

# Outdoor Adventure

## BIKING

Information: 303-987-5423

### WOMEN'S MOUNTAIN BIKE

#### EXCURSION- NEW!

Come join women of your riding ability on the "Best Single-track" within an hour of Denver. The Colorado Trail at Buffalo Creek has some of the smoothest and friendliest single-track around. This excursion is perfect for the advanced beginner or intermediate rider wishing to explore new riding areas and get some early season riding instruction. The ride will last approximately 2-3 hours with snacks afterward and breaks during.

Location: Meet at Link Recreation Center at 8:30am, travel to the Colorado trail. Carpooling optional.

Ages: 16 and up

Instructor: Yana Sweeney

\$35 resident, \$45 non-resident

Activity #	Date	Day	Time
130001-01	May 22	Sat	8:30 am-1:30 pm

### BIKE MAINTENANCE 101

Get yourself ready for an exciting season of two-wheel adventure. Learn all of the essentials of a bicycle tune-up. Bring your bike and be ready to get greasy! We provide the tools and instruction.

Ages: 12 and up

\$15 resident, \$19 non-resident

Activity #	Date	Day	Time	Loc
130002-01	Apr 29	Thu	6-8 pm	CWRC
130002-02	May 27	Thu	6-8 pm	CWRC

### WOMEN'S MOUNTAIN BIKE CLINICS

Join Lakewood's experienced female mountain bike staff for an awesome adventure and a great work out! Clinics are designed specifically for women and taught by women mountain bike racers. Beginner Level - No or very little experience on trails. Intermediate Level - Able to ride easy trails but, has trouble with rock gardens, steeper hills, switchbacks and water-bars. Advanced Level - Ability to ascend and descend larger obstacles and steeper switchbacks. Register at least 3 days prior to clinic.

Location: Beginner and Intermediate levels meet at Mathew Winters Parking Lot. Advanced levels meet at Dinosaur Ridge Visitor Center.

Ages: 16 and up

Instructor: Yana Sweeney

\$35 resident, \$45 non-resident

Level	Activity #	Date	Day	Time
BEG	130003-01	May 3-10	Mon	5:45-7:45 pm
INT	130003-02	May 5-12	Wed	5:45-7:45 pm
ADV	130003-03	May 17-24	Mon	5:45-7:45 pm

## EDUCATION

Information: 303-987-5423

### WOMEN'S MAP & COMPASS WORKSHOP

Do you have a desire to explore but don't know the difference between a contour interval and a magnetic bearing? No worry, most don't. Join our Outdoor Adventure Instructors for an easy to understand class on how to use a compass and read a map to help you find your way in the wilderness. We'll teach you all the parts of a compass and how to choose a style that works for you. You'll learn how to take a bearing, both in the field and projected onto a map as well as learn how to read a topographic map to understand the terrain. No equipment needed. Space limited, please register in advance.

Ages: 14 and up

\$15 resident, \$19 non-resident

Activity #	Date	Day	Time	Loc
130006-01	May 20	Thu	6-8 pm	LINK

### HUNTER EDUCATION

Come learn safety and survival skills and how to handle firearms while hunting. This class covers firearm safety, storage, hunting, laws, ethics, muzzle loading, bow hunting, survival skills, conservation, wildlife management and identification. Participants also fire .22 rifles. Receive a Hunter Education Card after successful completion of the course. MUST ATTEND EVERY CLASS AND PASS WRITTEN TEST. To hunt in Colorado, anyone born on or after January 1, 1949, must have a Hunter Education Card. March 25th class will take place at the Division of Wildlife (6060 Broadway), from 6-9pm.

Ages: 12 and up

Instructor: Casey Snyder

\$10 resident, \$10 non-resident

Activity #	Date	Day	Time	Loc
130402-01	Mar 23-Apr 1	Tue, Thu	6-9 pm	CCC

## HIKING

Information: 303-987-5423

### LOCAL NATURE PHOTOGRAPHY HIKE

Spring is in full bloom, come join us for a Nature Photography Workshop and hike. We will meet at Bear Creek Lake Park Visitor Center and from there set out on a leisurely hike. As we hike, we'll be shooting images, answering questions, discussing equipment choices and the most effective use of that equipment. Bring your photographic gear, water, snack and please dress accordingly. Need to fill out activity waiver.

Ages: 18 and up

\$39 resident, \$55 non-resident

Activity #	Date	Day	Time	Loc
130403-01	May 15	Sat	8-11 am	BCLP

People who regularly participate in outdoor recreation tend to be more productive at work.

