

2018



# Arkansas Regional Adventure

PROGRAMMING CONFERENCE

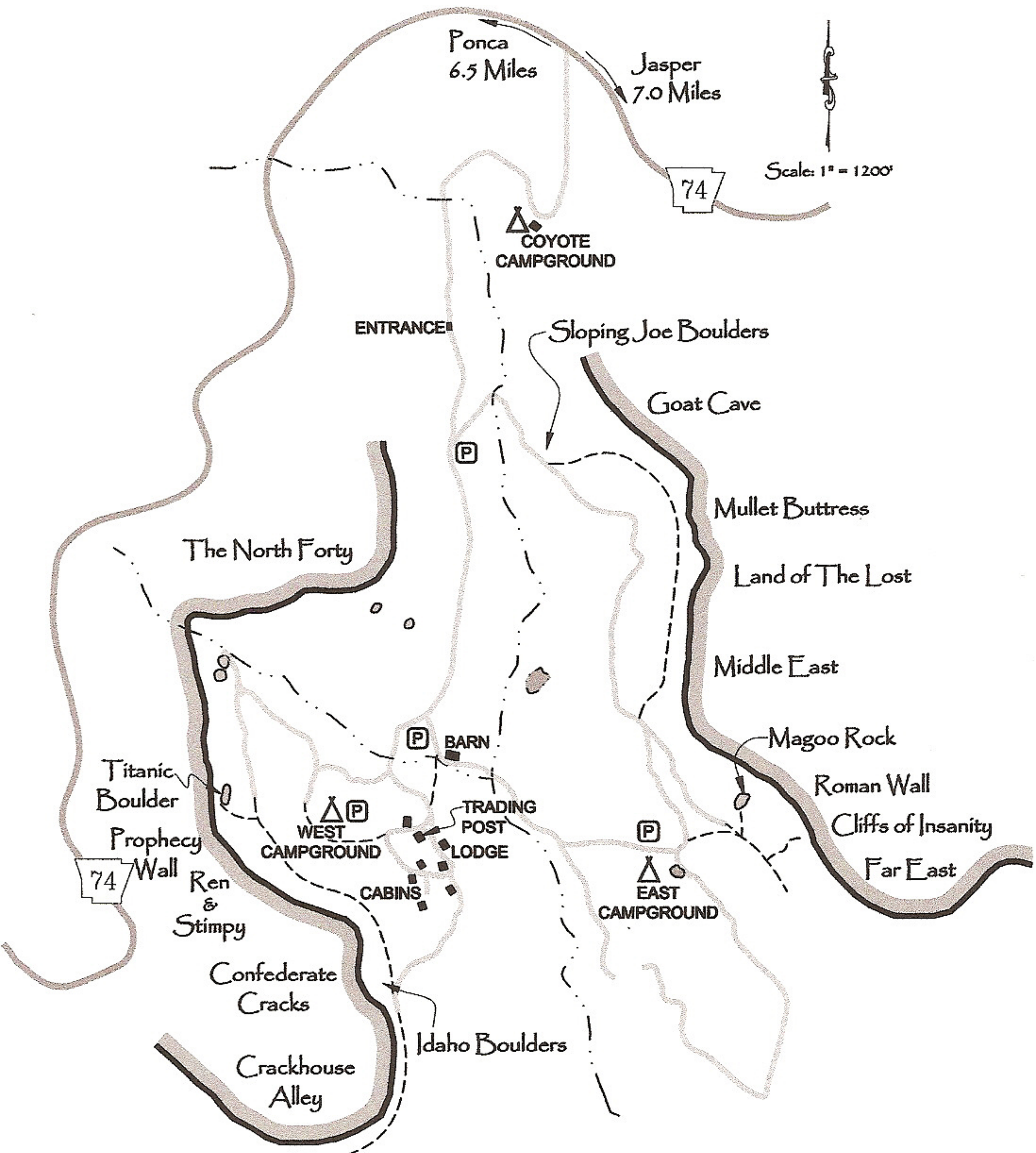


HOSTED BY:  
THE UNIVERSITY OF ARKANSAS  
UREC OUTDOORS



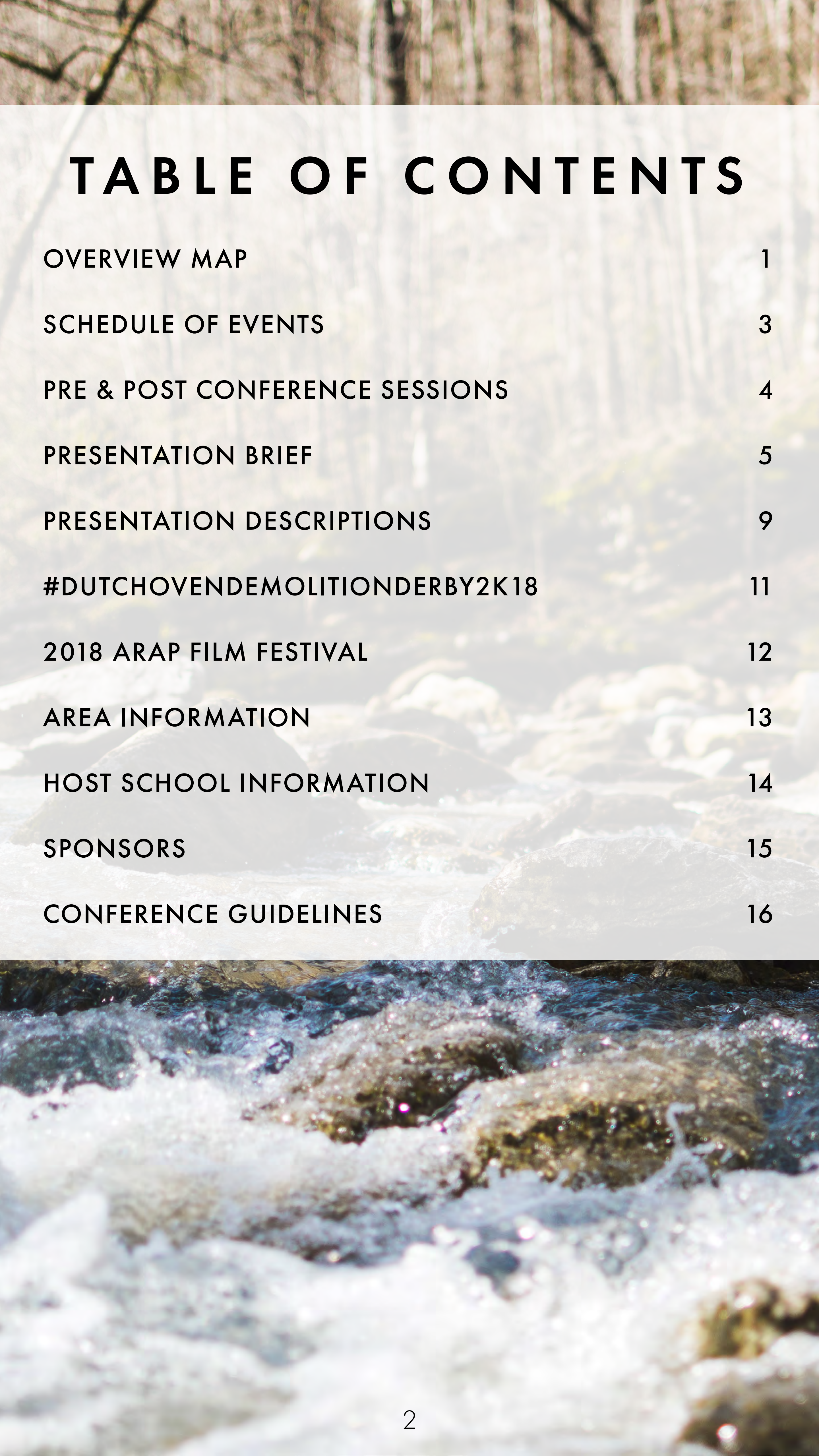
# WELCOME TO THE ARKANSAS REGIONAL ADVENTURE PROGRAMMING CONFERENCE

THIS PROGRAM IS YOUR GUIDE  
TO MAKING THE MOST OF THE CONFERENCE



## HORSESHOE CANYON OVERVIEW MAP





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# ARAP 2018

## SCHEDULE OF EVENTS

### THURSDAY, APRIL 19

LNT TRAINER COURSE

**TIME**  
8 AM-5 PM

**LOCATION**  
HCR BARN LOFT

### FRIDAY, APRIL 20

LNT TRAINER COURSE  
ADVENTURE THERAPY PRE-CON  
WELCOME AND MEAL  
VOLUNTEER/PRESENTER MEETING  
CONFERENCE SOCIAL  
CAMPFIRE SOCIAL

