

PRESENTATION TITLE	PRESENTATION INFORMATION	PRESENTATION DATE/TIME/LOCATION
Buffalo River SUP Trip (pre-conference)	Paddle a short but classic section of the Buffalo River, from Ponca to Steel Creek (2.4 miles). Attendees can choose a vehicle shuttle option or choose to hike the Buffalo River Trail back to the put-in (about 2 miles). Interested in joining? Limited SUPs and boats available, bring your own or reserve one by emailing kennethw@uark.edu . Plan to meet at the Horseshoe Canyon Ranch Trading Post at 1pm sharp on Friday, April 12.	Friday, April 12 1:00 p.m. – 5:00 p.m. Buffalo River (Ponca to Steel Creek)
Competition Route Setting (pre-conference) <i>Jarrad Chester, Andy Hays, Keenan Harvey – Iowa State University</i>	This Pre-Conference Workshop is focused on managing the setting for a Climbing Competition. The world of route setting has shifted dramatically in the last 5 years but general practices have remained the same. This workshop will provide a foundation for managing your climbing competition to make your process as effective and efficient as possible. We will cover; knowing your audience, setting distribution, competition profiles (what climbers actually do at comps), setting methods, and of course we're going to set! Limited spots available, for any questions please contact Jarrad Walters-Chester (jchester@iastate.edu).	Friday, April 12 1:00 p.m. – 5:00 p.m. HCR Barn Loft
Buffalo River Mountain Biking (pre-conference)	Ride new trail built at Camp Orr, just down river from Kyle's Landing! Shuttle is provided, riders encouraged to provide their own bike. Limited bike rentals (free) will be available. Email Kenny Williams (kennethw@uark.edu) by 5pm Monday, April 8 to reserve a Marin Pine Mountain bike for this session	Friday, April 12 1:00 p.m. – 5:00 p.m. Camp ORR Trails, Buffalo River
ARAP Conference Registration	Registration Booth Open	Friday, April 12 4:00 p.m. – 6:00 p.m. HCR Lodge Entrance
ARAP Welcome, Dinner, and Social	Welcome to the 8 th annual ARAP conference! Join us in the lodge for dinner, a general welcome, and conference related information. The Adventure Subaru ARAP Social, featuring ROUTE 358 , will follow!	Friday, April 12 Dinner: 6:00 p.m. – 7:30 p.m. (Lodge) Social: 7:30 p.m. – 9:30 p.m. (Barn Loft)
ARAP Yoga or Trail Run	Start you conference off right! Join ARAP attendees for a self-guided trail run around the ranch or yoga session at the pavilion.	Saturday, April 13 6:00 a.m. – 6:45 a.m. Yoga (HCR Pavilion) Trail Run (Meet at HCR Trading Post)
ARAP Breakfast	Breakfast is served!	Saturday, April 13 7:00 a.m. – 8:00 a.m. HCR Lodge

<p>ARAP Keynote Address</p> <p><i>Alex McKiernan</i></p>	<p>Alex's keynote address, <i>What Doesn't Bend Breaks</i>, will share the story of a debilitating spinal cord injury that initially left Alex paralyzed and pushed him into physical, mental, and emotional territory that he had only previously visited on the sharp end of a climbing rope. Lessons learned in the mountains are the ones he relied on to be present for the greatest challenge of his life.</p>	<p>Saturday, April 13 8:00 a.m. – 9:00 a.m. HCR Barn Loft</p>
<p>Fighting for Those that Fight for Us</p> <p><i>Daniel Brooks - University of Nebraska at Omaha</i></p>	<p>Men and women risk it all to defend our country, but they find one of the toughest battles they must face is the battle to reintegrate into civilian life. Outdoor adventure and recreation can mimic overseas challenges and needs for teamwork, all for the purpose of defining new stateside goals and defining a new sense of purpose.</p>	<p>Saturday, April 13 9:30 a.m. – 10:15 a.m. HCR Lodge</p>
<p>Full Value Contract as a Risk Management Assessment Tool</p> <p><i>Dr. Justin Cook – Missouri Baptist University</i></p>	<p>The principles of Project Adventures full value contract are primed for mitigating unnecessary risk, utilizing eustress, and increasing desired outcomes. The principles of be here, be safe, be honest, set goals, take care of self and others, and let go and move on are discussed as structures for practitioners as a risk management tool and way to mitigate risk.</p>	<p>Saturday, April 13 9:30 a.m. – 10:15 a.m. HCR Pavilion</p>
<p>6 Tips for Starting a Company In the Outdoor Industry</p> <p><i>Sarah Lockwood – CEO, College Outside</i></p>	<p>What does rock climbing, dirt bagging, paragliding, and backpacking in Patagonia have to do with starting a company? During this session, College Outside CEO and founder Sarah Lockwood will talk about her journey of building a company from the ground up, and provide some advice on what to do (and definitely not do) if you are thinking about forging your own path.</p>	<p>Saturday, April 13 9:30 a.m. – 10:15 a.m. HCR Barn Loft</p>
<p>Ask a Director</p> <p><i>Jerry Rupert – Iowa State University</i></p>	<p>This presentation will consist of two parts: a slide show presentation demonstrating the different components of the Outdoor Recreation Program at Iowa State University, followed by a question and answer session. Program components that will be covered are Staff Training, Extended Trips, Day/Weekend Trips, Workshops, Climbing Walls, Equipment Rental Program & Bicycle Maintenance. Upon completion of the slide show the floor will be opened up to the audience to ask questions about anything related to Outdoor Recreation Programs. If needed, specific topics will be provided such as Trip Planning, Liability Issues, mentorship, how to become an ORP Director, etc.</p>	<p>Saturday, April 13 10:30 a.m. – 11:15 a.m. HCR Lodge</p>

