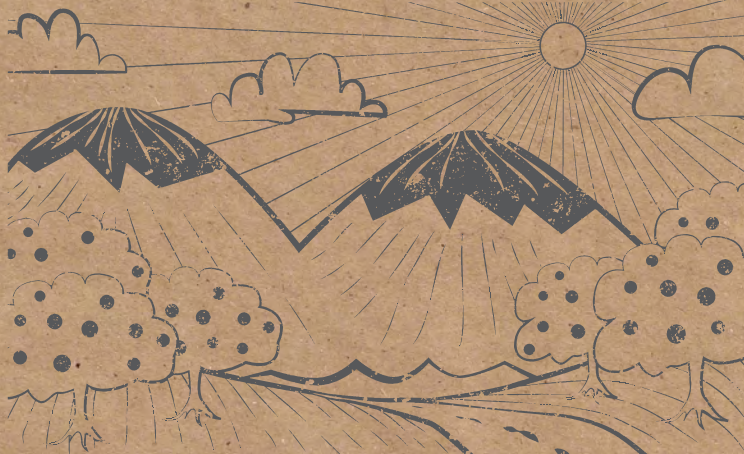


**EMPOWERED BY NATURE.**



**WROLC**

**RIVERSIDE, CA**

**2020 WESTERN REGIONAL OUTDOOR  
LEADERSHIP CONFERENCE**

## #WROL2020

Be part of the WROL2020 conversation! Tag your conference photos and social media posts with #WROL2020.

Check out the photo booth canopy at Glen Mor fields!

@WROL2020 on Instagram and Facebook

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## WELCOME

**Welcome to UC Riverside!** UCR Recreation is excited and honored to host the 27th annual Western Regional Outdoor Leadership Conference. Your participation in this student-based conference helps shape future leadership in the outdoor industry, and we appreciate you being here with us.

This event has been made possible by the outstanding effort of our staff and volunteers. We would like to thank those individuals, campus partners, non-profits, and companies who generously donated their time, energy, services, and products to make WROL2020 possible. Special thanks as well to our presenters who prepared over 40 educational sessions.

If you have any questions or feedback during the conference, please talk with a WROL2020 host or volunteer wearing a blue WROL2020 t-shirt. There will be an information table in the MAC Gym lobby near the vendors.

# THANK YOU TO OUR SPONSORS

## ON-SITE SPONSORS

Please visit our on-site sponsors and vendors in the MAC Gym Lobby and hallway.

## TREK LEVEL SPONSORS



## OUTING LEVEL SPONSORS



on-site sponsor



on-site sponsor



on-site vendor



on-site sponsor



on-site sponsor



on-site sponsor



Group photo will be taken Saturday at 9:45am directly after the welcome address in the breezeway outside the MAC gym.

## GIVE BACK SUNDAY, JANUARY 19 1:30PM - 4PM

We are happy to offer a chance to give back in partnership with Rivers & Lands Conservancy, a nonprofit dedicated to conserving the natural, wild and open spaces of Southern California. Volunteers will help with litter removal along the stretch of the Santa Ana River Trail from Ryan Bonaminio Park to Carlson Dog Park in the City of Riverside. 30 volunteers max. Leave No Trace Traveling Trainers will introduce and wrap up the activity.

Meet at Ryan Bonaminio Park  
5000 Tequesquite Ave,  
Riverside, 92506



Thank you to MPOWERD for offering a 30% discount to event attendees! The code is RIVERSIDE30, valid through 2/1/2020 and excludes Luci Core and Luci Explore (the two latest lantern products).



## EMPOWERED BY NATURE

Representation matters in the outdoor industry, as with all industries, so we are excited to join in conversations and challenge people's perceptions of who spends time outside.



Keynote Speaker James Edward Mills

James Edward Mills is a storyteller and author of the book "The Adventure Gap: Changing the Face of the Outdoors", blogger and podcaster at The Joy Trip Project (where he documents stories of African Americans engaged in outdoor adventures), and co-writer/co-producer of the documentary film *An American Ascent* (as part of the first all African American

team to climb Denali in 2012). He has worked in the outdoor industry since 1989 as a guide, outfitter, sales rep, writer, and photographer. In addition, he has contributed to National Geographic Adventure, Rock & Ice, Alpinist, SUP, Elevation Outdoors, Women's Adventure, the Clymb, and Outside Magazine, among others. James is the recipient of the 2016

Paul K. Petzolt Award for Environmental Education, and Yosemite National Park Centennial Ambassador. He teaches an undergrad course called Outdoors For All on diversity, equity, and inclusion in outdoor recreation and public land management at the University of Wisconsin. @joytrippproject

### Conference Name Badge and Wristband

Each conference attendee will receive a wristband and name tag. Your wristband will provide access to the SRC, Glen Mor camping area, workshops, special events, breakfasts, dinner, keynote speaker, discounts at area restaurants, etc. NO WRISTBAND = NO ACCESS. Please wear your name tag throughout the conference, as it will help everyone get to know you.

Your name tag will have a colored sticker, which corresponds to the table color where you will sit for the Saturday banquet dinner. Choose any table that corresponds with your name tag color, and make some new friends!

### Registration and Parking

Parking Lot Directions: From the 60 freeway, take University Ave. Turn on East on Linden St. and drive to the end. Camping equipment drop-off can be done in Lot 20. Please leave Lot 20 open for everyone to easily drop off their things and park for the weekend in Lot 21. If Lot 21 is full, the overflow is Lot 23 (the same permit will work).

