

Name

Trip Log

10/20/2008

<b>Dates</b>	<b>Activity/Location</b>	<b>Duration</b>	<b>L/P/I</b>
	<b>Bike Touring</b>		
June/July 2004	Utah/Arizona	4 Weeks	Leader
June/July 1998	Utah/Arizona	4 Weeks	Participant
	<b>Mountain Biking</b>		
May 2006	Shawnee National Forest, IL	Day Trip	Independent
August 2005	Slickrock Trail, Moab, UT	Day Trip	Independent
August 2006	North Country Trail, MI	Day Trip	Independent
October 2003, 2004	Hurkey Creek, CA	24 Hour Race	Independent
July 2004	Book Cliffs, CO	2 Days	Leader
July 2004	Slickrock Trail/Klondike Bluffs Trail, Moab, UT	2 Days	Leader
June 2003	North Country Trail, MI	Day Trip	Leader
Fall 1999-Spring 2003	College Woods, Durham, NH	Weekly	Independent
July 1998	Slickrock Trail, Moab, UT	Day Trip	Participant
July 1998	Brian Head, UT	Day Trip	Participant
	<b>Sea Kayak Touring</b>		
August 2008	Apostle Islands, WI	4 Days	Leader
June 2004, July 2005	Georgian Bay, Ontario	2 Weeks	Leader
	Squam Lake, NH	3 Days	Participant
June 1997	Apostle Islands, WI	2 Weeks	Participant
	<b>Swift water Canoeing</b>		
August 2006	Pine River, MI	3 Days	Independent
June 2005	Spanish River, Ontario	1 Week	Leader
July 2004	Colorado River	3 Days	Leader
June 2003, July 2003	Pine River, MI	3 Days	Leader
June 2003	Muskegon River, MI	2 Days	Leader
	<b>Flat Water Canoeing</b>		
February 2006	Cache River, IL	Day Trip	Independent
Spring 2005	Puget Sound, WA	Weekly	Leader
October 2001	Mendums Lake, NH	Day Trip	Leader
Summers 1997-2001	Ryerson Lake, MI	Weekly	Leader
	<b>Backpacking</b>		
July 2008	Isle Royal National Park, MI	1 Week	Independent
July 2005	Black Hills, SD	4 Days	Leader
April 2005	Olympic National Park, WA,	2 Days	Independent
July 2003, 2004, August 2004	Colorado State Forest State Park, CO	2 Weeks	Leader
June 2004	The Narrows, Zion, UT	2 Days	Leader
June 2003	North Manitou Island, MI	3 Days	Leader
May 2002	Yosemite National Park, CA	3 Days	Independent
April 1999	Appalachian Trail, VA,	1 Week	Independent
	<b>Snowshoeing</b>		
March 2006	Rocky Mountain National Park CO	Day Trip	Independent
January 2003	Franconia Notch State Park, NH	Day Trip	Independent

### **Climbing/Bouldering**

July 2003, 2004, August 2004	Estes Park, CO	Day Trip	Leader
October 2003, 2004	Joshua Tree, CA, Independent	Day Trip	Independent
September 2003	San Jacinto Mountains, CA	Day Trip	Independent
October 2000	Pawtuckaway State Park, NH	2 Days	Participant
August 1995, 1996	Grand Ledge, MI	Day Trip	Participant

### **Wall Climbing**

Spring 2004	YMCA Camp Colman, WA	Weekly	Leader
Fall 2003, 2004	Guided Discoveries, CA	Weekly	Leader
Spring 1999	Evanston, IL	Multi-Week Course	Participant/Leader

### **Skiing/Snowboarding**

Winter/Spring 2005-2008	Winter Park, CO	Multi-day	Independent
February 2007	Paoli Peaks, IN	Day Trip	Leader
Winter/Spring 2005-2007	Copper Mountain, CO	Multi-day	Independent
February 2004	Stevens Pass, WA	Multi-day	Independent
Winters 1999-2003	Killington, VT	Multi-day	Independent
Winters 1999-2003	Stowe Mountain, VT	Multi-day	Independent
Winters 1999-2003	Loon Mountain, NH	Multi-day	Independent

### **Outdoor Skills, Facilitation, and Training**

Fall 2008	ISU Team Challenge Course Facilitator Training	6 Weeks	Leader
August 2008	Trip Coordinator Extended Trip Training	4 Days	Leader
March & September 2008	Basic Trip Coordinator Training	3 Days	Leader
March 2008	Trip Coordinator Extended Trip Training	3 Days	Leader
February 2008	American Canoe Association Tandem Flatwater	16 Hours	Participant
July 2007	Camp Cedar Point Team Challenge Course Training	6 Hours	Leader
March 2007	Project WET and Project WILD Facilitator Training	7 Hours	Participant
October 2005, May 2006	Girl Scout Camping and Outdoor Skills Training	7 Hours	Leader
May 2003-2005	YMCA Camp Echo Teen Adventure Staff Training	60 Hours	Participant
April 2005	Northbrook Park District Facilitation Training	8 Hours	Participant
March 2004	NOLS WMI Wilderness First Responder	80 Hours	Participant
March 2004	YMCA of Greater Seattle Challenge Course and	25 Hours	Participant
August 2004	Challenge Works High Element Rescue Team	3 Hours	Participant
August 2003, 2004	Challenge Works On-Site Facilitation Training	10 Hours	Participant
May 2003, 2004	Ropes Course, INC High Course On-Site Training	10 Hours	Participant
May 2003	Ropes Course, INC High Ropes Rescue Training	5 Hours	Participant
November 2001	SOLO Wilderness First Aid	16 Hours	Participant
November 2001	UNH Outing Club Leadership Training	20 Hours	Participant