<p>Brain Based Pre-Trip Meetings</p> <p><i>Michael Hoover, Chris Maxwell – University of Arkansas</i></p>	<p>Outdoor programs are often designed so that participants engage in meaningful and transformative experiences. To achieve these goals, trip leaders strive to offer social, emotional, and cognitive engagement within the group. This session explores the cultivation of a meaningful experience that begins the moment participants sit down for a pre-trip meeting. Do not miss this hands-on, interactive session that will provide immediate takeaways geared towards spicing up your pre-trip meetings.</p>	<p>Saturday, April 13 10:30 a.m. – 11:15 a.m. HCR Pavilion</p>
<p>Value of Certification and Continuing Education for Outdoor Leaders</p> <p><i>Jay D. Post – Arkansas Tech University</i></p>	<p>This session will focus on how an outdoor leader can develop her/himself professionally and how to stay up-to-date with trends and innovations in the outdoor recreation field. A few of the key areas of discussion will be value of certifications, the progression of certification levels, and what professional organizations and conferences are important and relevant in an outdoor leadership development.</p>	<p>Saturday, April 13 10:30 a.m. – 11:15 a.m. HCR Barn Loft</p>
<p>ARAP Lunch</p>	<p>Lunch is served at the HCR Pavilion!</p>	<p>Saturday, April 13 11:30 a.m. – 1:00 p.m. HCR Pavilion</p>
<p>Professional Round Table</p> <p><i>Kenny Williams, Beckie Irvin, & Mike Hoover – University of Arkansas</i></p>	<p>Professionals and students are welcome to join for a rich discussion related to the profession of outdoor recreation, education, etc. Topics will vary.</p>	<p>Saturday, April 13 1:15 p.m. – 2:45 p.m. HCR Lodge</p>
<p>Adaptive Climbing</p> <p><i>Alex McKiernan – Keynote Speaker</i></p>	<p>Join Alex McKiernan (ARAP 2019 Keynote Speaker) for an interactive session related to adaptive climbing. This session is designed to introduce a variety of adaptive climbing systems that are transferrable to a variety of indoor climbing facilities. Adaptive equipment will be provided. Participants are encouraged to bring their own harnesses, shoes, belay devices, etc.</p>	<p>Saturday, April 13 1:15 p.m. – 2:45 p.m. HCR Barn Loft</p>
<p>Building Natural Climbing Anchors</p> <p><i>Ethan Harvey - University of Wisconsin, Green Bay</i></p>	<p>This session will be a hands-on lesson in building natural climbing anchors that adhere to best practices followed by industry leaders (PCIA, AMGA). This session will cover topics to equip learners with the tools they need to begin practice in building and safely using their own natural anchors including: Natural feature assessment, common knots, anchor system selection, anchor system assessment, rope management, equipment selection, site management, and of course, anchor building. Session attendees should bring their own harness and (if they have any) their own top-rope setting equipment to practice with. This session will be held outside.</p>	<p>Saturday, April 13 1:15 p.m. – 2:45 p.m. HCR Pavilion</p>