Parking permits are required on campus at all times. California Exempt plate vehicles may park without a permit. For WROLC attendees, the UCR Chancellor has agreed to cover the costs if attendees register and request a parking pass in advance. The parking pass is valid for Lot 21 (overflow in Lot 23) only. Please pick up your parking pass at the Registration Table next to Lot 20 (drop-off only) at Glen Mor Fields on Linden St.

UC Faculty and Staff permit holders may apply for a FREE reciprocity parking permit at the Parking office. The office will be open until 4:30pm on Friday. You will need to bring your Faculty

or Staff permit to the office and they will issue a UCR permit for Fri-Sun. Details for reciprocity: <https://transportation.ucr.edu/permit-reciprocity>.

If you are only attending the conference for one day, you may purchase a \$7 daily pass at the Information Kiosk on West Campus Dr. near University Ave. (7am-5pm weekdays, 7am-8pm Saturdays, closed Sundays and MLK Day) or self-service stations. Acceptable payments at the kiosk are cash, MasterCard, Visa, and Discover. The self-service stations accept Visa and Discover.

Please follow all posted parking signs; you are responsible for any parking violations and fines.

Registration includes signing a Special Event Waiver and picking up your name badge and parking pass.

Conference activities will be centered at the Student Recreation Center on Linden Street at Lot 25.

### Sleeping Area

Access to Glen Mor fields will be from the gate located at the corner of Linden Street and Pentland Way in Parking Lot 20. Your wristband will grant you access to the field. Please bring all equipment that you require for camping on the field.

Tent shuffle: In order to lessen the impact on the turf, we will all move our tents to the second field on Saturday.

This field is nearby residential areas; please respect our neighbors and honor the quiet times when traveling between conference venues and in camping area.

No amplified music is allowed in the fields. Gates will be locked during the day. Contact the Competitive Sports office in SRC North for access.

### Information Table

We will be staffing an information table throughout the conference in the MAC Gym to answer questions about the conference or the Student Recreation Center

(SRC). Additionally, conference updates will be located on Instagram and Facebook @wrolc (give us a follow to stay informed!).

### Access to Student Recreation Center (SRC) Facilities

UC Riverside has graciously provided access to campus facilities usually reserved for UC students and members. Keep your wristband on throughout the conference. The SRC will be open extended hours to accommodate WROLC participants. SRC hours are 6am-9:30pm Friday and 9am-10:30pm Saturday (morning access to the WROLC activity areas for yoga and breakfast will be provided per the schedule).

Please respect all policies, procedures, and requests by the SRC staff.

The UCR basketball team has a game on Saturday, so access to certain facilities on the North side of the building will be restricted throughout the day Saturday.

### Pool Rules

Please don't swim outside of the open hours when there is no lifeguard on duty. No running around the pool (same as when you were five). Pool and hot tub close an hour before building close.

### Restrooms

There are male, female, and gender-neutral locker rooms and bathrooms in both the North and South sides of the Student Recreation Center complete with showers and toilets. The locker rooms on the North side will be closed on Saturday due to a basketball game. Additionally, there are three port-a-potties located outside of the gates at the Glen Mor fields and an accessible toilet located in the Glen Mor housing complex.

### Gear Storage

Valuables are best kept with you or locked in your vehicle. Camping equipment can be left on Glen Mor fields.

## Showers, Lockers, Towels

There are showers located in the SRC North and South locker rooms. Access to the North locker rooms will be limited on Saturday due to a basketball game. There are day use lockers located in the locker rooms in the South side of the SRC, you must provide your own lock and remove all belongings from the locker at the end of each day. Please bring your own towel, as there occasionally may not be enough available for everyone.

## Drugs, Alcohol, and Smoking

California State Law and UC Riverside policy does not allow alcohol and drugs (including marijuana) to be consumed in public or in campus facilities, including at the Glen Mor Campsite. If you are of age and choose to drink, please make good decisions. Smoking and tobacco products are prohibited throughout the UCR campus.

## Climbing Wall: The Rock

We hope you'll check out The Rock! Everyone needs a safety briefing to use the facility. You must pass a test to belay, and Ropes Program staff will be available to belay, provide the test, and answer questions. You can bring your own shoes, harness, and chalk or borrow them from The Rock.

## Outdoor Excursions Rentals

Free rentals are available to WROLC attendees for the weekend. OE Shop winter hours are M-Th 11am-6pm, F-Su 8am-8pm. Located at the corner of Lot 25 and Linden Street

## Community Behavior

WROLC conferences and participants are known for exceptional and professional behavior. One of the reasons that we have been able to

extend the privilege of multiple exceptions to standard policy is due to our guarantee that conference attendees will conduct themselves appropriately and professionally. Thank you in advance for following the requests of all UCR and SRC staff. Please respect the surrounding community near the camping area and be quiet at night.

For on-campus emergencies, please call 951-827-5222 for UC Campus Police. AED is available at Glen Mor fields and the Student Recreation Center.

## Sustainability/Leave No Trace

UCR takes sustainability seriously. Please bring your own plate, water bottle and cutlery to utilize throughout the event. There will be wash stations set up to keep dishes clean after meals. Carpool to the conference if possible, to minimize the impact of our emissions. Please utilize the recycling bins located throughout the SRC and campus for any recyclables. Water bottle refill stations are located in the SRC.

## Vendors and Sponsors

Vendor tables will be in the MAC Gym lobby on Saturday. Please show your appreciation by stopping by to say hi and find out more about their organizations.

