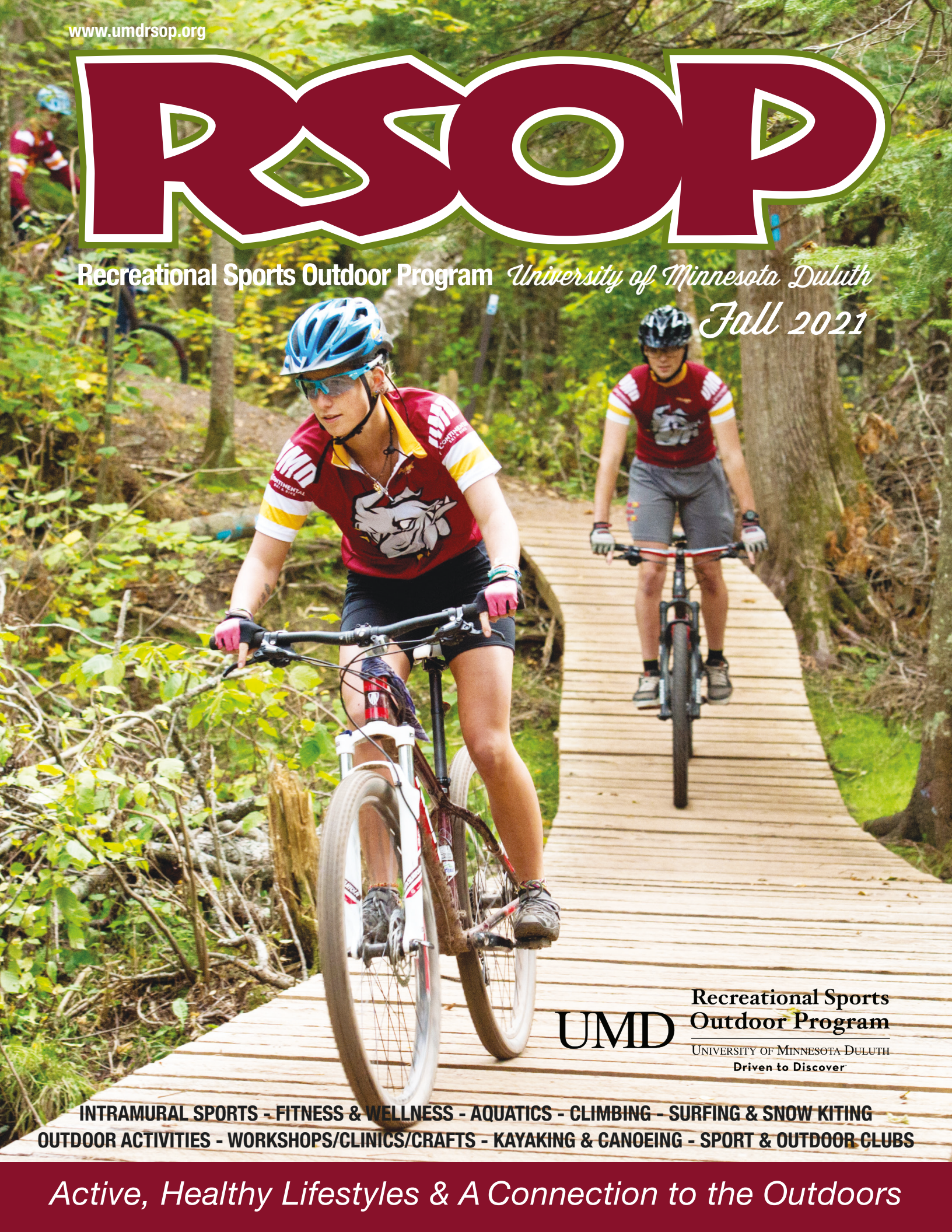


# R SOP

Recreational Sports Outdoor Program *University of Minnesota Duluth*  
*Fall 2021*



**UMD**

**Recreational Sports  
Outdoor Program**

UNIVERSITY OF MINNESOTA-DULUTH  
Driven to Discover

**INTRAMURAL SPORTS - FITNESS & WELLNESS - AQUATICS - CLIMBING - SURFING & SNOW KITING  
OUTDOOR ACTIVITIES - WORKSHOPS/CLINICS/CRAFTS - KAYAKING & CANOEING - SPORT & OUTDOOR CLUBS**

*Active, Healthy Lifestyles & A Connection to the Outdoors*

# ↪ HOURS OF OPERATION



## COVID PLAN

See our website for the most up to date information.

### REGISTRATION & INFORMATION DESK

	DAY	HOURS
SpHC 153	Mon–Thur	8:00am–5:00pm
	Fri	8:00am–4:00pm
9am–4pm, October 28 & 29 (Fall Break)		

### RECREATION CENTER

	DAY	HOURS
Lower Level – Free Weights & Selectorized (SpHC 92)* Upper Level – Cardio (SpHC 157) Recreational Gym (155 SpHC) Jogging/ Walking Track (SpHC 195)	Mon–Fri	6:00am–10:00pm*
	Sat, Sun	10:00am–6:00pm
6am–6pm, October 28 & 29 (Fall Break)		

\*The Lower Level weight room will be closed due to classes on Mondays and Wednesdays, 8:50–10am. The Cardio Level will remain open during these classes.

### POOL

DAY	HOURS
Closed until further notice.	

### FREE BOULDERING

DAY	HOURS
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Available during Recreation Center open hours (excluding roped climbing hours). Facility Membership required. Climbing Pass not required

### NORTH SHORE WALL

	DAY	HOURS
Fitness Center - Roped Climbing Climbing Pass required	Mon–Thur	4:00–9:00pm
	Fri	3:00–6:00pm

### RENTAL CENTER

	DAY	HOURS
SpHC 154	Mon–Thur	11:00am–6:00pm
	Fri	11:00am–7:00pm
	Sat	11:00am–2:00pm

Closed 4pm, Oct 27 to 11am, Nov 1 and 4pm, Nov 24 to 11am, Nov 29

### ICE RINK

	DAY	HOURS
Open Skate (Sep 13–Dec 10)	Mon - Sat	11:30am–1:30pm
	Fri	6:00–8:00pm
Open Hockey (Sep 13–Dec 10)	Mon–Fri	9:30–11:00am
	Fri	8:30–10:00pm

No open skate Saturday, October 16

### CAMPGROUND

OPEN DAILY
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Park & walk-in access is available May 28–August 29 2020. Backpack thru-hiker access is available at any time.

Closed September 6, October 30–31, November 25–28  
Facility closes at 4pm on Wednesday, Nov 24 for Thanksgiving  
Facility closes at 4pm on Friday, December 17 for semester break

FOR THE MOST UP-TO-DATE INFORMATION ON SCHEDULE CHANGES AND CLOSINGS, GO TO OUR [FACILITIES PAGE](#).

**PATRONS MUST CARRY A VALID MEMBERSHIP PASS AT ALL TIMES.**

## HOW TO REGISTER & RECEIVE INFO

### In Person at the Registration & Information Desk

Stop in at 153 Sports and Health Center  
Monday-Thursday, 8am-5pm  
Friday, 8am-4pm

### Phone

Call us at (218) 726-7128. If you want to register, have your Visa, MasterCard, or Discover card and registration information ready. If you reach voice-mail, please leave a detailed message about what you need and how/when to contact you during business hours.

### Internet

Our website has a lot of additional information. Details of programs and many forms are available online. Check it out! [www.umdrsop.org](http://www.umdrsop.org)

### E-Mail

[rsop@d.umn.edu](mailto:rsop@d.umn.edu)

## PARTICIPATION

The University of Minnesota Duluth Recreational Sports Outdoor Program department (RSOP) offers recreational and outdoor opportunities to students, university faculty/staff, and the regional community. Eligibility to participate depends upon the program or activity.

### UMD Students

Programs, activities, and facilities are for you! Students who pay the Student Service Fee receive discounted pricing reflective of the financial support we receive from those students through the fee.

### Community Members

Community members (non-UMD students/staff/faculty) are invited to participate in Outdoor Program activities as well as a variety of Fitness/Wellness programs and Aquatic programs. Community members ARE NOT eligible for a Membership except during the summer.

### Youth

Youth may participate in numerous RSOP activities including the American Red Cross "Learn to Swim" Program, North Shore Swim Club, KIDSROCK Summer Day Camps, and Birthday Parties in the Pool or at the Climbing Wall.

### UMD Alumni

UMD Alumni are encouraged to participate in activities, and to use the facilities. Intramural Sports are not available to alumni.

### UMD Faculty & Staff

UMD Faculty & Staff are encouraged to participate in activities, and to use the facilities.

## GETTING A MEMBERSHIP

### Full-time UMD Students

Upon presenting a U-Card, currently enrolled, full-time students who have paid their Student Service Fee will be allowed entry into the Recreational Facilities. Part-time, or students who have not paid the Student Service Fee, may purchase a Membership at the RSOP Registration & Information Desk.

### Faculty, Staff, Alumni, All Others

Bring identification and payment (see Fee Structure on page 4) to RSOP Registration & Information Desk.

## IDENTIFICATION NEEDED

Participants must carry a U-Card, Membership Card, guest pass or conference pass when using the RSOP facilities.

## ACCOMMODATIONS

The University of Minnesota Duluth is an equal opportunity educator and employer. RSOP is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, and facilities for individuals with disabilities. To request a disability accommodation please contact the Registration & Information Office before your visit.



Recreation Center memberships & guest passes provide access to the RSOP recreation center (weights, cardio, rec gymnasiums, indoor jogging track), pool, bouldering during non-staff wall hours, open-use ice hours & open hockey hours, open-use turf hours, outdoor tennis courts, and the slack line park. Recreation Center memberships may also make you eligible to receive discounts on other RSOP programs.