# Outdoor Adventures

## LAKWOOD HIKE CLUB- NEW!

Come join the NEW Lakewood Hike Club and explore what's in your own mountainous backyard! These guided local hikes, offered throughout the year, give you a chance to meet other hikers and learn about the hiking areas just outside your door. Hikes will be moderately strenuous, but will be selected for all levels. TRANSPORTATION INCLUDED! Bring water and a snack and hike with our experienced outdoor adventure Instructor, Todd English. Hike locations will vary and e-mails will be sent out to all participants the week prior, giving details about the selected hike. Must sign Waiver prior to hike. Join us at Lakewood REI for the "Hike Club KICK-OFF" Event on Thursday, March 18th 7-9pm. Free to all!

**Ages: 12 and up**

**Age 14 and under must be accompanied by a registered adult.**

**\$19 resident, \$29 non-resident**

Activity #	Date	Day	Time	Loc
130007-01	Apr 24	Sat	8 am-1 pm	CWRC
130007-02	May 29	Sat	8 am-1 pm	CWRC

## OVERNIGHT TRIPS - NEW

Information: 303-987-5423

### OVERNIGHT HUT TRIP- NEW!

Plan now for a great overnight adventure to one of the 10th Mountain Division's most popular Huts located at Shrine Mountain Inn, just off the Vail Pass outside of Vail, Co. The itinerary INCLUDES TRANSPORTATION to Vail Pass Trail Head, GUIDED snowshoe hike (2.7 miles) to Chuck's Cabin, 2 educational clinics "Leave No Trace Ethics" and "History Of The Huts System", an overnight stay at the cabin (which also has a detached sauna!) and a snowshoe hike out with transportation back to Lakewood the next day. Transportation, Snowshoes, Guides, Meals, Hut and Forest Service Fees included! INFORMATION PACKET with Waiver and Hut Trip Specifics will be e-mailed to registered participants. SPACE LIMITED, register early!

**Ages: 18 and up**

**\$129 resident, \$155 non-resident**

Activity #	Date	Day	Time	Loc
130604-01	Apr 17-18	Sat, Sun	8:30 am-3 pm	CARM



**Overnight HUT Trip**  
**April 17-18**  
**Hut Elevation: 11,209'**  
**Hut Location:**  
**Chuck's Cabin of Shrine Mountain Inn**

Experience a unique overnight, outdoor adventure to one of the most popular 10th Mountain huts and enjoy Colorado's great backcountry! It's an ideal first hut trip as we provide transportation, snowshoes, meals and experienced leaders to guide the trip. This could be your most rewarding experience in 2010!

**Information Packet w/Hut trip specifics available at Lakewood Recreation Centers. For More Information please call: 303.987.5423 or email launor@Lakewood.org**

## SAFETY

Information: 303-987-5423

See ADULT SPECIALTY section for CPR and First Aid

## WILDERNESS FIRST AID

The Red Cross Wilderness First Aid course is designed to provide participants with preparation and prevention (route plan, survival plan, evacuation plan, equipment and supplies, sanitation and camp hygiene, food and water handling and personal preparation) It also covers recognizing emergencies (check/call/care, protecting the patient, initial assessment (levels of consciousness/physical exam/SAMPLE history) First Aid- Shock (types/signs and symptoms/treatment), Acute stress reaction, head, neck and back injuries, internal bleeding, gastrointestinal disorders, eye injuries, environmental emergencies (heat/cold), Other miseries (bites, stings) Getting Help/Evacuation Plans. This in depth course is vital to all those who venture into the great outdoors! You MUST possess current Adult CPR and Standard First Aid.

**Ages: 14 and up**

**\$119 resident, \$145 non-resident**

Activity #	Date	Day	Time	Loc
130004-01	Feb 27-Mar 6	Sat	9:30 am-5 pm	LINK

## PET FIRST AID

Your pet is part of your family, right? With the American Red Cross Pet first Aid you can be prepared to take care of them by learning what should be in your pet first aid kit. Emergency numbers, preparedness for pets/evacuation, recognizing a medical emergency, finding a pulse, capturing and restraining techniques, muzzling, checking a conscious or unconscious pet, rescue breathing, CPR, choking, shock, pad wounds, abrasions, cuts, tears, controlling bleeding, eye and ear injuries, fractures, broken bones, splinting, car accidents, bites, burns and electrical shocks.

