

Saturday, June 24th, 2006
 Lapham Peak State Park, Delafield, WI
 _ mile south of I-94 on County C, East side

Seminar Schedule

Time	Seminar Topic	Seminar Location
7:00-8:00	<i>Bird Watching</i>	Evergreen Parking Lot-Kiosk
8:30-9:10	<i>Dryland Training for XC-Ski</i>	Evergreen Parking Lot- Shelter
8:30-9:10	<i>Nordic Walking</i>	Evergreen Parking Lot- Trailhead
9:30-10:10	<i>Global Positioning Systems For the Outdoor Activist</i>	Evergreen Parking Lot -Building
9:30-10:10	<i>Kayaking</i>	Evergreen Parking Lot- Shelter
9:30-10:10	<i>Mountain Biking</i>	Evergreen Parking Lot-West End
10:20-11:00	<i>Compass Use and Navigation</i>	Evergreen Parking Lot-Building
10:20-11:00	<i>Road Biking</i>	Evergreen Parking Lot - Shelter
10:20-11:00	<i>Nordic Walking</i>	Evergreen Parking Lot - Trailhead
11:00-12:00	<i>Prairie Hike</i>	Evergreen Parking Lot-West End

Seminar Information

- **7:00 - 8:00 am Bird Watching Seminar**

- Meet at the Trailhead kiosk, Evergreen Parking Lot
This seminar will be for all persons interested in birding and learning the skills to become an effective bird watcher. Bring your binoculars and hiking shoes. A good hike and then have some great pancakes to finish the morning.

- **8:30 – 9:20 Dry Land Training for XC Skiing**

- Picnic Shelter - Evergreen Parking Lot
Improve your knowledge on summer training methods for cross country skiing. The latest in dry land training and rollerskiing will be demonstrated.

- **8:30 – 9:20 Nordic Walking**

- Trailhead - Evergreen Parking Lot
Tryout cool walking poles with a certified Nordic Walking Instructor who will show you how to burn 40% more calories while walking, increase your upper body fitness and prepare for the cross-country ski season

- **9:30 – 10:10 Kayaking**

- Picnic Shelter –Evergreen Parking Lot
This seminar on kayaking will cover the basics and leave time for more advanced questions. Types of kayaks, material used in making different models of kayaks and accessories that make the paddle more fun will be covered.

- **9:30 – 10:10 Mountain Biking**

- Evergreen Parking Lot-West end
Mountain Biking styles and techniques will be covered. Different types of mountain bikes; hard tails, front suspension, full suspension, brakes etc. will be discussed. Various models will be available to look at and ask questions about.

- **9:30 – 10:10 Global Positioning Systems for the**

Outdoor Activist Evergreen Parking Lot- Main Building
Recreational GPS 101 - Introduction To Recreational GPS

Learn about GPS and how GPS can be used. Hands-On Equipment, Answers And Demonstrations That Answer The Questions: What GPS Is, What Types Of Recreational GPS Systems Are Available, And What Are The Benefits Of Using GPS Data And Systems, In Regards To Outdoor Activities And Sports Enthusiasts.

- **10:20 – 11:00 Nordic Walking**

- Trailhead - Evergreen Parking Lot
Tryout cool walking poles with a certified Nordic Walking Instructor who will show you how to burn 40% more calories while walking, increase your upper body fitness and prepare for the cross-country ski season

- **10:20 – 11:00 Compass and Navigation for Outdoor Sports and Activities**

- Evergreen Parking Lot –Main Building
Compass 101 - Introduction To Compasses And The Basic Skills Of Navigation
Hands-On Demonstration Of Basic Compass Skills That Everyone Must Know Before Venturing Out! Map And Compass Work, Plus a Mention Of Orienteering.

FOR:

- > Any Outdoor Enthusiasts!
- > Adventure Travelers
- > Globe Trotters/World Explorers
- > World Heritage Adventures
 - > Road-Trip Travelers
 - > Trail Enthusiasts
 - > Birding, Mountain Bikers
- > Hikers, Trekking, Camping, Exploring
 - > Cross Sport Fitness Training
 - > GeoCaching Gamers
- > GeoLocation Outdoor Gaming
 - > Prospectors
 - > Orienteering Enthusiast
 - > Mapping

Compass and GPS Seminars Presented By:

Mr. Gene Casanova; Accomplished Professional World Adventurer, Certified International Ocean Corp. CSD-7 Commercial Diver; PADI Master SCUBA Diver; GPS Application And Equipment Specialist; Compass Application And Equipment Specialist; Navigator, Road Trip Enthusiast, Licensed Australian Gold Miner

Additional advanced private tutoring and/or training seminars would be made available to anyone attending these seminars.

- **10:20 – 11:00 Road Biking**

- Evergreen Parking Lot-Picnic Shelter
There are many types of road bikes available. From the hybrid comfort bikes to the models used in the Tour de France, models and discussions about how to find the road bike that fits your needs will be covered. Also accessories that can make your ride more pleasurable will

be talked about.

- **11:00 -12:00** **Prairie Hike**

- Evergreen Parking Lot-West end
Hike the western side of the park with a guide to discover the beauty of natural Wisconsin prairie habitat that has been painstakingly restored by the Lapham Peak Friends.

For more information call or email: John Corbin
wrchota@execpc.com
262 569-9397