Per Person Rates	Semester	Summer	Annual
UMD SSF Paying Students	Free	N/A	N/A
UMD Non-SSF Paying Students	\$75	\$55	N/A
Local Area College Students	\$100	\$75	N/A
Employee & Employee Partner Membership	\$100	\$75	\$240
Employee Dependent 12-17 Years	\$75	\$55	\$180
Employee 30-day (1-month)	\$35	\$35	N/A
Alumni & Alumni Partner Memberships	\$140	\$105	\$340
Affiliate & Affiliate Partner Memberships	\$125	\$95	\$305
Alumni/Affiliate Dependent 12-17 Years	\$90	\$55	\$205
1-day Guest Recreation Center Membership 12 Years +	\$10	\$10	N/A
1-day Guest: Youth Rec Gymnasium ONLY 2-16 Years	\$5	\$5	N/A
1-week Guest UMD Conference Membership	\$35	\$35	N/A
Community Adult 18 Years +	N/A	\$125	N/A
Community Youth 12-17 Years	N/A	\$55	N/A
Community Senior 62 Years +	N/A	\$105	N/A

All University of Minnesota Duluth students paying the Student Services Fee have an automatic RSOP Recreation Center Student Membership. Simply present your U-Card to gain access. Not sure if you have paid the SSF this semester? You can find out by going to your MyU page and clicking on the My Finances tab.

Payroll deduction annual memberships for UMD employees are available for registration from August 23 - September 16, 2021. Visit the RSOP Registration & Information Desk (SpHC 153) to sign up. Make sure to bring your U-card.

Youth 14 & under must be accompanied by a membership or pass holding adult at all times. Guests must be accompanied by a recreation center membership holder at all times.

**GO TO OUR WEBSITE FOR CLIMBING WALL, GROUP FITNESS, ICE RINK AND OTHER PASS DETAILS.**



## REGISTRATION PROCEDURES

### **1. Purchase your Intramural Pass at [z.umn.edu/impass](http://z.umn.edu/impass)**

-\$15 per semester or \$25 annual allows you to participate on all eligible Intramural teams.

-1 team per league, per sport.

### **2. Create a team or join a team at [IMleagues.com](http://IMleagues.com)**

-Create your team before your sport's captains' meeting.

-If you do not have an IMleagues account, you will need to create one using your @d.umn.edu email address.

### **3. One member of each team will need to attend the virtual captain's meeting**

-Attendance at these meetings will confirm your team's spot in the league.

-If leagues or divisions have more teams than spots available, the teams that were created first on IMleagues will be given priority.

-Regular season schedules will be created and posted on IMleagues.

-The regular season will last four weeks and each team will play one game a week plus at least one playoff game.

## **ELIGIBILITY**

The following individuals are eligible to participate in the Intramural Sports Program: Currently enrolled, full-time UMD students who have paid their Student Service Fee, UMD staff and faculty, and part-time students with a current Membership.

## **SPORTSMANSHIP POLICY**

Sportsmanship is an important part of Intramural Sports, and the RSOP policy is designed to encourage enjoyable recreation experiences for all participants and officials. Teams will be rated on their sportsmanship, which may affect future play. Captains are responsible for the conduct of their team. Play hard, have fun, and be a good sport.

## **COMPETITIVE LEVELS**

Intramural Sports are offered in two different competitive levels when possible. This differentiation is created to provide competition that will incorporate varied levels of skill and intensity. These leagues will compete in separate post-season tournaments. The GOLD level is a highly competitive league, while the MAROON level is less competitive.

## **INTRAMURAL SPORTS OFFICIALS**

The officials program is perhaps the most important element of the Intramural Sports Program. The department takes pride in hiring and training interested men and women for all major sports. Student officials develop and improve a wide variety of skills including decision making, conflict resolution and leadership skills. Many officials go on to officiate Minnesota State High School League contests. To get involved, contact the Intramural Supervisor at 218-726-7648.



INTRAMURAL SPORTS INCLUDE OVER 20 ACTION PACKED ACTIVITIES FOR STUDENTS, FEATURING TEAMS AND INDIVIDUAL/DUAL COMPETITIONS THROUGHOUT THE SCHOOL YEAR!  
WE WILL DO EVERYTHING WE CAN TO PROVIDE DIVERSE OPPORTUNITIES, REGARDLESS OF ABILITY.

## INTRAMURAL SPORTS FALL 2021 SCHEDULE

SPORT	DATES	TIME	CAPTAINS' MEETING
<b>Soccer</b>	September 13-October 21	6:00-9:00pm	Thur, Sep 9, 5:00pm - Virtual
<b>Flag Football</b>	September 13-October 21	6:00-9:00pm	Thur, Sep 9, 5:45pm - Virtual
<b>Volleyball</b>	September 13-October 21	6:00-9:00pm	Thur, Sep 9, 6:30pm - Virtual
<b>Softball</b>	September 13-October 21	6:00-9:00pm	Thur, Sep 9, 7:15pm - Virtual
<b>Hockey</b>	September 13-October 21	6:00-9:00pm	Thur, Sep 9, 8:00pm - Virtual
<b>Spikeball</b>			
	November 1-December 9	6:00-9:00pm	Tue, Oct 26, 5:00pm - Virtual
<b>Bag Toss</b>			
	November 1-December 9	6:00-9:00pm	Tue, Oct 26, 5:45pm - Virtual
<b>3 on 3 Basketball</b>			
	November 1-December 9	6:00-9:00pm	Tue, Oct 26, 6:30pm - Virtual
<b>CoRec Basketball</b>			
	November 1-December 9	6:00-9:00pm	Tue, Oct 26, 7:15pm - Virtual
<b>4 on 4 Volleyball</b>			
	November 1-December 9	6:00-9:00pm	Tue, Oct 26, 8:00pm - Virtual
<b>Broomball</b>			
	November 1-December 9	6:00-9:00pm	Tue, Oct 26, 8:45pm - Virtual
<b>Curling</b>			
		To Be Determined	



**REGISTER YOUR TEAM ONLINE BY GOING TO [WWW.UMDRSOP.ORG](http://WWW.UMDRSOP.ORG) OR [WWW.IMLEAGUES.COM](http://WWW.IMLEAGUES.COM)**

Intramural events require attendance by at least one team representative at a pre-season captains' meeting.



The following Sport Clubs promote sport, recreation, and the outdoors and are a great way to get involved in informal activities and make new friends. Stop by the main office in SpHC 153 for information about when and where clubs are meeting, and get involved! Sport Clubs are Campus Life Program (CLP) student organizations that are self-governed and run under the direction of student members, club advisors, and RSOP. Members benefit from developing skills in the activity, administration, organization, public relations, financial operations, marketing, and fundraising. Membership costs vary from club to club.

- Alpine Ski • Badminton • Cheer Team • Climbing • Cycling • Dance Team • Golf • Hockey - Men's • Hockey - Women's  
 Lacrosse - Men's • Lacrosse - Women's • Nordic Ski • Rugby - Men's • Rugby - Women's • Sailing • Soccer - Men's • Soccer - Women's  
 Synchronized Skating • Ultimate - Men's • Ultimate - Women's • Volleyball - Men's • Volleyball - Women's • Water Polo • Wrestling

**WHAT IS A SPORT CLUB?**

A Sport Club is a Campus Life Program (CLP) that promotes and develops interest in a particular sport or physical activity under the administration and supervision of Recreational Sports Outdoor Program (RSOP). A club may be instructional, recreational, competitive or may be some combination of the three. Participation in a sport club is on a voluntary basis and each club is self governed by the student leadership within the sport club.

**WHAT IS THE DIFFERENCE BETWEEN INTRAMURAL SPORTS & SPORT CLUBS?**

Both programs are great ways for students to meet other students, be physically active, and have fun on campus. However, individual Sport Clubs may compete off-campus against other college or university club teams, and do hold weekly practices throughout the season of their sport or activity. Sport Clubs are student governed, so the responsibilities of organizing practices, scheduling competitions, and overseeing the financial operations of their club are handled by the student leaders and members of the club, contributing to an additional opportunity for student development through experiential learning.

**HOW DO I JOIN A SPORT CLUB?**

Membership varies between the different Sport Clubs offered at UMD through RSOP. Some of the competitive clubs hold tryouts to determine who will make their roster while most recreation & instruction based Sport Clubs welcome any UMD student who is interested and pays membership dues. Please feel free to contact the individual club you are interested in to get more information on how to join or email the Sport Clubs staff at [sportclubs@d.umn.edu](mailto:sportclubs@d.umn.edu).

**WHERE DO I GO FOR INFORMATION?**

Go online and visit the Sport Club Program Page at [z.umn.edu/umd-sport-clubs](http://z.umn.edu/umd-sport-clubs), contact the Sport Club Staff at [sportclubs@d.umn.edu](mailto:sportclubs@d.umn.edu), or come into the Clubhouse (SpHC 197) for more information.

**SPORT CLUBS ADVISORY COUNCIL (SCAC)**

The SCAC consists of one student representative from each Sport Club to govern all Sport Clubs in the UMD program using the Sport Club Guidelines. Led by the Sport Clubs Executive Board (SCEB), these program guidelines are determined and revised by the SCAC during monthly meetings as part of a living document meant to change with the program.



## LAP AND OPEN SWIM SCHEDULE FALL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Lap Swim 6:00-8:00am		Lap Swim 6:00-8:00am			
Lap Swim 11:00am- 1:30pm	Lap Swim 11:00am- 1:30pm	Lap Swim 11:00am- 1:30pm	Lap Swim 11:00am- 1:30pm	Lap Swim 11:00am- 1:30pm		
						Open Swim Noon-3:00pm
					Open Swim 3:00-5:00pm	

### POOL CLOSURES & SCHEDULE CHANGES

Please check the pool schedule monthly wall calendar when entering the pool for updates and changes. Pool schedule updates are also posted on our website. Pool closure dates may not apply to the North Shore Swim Clubs practice schedule. Refer to the NSSC link on our website for updated practice schedule information.

### GENERAL POOL INFORMATION

Pool Dimensions - 6 lanes/25 yards  
 Lap Swim - 6 lanes available  
 Open Swim - No lap lanes available  
 Lifeguards are on duty for all programming.

