



The 12th Annual
Gone to the Dogs
Workshop
January 11-13, 2019



A Beyond BOW weekend of Dog Sledding, Skijoring, Cross-Country Skiing, Snowshoeing and more at Two Moons Kennels on Fawn Lake in Springstead, Wisconsin (near Park Falls).

This one-of-a-kind, special Beyond BOW event will provide an opportunity for 8 women to immerse themselves in unique winter activities. Your Hosts, MJ Slone and Chad McGrath are long-time BOW instructors and dog enthusiasts.

(Note: it will be helpful for participants to have some skiing experience, either downhill or cross-country, prior to skijoring)

Workshop Schedule

Friday January 11

11:00 - Welcome & Introductions. What to expect and plenty of time for questions. Clothing review to be sure everyone stays comfortable outdoors.
(Clothing recommendations will be sent with your registration confirmation)

Noon - Lunch with additional get-to-know time and discussion of expectations for the afternoon activities

1:00-3:30 - **Dog Sledding, part I.** Participants will be hands-on, learning how to harness the dogs, give commands, and safely ride behind the team

4:00-5:00 - **Cross Country-Skiing.**
An introductory/refresher session to get everyone comfortable and warmed up for skijoring on Saturday.

5:00 - Help care for the dogs

6:30 - Dinner followed by free-time

Saturday, January 12

8:00 - Breakfast & Discuss the day's program

9:00 -Noon - **Dog Sledding, part II.** More time on the trails enjoying the scenery, camaraderie, and the dogs

Noon - Lunch

Saturday, continued

1:00-3:00 – **Skijoring** is a blend of cross-country skiing and dog sledding believed to have been created by Scandinavians who hitched their skis to horses or reindeer as a means of faster transport. In skijoring, the dog pulls you while you ski!

3:30-5:00 -Guided **Snowshoe Trek or Cross-Country Ski** – participant's choice. A wonderful opportunity to explore the beautiful, snowy northwoods

5:00 - Dog care

6:30 - Dinner followed by free-time

Sunday, January 13

8:00 Breakfast & discuss the day's program

9:00-Noon - **Dog Sledding, part III.** Because we just can't get enough of woman's best friend!

Noon - Lunch, group photo, and farewell

This Workshop is supported by:



University of Wisconsin
Stevens Point



Individual Lifetime Contributors in Wisconsin

Judith Bloom

Ada Duffy

Jerome Heike (in Memory of Ruth Heike)

Mark LaBarbera

Dawn Slater

See Registration on Page Two

Workshop registration fee: \$515. Includes 2 night's lodging, 7 meals, instruction, use of all equipment (does not include cross-country skis. Information on where to rent skis will be provided), lots of camaraderie, and dog time!

To register: Register online through the secure service ConstantContact.com.

<http://events.constantcontact.com/register/event?llr=r9rpm5sab&oeidk=a07eft6ijrf4fe5c618>

You may also register by mail using the form below.

Cancellation policy: A \$100 processing fee will be assessed to all cancelled registrations. Registrants who do not cancel by December 14, 2019, will be assessed the full program fee.

Lodging: Included in your registration fee. Participants will stay in modern, heated hotel rooms at The Birches Resort near Two Moons. We will have 2 people per room with two queen beds. Each room is furnished with a full kitchenette, which includes refrigerator, 2-burner stove, microwave, coffee pot, toaster and all the utensils.

Special needs and physical exertion levels: If you have any special needs, including dietary needs, please contact Peggy Farrell at 715-346-4681. We will do our best to accommodate you. This workshop includes activities that require a moderate amount of physical exertion. If you can ski at a leisurely pace, you will be able to have fun at this event. If you have any questions or concerns about the level of fitness recommended in order to participate, please contact Peggy.

Participants understand that: 1) photographs and/or video may be taken during sessions and may be used in future support of the program, and 2) in the event of an unavoidable circumstances, portions of the program and instructors may change. BOW will provide excellent alternatives if this situation arises.

Additional workshop notes: This event will be held regardless of weather. However, the activity schedule will be flexible in order to adjust to weather/temperature conditions. Participants will receive information on what to bring and how to dress for success in winter with their confirmation letter. Snowfall in this part of northern Wisconsin varies between 20 to 90 inches, with an average of 50 inches per winter. Average daily temperature in January is about 10 degrees with an average daily high of 20 degrees. Travel will be along major state highways that are well maintained in winter.

BEYOND BOW - GONE TO THE DOGS - January 11-13, 2019



REGISTRATION INFORMATION

Only one person may register per form.

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

REGISTRATION FEE: \$515

Method of Payment:

VISA MasterCard Discover

Name _____

Card # _____

Ex. date _____

Mail to: WI BOW
College of Natural Resources
800 Reserve Street
Stevens Point, WI 54481

OR Check payable to UWSP

Email confirmation will be sent within 48 hours after your reservation is received.