<p>Map and Compass</p> <p><i>Jason Velasquez, Jose Ruiz, Jay D. Post – Arkansas Tech University</i></p>	<p>What do you do if your GPS runs out of battery or you are out of cell service? Can you navigate without these electronics? This session focuses on practice knowledge for using a map and compass to help you in the outdoors.</p> <p>Desired learning outcomes:</p> <ol style="list-style-type: none"> 1. Everyone will be able to describe the features on a topographical map. 2. Everyone will be able to orient a map. 3. Everyone will be able to take a bearing. 	<p>Saturday, April 13 3:00 p.m. – 3:45 p.m. HCR Pavilion</p>
<p>No Man’s Land Film Festival Panel Discussion</p> <p><i>Beckie Irvin – University of Arkansas Various Panelists</i></p>	<p>The panel discussion will focus on the feminist movement in the outdoor industry and how women can support women who desire to build careers in this field where masculine culture continues to hinder females. Additionally, we will address the roles of males in the feminist outdoor movement and how they can dismantle masculine (aka bro") culture. Questions are provided by No Man's Land Film Festival.</p>	<p>Saturday, April 13 3:00 p.m. – 3:45 p.m. HCR Barn</p>
<p>Cold Weather Camping</p> <p><i>Nathan Merrill, Tyler Stieren – University of Wisconsin, Stout</i></p>	<p>The winter of 2019 has been one of the consistently coldest in northern Wisconsin; conditions that sound this treacherous can be an intimidating adventure, but with a better understanding can be a rewarding mental, physical, and personal experience. Some of the basics of winter camping are moderately practiced in regions that don't receive the snow or windchills that inhabit the northern midwest. Presenters will share techniques of appropriate materials and clothing layers, to more intricate practices such as transportation via skis, snowshoes, push sleds & dogsleds.</p>	<p>Saturday, April 13 3:00 p.m. – 3:45 p.m. HCR Lodge</p>
<p>Breaking the Ice: Valuable Activities for Starting Adventure Groups</p> <p><i>Cian Brown, Kailey Broaddrick – University of Arkansas</i></p>	<p>Walk away with some fun engaging activities for your groups that will have participants laughing, energized, and comfortable all the while getting to know each other! Presenters will walk through a series of notable icebreakers and energizer activities to keep groups mentally engaged and interactive. Participants will walk away with a smile and knowledge of these activities through their experience and an instructional handout to reference when they facilitate their next group outing!</p>	<p>Saturday, April 13 4:00 p.m. – 4:45 p.m. HCR Barn Loft</p>
<p>Who are you wearing?</p>	<p>Do you really know who makes the products you use, do you know if they also make a low end knockoff, or do you know what is the difference</p>	<p>Saturday, April 13 4:00 p.m. – 4:45 p.m.</p>

<p><i>Anthony Fillippino, Rob Stine – University of Central Arkansas</i></p>	<p>between the brand name and the others? The parent companies of commonly used outdoor products will be introduced, along with the brand names used in this field. The material types and methods of production will be discussed, including some differences that can determine price and durability.</p>	<p>HCR Lodge</p>
<p>Get Out, Cook Out: Group Meals with Primus</p> <p><i>Dalton Breeding & Becky Day – Primus/Brunton</i></p>	<p>At the end of a long day in the backcountry, a good meal can energize a weary group. Balancing dietary restrictions, pack-weight, and portion size can be tough. Join us to discuss menu planning, backcountry nutrition, and cook a great meal! Your next trip just got tastier!</p>	<p>Saturday, April 13 4:00 p.m. – 4:45 p.m. HCR Pavilion</p>
<p>ARAP Business Meeting</p>	<p>All attendees are welcome to join this session! The host committee will provide a conference state of affairs, updates regarding budgets, planning, etc.</p>	<p>Saturday, April 13 4:00 p.m. – 4:30 p.m. HCR Lodge (downstairs)</p>
<p>Primus Dutch Oven Cook-Off</p>	<p>An ARAP Tradition! More details to come 😊!</p>	<p>Saturday, April 13 5:00 p.m. – 8:00 p.m. HCR Pavilion</p>
<p>No Man’s Land Film Festival</p>	<p>No Man's Land Film Festival is an all-woman adventure film festival based out of the Rocky Mountains of Colorado that meets a need and desire to highlight and connect individuals who identify as women in pursuit of the radical. We are a collaboration and celebration of humans who are deeply engaged in enhancing the female presence in the adventure arena. The goal of this festival is to connect like-minded individuals who are action-oriented, wish to support a shared vision of gender equality, have a desire to experience their passions and environments through a uniquely female lens, and above all, love adventure. Along with cultivating a deep interest in exploring the vastness of our planet from a female point of view, No Man's Land strives to create a history of motivating audiences to implement and inspire change. Our mission transcends the films presented; this festival acts as a platform for progressive thought and movement in the outdoor industry. At No Man's Land, we aim to un-define feminine in adventure and sport through film.</p>	<p>Saturday, April 13 8:30 p.m. – 10:30 p.m. HCR Barn Loft</p>

ARAP Bouldering Competition	Outdoor Boulder Comp.: bring your own equipment, limited number of crash pads available, meet at the pavilion at 8:00 a.m. for beta, score card, etc.	Sunday, April 14 8:00 a.m. – 12:00 p.m. HCR Pavilion
Post-Conference Adventures	DIY Hikes or Other Adventures: Hawk's Bill Crag, Big Bluff, Indian Creek, Triple Falls, Climb, Paddle, etc.	Sunday, April 14 Time Varies Location Varies