**THE POOL IS CURRENTLY UNDER CONSTRUCTION. ALL POOL RELATED PROGRAMMING WILL BEGIN SHORTLY AFTER THE POOL IS COMPLETED. PLEASE CHECK OUR WEBSITE FOR UPDATES.**



**NSSC MASTERS SWIM PROGRAM**

The course is designed for swimmers, triathletes, and those new to aquatic sports. The focus will be on all 4 competitive strokes with an emphasis on the aerobic system. Participants are college students or local professionals.

**SESSIONS START THE FIRST MONDAY OF THE MONTH**

Meets: Monday, Wednesday and Friday, 6-8am

Cost: \$60/month

**NSSC YOUTH SWIM PROGRAM**

This program is designed for swimmers under the age of 21 years who are looking to hone their aquatic skills in a competitive swim club. All swimmers should be at least 7 years old and able to swim two lengths (50 yards) of one or more of the competitive strokes (Butterfly, Backstroke, Breaststroke, or Freestyle).

All practices are held at the UMD pool.

**SESSIONS START THE FIRST MONDAY OF THE MONTH**

Meets: Monday-Thursday, 5:30-7pm, Friday, 4:30-6pm and Saturdays, 7-9am

Cost: \$80/month

**UMD RSOP AQUATICS SWIM LESSON SCHOOL**

We provide the highest quality American Red Cross swim lesson instruction for all ages and all abilities. We take pride in our small class sizes and caring, American Red Cross Certified Water Safety Instructors. Please check our website for details.

**PRIVATE AND SEMI-PRIVATE LESSONS**

Private Lessons (one child only) \$25/30 minute lesson

Semi-Private Lessons (two children) \$30/30 minute lesson

Semi-Private Lessons (three children) \$35/30 minute lesson

Private Lessons are sold by purchasing a (4) 1/2 hour lesson punch card. To sign up for private swim lessons, please call the RSOP Registration & Information Desk.. There is a limited number of clients we can cater to each semester.





Youth and Community provides opportunities for members of the northeastern Minnesota community to participate in recreational and outdoor offerings. Goals include supporting the University mission of outreach, encouraging healthy lifestyles and providing connections to the outdoors for youth and families.

### **YOUTH ROCK CLIMBING TEAM**

Come and join our UMD Youth Climbing Team! Climbers ages 7-14 years will be part of a team that focuses on improving climbing skills and then putting them to use at a friendly competition. This is a seven-week program offering 6 weeks of practice, 1 weekend of competition, a team t-shirt and a semester climbing pass to the UMD RSOP Climbing Walls. All necessary equipment is included each day (shoes, harness, helmet).

**SEPTEMBER 11, 18, 25, OCTOBER 2, 9, 16, 10AM - 12PM**

**CLIMBING COMPETITION IS OCTOBER 23, 10AM - 12PM**

Register By: Noon, Friday, September 3

Location: North Shore Rock Wall

Cost: \$175/Child

### **FALL FESTIVAL**

Looking for a place for your children October 21-22? We have you covered! On Thursday and Friday of MEA week, we will open our doors for day camp. Children ages 5-12 years will enjoy fall-themed games, crafts and activities with our UMD KIDSROCK camp staff! Event registration is limited to 32 children, so sign up early.

**OCTOBER 21 - 22, 7:30AM - 5:30PM**

Register By: Noon, Thursday, October 14

Location: Bagley Nature Classroom

Cost: \$80 per child



## VOLUNTEERING WITH THE OUTDOOR PROGRAM

Do you love the outdoors and have a desire to share it with others? The Outdoor Program is always seeking new student staff members for a variety of opportunities. You don't need to be an expert in the wilderness to join us and there will be opportunities to fit your schedule, with lots of free training.

### KICK-OFF MEETING

**TUESDAY, SEPTEMBER 7, 5PM**

Meet: Outside the Bagley Nature Area Classroom

We will have regular meetings and activities throughout the semester on Tuesdays at 5pm. To get details on what the topics are or how to get involved, email Zach, hassi081@d.umn.edu. Even if you can't make the meetings, we can get you involved.

## SAILING DULUTH

Spend the afternoon with the breezes of Lake Superior. Experienced sailors from the Duluth-Superior Sailing Association will be teaching the basic principles of sailing, including the terminology, mechanics, and operation of a sailboat. Aeolus may be the Greek ruler of the winds, but you'll control how you use them as you experience nature's power of wind. No experience necessary. This year we have two separate outings. Pick one date.

**SATURDAY, SEPTEMBER 4, 1-6PM**

**SUNDAY, SEPTEMBER 5, 1-6PM**

Register By: Noon, September 3

We Provide: Transportation and instruction  
You Provide: Proper clothing for the weather (if it is rainy, make sure you have rain pants and jacket), soft soled shoes and a water bottle.  
Meet: At the Tennis Courts outside SpHC  
Cost: \$25 for UMD Students Only

## OUTDOOR ADVENTURE SAMPLER AT UMD

Get outside and explore what UMD has to offer for outdoor activities. Join us for the Outdoor Adventure Sampler at Bagley Nature Area. Here you can experience activities such as hiking, biking, canoeing, slack-lining, nature exploration, and cooking by the fire - we'll have all of the equipment and staff to help you have fun. Bring a friend or meet some new ones and help us kick off the new school year to a great adventure-filled start!

**MONDAY, SEPTEMBER 6 (LABOR DAY) 5PM-7PM - STOP BY ANYTIME**

Meet: Bagley Nature Area Classroom (if you need directions go to [www.d.umn.edu/maps](http://www.d.umn.edu/maps))  
Cost: FREE! Just show up!

## BIKE REPAIR WORKSHOP

Come join us to learn how to maintain your bike and fix any problems you may have! Bring in your bike and learn how to do basic repairs while fixing your ride. Lubrication, flat repairs, and adjustments. Learn while doing with expert direction from our mechanic, using our tools. Minimal charges for materials.

**WEDNESDAY, SEPTEMBER 8, 6-7:30PM**

Register By: Noon on September 8  
We Provide: Knowledge, tools, bike stand  
You Provide: Your bike  
Meet: RSOP Rental Center  
Cost: \$4 UMD Student Members/ \$15 Others

## FLOWER PRESSING

Join us in preserving the beauty of nature. We will press and dry flowers for you to take home. Their beauty will be sustained for years in this form! All you need is a heavy book for pressing (textbooks work great!).

**THURSDAY SEPTEMBER 9, 5- 6PM**

Register By: Noon on September 9  
We Provide: Instruction, materials  
You Provide: Heavy book  
Meet: Bagley Nature Area Classroom  
Cost: Free for UMD Student Members/\$5 Others

## INTRO TO MOUNTAIN BIKING

Have you been interested in mountain biking but don't know where to start? Come to this introductory mountain biking workshop to learn the basics! We'll cover proper biking stance, conservation of momentum, and proper techniques to tear up the trails! No equipment or prior experience required!

**MONDAY, SEPTEMBER 13, 5-7PM**

We Provide: Leaders, bikes, helmets  
You Provide: Dress for the weather  
Meet: At the Tennis Courts outside SpHC  
Cost: \$3 UMD Student Members/\$10 Others

## BIRDING AT HAWK RIDGE

Fly like an eagle over to Hawk Ridge and do some birding. Spend the morning during peak migration and learn some bird watching techniques! Experience one of the most amazing raptor migrations in North America!

**TUESDAY, SEPTEMBER 14, 10AM-12PM**

Register By: 6pm on September 13

We Provide: Instruction, binoculars and transportation

You Provide: Dress for the weather, snacks and water. Bring binoculars, if you have them.

Meet: At the Tennis Courts outside SpHC

Cost: \$3 UMD Student Members/\$6 Others

## FREE CANOEING AND KAYAKING ON ROCK POND

Here is your chance to try canoeing and recreational kayaking right on campus! Over in Bagley Nature Area (on the north side of campus) is Rock Pond. We'll have canoes, recreational kayaks, and equipment as well as instructors to help you learn the basics. Or just show up to

have fun on the pond, if you already know how to paddle. We may even pull together some on-water games. Get outdoors! Get on the water! Have fun!

**SATURDAYS, SEPTEMBER 11, 18, & 25, 1-3PM**

We Provide: Leaders, canoes, kayaks and accessories

You Provide: Dress for the weather

Meet: Rock Pond in Bagley Nature Area

Cost: Free! Just show up!

## MOUNTAIN BIKE MISSION CREEK

Duluth is one of only 6 gold level mountain bike ride centers in the world! Join us as we explore the flowing Mission Creek trail system. Bikes and helmets are available for rent at the Rental Center. Become a part of Duluth's growing mountain biking community. All skill levels are welcome.

**WEDNESDAY, SEPTEMBER 22, 4-7PM**

Register By: Noon, September 22

We Provide: Instruction/leaders, bikes, and transportation,

You Provide: Water Bottle, and Clothing for the weather.

Meet: At the Tennis Courts outside SpHC

Cost: \$5 UMD Student Members/\$12 Other

## GREAT LAKES BEACH SWEEP

Lake Superior is massive and awe inspiring. But, it is at risk if we do not take care of it. Join us for the annual "Alliance for the Great Lakes" beach sweep to help keep one of our spots on the grandest of the Great Lakes free from trash and litter.

**THURSDAY, SEPTEMBER 23, 6-7PM**

MEET: UMD Boat Shed

## WOMEN'S MOUNTAIN BIKE RIDE!

Calling all women! Ever wanted to try mountain biking? Well now's your chance! Join us for a women's ride led by women for women to the fantastic trails in Hartley Park. Bring your friends. All skill levels are welcome! Equipment is provided.

**MONDAY, SEPTEMBER 27, 5-7PM**

We Provide: Leaders, bikes, helmets

You Provide: Dress for the weather

Meet: At the Tennis Courts outside SpHC

Cost: \$4 for UMD Student Members/ \$10 Others

## CAMP COOKING EXTRAVAGANZA

Have you ever been camping and missed your favorite dishes? Now is the chance to whip out your creative and delicious recipes and cook a dish for the Camp Cooking Extravaganza. Come cook some tasty food over a fire with us!

