Hey everyone! We hope that your winter break went well, and that even in the chilly temperatures you found a chance to be outside! We have so many exciting things happening this semester. First of all, our snow shuttle will be happening every Thursday starting January 28th and going through the end of February! We are going to Wolf Ridge Ski Resort for their college night. The cost is only $5 for the ride! You are responsible for your lift ticket ($15) and equipment. We’re also going hiking and biking this semester. Look to the second page of this newsletter for dates! All hikes include a ride from the CPA to our destination. Evening hikes are $5, and day hikes are $10. Day hikes will include a snack. Just like the hikes, our social rides will leave from the CPA; evening rides are $5, and day rides are $10. If you don’t have a bike, we have one for you! Just bring yourself and comfortable clothes. We even have water bottles you can borrow, for ANY of our trips. For all trips, please sign up at the Member Services Desk inside the Basler Center for Physical Activity (CPA). The deadline to sign up is an hour before THAT trip leaves. All of our trips are beginner friendly, and our staff is knowledgeable and there to help you get started. Even if you’re not a beginner, we still want you to hang out with us! Our trip schedule is subject to change because of weather, and we will let you know as soon as we make a decision. We may also add more trips throughout the spring! We will keep you posted through email and Facebook. Like: ETSU Campus Recreation Outdoor Adventures.

Survey Results

We got the results from our surveys last semester, and first want to thank you for your responses! We are working on making a few improvements to fit your needs. We noticed requests to make online sign-ups and payments for trips available. We have seen this as a need before and are doing our best to make it available for you! We also noticed that many of you aren’t sure about the indoor climbing wall. We want to let you know that climbing our wall is FREE if you are a student, faculty, or staff of ETSU (visitors only need to pay the guest pass at the front desk in the CPA- $5). Don’t have your own gear? We have some you can borrow- for free! We also got brand new ropes, harnesses, and climbing shoes this semester for your use. Our staff are there to help you get started, belay, and offer their best advice. Come climb with us!
Other happenings this semester is a number of certification classes open to you! Coming up quick is the **PCIA Climbing Wall Instructor** training. For more info, go to [www.pcia.us/climbing-wall-instructor](http://www.pcia.us/climbing-wall-instructor). The course is January 29th from 4-8pm and January 30th-31st from 9:00am-6:00pm. Cost for students and employees of ETSU is $190; cost for non-students or employees is $225. Next on the schedule is a **Wilderness First Aid** Certification through Landmark Learning. ([www.landmarklearning.org/courses-nols.php](http://www.landmarklearning.org/courses-nols.php)). This certification covers basic first aid where hospitals aren’t anywhere close and is good for two years. The dates are February 27th - 28th from 8am-5pm both days. Cost is $155 for ETSU students and employees; $190 for non-ETSU students or employees. If you need to obtain or update your CPR certification, the American Red Cross will offer that on Friday, February 26th from 4-8pm. This is $20 for ETSU students and employees; $30 for non-ETSU and is advised if you are taking Wilderness First Aid. Finally, we’re offering a **Level 4 Swift Water Rescue training course**. This course will be April 2nd and 3rd from 8:00am to 5:00pm both days. It is $210 for ETSU students or employees, and $250 for non-ETSU. Register for all of these courses at the Member Services Desk in the CPA at least one day before the course starts with full payment.
“Twenty years from now you will be more disappointed by the things that you didn’t do then by the ones you did do. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream Discover.”

Mark Twain

TRIPS & EVENTS: 2016

Jan. 28–Feb 25
Snow Shuttle..................................................$5
4 to 11 pm: Equipment not included on this trip. Lift ticket $15

Feb. 6
Grand Circuit Buffalo Mtn Hike............$7-$10
10 am to 4 pm

Feb. 13
Polar Bear Tweetsie Ride.........................$5-$7
11 am to 2 pm

Feb. 20
Unaka Mountain Day Hike......................$7-$10
10 am to 4 pm

Feb. 22, Mar. 23, April 22
Full Moon Hike.................................$5
4 pm

EARLY BIRD DEALS: Sign up two days before your trip to receive lower price. Check the website for more details: http://www.etsu.edu/students/campusrec/oa/oatrips.aspx

Events and trips presented by the Outdoor Adventure program require prior registration. Pre-register at the Member Service Desk in the CPA.

