



Specializing in beginners, we help you enjoy the depths of the forest on a unique and fun adventure. Snowshoeing allows you to experience nature in a way unlike any other.



Snowshoes
Are
Included in
Adventure

Snowshoeing 101: Tips for getting started

If you are new to the sport, here are some tips to help you get the most out of the experience.

Dress warmly: Layers are the best way to go, since you can shed them as your body heats up and put them back on as you cool down.

Wear waterproof footwear: Preferably hiking or winter boots to keep your feet warm and dry. Gaiters are a great addition if you plan on exploring deep or powdery snow.

Wear a hat and gloves or mittens: If your extremities are covered, the rest of you will stay warmer.

You'll perspire a lot, so it's important to stay hydrated: Drink a glass of H₂O before you head out, and bring bottled water with you. For longer expeditions you might want to pack snacks.

Snowshoe poles: These provide added stability to steep and uneven terrain, plus they'll give your upper body a great workout.

Whether you are headed out solo or in a group, it is always a good idea to let someone know where you are going, and when you will return.



SNOWSHOE ADVENTURES 2009



Roundup Athletic Club
1415 Southgate
Pendleton OR 97801
541-276-0880

Horseshoe Prairie
Saturday, January 10th, 2008

Meet at RAC at 8:00 am. We will drive up to the Andies Prairie parking lot and snowshoe at the Horseshoe Prairie Snow Park. The trail is fairly flat with the workout time being 2-3 hours in length. Bring a sack lunch or lunch money.

Lehman Hot Springs
Cancer Survivors & Family
Saturday, January 24th, 2008

Meet at RAC at 8:00 am. We will drive up to Lehman Hot Springs via Hwy 395 and Hwy 244. This will be a 2-3 hour snowshoe workout near Lehman Hot Springs. Then it's off for a relaxing soak in the hot springs. Bring a sack lunch or join us for a no host lunch at Lehman Hot Springs.

This trip is paid for by CCRP for Cancer Survivors



Meacham
Saturday, February 7th, 2008

Meet at RAC at 9:00 am. This snowshoe trip will feature rolling hill terrain. It is a very enjoyable trail system with a scenic view of the Red Saddle area. This will be a 2-3 hour snowshoe trip. Bring a sack lunch, or join us for a no host lunch at the Meacham Café following the snowshoe adventure.

Cost for each
SNOWSHOE ADVENTURE
is only
\$45

Includes transportation, snowshoes,
& snowshoe instruction

Registration deadline is the Monday before each destination date.
Contact Melissa Griffin for additional information.
Sign up at Roundup Athletic Club
1415 Southgate ~ Pendleton OR ~ 97801
541-276-0880

Name

Address

Home Phone

Work Phone

e-mail address

Please check trips you are enrolling for:

- Horseshoe Prairie
- Lehman Hot Springs
Cancer Survivors & Family
- Meacham ~ Summit Rd Exit

By signing below, I hereby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for damages I have against Roundup Athletic Club, St Anthony Hospital, and their staff, respective agents, representatives, successors, and assigns for any and all injuries which may be suffered by me or my minor child in connection with my participation in this event.

Signature

(parent or guardian if under 18 years of age)

Date

Date Pd _____ Trans # _____ Int _____