**THURSDAY SEPTEMBER 30, 5-7PM**

Register By: Noon on September 29

We Provide: All cooking equipment, ingredients, supplies, and instructor

You Provide: A plate and eating utensils, mug

Meet: Bagley Nature Area Classroom

Cost: \$5 UMD Student Members/\$10 Others

## 30 IN 24 HIKE

Discover all the wonders of the Superior Hiking Trail within Duluth in one quick and intense hike. Join us and hike 30 miles in under 24 hours. We'll make tracks starting in Fond du Lac and finish at the Martin Road trail-head. There will be options for bailout along the way and we'll take care of the safety. Amazing scenery, quiet forests, new friends, and a sense of accomplishment await those who participate.

**SATURDAY, OCTOBER 2, 4AM-MIDNIGHT**

Register By: Noon, October 1

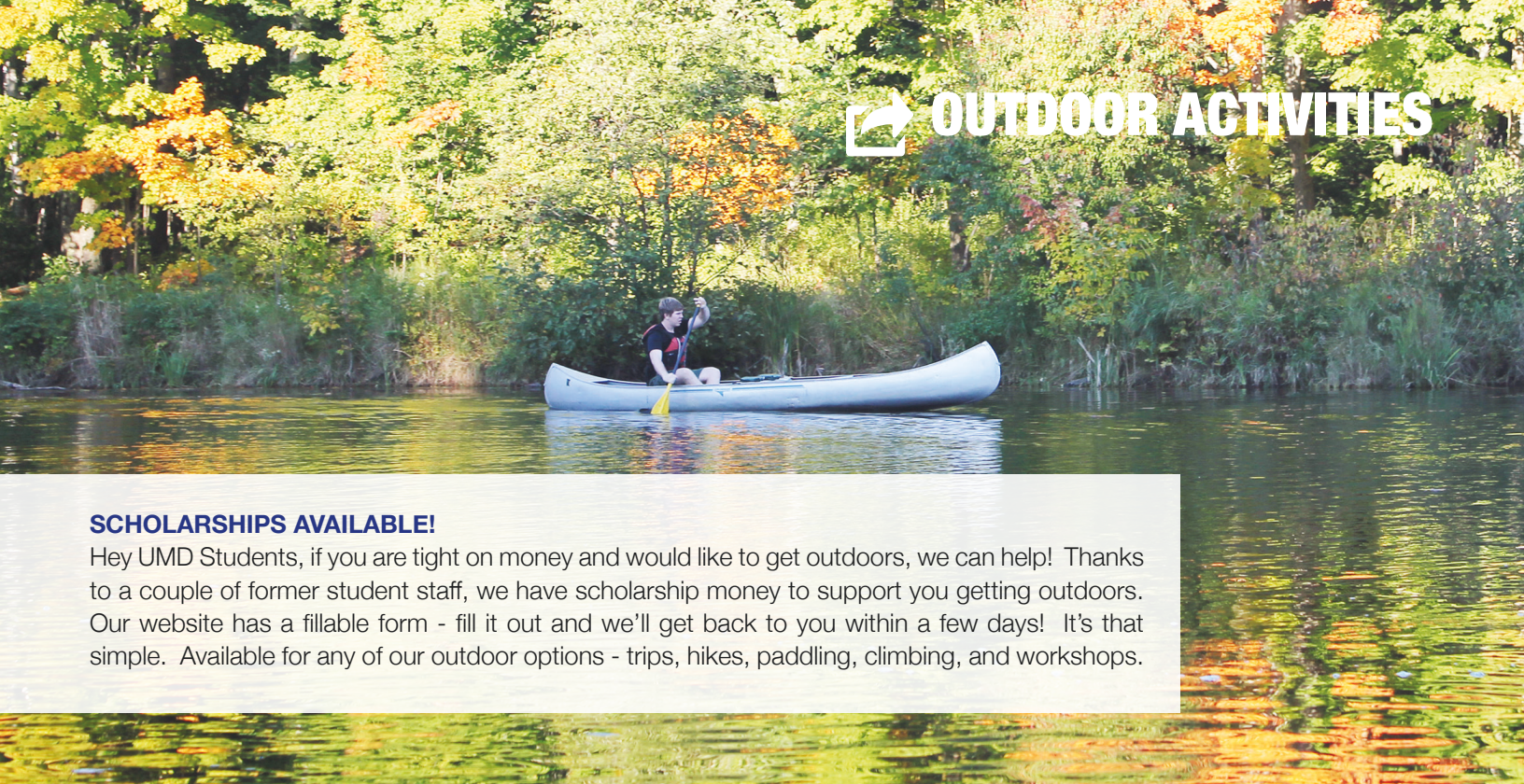
We Provide: Transportation and leaders

You Provide: Proper clothing for the weather, proper footwear, water bottle, food & money (for restaurants or snacks).

Meet: At the Tennis Courts outside SpHC

Cost: \$10 UMD Student Members/\$22 Others





### **SCHOLARSHIPS AVAILABLE!**

Hey UMD Students, if you are tight on money and would like to get outdoors, we can help! Thanks to a couple of former student staff, we have scholarship money to support you getting outdoors. Our website has a fillable form - fill it out and we'll get back to you within a few days! It's that simple. Available for any of our outdoor options - trips, hikes, paddling, climbing, and workshops.

### **FREE MOUNTAIN BIKING SATURDAYS!**

Some of the most amazing bike trails are in Duluth, one of which goes right through campus: The Duluth Traverse. This is an opportunity to try fat and mountain biking on this gem of a trail. It's a short segment, but fun! We'll help you with some skills and you can get on the trail. Get outside! Have fun!

**SATURDAYS, OCTOBER 2, 9, 26, 23 1-3PM**

We Provide: Leaders, bikes, helmets  
You Provide: Dress for the weather  
Meet: Rock Pond in Bagley Nature Area  
Cost: FREE for UMD Students! Just show up!

### **"GREEN THUMB" BIKE RIDE**

Did you know that UMD has its very own Organic farm? Join us as we take a scenic mountain bike ride across town to UMD's SAP (Sustainable Agriculture Project) Farm! We'll take stops along the way, help out the local environment by picking up trash on our route. Once we arrive at the farm, we'll help pick weeds and help out with farm duties.

**SATURDAY, OCTOBER 9, 10AM-4PM**

We Provide: Leaders, bikes, helmets  
You Provide: Dress for the weather  
Meet: At the Tennis Courts outside SpHC  
Cost: \$4 UMD Student Members/ \$10 Others

### **WALKING AND SKETCHING**

Come along on a nature hike around Chester Park. We will take in the sights and stop along the way to sketch and draw what we see around us. Join us as we sit by waterfalls and interact with the world around us through creativity! Bring a notebook or sketchbook, drawing utensils and your creative lens! A great way to connect with others who like to blend art and

nature.

**MONDAY, OCTOBER 4, 5- 7PM**

Register By: Noon on October 4  
We Provide: Leaders  
You Provide: Notebook or sketchbook, drawing utensils  
Meet: At the Tennis Courts outside SpHC  
Cost: Free for UMD Students/ \$6 Others

### **BUCKTHORN PULL: REMOVING INVASIVE SPECIES**

Buckthorn is an invasive species that is choking out the native species of the area. We will be working to eradicate this nuisance species through non-toxic, environmentally friendly methods. We need your help to rid Bagley Nature Area of buckthorn by pulling it out of the ground so it doesn't come back. It will be fun, hard work and you will be helping the forests stay healthy.

**TUESDAY, OCTOBER 5, 4-7PM**

We Provide: Instruction, tools, & Pizza!  
You Provide: Gloves, work clothes, water bottle  
Meet: Bagley Nature Area Classroom  
Cost: FREE!!!

### **APPLE CIDERING THE OLD-FASHIONED WAY**

It's Fall again and apples are ripe for the picking. Come learn about apples while making homemade apple cider using a hand-crank cider press. We will incorporate the history of cider and cider making while you take a turn at the press and learn how to do it yourself. Bring a mug for a taste test!

**MONDAY, OCTOBER 11, 5-7PM**

Register By: Noon, October 11  
We Provide: Instruction, all materials needed  
You Provide: Mug for cider, dress for the weath-

er - we will be outside

Meet: Bagley Nature Area Classroom  
Cost: \$3 UMD Student Members/\$7 Others

### **BOG HIKE**

Bogs are one of the most unique and wonderful habitats of northern Minnesota. Come with us to explore this natural wonder while the tamarack trees are at their peak of golden color. Learn about bog mummies, discover carnivorous plants, find Chanterelle mushrooms, taste wild cranberries, and so much more!

**FRIDAY OCTOBER 15, 3-6PM**

Register By: Noon, October 15  
We Provide: Transportation, Instruction, Rubber boots  
You Provide: Warm Clothes, Water, Snack  
Meet: At the Tennis Courts outside SpHC  
Cost: \$3 for UMD Students/ \$8 Others



## NORTH SHORE AGATE HIKE

Duluth Rocks! Join us in learning the basics about the North Shore geology and finding some of the treasures on the North Shore beaches. Beach-combing with new friends. What could be better?

**SATURDAY OCTOBER 16, 10AM-4PM**

Register by: Friday, October 15 at Noon  
We Provide: Transportation and leaders  
You Provide: Proper clothing for the weather, proper footwear, water bottle, bag lunch  
Meet: At the Tennis Courts outside SpHC  
Cost: \$6 UMD Student Members/\$12 Others

## PIZZA IN THE WOODS

Pizza is a favorite food of many. How can you make it better? Make and enjoy it outside, of course! Join us in the woods to make some pizza! We will make homemade pizzas over a fire. Come and enjoy a tasty Italian treat and learn some camp cooking skills!

**THURSDAY OCTOBER 21, 4- 6PM**

Register By: Noon, October 20  
We Provide: Cooking materials, Pizza, Instruction  
You Provide: Proper Clothes for the weather, Water bottle  
Meet: Bagley Nature Area Classroom  
Cost: \$5 for UMD Students/ \$10 Others

## DRIFTWOOD CRAFTS

Harness the beauty of nature with Lake Superior driftwood. Join us as we make driftwood wind-chimes and other crafts with wood gathered from the shores of our very own Lake Superior. These crafts will make wonderful decorations for your house or dorm!