Of all the paths you take in life, make sure a few of them are dirt.

John Muir
Adventure Course

In preparation for the new football stadium being built next to the CPA, our Alpine Tower and outdoor climbing tower is being demolished! However, this has made way for bigger and better things. We have a totally new challenge course being built beside the soccer stadium! This course is being built by Challenge Design Innovations out of Newland, North Carolina. They are accredited by ACCT. The features of this new course will include traditional low ropes events like we had before, but along with a new high ropes areal adventure course with a series of bridges, traverses, and vertical challenges on a three level course ranging from beginner to advanced. The adventure course will be on a Koala Continuous Belay system. Challenges will include a multi-vine, postman’s walk, mini zip, a swiss cheese wall, and so much more- seven challenges on each level! We have also responded to requests we’ve heard from many of you, and added on our new climbing tower the ability to rappel, along with a quick descent system. Also, along the bottom of the tower will be dozens of bouldering routes, and from the top, we will have two zip-lines that travel 200 feet! There will be 1,200 feet of climbing surface, and climbing lanes. Construction on this course will begin late February/early March, and is projected to be open before the end of the semester. All open climb hours will be on the INDOOR wall until this course is completed. We will not be doing outdoor team building programs, however we are able to facilitate indoor and portable team building programs (if you are interested in signing up a group for team building with us, please contact Dave Mueller- MUELLERD@mail.etsu.edu). We will be recruiting facilitators to participate in staff training in March/April who are available to work during the summer and fall. You will get a 40 hour training certification and go through an application process. If you are interested, email Dave Mueller (address above). We are very excited about the new adventures coming this semester. We hope you will join us, and GET OUTSIDE!
# Rental Equipment

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Day</th>
<th>Weekend</th>
<th>Week</th>
<th>Replacement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backpack</td>
<td>$5</td>
<td>$10</td>
<td>$18</td>
<td>$120</td>
</tr>
<tr>
<td>Sleeping Bag</td>
<td>$5</td>
<td>$10</td>
<td>$20</td>
<td>$100</td>
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<tr>
<td>Sleeping Pad</td>
<td>$2</td>
<td>$3</td>
<td>$5</td>
<td>$35</td>
</tr>
<tr>
<td>Two-person tent</td>
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<td>$20</td>
<td>$30</td>
<td>$225</td>
</tr>
<tr>
<td>Four-person tent</td>
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<td>$25</td>
<td>$35</td>
<td>$325</td>
</tr>
<tr>
<td>Backpacking stove w/2 pot cook set</td>
<td>$8 (with 1 fuel canisters)</td>
<td>$15 (with 2 fuel canisters)</td>
<td>$25</td>
<td>$50</td>
</tr>
<tr>
<td>Sit-on top Kayak Paddle</td>
<td>$15</td>
<td>$25</td>
<td>$45</td>
<td>$350</td>
</tr>
<tr>
<td>Lifejacket</td>
<td></td>
<td></td>
<td></td>
<td>$50</td>
</tr>
<tr>
<td>$60</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tandem Kayak</td>
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<td>$45</td>
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<td>$850</td>
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<tr>
<td>2 paddles</td>
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<tr>
<td>2 life jackets</td>
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<td></td>
<td></td>
<td>$60</td>
</tr>
<tr>
<td>Stand Up Paddle Board with</td>
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<td>Rain Suits</td>
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<tr>
<td>$30 each</td>
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</tbody>
</table>

ETSU faculty, staff, and students have the opportunity to rent out camping and kayaking equipment via Outdoor Adventure! See the Member Service Desk at the front entrance of the BCPA.
East Tennessee State University
Campus Recreation

Outdoor Adventures
Campus Recreation
PO Box 70585
Johnson City, TN 37614

Website: www.etsu.edu/students/campusrec/oa/
E-mail: outdooradventure@mail.etsu.edu

FACEBOOK