## UCR-GUEST - Wireless internet

1. Locate and select the UCR-GUEST wireless network from your Wi-Fi menu.
2. Launch a web browser and then navigate to any website, such as ucr.edu; this will automatically redirect you to the sign on page.
3. Click the Register a new guest account link located above the username and password fields. Note:
  - If you are already a registered guest, you may simply sign in (skip to step 6).

4. Complete the required\* and optional information, including:
  - First name\*
  - Last name\*
  - Email address\*
  - Mobile number
  - An email with your credentials will be automatically sent to the email address you provided in the registration form.
  - If you provide a mobile phone number, you can send yourself a text message with your UCR-GUEST login credentials.

5. Agree to the terms and conditions, then select Register.

## Maps

Campus maps are available on our website, [recreation.ucr.edu/wrolc](http://recreation.ucr.edu/wrolc).

## Raffle Entry

Enter the raffle anytime Saturday in the MAC gym between 10:30am-4:30pm by putting your tickets into the bag(s) corresponding to the giveaways you would like to win!

## Evaluations

The volunteers and planning team for WROLC, as well as the presenters, value your feedback and suggestions. Thank you in advance for sharing your thoughts!



### Presenter Evaluations

Please use the QR code to fill out electronic evaluations after each presentation. Limited paper evaluations will be available. Presenters will receive attendee evaluations after the conference.

### Conference Evaluation

Please help us learn from our hosting experience. Feedback will be shared with future hosts.



## FOOD & DRINKS

Continental breakfast is provided Saturday and Sunday. Saturday lunch will be for purchase from food trucks outside the MAC Gym. Saturday afternoon and evening snacks will be provided as well as Saturday taco dinner. All meals will be in the MAC Gym unless otherwise stated. We've done our best to accommodate dietary restrictions, but feel free to supplement with your own snacks. Please bring your own eating utensils, cups, plates, and bowls.

Saturday breakfast: Your name tag will have a colored sticker, which corresponds to the table color where you will sit for this meal. Choose any table that corresponds with your name tag color, and make some new friends!

UCR and the surrounding community has both on and off campus food and drink options. We encourage you to check out Riverside downtown for dinner on Friday and get to know the city. Close walkable options include The Habit at the Highlander Union Building (HUB) on campus (limited weekend hours), Substation and the Getaway Café. A short drive will bring you to University Village, coffee shops and other local options.

Brews: The Getaway Café and Food Lab offer a selection of food and adult beverages. Visit Brickwood downtown for a wide array of craft beers.

## FOOD & DRINK

Check out some of our favorite restaurants including those that will offer discounted prices for WROL C attendees. All restaurants are located in Riverside.

Restaurant	Discount	Address	Hours
<b>University Village</b>			
Pho Vinam	10%	UV: 1201 University Ave #107, Riverside, CA 92507	10am-10:30pm
Flame Broiler	20%	UV: 1201 University Ave #109A, Riverside, CA 92507	10am-9pm
Indian Curry Hut	10%	UV: 1223 University Ave # 150, Riverside, CA 92507	11am-9pm
Frice	20%	UV: 1201 University Ave Riverside, CA 92507	11-3, 4:30-9
BurgerIM	10%	UV: 1201 University Ave Riverside CA 92507. Close to the Regency Theaters	11am-9pm, Sun: 11am-8pm
<b>Food Lab, downtown</b>			
Freelyraw Juice	10%	Food Lab: 3605 Market Street, Riverside, CA 92501	11am-8pm
Monty's Good Burger	10%	Food Lab: 3605 Market Street, Riverside, CA 92501	11am-10pm
<b>Other locations</b>			
Marcello's pizza	10%	783 W Blaine St, Riverside, CA 92507	10:30am-12am
Baguette sandwiches	10%	767 W Blaine St B, Riverside, CA 92507	11am-6pm (M-F)
El Fagon Mexican Grill	10%	765 W Blaine St, Riverside, CA 92507	10am-9pm
Share Tea	10%	3740 Iowa Ave Suite 103, Riverside, CA 92507	11am-11pm
Substation	Free side	3663 Canyon Crest Dr, Riverside, CA 92507	10:30-7:75 Sun:11am-4pm
The Getaway Cafe	10%	3615 Canyon Crest Dr B, Riverside, CA 92507	10am-1am
Weinerschnitzel	20%	1246 University Ave, Riverside, CA 92507	10am-12am

## OVERVIEW OF ACTIVITIES

### FRIDAY

#### Check In/Registration/Info Table

3pm-12am | Glen Mor Fields & Lots 21/23

#### Dinner On Your Own

5-7pm | Local Restaurants

#### EDCC (Electric Daisy Challenge Course)

7-9:30pm | Challenge Course  
Challenge yourself while dressed in your best rave party outfit (bring a costume or borrow one of ours!), as you jam to the songs you requested, played by our own DJ Carl. Be sure to post photos from this event! Those who participate will receive an extra raffle ticket.

#### Partners Climbing Comp

7:30-9:30pm | The Rock  
Everyone is encouraged to participate in this partners fun comp at The Rock - find and swap partners at the event! Attempt 3 climbs to receive an extra raffle ticket for participating!

#### Lawn games, volleyball

Until 9:30pm | Pool Deck  
Head to the pool deck grass for some fun with jenga, ball toss, cornhole, or volleyball!

#### Hot tub/pool

Until 9pm | Pool  
Soak in our 20 person hot tub. Closes at 9pm.