**WEDNESDAY NOVEMBER 3, 5:30- 7PM**

Register By: Noon on November 2  
We Provide: Instruction, materials  
Meet: Bagley Nature Area Classroom  
Cost: \$2 for UMD Student Members/ \$6 Others

## PARK POINT NIGHT HIKE

There's something wonderful about a hike on a calm, clear, winter night. Join us for a hike out at Park Point to stargaze on the beach, see the ruins of the oldest lighthouse in Minnesota, and hike through an old growth pine forest!

**FRIDAY NOVEMBER 5, 6- 9PM**

Register By: Noon on November 5  
We Provide: Awesome leaders and fun facts  
You Provide: Headlamp/flashlight, clothes for the weather, sturdy shoes or boots for hiking, water  
Meet: At the Tennis Courts outside SpHC  
Cost: \$3 for UMD Students/ \$8 Others

## WOODEN SPOON CARVING

The word spoon translates to a "chip of wood". In this course you will learn how to make a wooden eating spoon with green woodworking techniques, all done with hand tools. Tools will

be provided but feel free to bring any hook or whittling knife, small hatchets, or gouges.

**SATURDAY NOVEMBER 6, 2-5PM**

Register By: Noon, November 5  
We Provide: Tools and Instruction  
You Provide: Any tools you may have  
Meet: Bagley Nature Area Classroom  
Cost: \$3 UMD Students/ \$8 Others

## CANOE PADDLE MAKING

The canoeing season may be over, but that doesn't mean you can't start preparing for the next one. Come and join us as we'll explore the different ways wooden paddles are made (including bent shaft), then work on making a laminated, straight shaft paddle. We supply the wood and you will glue up the blade, shaft, and grip on the first day. Second session we will shape and work on sanding each paddle. The third session will get you across the finish line of completion of almost everything but varnishing.

**MONDAYS, NOVEMBER 8, 15, AND 22, 6-9PM**

Register By: Noon, October 26  
We Provide: Instruction, materials, and tools  
You Provide: Tools (if you have: hand plane, spokeshave, c-clamps, pipe clamps, saber saw)  
Meet: Bagley Nature Area Classroom  
Cost: \$40 UMD Students Only

## NATURAL TIE DYE CRAFTS

Learn how to tie dye with ingredients around your house! Many commonly found items have natural dyes in them, and some may surprise you. Bring a white t-shirt or other piece of cotton fabric that you would like to make colorful.

**WEDNESDAY NOVEMBER 10, 6-8PM**

Register By: Noon on November 9  
We Provide: Instruction, materials  
You Provide: White t-shirt  
Meet: Bagley Nature Area Classroom  
Cost: \$2 UMD Student Members/ \$6 Others

## WRAPPED WIRE JEWELRY

Have you ever wanted to make your own jewelry? Does working with wire and Lake Superior stones interest you? If so, come join us for an evening of wire wrapping. No knowledge needed, we will go over everything you need to know to get started. Expect to have fun, and learn a new skill. We encourage you to bring a special stone picked from Lake Superior (or any other special place).

**THURSDAY NOVEMBER 18, 5- 7PM**

Register By: Noon, November 17  
We Provide: Tools, Wire, Beads, and the Opportunity to make your own jewelry.  
You Provide: Beads and Jewelry Tools (if you have them)  
Meet: Sports and Health Center room 9  
Cost: \$4 UMD Student Members/ \$10 Others





### **PADDLING BOULDER LAKE OVERNIGHT**

Boulder Lake is not far from Duluth, but it is a wonderful wilderness experience. Explore the beauty and wonder of this amazing lake with experienced and enthusiastic leaders. Stargazing, stories, and listening for hooting owls and howling wolves are all likely on this trip's itinerary. We'll camp out in tents and circumnavigate the lake in canoes. No experience required.

**DEPART: FRIDAY, SEPTEMBER 10, 2PM**

**RETURN: SATURDAY, SEPTEMBER 11, 6PM**

Register By: Noon, September 8

We Provide: Group gear, food, transportation, Instruction

You Provide: Personal camping gear

Meet: At the Tennis Courts outside SpHC

Cost: \$49 UMD Student Members Only

### **BACKPACK THE NORTH COUNTRY TRAIL**

The North Country Trail traverses the northern portion of the United States. We'll get on one of the sections that is through the Penokee Mountains in Northern Wisconsin. Yes that's right - mountains in Wisconsin....well, they may not be what you picture, but they are spectacular hills and forests that will be ablaze with color. We will be in the Chequamegon National Forest, backcountry camping along the way. We'll finish with some hikes without our packs in Copper Falls State Park. New friends, beautiful forests, great views, great hiking, and amazing colors. What could be better?

**DEPART: FRIDAY, SEPTEMBER 24, 2PM**

**RETURN: SUNDAY, SEPTEMBER 26, 6PM**

Register By: Noon, September 22

We Provide: Transportation, Food, Group Camping Equipment

You Provide: Backpack, and Personal Camping Gear

Meet: At the Tennis Courts outside SpHC

Cost: \$79 for UMD Student Members/ \$125 Others





## OUR CLIMBING WALLS

The North Shore Wall is featured prominently in the Sports and Health Center. Extending two stories into a skylight, the wall is fully sport-lead capable. It is equipped with a simulated ice climbing route, multiple crack systems, a rappel ledge and a great bouldering area.

The Inland Wall and Bouldering Cave is tucked into the far side of the indoor ice/turf rink. This wall simulates climbing on actual rock far more closely than most modern climbing walls. Realistic flakes, ledges and cracks will take you to the top of this historically significant climbing wall.

## WALL HOURS

**Monday-Thursday, 4-9pm**

**Friday, 3-6pm**

Staffed climbing hours run August 30 through December 10 for the Fall 2021 Semester.

## WALL CLOSURE:

The climbing walls are subject to closure for trainings, classes and other events. Please call (218) 726-6257 ahead of your trip to check availability.

## PRICING

All passes and sessions purchased include the use of all appropriate climbing equipment for that session.

### Single Session Pass

\$5 UMD Student Members\*

### Semester Pass

\$20 UMD Student Members\*

\*All others, please refer to our website for pass details.

## FREE CLIMBING OPPS

### FIRST WEEK FREE

Climbing is FREE during the first week of school, **AUGUST 30 - SEPTEMBER 3**. Instructors are always on hand to help answer questions and fit equipment.

### FREE FITNESS BOULDERING

Anyone with a facility or climbing pass may boulder at no additional cost during regular facility hours other than open climbing hours. During open climbing hours you must have a climbing pass to boulder or climb. Please keep your feet below the four-foot high red line where appropriate.

### WOMEN ON THE WALL

An event specifically for all female-identifying people! Join us at the Inland Wall, located on the far side of the ice-rink, for some inclusively-focused climbing! Bring your friends; beginners are always welcome. All equipment is provided and female-identifying instructors will be present.

### EVERY TUESDAY OF THE SEMESTER, 6-9PM

### SEPTEMBER 14-DECEMBER 7

Register By: No Registration Necessary

Meet: Inland Wall

Cost: Free

### BEGINNER BELAY CLINIC

Join us in the Inland Wall in a low stakes environment to learn this new skill. Take away the pressure of onlookers and other accomplished climbers and we think you'll find learning to belay a fun, enjoyable experience! Specialized instruction for beginning climbers/belayers.

### 6-8PM WEDNESDAY, SEPTEMBER 15 AND WEDNESDAY, SEPT 22

Register By: No Registration Necessary

Meet: Inland Wall

Cost: Free

Prerequisite: None

**SPECIAL EVENTS**

**INDOOR DRY TOOLING COMPETITION**

Not your usual climbing competition! Start brushing up on your dry tooling and ice climbing techniques and join us for our annual Indoor Dry Tooling and Fake Ice Climbing Competition! No axes of your own? No problem. We will have several pairs of ice axes modified, prepped and ready for competitors to use. Bring your intrigue, sign up and see how much of a fun and uniquely challenging experience indoor dry tooling can be! This event is part of the USA Ice Climbing Series.

**SATURDAY, NOVEMBER 20, 10AM-2PM**

Register By: Day of registration available

Cost: \$25 per competitor

Prerequisite: UMD belay certified (top rope) or equivalent

**HALLOWEEN BOULDERFEST & COMPETITION**

Dress up and join us for some TREATS on Monday evening. Bouldering problems made all the more TRICKY by your Halloween costume. Compete for the best costume prize! Walk in registration from 5-5:30pm. Costume and climbing experience not required.

**FRIDAY, NOVEMBER 5, 6-9PM**

Register By: 5:30pm, November 5

Meet: North Shore Wall

Cost: \$10 UMD Student Members/\$20 Others

Prerequisite: None

**CLINICS AND TRAININGS**

**SLACKLINE CLINIC**

Challenge your balance, build core strength and have fun at the RSOP slackline park! Instructors will be on hand to teach the basics of setting up lines and the finer points of walking and beginning skills.

**WEDNESDAY, OCTOBER 13, 4-6PM**

Register By: No Registration Necessary

Meet: UMD Slackline Park

Cost: Free

Prerequisite: None

**ROUTE SETTING CLINIC**

Learn some techniques for designing a fun, challenging new route at UMD's climbing walls. Whether bouldering or roped climbing is your preference, join our experienced route setters to get started on the right hold for route setting. This clinic is the first step to getting certified to set routes on UMD's climbing walls. No experience necessary. Sign up is required.

**WEDNESDAY, OCTOBER 6, 5-8PM**

Register By: Noon, Wednesday, October 6

Meet: North Shore Wall

Cost: Free

Prerequisite: UMD Belay certified or equivalent

**SPORT LEAD CLINIC**

**SESSION ONE: SPORT LEAD INDOOR**

Take your climbing to a new level with lead climbing. Learn how to climb from the ground up, trailing a rope and clipping pre-placed bolts as you go. Practice techniques for tying in, clip-



ping quickdraws, falling safely and belaying a leader. Come back for round 2 which includes outdoor practice! All equipment provided.

