, Creator of PTFL & ACA Certified Paddling Instructor*
Learn how to sew a neoprene spray skirt & Tuilik style outerwear.

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 Skills for Kids *Girl Scout Troop 284 Pittsford*
Kids, learn useful outdoor skills.

Outfitting your wilderness survival pack *Shane Sakal, ADK*
Kids, get tips on what to carry in your survival pack.

Paddling For Fitness *Dan Mum, Bay Creek Paddling Center*
Check out the Sprint, Marathon, and Surfskis kayaks. This is a low impact, high aerobic, enjoyable exercise on the water.

Photos From Your Boat *Sue Green & Karen Pakulski, ADK*
How to keep your camera dry & seeing the picture before you take it.

Portaging & Packing Intro For Beginners
Ruth Menamara, ADK
Tips for your first wilderness canoe trip.

Staying Dry *Kim Goppert, ADK*
Learn about gear for keeping you dry.

Stoves, Kitchen Gear, and Food for the Backcountry
Gary Dewitt, ADK
Learn about selecting stoves, setting up your backcountry kitchen, and food ideas from simple to gourmet.

The Great Migration Challenge *Annie O'Reilly, ADK*
Participants play the part of birds & discover challenges faced by migrating birds. Also dissect owl pellets. Each participant will receive colorful brochures of birds.

Trail Running Workshop and Run *Mort Nace, Medved*
Come see and hear about footwear, apparel, and gear that is specific to trail running followed by a 30-40 minute run over our favorite trails.

Treat The Water *Al Bushnell, ADK*
An overview of water filtration and purification.

Trip Planning For Fun And Success *Gary Dewitt, ADK*
Trips should be fun. Learn ways to make the planning easier.

What not to wear: dressing for the outdoors *Steve Czompo, ADK*
Brief discussion of technical clothing and layering techniques for staying safe and comfortable during outdoor activity.

White Water Paddling *Finger Lakes Ontario Watershed Paddlers*
An on-the-water demonstration of white water paddling.

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 crowds and spectacular beauty. Learn everything you need to know to prepare for that 4th season of camping!

Wooden Boat Construction
Don Welch, Dave Murphy & Mark Rakestraw, ADK
Learn about making a wooden boat. See different wooden boat styles.

World Wild Community Service Adventures *Pack Paddle Ski*
Come hear how we went from a Walking Safari in a remote Maasai area to building a school, taking over supplies to the school and working with the students in Africa.

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

Adventure Out!
BayCreek Paddling Center
Boy Scout Troops 233 & 341
Braddock Bay Paddlesports
Corn Hill Creamery
Delta Laboratories (Adopt-A-Stream)
Ducks Unlimited (Webster-Penfield)
Eastern Mountain Sports
Federation of Fly Fishers
Finger Lakes Ontario Watershed Paddlers
Finger Lakes Trail Conference
Foodlink
Freestyle Committee of the American Canoe Association
Friends of Webster Trails
Ganondagan State Historic Site
Genesee Land Trust
Genesee Regional Off-road Cyclists
Genesee Valley Ballooning Association
Genesee Valley Chap. of ADK Conservation Committee
Genesee Valley Hiking Club
Genesee Valley Nordic Ski Patrol
Genesee Waterways Center
Girl Scouts of Genesee Valley - Troop 284 and more
Golden Link Folk Singer Society
Hemlock Canoe Works
Leki USA
Lifetime Impressions Taxidermy
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Monroe County Parks
Monroe Y Ski Club
Nature Awareness and Survival School
Nature Conservancy, Central & Western NY Chapter
Newport Yacht Club
Niagara Frontier Grotto
NYS DEC (Region 8) NYS Forest Rangers
Oak Orchard Canoe and Kayak
Pack Paddle Ski
Pedallers Bike Shop
Penfield Trails Committee
Rochester Academy of Science
Rochester Bicycling Club
Rochester Birding Association
Rochester Cross Country Ski Foundation
Rochester Nordic Ski Club
Rochester Omnium/Full Moon Vista Bike & Sport
Rochester Orienteering Club
Rochester Regional Group of the Sierra Club
Seneca Siberian Husky Club
Thousand Acre Swamp Nature Preserve
Trail Works
Trout Unlimited, Seth Green Chapter
Upstate Fly Fishers Inc
Up The Creek
Victor Hiking Trails
Wild Wings
Women Outdoors Finger Lakes Region

Thank You!