#### Free chair massage

8:15-9:30pm | Fitwell Studio, SRC S  
Relax those tired muscles from your drive with a free 10-minute chair massage! Sign up at the Fitwell Studio, upstairs in SRC S starting at 8:15. Must show wristband.

#### Student Recreation Center Closes 9:30pm

#### Camping Area Quiet and Lights Out

10:30pm | Glen Mor Fields

### SATURDAY

#### Check In/Registration/Info Table

7-8am | Glen Mor fields & Lots 21/23

Made it in after midnight? Check in 7-8am at Glen Mor Fields and get your parking pass.

#### Morning yoga

7-8am | Upper Court, SRC N  
Stretch those muscles in a rejuvenating morning yoga session.

#### Info table and sponsor/vendor tables

8am-5pm | MAC Gym Lobby  
Get your conference questions answered, meet our vendors, and display your program's marketing materials.

#### Continental breakfast

8-9:15am | MAC Gym

#### Welcome from the Vice Chancellor of Student Affairs

9:15-9:45am | MAC Gym

Dr. Brian Haynes will help us kick off WROL C 2020. He oversees campus life, health and wellness, and ethnic and gender programs, among others. He develops strategies for student success, equity, and access and holds a PhD in higher ed, specializing in student personnel.

#### Group Photo

9:45am | Breezeway (Outside MAC Gym)

#### Raffle entry

10:30am-4:30pm | MAC Gym  
Put your tickets in the bags for the items you would like to win. Extra raffle tickets will be given for participating in certain events Friday night. Raffle will be held after dinner on Saturday.

#### Workshops (sessions 1-2)

10-10:45am, 11-11:45am | MPR A, C, D, E, Conference Room, Challenge Course

#### Professional Roundtable

10-11:15am | Training Room or SRC N Garden (weather depending)

Join colleagues for a discussion about the challenges and opportunities as an outdoor professional.



## Lunch (Food Trucks)

12-1:15pm | Tennis Courts

We encourage everyone to purchase lunch from the food trucks, as we have a minimum to meet (and these trucks were voted by our staff as the most tasty!) Enter from the MAC Gym lobby.

## Botanic Gardens hike

1-2:30pm | Meet at the

### Challenge Course

Meet behind SRC S and walk across campus to the refreshing and unique UCR Botanic Gardens, showcasing plants from around the world.

## Workshops

(sessions 3-6)

1:30-2:15pm, 2:30-3:15pm,

3:30-4:15pm, 4:30-5:15pm |

MPR A, C, D, E, Conference Room, Challenge Course, The Rock

## Dinner and raffle drawing

5:30-7:30pm | MAC Gym

Enjoy homemade tortillas and fresh ingredients from El Agua de Ojo. Raffle will take place near the end of dinner, so don't leave early.

## Keynote Speaker

James Edward Mills

7:30-8:30pm | MAC Gym

We are excited to bring James all the way from Wisconsin! See page 6 for more information.

## Lawn games

until 10:30pm | Pool Deck

Head to the pool deck grass for some fun with jenga, ball toss, cornhole, or volleyball!

## Hot tub/pool

Until 9:30pm | Pool

Soak in the pool or 20 person hot tub.

## Open bouldering

8:30-10:30 | The Rock

Check out our climbing gym in SRC S.

## S'mores and cocoa bar

9-10:30pm | Sand Volleyball Court

Create your own cocoa concoction, and make a mean s'more over the fire pit, at the Sand Volleyball Court near the pool deck.



## Band/dance party

9-10:30pm | Pool Deck

One Outta Ten  
Blending together overdriven post-punk riffs inspired by 2000s garage rock and the organ tones of the Doors, One Outta Ten is constantly pushing their sonic capabilities with scathing lyrics and frenetic beats. This Glendale based band is breaking into the SoCal music scene with an urgency that has already taken them to venues such as the Maui Sugar Mill Saloon, LA's The Mint, and UCR's Premier Music Competition, Sound Clash.  
<https://www.oneouttaten.com/>  
[@one\\_outta\\_ten](https://www.instagram.com/one_outta_ten)

## Student

Recreation Center

Closes 10:30pm

## Camping Area Quiet

and Lights Out

11pm | Glen Mor Fields

## SUNDAY

## Morning yoga

7-8am | Upper Court, SRC N

Stretch those muscles in a rejuvenating morning yoga session.

## Continental breakfast

8-9:15am | MAC Gym

## Workshops

(sessions 7-8)

9:30-10:15am, 10:30-11:15am

| MPR A, C, D, E, Conference Room, Challenge Course

## Professional Roundtable

9:30-10:30am | Training Room or Garden

Career professionals, please join us for a discussion with keynote speaker James Edward Mills.

## Closing and pass the torch

11:45-12:15pm | SRC N Lower Courts

We'll meet to close the conference with our new friends, reflect on the experience, and look forward to next year at UC San Diego!

## Lunch on your own

12:15pm  
After the conference, we encourage you to check out some of our favorite local restaurants listed, which have offered discounts to WROL C attendees. Have a safe trip home!

## Post-Conference Volunteer Project with Rivers and Lands Conservancy

1:30-4pm | Meet at Ryan Bonaminio Park (5000 Tequesquite Ave, Riverside, 92506)

Volunteers will help with litter removal along the stretch of the Santa Ana River Trail from Ryan Bonaminio Park to Carlson Dog Park. 30 volunteers max. Leave No Trace Traveling Trainers will introduce and wrap up the activity.