**FRIDAY, OCTOBER 8, 5-8PM**

Register By: Noon, Wednesday, October 6

Meet: North Shore Wall

Cost: \$5 UMD Student Members/\$15 Others

**SESSION TWO: SPORT LEAD OUTDOOR**

**SATURDAY, OCTOBER 9, 9AM-5PM**

Register By: Noon, Friday, October 1st

Meet: UMD Tennis Courts

Cost: \$15 UMD Student Members/\$45 Others

Prerequisite: UMD belay certified (top rope) or equivalent

**SPORT CLEANING CLINIC**

Description: How do you get your gear back once you've finished sport climbing for the day? Join us to learn how to clean sport routes!

**WEDNESDAY, OCTOBER 13 AND 20, 5-8PM**

Register By: Noon on the day of clinic

Meet: North Shore Wall

Cost: \$5 UMD Student Members/\$15 Others

Prerequisite: UMD sport lead belay certified





## GYM TO CRAG: TOP ROPE ANCHORS

### SESSION 1: PLACING PROTECTION

Learn the basics of placing several different types of climbing gear. We will focus on placement and evaluation of standard rock climbing protection. This is a great first class for a beginning climber looking to become self-sufficient in building your own anchors for top roping, or an experienced gym climber looking to take the first steps to climbing outdoors. No experience necessary, gear is provided, additional personal gear is welcome.

**THURSDAY, SEPTEMBER 23, 6-9PM**

Register by: Noon, day of event

Meet: Inland Wall

Cost: \$5 UMD Student Members/\$15 Others

### SESSION 2: INDOOR PRACTICE, CONNECTING 2-4 PIECE ANCHORS

Hands-on practice combining 2, 3 and 4 pieces of protection to create top rope anchors. Safety at the cliff edge and efficiency/timeliness will also be addressed. Gear is provided, additional personal gear welcome.

Prerequisites: Anchors session 1 or equivalent experience placing climbing protection.

**FRIDAY, SEPTEMBER 24, 6-9PM**

Register by: Noon, day of event

Meet: Inland Wall

Cost: \$5 UMD Student Members/\$15 Others

### SESSION 3: NATURAL ANCHORS & OUTDOOR PRACTICE

This session combines the first two sessions, adding additional detail about natural anchors. Participants will be placing and connecting anchor points, and setting up simulated and actual top rope climbs. Gear is provided, additional personal gear is welcome.

Prerequisites: Anchors sessions 1 and 2 or equivalent experience.

We provide: Transportation from UMD.

You provide: warm clothes, lunch, snacks, water.

**SATURDAY, SEPTEMBER 25, 9AM-5PM**

Register by: Noon, Friday, September 24

Meet: UMD Tennis Courts

Cost: \$15 UMD Student Members/\$45 Others

### SESSION 4: TOP BELAY ANCHOR SETUPS

This final session introduces ideas for belaying from the top of the climb. This session will cover the basics when transitioning from belaying at the base to belaying at the top of a climb. Held at Shovel Point. This is not a climbing trip, it is an anchors building clinic. Gear is provided, additional personal gear welcome.

Prerequisites: Anchor sessions 1 through 3 or equivalent experience.

We provide: Transportation from UMD.

You provide: warm clothing, lunch, snacks, water.

**SUNDAY, SEPTEMBER 26, 9AM-5PM**

Register by: Noon, Friday September 24

Meet: UMD Tennis Courts

Cost: \$15 UMD Student Members/\$45 Others

## TRAD CLIMBING CLINIC

### SESSION ONE: INDOOR TRAD CLIMBING

Apply the skills you have learned in the anchor clinics as well as the sport leading clinics to ground up, traditional ascents of some beautiful North Shore Climbs. Friday will be spent learning the basics of setting up for a trad lead. Saturday will be spent mock leading at the location of the day. Lead belay certification required.

**FRIDAY, OCTOBER 1, 5-8PM**

Register By: Noon, Friday, October 1

Meeting Location: Inland Wall

Cost: \$5 UMD Student Members/ \$15 Others

Prerequisites: UMD Belay certified or equivalent

### SESSION TWO: OUTDOOR TRAD CLIMBING

**SATURDAY, OCTOBER 2, 9AM-5PM**

Register By: Noon, Friday, October 1

Meeting Location: UMD Tennis Courts

Transportation is provided.

Contact 218.726.6257 if you wish to meet the group at the site.

Cost: \$15 UMD Student Members/\$45 Others

Prerequisite: UMD Belay certified or equivalent

## DRY TOOLING CLINIC

Learning how to dry tool improves your attention to the features of the wall you are climbing. Join one of our dry tooling experts at the North Shore Wall to learn a new way to climb the wall!

**WEDNESDAY, NOVEMBER 10, 5-8 PM**

Register By: Noon, Wednesday, November 10

Meet: North Shore Wall

Cost: \$5 UMD Student Members/\$15 Others

Prerequisite: UMD Belay certified or equivalent

## DESTINATION TRIPS

### CLIMB ELY'S PEAK

Bring your camera and your sense of adventure for our first destination trip of the semester. Ely's Peak looks over the St. Louis river valley and it's amazing views. Beginners welcome. Gear is provided.

**SUNDAY, SEPTEMBER 19, 9AM-5PM**

Register By: Noon, Friday, September 17

Meet: UMD Tennis Courts

Transportation is Provided.

Contact 218.726.6257 if you wish to meet the group at the site.

Cost: \$15 UMD Student Members/\$45 Others

Prerequisite: None

### SHOVEL POINT WOMEN'S CLIMB

Calling all female-identifying individuals! Enjoy bold fall colors while climbing at Shovel Point, Tettegouche State Park. This is an awesome place to find a new way to be challenged and experience climbing. Lower over the edge, belayed from the top of the cliff and experience for yourself the excitement of climbing over Lake Superior!

**SUNDAY, OCTOBER 3, 9-5PM**

Register By: Noon, Friday, October 1

Meet: UMD Tennis Courts

Transportation is provided.

Contact 218.726.6257 if you wish to meet the group at the site.

Cost: \$15 UMD Student Members/\$45 Others

Prerequisite: None

### CLIMB SILVER CREEK CLIFF

Enjoy high quality climbing at Silver Creek Cliff led by fun instructors. Bring your camera to capture the beauty of the North Shore, and your sense of adventure for this fun day. Beginners welcome.

**SATURDAY, OCTOBER 16, 9AM-5PM**

Register By: Noon, Friday, October 15th

Meet: UMD Tennis Courts

Transportation is provided.

Contact 218.726.6257 if you wish to meet the group at the site.

Cost: \$15 UMD Student Members/\$45 Others

Prerequisite: None

### **SURF & SUP PROGRAM SUMMARY**

Want to get into surfing? Start with a Single Session pool based training or Lester River Boardsport Sampler during the first two weeks of the Semester. Then get your Entry Level Surf & SUP Pass to develop your skills and endurance in the UMD Pool and at the Lester River Surf Shack. Get outside and expand your skills while exploring Lake Superior on calm days and join the search for the perfect wave when the surf is up! E-mail invitations are sent out to pass holders prior to storms that produce good surf. We travel to a wide variety of locations to encourage skill development for all.



#### **ENTRY LEVEL SURF & SUP PASS - POOL TRAINING, LESTER RIVER SURF SHACK TRAINING AND STORM SURF TRAINING SESSIONS**

Meet at the UMD Pool to refine your paddling technique, awareness of board trim, turning skills, ducking waves, pop up and balance. Strength and endurance will be developed through interval training on and off the surfboards with basic submerged hypoxic training to help you improve your comfort under water.

*Pool construction delays have changed our schedule. Skills normally taught during the eleven pool-sessions on Tuesday nights and Friday mornings will be developed on Saturdays at the Lester River Surf Shack instead. SATURDAYS, NOON-4PM, SEPTEMBER 25-OCTOBER 23*

We will surf on the wake behind a water-ski boat at Island Lake and utilize surf style stand up paddle boards to broaden your board riding skills. Most importantly, you will receive e-mail invitations to roughly six surf sessions whenever the conditions are favorable on Lake Superior. Also included is Lester River Surf Shack endurance training along the shoreline of Lake Superior. We also do some longboard skateboarding with land paddles so you are more prepared to enjoy our surf oriented SUP designs. This is also a great chance to meet others

interested in surfing, learn about equipment, and how to get equipment.

We Provide: Instruction, boards, wetsuits, SUP paddles

You Provide: Swimsuit, rash guard top, towel, warm clothes, hat, snacks, drink and transportation to the designated surfing location

Meet: UMD Sports and Health Center Pool or at the Lester River Surf Shack on 60th Ave. E & London Road or at the designated surf break

Cost: Entry Level Surf & SUP Pass \$65 UMD Student Members / \$135 Others. This pass is limited to the first 8 UMD Student Members and 2 Others registered. Pass sales begin at 8:00am on Wednesday, September 15.

#### **SINGLE SESSION - UMD POOL BASED SURF & SUP TRAINING**

Learn about paddling technique, awareness of board trim, turning skills, ducking waves, how to pop up into a stance and balance. Strength and endurance will be developed through interval training on and off the surfboards with basic submerged hypoxic training to help you improve your comfort under water. This is a great chance to meet others interested in surfing, determine if you want to buy an Entry Level Surf & SUP Pass, learn about equipment, risk management and etiquette. Choose from four different pool sessions and apply the fee to your pass if you decide to get one.

*Pool construction delays have caused a postponement of this program to Spring 2022.*

**TUESDAYS (7:00-8:30PM) SPRING SEMESTER**

**FRIDAYS (9:15-10:45AM) SPRING SEMESTER**

We Provide: Boards, Accessories, Instruction

You Provide: Swimsuit, Rash Guard Top, Towel

Meet: UMD Sports and Health Center Pool

Cost: \$8 UMD Student Members / \$15 Others





### **LESTER RIVER BOARDSPORT SAMPLER**

This is your chance to try stand-up paddle boarding, longboard skateboard land paddling, freeboarding and take in the beauty of Lake Superior's North Shore. Our boardsport staff are dedicated riders who enjoy sharing their knowledge. The RSOP Lester River Surf & Kayak Shack serves as our headquarters and provides the perfect lake shore and paved trail venue for boardsport training.

