



**The Mountaineers
OutdoorsFest 2011
Workshop Schedule**

Saturday, September 17

10 am - 5 pm

Mountaineers Program Center
7700 Sand Point Way NE, Seattle

Cascade Room A

10:00-11:00	Intro to Photography	Mountaineer's Seattle Photography Committee
11:00-12:30	Dam Removal and River Restoration	Elwha River Restoration
2:00-3:00	Snowshoe Basics	Atlas Snowshoe
3:00-4:00	Iditarod 2012	Jan Steves
4:00-5:00	Intro to Kickboxing	Magnuson Athletic Center

Cascade Room B

10:00-11:00	Athletic Engineering for Skiers & Snowboarders	Olympic Physical Therapy
11:00-12:00	Merrell Bareform Barefoot Running Clinic	Born to Run
12:00-1:00	Hiking as a Family	Washington Trails Association
2:00-3:00	Backcountry Med Kits	Remote Medical International
3:00-4:00	Expedition Outfitting: Equipment you'll need for high elevation expeditions	Feathered Friends
4:00-5:00	Athletes and Back Pain	Metamorphic Massage and Fuerte Fitness

Natural Garden	2:00	Tour of the Natural Garden	Seattle Mountaineer's Naturalists
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Goodman C	10:00-11:00	Self Rescue Skills	Everett Mountaineer's Intermediate Climbing Program
	11:00-12:00	Peak Society Workshop: Expedition Photography	First Ascent's Mountain Guide and Expedition Photographer Jake Norton
	12:00-1:00	Simpler, Safer, and Faster: Tips & Techniques for Transitions at Anchors	Outdoor Research
	1:00-2:00	Featured Speaker Jake Norton and Annual Meeting	Jake Norton, First Ascent Guide and Expedition Photographer and The Mountaineers
	2:00-3:00	Simpler, Safer, and Faster: Tips & Techniques for Transitions at Anchors	Outdoor Research
	3:00-4:00	Extreme Adventure Photography	First Ascent's Expedition Photographer Jake Norton
	4:00-5:00	Climbing Anchors	American Alpine Club

South Plaza—Boulder	All Day	Open bouldering demonstrations and climbing opportunities	Seattle Mountaineer's Climbing Committee
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South Plaza—Climbing Wall	All Day	8 top-ropes on the outdoor wall for new climbers and experienced climbers to try	Seattle Mountaineer's Climbing Committee
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Basalt Columns

11:00am 2:00pm	History of Basalt Columns and Demos	Mountaineer's Climbing Committee
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Family Activities

All Day	"Fireball" Toy Making	Campfire USA
All Day	Face painting	Lily Wasik
10:00-2:00	Sasquatch Stories	Megan Durham
All Day	Live bird of prey	Sarvey Wildlife Center
All Day	Toy boat making	The Center for Wooden Boats
All Day	Button Making	The Vera Project
All Day	Environmental Education Games	Seattle Inner City Outings
All Day	Butterfly Identification	WA Butterfly Association
All Day	Arts and Crafts	Wolf Haven
All Day	Bouncy House	Magnuson Athletic Club
All Day	Activity with leadership focus	Girl Scouts of Western Washington

Celebrate Elwha! - Seattle

3:00	Dam Removal Celebration	Celebrate Elwha! - Seattle
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North plaza

11:30am 3:00pm	Camp Stove Demonstration	Mountaineers Venturing Crew 99
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