# WORKSHOP SCHEDULE

## Rejuvenating Your Circadian Rhythm In The Wilderness: Why Sleeping Outside Feels So Good

Christine Stewart,

Chantal Rabay

Saturday, 10:00-10:45am, MPR C

Risk Management & Wilderness Medicine

We all love sleeping under the stars, but have you ever wondered about the biology behind why it's so good for us? Come learn about circadian rhythms, why they're important, and how we reset them in the backcountry. No biology background required!

*Christine has a background in biochemistry and has taken a course on circadian rhythms. Chantal has a background in general biology and biological anthropology.*

## Can You Work At Camp In The Real World? Exploring The Longevity Of A Camp Career.

Breann Lindsey

Saturday, 10:00-10:45am, MPR D  
Saturday, 3:30-4:15pm, MPR D

Leadership & Career Development

Wondering if you can make a career out of camp and wilderness tripping? If so, this session is for you. During this workshop we will explore the practicality of landing a job in the outdoor field. I'll share bits of my story and how I've found myself facilitating wilderness and camp programming as a professional.

*Breann is the Outdoor Adventure and Recreation Director for the Y in Redlands, CA where she directs Camp Edwards and oversees outdoor programming for the community. In her work, she seeks to breakdown financial, emotional and socioeconomic barriers that often keep kids (and adults) from experiencing outdoor activities.*

## Exploring Our Relationship with the Ocean

Ala Najdich, Hayley Thomas

Saturday, 10:00-10:45am, MPR E

Nature & the Environment

Are you a land-lover? Does the thought of ocean brine and salt in your hair make you think "YUCK"? Or, is water the source of your soul and being? Well, we can't relate with one of those, but it doesn't matter. Come out and further explore that relationship ... What even is the ocean? What are our connections to the ocean? What does this mean for us and our future?

*Ala Boat Water. Wait, what? All about water. As a surfer, marine biologist, and aspiring hydrated person, Ala's passion is to learn about all things H2O related. Hayley is a big fan of nature and the ocean. Sometimes Hayley surfs and does water related things but mostly she just gets utterly wrecked like a koala. It's all about having fun though right?*

## Bicycle Touring: A Beginner's Guide

Jasmine Simmons

Saturday, 10:00-10:45am,

Conference. Room

Technical Skills

In this workshop, we'll cover everything you need to know to get started on your own cycling tour. We'll discuss common mistakes beginners make, what gear you should consider bringing, fun bike routes across California, and how to prepare for your first century (100 mile ride).

*Jasmine Simmons is an outdoor guide at UC San Diego's Outback Adventures. She is planning on cycling the ~117 miles from UCSD to UCR for WROL C, before diving into a workshop about all things related to bike touring and has plans to cycle from near San Francisco to San Diego (542 miles).*

## The Art of the Hacky Sack

Nikhil Mitra, Griffin Davis

Saturday, 10:00-10:45am,

Challenge Course

Sunday, 10:30-11:15am,

Challenge Course

Games & Initiatives

Lightweight, small, easy to learn but hard to master, a hacky sack is an essential part of any packing list. Learn the basics and how to augment your trips with the ultimate backcountry game.

Griffin Davis is a Secondary Guide with 2 years of Hacky Sack experience. Nikhil Mitra is a Secondary Guide with 2 years of Hacky Sack experience.

## Closing the Gender Gap in the Outdoors & Workplace

**Allison Alcid**

**Saturday, 11:00-11:45am, MPR C Diversity, Equity, & Inclusion**

There should be more conversations about the gender gap rather than letting it fizzle out. We will talk about how women can overcome self-doubt and be more confident in both the outdoors and the workplace.

*Allison is a trip leader and student manager for UCR Outdoor Excursions. In her 3 years of working in the outdoors she has had experiences where she would lose confidence in herself because she was a woman in the outdoors and in the workplace.*

## Backcountry Vagina

**Mara Sherline**

**Saturday, 11:00-11:45am, MPR D Risk Management & Wilderness Medicine**

Come to this workshop to learn about normalizing periods, cramps, and craps in the backcountry! We will be talking about blackout bags, menstrual cups, pee rags, UTIs and yeast infections, as well as the importance of hygiene in general while camping. You do not need a vagina to attend this workshop!! It's time to get comfortable with the uncomfortable!

*Mara presented at Redlands & U of Arizona WROLCs on this topic; she is a person with a vagina who enjoys the outdoors.*

## Nature Unplugged: How To Cultivate Healthy Relationships With Technology

**Sonya Mohamed**

**Saturday, 11:00-11:45am, MPR E Wellness & Mindfulness**

In this interactive workshop presented by Nature Unplugged, we will explore (1) ways to create healthy boundaries with technology, (2) what mindfulness is, why it's important, and finding a practice that works for you, and (3) how the benefits of time in nature are a perfect counterbalance to increased screen time and tech use.

*Firm in her belief that joy, peace and happiness can be found through mindful communication, simplicity, movement and continuous learning, Sonya is excited to work alongside her husband, Sebastian Slovin at Nature Unplugged. For more information visit <https://www.natureunplugged.com/meet-the-team>.*

## Challenge, Motivation, and Encouraging Others to Make it to the Summit

**Steven Fafel**

**Saturday, 11:00-11:45am, Conference. Room Leadership & Career Development**

Motivation. We all want to feel it, but more importantly how can we help motivating others? In this discussion-oriented session, we'll dive into the complex challenges of motivating others to push themselves towards a peak ascent, being vulnerable in a group setting, and facing the unknowns of an outdoor adventure.