#### **SATURDAY, SEPTEMBER 11, 3-9 PM**

We Provide: Instruction, boards, wetsuit, lifejacket, paddles, helmets, kneepads, gloves, snacks, beverages, dinner food for the grill, plates, utensils. Transportation will be provided by request.

You Provide: Swimsuit, towel, shoes to get wet, warm clothes, closed toe shoes for skateboarding.

Meet: Lester River (60th Ave. East & London Road) or email in advance to request a ride.

Cost: \$15 UMD Student Members only.

Pre-registration required. The \$15 fee can be applied to your pass if you decide to get one.



### **INTERMEDIATE TO ADVANCED LEVEL SURF & SUP TRAINING TRIPS**

Weekend and Break Trips are available to UMD Students who are ready for more challenging conditions and can dedicate more time to the search for the perfect wave. You have to plan ahead and participate in the local training sessions to establish your skills. See trip packets for full details.

#### **PRONE SURF, SUP & FOIL SURFING WEEKEND TRIP**

##### **SEPTEMBER 17-19, 2021**

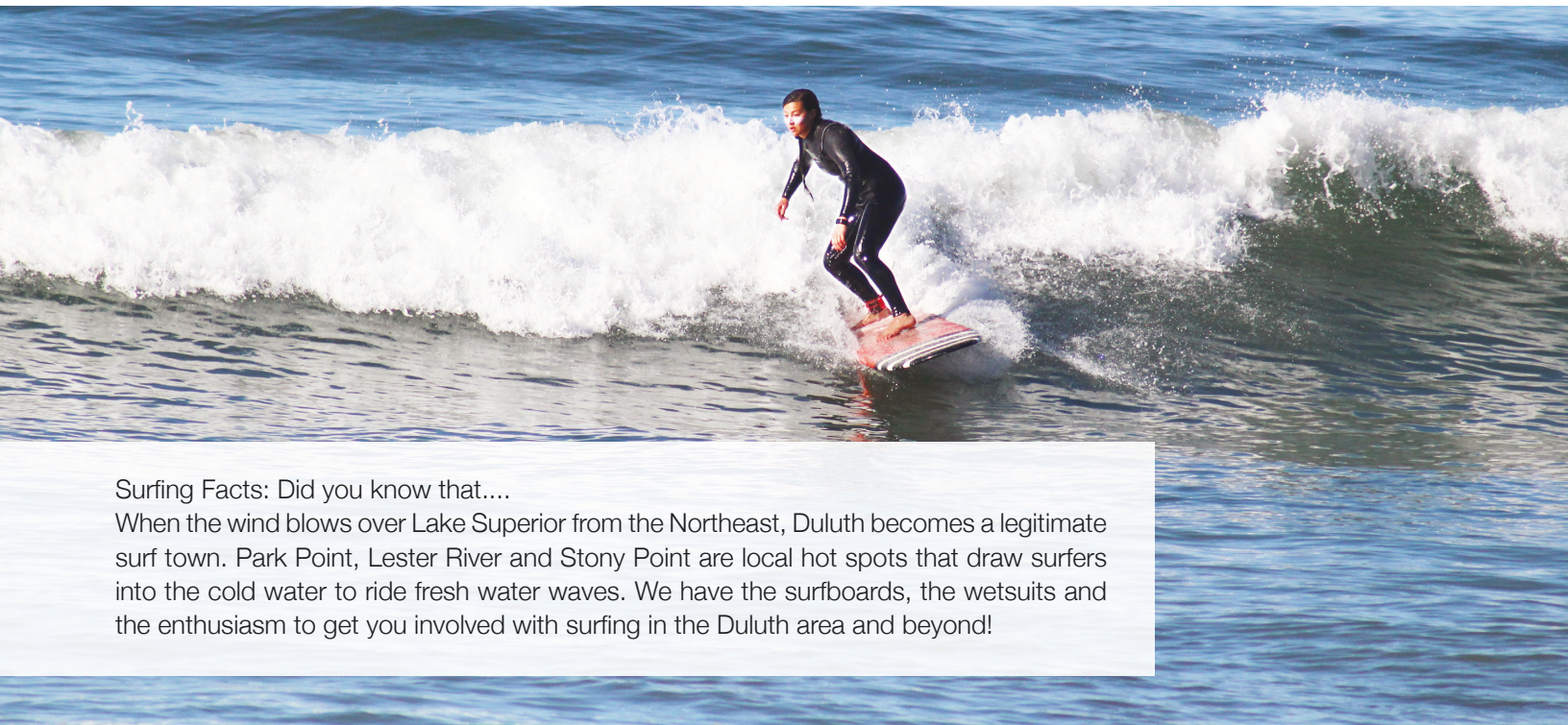
Spend two days and two nights of boardsport learning and local surf exploration. Island Lake will serve as our basecamp with a ski boat for wake and hydrofoil surfing. One of the days will feature a Lake Superior coastal SUP tour or surf session as conditions allow. Boards, wetsuits, group camping equipment, food and pure stoke are provided. Limited to six riders.

Cost: \$95 UMD Student Members Only

#### **SOUTHERN CALIFORNIA SURF & SUP TRAINING TRIP**

##### **SPRING BREAK, MARCH 4-13, 2022**

Due to unknown variables related to the Covid-19 pandemic, we will have to wait until December 1, 2021 to determine if this trip is possible.



Surfing Facts: Did you know that....

When the wind blows over Lake Superior from the Northeast, Duluth becomes a legitimate surf town. Park Point, Lester River and Stony Point are local hot spots that draw surfers into the cold water to ride fresh water waves. We have the surfboards, the wetsuits and the enthusiasm to get you involved with surfing in the Duluth area and beyond!

## KAYAK AND CANOE POOL PROGRAM SUMMARY

Join us for 6 weeks of kayak skill development, fun and games in the pool! Choose from the Sea Kayak Pass for a coastal touring emphasis or the Whitewater Kayak & Canoe Pass for a river running emphasis. Passes will be limited to six students per session and 2 additional spots for others in the Whitewater Pass. Pass Holders have exclusive access to two special late-fall/early winter paddling opportunities. This is one of the pathways to becoming a kayak guide for those who aspire, and a lot of fun even if you're not looking to guide. **Due to pool construction, the Sea Kayak Pool Pass will begin Spring Semester, and the Whitewater Kayak & Canoe Pool Pass, Session 1, will be modified into a three-session training after Thanksgiving if the pool is open by then.**

### SEA KAYAK POOL PASS

Learn strokes, draws, braces, rescues, and play skill development games! Sessions prepare you for beginner to intermediate outings on Lake Superior.



**WEDNESDAYS, 9:15-10:45AM**  
**COMING SPRING SEMESTER!**  
**DATES TBD**

We Provide: All kayaking and safety gear, and instruction  
 You Provide: Swimsuit, Towel, Face Covering.  
 Meet: UMD Pool, Sports and Health Center Lower Level  
 Cost: \$40 UMD Student Members only

### WHITewater KAYAK & CANOE POOL PASS

Learn to use your legs, torso, arms and head to control the kayak. Develop strokes to maneuver in all directions. Explore bracing, rolling and rescue skills. Sessions prepare you for beginner and intermediate level trips on local whitewater rivers in April.



**FRIDAYS, 9:15 – 10:45AM**  
**SESSION 1: DATES TBD**

Registration opens Oct 25, 9am

**SESSION 2: JAN 21 – FEB 25**

Registration opens Jan 12, 9am

**SESSION 3: MARCH 18 – APRIL 22**

Registration: Opens March 2, 9am

Meet: UMD Pool, Sports and Health Center Lower Level

You Provide: Swimsuit, Towel, Face Covering

Cost: \$40 UMD Student

Members/\$85 Others - limited to 2

## KAYAK AND CANOE DAY TRIPS PROGRAM SUMMARY

Sea Kayak Pass and Whitewater Kayak & Canoe Pass holders who complete the pool skills check-list at the level indicated for the day trip can register. All day trips have an additional fee and require pre-registration at the RSOP Registration & Information Desk. We meet at the UMD Pool for loading and departure unless otherwise specified. We provide instruction, boats, wetsuit, paddling jacket, cold water paddling accessories and safety equipment. You provide two face coverings, swimsuit, base layers, closed toe shoes that can get wet, water bottle, snacks, eyeglasses strap, headlamp for evening outings and sunscreen.

### FLURRIES PADDLE IN THE HARBOR (FALL 2021 TRIP)

It's magical sea kayaking when snow flurries dance downward, turning the hillside into a snow globe. We have the gear to keep your core warm. Flurries or no, come explore the Harbor with us!

**SATURDAY, DEC 4, 1-4:30PM (POOR WEATHER DATE: SUNDAY, DEC 5)**

Register By: Noon, Friday, December 3

Meet: UMD Boat Shed, 1401 St. Louis Ave, Duluth, MN 55802

Cost: \$10 UMD Student Members Only

### FULL MOON PADDLE

Start the week with a little bit of magic! Join us on Lake Superior to watch the Sun set, and the Moon rise from a sea kayak!

**FRIDAY, NOVEMBER 19, 3-6PM**

Register By: Noon, Wednesday, November 17

Meet: At the UMD Surf Shack, Limnology Building, 6008 MN Hwy 61, Duluth, MN 55804

Cost: \$10 UMD Student Members Only

### SPRING THAW PADDLE (SPRING 2022 TRIP)

Join us for a great afternoon of sea kayaking through ice flows on the big lake! You must pass the beginner level skills check in the UMD Pool with Kayak and Canoe Pass Instructors before the trip.