**Ages: 12 and up**

**\$65 resident, \$79 non-resident**

Activity #	Date	Day	Time	Loc
130005-01	May 22	Sat	9:30 am-1:30 pm	LINK

## WINTER ACTIVITIES

Information: 303-987-5423

### TELEMARK CLINICS- NEW!

Three Telemark Clinics will take place at Eldora, a local ski resort nestled in the Rocky Mountains. The January clinic will be "Women Specific". The February clinic is our "Valentines Day" Adventure, bring your partner (father/daughter, mother/son, spouse, or friend) for an enjoyable day outside learning new skills and technique. The March clinic is open to all. Restaurants are on-site at Eldora for your convenience. TRANSPORTATION and ALL DAY INSTRUCTION PROVIDED. Equipment and Lift Ticket not included in registration fee. Lakewood trained and experienced Instructor, Yana Sweeney, will provide Telemark instruction and guidance.

**Ages: 16 and up**

**\$55 resident, \$69 non-resident**

Activity #	Date	Day	Time	Loc
130704-02	Jan 23	Sat	8 am-4:30 pm	CARM
130704-03	Feb 13	Sat	8 am-4:30 pm	CARM
130704-04	Mar 6	Sat	8 am-4:30 pm	CARM

# Outdoor Adventure

## SNOWSHOE TRIPS- NEW!

FAMILY and FRIENDS Snowshoe trip to Eldora Nordic Center, a local ski resort nestled in the Rocky Mountains away from the mainstream of the bigger resorts. Eldora offers an extensive network of snowshoe trails that meander through serene forests and expansive alpine meadows. This is a great outing for friends and families of ALL LEVELS AND ABILITY. Trail pass fee not included, however TRANSPORTATION, INSTRUCTION and SNOWSHOES PROVIDED. Space is limited, register early!

Ages: 14 and up

\$55 resident, \$69 non-resident

Activity #	Date	Day	Time	Loc
130703-01	Jan 23	Sat	8 am-4:30 pm	CARM
130703-02	Feb 13	Sat	8 am-4:30 pm	CARM
130703-03	Mar 6	Sat	8 am-4:30 pm	CARM

## CROSS-COUNTRY SKI TRIPS- NEW!

FRIENDS and FAMILY Cross Country Ski trip to Eldora Nordic Center, a local ski resort nestled in the Rocky Mountains away from the mainstream of the bigger resorts. Eldora offers over 40km of cross country ski trails for all levels and abilities. Glide through expansive alpine meadows and view scenic mountain slopes. This is a great outing for friends and families. TRANSPORTATION and INSTRUCTION PROVIDED. Equipment and trail pass not included in registration fee. Rentals will be available at Eldora Nordic Center. Space is limited, register early!

Ages: 14 and up

\$55 resident, \$69 non-resident

Activity #	Date	Day	Time	Loc
130702-01	Jan 23	Sat	8 am-4:30 pm	CARM
130702-02	Feb 13	Sat	8 am-4:30 pm	CARM
130702-03	Mar 6	Sat	8 am-4:30 pm	CARM

## SKIING AND SNOWBOARDING TRIPS

CATCH A RIDE with us for a fun filled day on the slopes of Eldora, a local Ski Resort nestled in the Rocky Mountains! Transportation provided! Equipment and Lift Ticket NOT included. Participants must be 14 and older or accompanied by a registered adult. Supervision is provided on the bus, but not at the ski area. Participants will meet at the Carmody Recreation Center.

Ages: 14 and up

\$19 resident, \$19 non-resident

Activity #	Date	Day	Time	Loc
130701-01	Jan 23	Sat	8 am-4:30 pm	CARM
130701-02	Feb 13	Sat	8 am-4:30 pm	CARM
130701-03	Mar 6	Sat	8 am-4:30 pm	CARM

## LAKWOOD OUTDOOR ADVENTURE PROGRAM

Please join us  
at our Hike Club "Kick-off" event at

**FREE** Lakewood REI  
5375 S. Wadsworth Blvd.  
Thursday, March 18, 7-9 pm

There will be a presentation by Gavin Attwood, an avid mountaineer and founder of *Summit Xperience*, leading expeditions to places like Mt. Kilimanjaro, Aconcagua and Everest Base Camp.

Gavin will share amazing slides and stories of his adventures around the world. Also check out REI's latest hiking gear, learn of new local hikes, and get inspired for the upcoming hiking season!

Light refreshments will be served

For more information, please call 303-987-5423  
or email [launor@lakewood.org](mailto:launor@lakewood.org)



**FIT PHYSICAL THERAPY LLC**

Located at *Carmody Recreation Center*, our highly trained therapists offer one-on-one, hands on physical therapy.



We will help you:

- Transition into an exercise routine
- Answer questions
- Help you regain your strength, flexibility and confidence

Call 720-963-5382 for an appointment.  
Available Mon-Fri 8am to 6pm.