*Steven Fafel is a junior at UC Santa Cruz whose life took a major change after being introduced to rock climbing. He spent a year traveling domestically and internationally, finding his love of the outdoors.*

## Slack to Basics: Rigging Slacklines for Beginners

**George Thomas, Leo Cooperband**

**Saturday, 11:00-11:45am, Challenge Course**

**Technical Skills**

Slacklining is a sport that everyone can do with a little practice, and in the spirit of WROLC we want to make sure everyone is included and knows how to get started! Come on by to learn how to set up a primitive line and to practice on the line(s) we will have set up.

*George and Leo are a couple of guys who love getting high (off the ground), whether on rock or webbing. With over 4 years of slacklining experience between them, they are extremely dedicated to the useless craft of walking on one inch of nylon.*

## Building A Vegan, Gluten Free, Nut Free, Dairy Free Menu Is Really Stinking Hard!

**Doug Tully, Becky Chen, Jonathan Ly**

**Saturday, 1:30-2:15pm, MPR A Technical Skills**

This workshop will attempt to offer solutions, ideas and possibilities for outdoor meal plans when many students have allergies or specific dietary restrictions based on their personal choices. We will discuss a variety of cooking methods and offer menu items that have worked under these different circumstances to make a positive experience for everyone.

*Doug is the director of UCI Outdoor Adventure program for the past 11 years. Becky and Jonathan are student trip leaders in the Outdoor Adventure program.*

## Building Connection with Leave No Trace

**Erin Collier, Brice Esplin**

**Saturday, 1:30-3:15pm, MPR C Sunday, 9:30-11:15am, MPR C Nature & the Environment**

By forming an understanding of nature and the impacts our recreation can have on it, we also build a deeper connection to outdoor spaces. Learn techniques for teaching Leave No Trace skills and ethics, take an overview of the 7 principles, and learn how to utilize these to inspire stewardship.

*Subaru/Leave No Trace Traveling Trainers, Erin Collier and Brice Esplin use their combined experience in education, stewardship, marketing and communications to teach Leave No Trace ethics and create unique content for our online audience. They practice Leave No Trace daily as they travel and camp across the United States, educating diverse communities in responsible recreation techniques.*

## Managing Wounds in the Outdoors

**Danny Armanino**

**Saturday, 1:30-3:15pm, MPR D Sunday, 9:30-10:15am, MPR E Risk Management & Wilderness Medicine**

Soft tissue injuries, including cuts, burns and blisters, are common injuries experienced in the outdoors. NOLS Wilderness Medicine Instructors will introduce participants to controlling bleeding, preventing infection, and promoting healing. Participants will gain hands-on practice using resources often available outdoors to clean, dress,

and bandage wounds, as well as skills for addressing blisters. Attendees will learn to recognize and treat infections, as well as make evacuation decisions. Knowing how to manage wounds helps you step forward with confidence during an outdoor medical emergency.

*Danny has worked in outdoor education since the early '90s and has broad experience with outdoor leadership activities including serving as backcountry guide, youth counselor, medical director, and director of an outdoor wilderness program for youth. An EMT since 1994, Danny worked for Del Norte Ambulance in Crescent City, CA for several years as well as serving his community as a volunteer firefighter, once returning to academia to pursue further education.*

## Lead Like a Guide: What Skills Transfer

**Mark Ceder**

**Saturday, 1:30-2:15pm, MPR E Saturday, 4:30-5:15pm, Conference. Room Leadership & Career Development**

Big Spooning. Bear Bagging. Triangulating. What skills do you brag about? This session will address the six leadership skills that mountain guides employ and that employers are actively seeking. It will provide you an opportunity to reflect on your personal experience so that you can more effectively communicate your story to non-outdoorsy people.

*For the past 10 years, Mark has helped USD students obtain meaningful employment upon graduation. He has 20 years experience in outdoor leadership as a guide, summer camp director and university outdoor program director. His challenges explaining what he does to friends, parents and employers motivate him to help others.*

## Reimaging Wild Spaces: Healing in the Outdoors

**Mo Asebiomo**

**Saturday, 1:30-2:15pm, Conference. Room Diversity, Equity, & Inclusion**

This workshop will be a discussion led exploration of the various relationships people have with wild spaces and comprises of imagining the possibility of nature outside recreational purposes. We will delve into questions of privilege and histories different communities have with being outside in order to understand the experiences and perspectives people can bring when they venture outdoors.

*Mo Asebiomo is in her final year at Stanford University. During her time at Stanford, it has become a priority to challenge what it means for her to be in the outdoors and to empower communities that feel unwelcome, unequipped, and unprepared to explore all that nature has to offer.*

## Rope Coiling Workshop

**Jesse Ray**

**Saturday, 1:30-3:15pm, The Rock**

**Technical Skills**

This often overlooked topic is a huge efficiency tool in any discipline of climbing. We will cover: Butterfly Coil with Standard Finish, Butterfly Coil with Backpack Finish, Butterfly Coil with Swiss Finish, Round Coil with Swiss Finish, Hybrid Coil for Carrying.