**DATES TO BE DETERMINED**

Cost: \$15 For Whitewater and Sea Kayak Pass Holders Only

### ST. LOUIS RIVER INTRO LEVEL WHITewater KAYAK & CANOE TRIP (SPRING 2022 TRIP)

We will paddle from the UMD Outpost across Thomson Reservoir to the Last Chance and Upstream Downstream Class I-II rapids. This blend of flatwater, moving water and easy whitewater is the perfect way to start the paddling season. Beginner level skills check in the UMD Pool is required. Lunch will be provided.

**SATURDAY, APRIL 23, 9AM-6PM**

Cost: \$15 Whitewater Kayak and Canoe Pass Holders Only

### ST. LOUIS OR MIDWAY RIVER WHITewater KAYAK TRIP (SPRING 2022 TRIP)

We will make a full run covering 4-5 miles of river featuring Class I- III rapids ending at the UMD Outpost. This is a more committed effort that will feature bigger rapids and requires scouting and portaging of rapids. Intermediate level skills check in the UMD Pool is required. Lunch will be provided.

**SUNDAY, APRIL 24, 9AM-6PM AND**

**SUNDAY, MAY 1, 9AM-6PM**

Cost: \$15 per trip Whitewater Kayak and Canoe Pass Holders Only

### NORTH SHORE KNIFE OR BAPTISM RIVER WHITewater KAYAK TRIP (SPRING 2022 TRIP)

We will make a full run covering 4-5 miles of river featuring Class I- III+ rapids. This is a very committed effort that will feature bigger rapids in a remote setting along with more scouting and portaging of rapids or waterfalls. Intermediate and advanced level skills check in the UMD Pool and previous river running experience is required. Lunch will be provided.

**SATURDAY, APRIL 30, 9AM-6PM**

Cost: \$15 Whitewater Kayak and Canoe Pass Holders Only

## PADDLING ACTIVITIES OPEN TO EVERYONE

### GREENLAND ROPE GYMNASTICS

Greenland rope gymnastics and slacklining are fun ways to hang out outdoors, play with core strength and balance. You'll learn moves traditionally practiced on harpoon lines by hunters in Greenland that are helpful in kayak rolling (but we'll use softer ropes!)

**MONDAY, AUGUST 30, 3:00 – 4:00PM**

**TUESDAY, AUGUST 31, 12:00 – 1:00 PM**

**WEDNESDAY, SEPTEMBER 1, 3:00 – 4:00PM**

We Provide: Rope, crash pad, instruction

You Provide: close-toed shoes, clothing to keep you warm (avoid loose fitting clothing)

Meet: Check our Social Media to find where we'll be each day!

Cost: FREE and no registration necessary.

### APOSTLE ISLANDS SEA KAYAKING

We will camp on islands with sand beaches along Lake Superior's South Shore, stargaze, swim and hike with new friends. Our experienced leaders will introduce you to equipment, safety, and paddling techniques.

**DEPART: FRIDAY, SEPTEMBER 3, 2PM**

**RETURN: SUNDAY, SEPTEMBER 5, 6PM**

Register By: Noon, September 1

Meet: UMD Rental Center

Cost: \$78 UMD Student Members Only

### SEA KAYAK SUNSET PADDLE

Witness the stunning last rays of the day glistening on the water and watch the lights come up in the City! Come join us on a sundowner kayak tour on Duluth's Waterfront!

**WEDNESDAY, SEPTEMBER 8, 5:00 – 8:30PM**

Register By: Noon, Tuesday, September 7

**WEDNESDAY, SEPTEMBER 22, 5:00 – 8:30PM**

Register by: Noon, Tuesday, September 21

**WEDNESDAY, SEPTEMBER 29, 5:00 – 8:30PM**

Register By, Noon, Tuesday, September 28

**WEDNESDAY, OCTOBER 6, 5:00 – 8:30PM**

Register By: Noon, Tuesday, October 5

We Provide: All kayaking and safety gear, and instruction

You Provide: Headlamp, clothes and shoes to get wet, water bottle

Meet: UMD Boat Shed, 1401 St. Louis Avenue on Park Point

Cost: \$10 UMD Student Members/\$26 Others

### SEA KAYAK SKILLS SYMPOSIUM FOR GUIDES

Do you want to co-lead sea kayak tours? Join us for a day on the water and learn paddling skills needed to guide. Participants who appear stable in their kayaks and demonstrate capability with rescues will become eligible to sign up (for free!) to work alongside our sea kayak guides as a shadow on sea kayak outings this fall, September – December (One shadow slot per outing).

**STROKES AND RESCUES: SATURDAY, SEPTEMBER 11, 9AM - 4PM**

Cost: \$28 UMD Student Members Only

**STROKES AND RESCUES WITH CAMP OUT: SATURDAY, SEPTEMBER 11, 9AM - SUNDAY, SEPTEMBER 12, 2PM**

Cost: \$70 UMD Student Members Only

We Provide: All Kayaking and Safety Equipment, Group Camping Equipment, Instruction, food for Saturday night, Sunday Breakfast and Lunch

You Provide: Bag lunch for Saturday, clothes and shoes to get wet, and dry clothes to change into, Personal Camping Equipment (if camping)

Meet: UMD Boat Shed, 1401 St. Louis Avenue in Duluth

### SEA KAYAK FULL MOON PADDLE

Start the week with a little bit of magic! Join us on Lake Superior to watch the Sun set, and the Moon rise from a sea kayak!

**MONDAY, SEPTEMBER 20, 5:00 – 8:30PM**

Register By: Noon, Friday, September 24

**WEDNESDAY, OCTOBER 20, 4:30 – 8:00PM**

Register By: Noon, Tuesday, October 19

We Provide: All kayaking and safety gear, and instruction

You Provide: Headlamp, clothes and shoes to get wet, water bottle

Meet: At the UMD Surf Shack, Limnology Building, 6008 MN Hwy 61, Duluth, MN 55804

Cost: \$10 UMD Student Members/\$26 Others



**SNOW KITE PROGRAM SUMMARY**

Start with an introductory level session. If you missed the on-campus intro sessions, choose the Kite Intro & One Lake Outing option to receive the intro content out on the lake followed by free riding. The Snow Kite Pass offers you unlimited access to all snow kiting sessions for the season.



**SNOW KITING PASS & ISLAND LAKE SESSIONS**

Chase the wind with us. We have dedicated four weekends to snow kiting as place holders on our schedule and will send email notices for additional lake outings on windy days. Cost: \$65 UMD Student Member/\$135 Others. Registration: Opens Tuesday, January 19th at 9:00am. Twelve passes will be offered.

Island Lake snow kiting sessions are for all UMD RSOP Kite Pass holders. If the forecast calls for at least 10mph winds, it's time to attach your alpine skis or snowboard to your feet and learn to glide along using the kite's power. Stay upwind by flying the kite with precision in the power zones and setting your skis or snowboard edge in the snow. Try flying the kite in a pattern that lifts you up in the air. You must be able to safely launch, steer, de-power, & relaunch the kite before traveling away from the supervised launch area and then you can feel the rush of a downwind speed run. At Island Lake a snowmobile will assist beginners that need help getting back up wind. What a rush!

**11AM-5PM, JANUARY 22, 23 FEBRUARY 5, 6, 19, 20 MARCH 19, 20**

We Provide: kites, harness, helmets, instruction with snowmobile support.

You Provide: transportation to Island Lake, alpine or telemark skis and boots or snowboard and boots, helmet, snow pants, jacket with hood, mittens, hat, sunglasses, water bottle, snacks

Skill Level: Open to all Kite Pass holders Meet: At designated lake, maps provided

Cost: Must be a Snow Kite Pass holder.

**KITE INTRODUCTION SESSIONS**

Learn to be a safe and efficient kite pilot with Professional Air Sport Association (PASA) Trained Snow Kite Instructor Randy Carlson and staff. We will introduce equipment design, safety concepts, harness use, kite launching, how to fly precision patterns, de-powering the kite for landing and proper storage. When you put it all together, you will be able to use the kite to pull yourself on short reaches across the softball field.

**TUESDAYS, 11AM-1PM, DEC 7, 14, JAN 18**

**FRIDAYS, NOON-2PM, DEC 10, 17, JAN 21**

We Provide: Kites, Harness, Instruction

You Provide: Pants that can get grass stained, warm clothing that may include winter boots, snow pants, jacket with hood, mittens, hat, sunglasses. Meet: RSOP Day Office, 153 SpHC

Cost per session: \$8 UMD Student Members/\$15 Others - Transferable to an alternate date if wind is less than 10 mph. All sessions available to Snow Kiting Pass holders. Deduct the Intro Session fee from your annual pass if you're hooked.

**KITE INTRO & ONE LAKE OUTING**

Add one small group lake outing to your Intro Session. If you missed the on-campus intro sessions choose this option to receive the intro content out on the lake followed by free riding with snowmobile support. The lake outings occur from 11am-5pm on Island Lake. Details are provided in a group email at least one day before the lake session.

Cost: \$35 UMD Student Members/\$90 Others

**PRIVATE SNOW KITING INSTRUCTION FOR COMMUNITY MEMBERS**

Schedule a full day of snow kiting with your own instructor. Our on-call waiting list serves one or two people at a time. We will call you one day in advance of a full day kiting session to check your availability and make sure the wind forecast is reliable.

Cost Per Person: \$150/ \$130 with two

You become a Snow Kite Pass holder after your private session.

Contact Randy Carlson: 218-726-6177 or rcarlso6@d.umn.edu for details.

**KITING FACTS: DID YOU KNOW...**

Frozen inland lakes and the St. Louis River Basin near Duluth offer steady winds and open spaces for you to explore the excitement of snow kiting. The concept behind snow kiting is very basic: use the power generated from a large controllable kite to propel yourself across the snow or ice while riding a snowboard, alpine skis or even ice skates. Kites come in many sizes for use in specific wind conditions and are designed with open cell foils or inflatable chambers. Equipment consists of a kite, lines, control bar, harness and helmet. A Minnesota winter is the best time to learn the basics and snow kiting skills are very useful for those who wish to pursue kiting on the water. Come on out and join the fun!