*Jesse's true passion lies in seeing other people grow and learn from the sport. His calm demeanor, intentional instruction, and infectious enthusiasm all convey his stroke for pursuits in the vertical. Jesse is an AMGA Certified Rock Guide, Single Pitch Instructor, and Alpine Guide Course Graduate.*



## Peer Leadership: It's a Balancing Act

**Eva Gontrum, Fiona Hall**  
**Saturday, 2:30-3:15pm, MPR A**  
**Leadership & Career Development**

Explore what it means to strike a balance between being a good leader and a good peer, between establishing yourself as an authority figure and encouraging your participants' own leadership skills. This interactive activity will be centered on developing an effective and approachable leadership style that supporting the growth of your peer participants.

*Eva and Fiona are student leaders who have lead numerous trips during college. They are also student staff at the Outdoor Education Center at Pomona College.*

## Supportive Inclusivity in the Outdoors for People with Disabilities

**Christine Upton, Karin Tarpinian**  
**Saturday, 2:30-4:15pm, MPR E**  
**Diversity, Equity, & Inclusion**

This workshop will delve deeper into how to instill a sense of supportive inclusivity in your program, especially for individuals with disabilities. Disabilities come in many forms and it is imperative to help everyone feel safe and included while engaging in program activities. We will briefly discuss ADA regulations, potential adaptations for outdoor programs, resources for student employees, and end with a scenario based discussion. We will also cover the importance of mental health support.

*Christine has had the opportunity to work within the outdoor recreation and education industry for over 10 years where she found her passion for helping students safely recreate in the outdoors and to play witness*

*to the transformational power of experiential leadership. Karin is a Recreation, Tourism, Management Graduate Student at CSU Northridge with an emphasis in Outdoor Recreation. She has worked for Outdoor Adventures for 3.5 years and is their Graduate Student for the program.*

## Got Mindfulness?

**Audrey Byrne, Laura MacDonald, Simone Froley**  
**Saturday, 2:30-3:15pm, Conference. Room**  
**Wellness & Mindfulness**

An important part of being nature is spending time away from the crazy, reflecting or relaxing. Mindfulness is an important tool that we as outdoor professionals can incorporate into our programs to enrich the experience of participants. Participants will walk away from mindfulness with a tool to help them reflect in nature and to destress when we get back home. Come get mindful!

*The presenters all study psychology and cognitive science. They have a passion for self care and have led workshops with student leaders on how to incorporate mindfulness into their daily lives.*

## It's All Fun and Games

**Lili Winget, J.J. Jabuka**  
**Saturday, 3:30-5:15pm, MPR A**  
**Games & Initiatives**

Don't know what to do with all of your free time with participants? Tired of awkwardly standing around in a circle waiting for someone to talk? Come learn some games and riddles with us to fill time on trips and help participants bond!

*J.J. and Lili are in their third year working as guides. They found that while on trips, longer ones especially, it has been incredibly*

*useful to have a couple of games and riddles in their toolkit for when they have gaps of time they need to fill.*

## Moving Mountains: How Adventure Recreation Programs Can Empower University Students To Embrace Challenge, Manage Stress And Anxiety, And Find Courage In Untapped Resilience.

**Augie Donovan, Nicolette Hodgson, Dustin Smucker**  
**Saturday, 3:30-5:15pm, MPR D**  
**Wellness & Mindfulness**

In a recent study, up to 76% of UCSC students reported feeling very lonely, very sad, or overwhelming anxiety at some point in the past year. At our recreation programs, we ask students to embrace new challenges in unfamiliar environments, often with a small group of complete strangers. Are we then surprised that an increasing number of students on outdoor adventures are being evacuated for behavioral health reasons? We will briefly glance at the student mental health crisis on university campuses to understand the context of our efforts. From there, we'll consider strategies for effectively empowering already stressed-out students to climb mountains, sleep in the dirt and find friendships under starlit skies.

*Nicolette's path as an undergrad has been shaped by her drive to experience and share the strong sense of community, inspiration, and gratitude found while crossing rivers in the Sierras, clambering up rock pillars in the Mojave, and laying down in the grass to watch birds flutter in the tree canopy above. A strong believer in the power of community, Augie*

*strives to understand how shared experiences have a profound impact an individual's sense of acceptance and a collective's sense of accomplishment. Dustin has committed over half his life to the belief that outdoor recreation contributes to a life of active compassion, connections and awareness. Currently serving as the Associate Director of Recreation at UC Santa Cruz, Dustin facilitates avenues for life-giving adventure for the thousands of students each year that join "The Rec."*

## Climbing Wizardry: Mastering Basic "Non-Climbing" Skills

**Jesse Ray**  
**Saturday, 3:30-5:15pm, The Rock**  
**Technical Skills**

How to you coil a rope so that it doesn't fall apart? Can you tie a one-handed clove hitch? Is rope management a four letter word for you? This clinic will address some basic efficiency issues that beginner/ intermediate climbers face when they start to transition from indoor climbing to outdoor climbing.

*Jesse's true passion lies in seeing other people grow and learn from the sport. His calm demeanor, intentional instruction, and infectious enthusiasm all convey his stroke for pursuits in the vertical. Jesse is an AMGA Certified Rock Guide, AMGA Single Pitch Instructor, AMGA Alpine Guide Course Graduate, and an AIARE (avalanche training) Level 2 Graduate.*

## Organic Design in the Modern World

**Jasper Travers, Luke Wulf**  
**Saturday, 3:30-4:15pm, Conference. Room**  
**Nature & the Environment**

An exploration into how organic form factors and natural design in the front country inspires daily creativity and happiness. In this session we will talk about how people feel when interacting with naturally inspired products, buildings and artwork.

*Jasper and Luke have both been outdoor guides with UC San Diego's program for the past 3 years and have guided countless trips over that time. With heavy interests in design and architecture, they noticed that organic design inspiration has guided some of the worlds most spectacular design decisions since it inspires the mind in an increasingly geometric world.*

## The Wilderness Vagina: A Guide to Women and Wilderness Trips.

**Breann Lindsey**  
**Saturday, 4:30-5:15pm, MPR C**  
**Risk Management & Wilderness Medicine**

Is your goal to make wilderness tripping accessible and comfortable? In this workshop we will discuss realistic, and pretty normal, ways to talk with participants about being on their period while tripping. With a little preparation and knowledge, you'll be ready to facilitate discussions about backcountry periods. Yes – this workshop is for everyone!

*Breann is the Outdoor Adventure and Recreation Director for the Y in Redlands, CA where she directs Camp Edwards and oversees outdoor programming for the community. In her work, she seeks to breakdown financial,*

*emotional and socioeconomic barriers that often keep kids (and adults) from experiencing outdoor activities.*

## Sustainable Outdoor Adventures Program in Small School

**Michelle Kang**  
**Saturday, 4:30-5:15pm, MPR E**  
**Nature & the Environment**

This presentation will cover ways of making Outdoor Adventures trips more sustainable and eco-friendly. We will also discuss making the program more interesting with limited resources as well as possible partnerships on campus.

*Michelle is the CSU San Marcos Outdoor Adventures' Student Coordinator. She has worked for Outdoor Adventures for 2.5 years and won the sustainability fund for the team this year.*

## The Core Muscles of Outdoor Trip Leaders

**Becky Chen**  
**Sunday, 9:30-10:15am, MPR A**  
**Leadership & Career Development**

This workshop will introduce some important soft skills (ex: making decisions, improving group dynamics and so on) for outdoor trip leaders. It will be conducted by interactive games and reflection. By the end of the workshop, students will be able to put the soft skills into practice.

*Becky is interested in mentoring younger fellows and has been mentoring some diverse students in terms of academic-skills development, culture-adjustment and decision making. She has received mentorship and teaching certificates.*



## Wellness & Mindfulness in the Workplace

**Ryan Shortill**

**Sunday, 9:30-10:15am, Conference. Room**

### Wellness & Mindfulness

The research behind mindfulness and its correlation to productivity and positivity in the workplace is something that can not be ignored as we enter growth in the outdoor leadership industry. Join Ryan Shortill, founder of Positive Adventures, as he guides you through proven breathwork techniques, journaling prompts, and a mindful meditation to create new perspectives and clarity in the mind.

*Influential speaker and outdoor leadership entrepreneur, Ryan Shortill has an inspiring story that is sure to encourage students looking for a career in the outdoor industry, and for those currently looking to make improvements in their work. Dedicated to his passion, he created an organization called Positive Adventures - the San Diego-based company that leads students and corporate adults in outdoor education, team-building, and Corporate Social Responsibility.*

## Coffee and Donuts in the Outdoors!

**Emma Konugres, Rachel Wilkin**  
**Sunday, 9:30-10:15am, Challenge Course**

### Technical Skills

Tired of sacrificing your coffee addiction when you head outdoors? Come learn how to take your at-home tradition to the trails! We will have multiple demonstrations for making coffee in the front and backcountry, as well as learn an accessible way to make donuts at your campsite!

*Rachel and Emma are seniors at the University of Redlands. While studying in Austria, Emma grew*

*a greater appreciation for coffee than ever before, seeking out new coffee shops everywhere she travelled and enjoying way that coffee brings people together. Rachel was a volunteer barista during her semester abroad and continues to practice her espresso making skills since being back home. They enjoy teaching participants about coffee and want others to have the same experiences.*

## Enjoy the Walk

**Daniel Acevedo**

**Sunday, 9:30-10:15am, MPR D Games & Initiatives**

Gain insight on things to do to encourage more active engagement as well as a more fulfilling enjoyment of backpacking with a group.

*Daniel has 2.5 years of Backcountry experience and an understanding of group dynamics and involvement.*

## Micro-inclusions in the Outdoors & Beyond

**Mo Asebiomo**

**Sunday, 10:30-11:15am, MPR D Diversity, Equity, & Inclusion**

This workshop will target specific, actionable strategies to respectfully engage and empower different identities in outdoors spaces, specifically backpacking & basecamping, and in outdoor sports spaces. This is recommended especially for leaders in the community and faculty and staff in outdoor programs and organizations.

*Mo Asebiomo is in her final year at Stanford University. During her time at Stanford, it has become a priority to challenge what it means for her to be in the outdoors and to empower communities that feel unwelcome, unequipped, and unprepared to explore all that nature has to offer.*

## Start Your Own Outdoor Education Business

**Ryan Shortill**

**Sunday, 10:30-11:15am, Conference. Room**

### Leadership & Career Development

Learn the 7 simple steps to build a life-changing, earth-shattering organization that creates positive change for the world using your passion for the outdoors! In this workshop you will not only receive the information to empower you to become a successful entrepreneur, but you will hear a real-life example of how a multi-billion dollar company started in a garage 15 years ago. It's never too late, but now is the time to start.

*Influential speaker and outdoor leadership entrepreneur, Ryan Shortill has an inspiring story that is sure to encourage students looking for a career in the outdoor industry, and for those currently looking to make improvements in their work. Dedicated to his passion, he created an organization called Positive Adventures - the San Diego-based company that leads students and corporate adults in outdoor education, team-building, and Corporate Social Responsibility.*

## NOTES