**TIME**  
8 AM-12 PM  
2-5 PM  
6-7:30PM  
7:15-7:30 PM  
7:30-9:30 PM  
9:30-11:30 PM

**LOCATION**  
HCR BARN LOFT  
TBD  
HCR LODGE  
HCR LODGE  
HCR BARN LOFT  
N40 CAMPGROUNDS

### SATURDAY, APRIL 21

ARAP BUSINESS MEETING  
SUNRISE YOGA  
TRAIL RUN  
ATTENDEE BREAKFAST  
SESSION 1 PRESENTATIONS  
SESSION 2 PRESENTATIONS

**TIME**  
7:15-7:45 AM  
7-7:30 AM  
7-7:45 AM  
8-8:45 AM  
9-9:45 AM  
10-11:30 AM

**LOCATION**  
HCR BARN LOFT  
N40 PAVILION  
TRADING POST  
N40 PAVILION  
VARIOUS LOCATIONS  
VARIOUS LOCATIONS

### LUNCH BREAK

11:30-12:45 PM

PAVILION

SESSION 3 PRESENTATIONS  
SESSION 4 PRESENTATIONS  
SESSION 5 PRESENTATIONS  
PROFESSIONAL ROUNDTABLE  
DUTCH OVEN COOKOFF  
PRESENTATION OF *THE GOLDEN LIFTER*  
2018 ARAP FILM FESTIVAL & CLOSING

1-1:45 PM  
2-2:45 PM  
3-3:45 PM  
3:45-5 PM  
5-8:00 PM  
8 PM  
8:30-11 PM

VARIOUS LOCATIONS  
VARIOUS LOCATIONS  
VARIOUS LOCATIONS  
N40 PAVILION  
N40 CAMPGROUNDS  
N40 PAVILION  
PAVILION/BARN

### SUNDAY, APRIL 22

POST CONFERENCE SESSIONS  
ARAP BOULDERING COMP

**TIME**  
8 AM-1 PM  
8 AM-11 AM

**LOCATION**  
VARIOUS LOCATIONS  
PAVILION



# PRE/POST CON SESSION SCHEDULE

<b>THURSDAY, APRIL 20</b> LNT TRAINER COURSE	<b>TIME</b> 8 AM - 5 PM	<b>LOCATION</b> HCR
<b>FRIDAY, APRIL 20</b> LNT TRAINER COURSE SELF GUIDED ACTIVITIES	<b>TIME</b> 8 AM - 12 PM 1-5 PM	<b>LOCATION</b> HCR VARIOUS LOCATIONS
<b>SUNDAY, APRIL 22</b> OUTDOOR BOULDER COMP SELF GUIDED ACTIVITIES	<b>TIME</b> 8-11 AM 8 AM	<b>LOCATION</b> MEET AT PAVILION VARIOUS LOCATIONS

**SELF GUIDED ACTIVITIES INCLUDE:**  
FLOATING THE BUFFALO RIVER (BYOWV\*)  
HIKE INDIAN CREEK (ACROSS FROM HCR)  
CLIMB AND/OR BOULDER AT HCR  
PLAY FRISBEE GOLF AT HCR  
MOUNTAIN BIKE NWA OR BUFFALO RIVER HEADWATERS  
HIKE HAWKSBILL CRAG OR LOST VALLEY

LEAVE NO TRACE TRAINER COURSE  
SPONSORED BY



\*BRING YOUR OWN WATER VESSEL





# PRESH EVENTS

## SUNRISE YOGA

7-7:30 AM  
N40 PAVILION

*Start your Saturday off right  
with 30 minutes of restorative yoga.*

## TRAIL RUN

7-7:45 AM  
MEET AT TRADING POST

*If you prefer to wind up instead of wind down,  
start your morning with a trail run around the  
canyon with your fellow ARAPers.*

## ARAP ATTENDEE BREAKFAST

8-8:45 AM  
N40 PAVILION

*Nosh and network with fellow ARAPers  
before a full day of engaging sessions.*



# SESSION 1

## PRESENTATION BRIEFS

### WHY CAN'T WE BE FRIENDS?

ZOE PRITCHARD & KATIE BEHME

IOWA STATE UNIVERSITY

9-9:45 AM

HCR LODGE

*This presentation will discuss how to create healthy and enjoyable group dynamics through involving participants, using positive affirmation, and intervening when necessary. We'll also talk through common scenarios and how to handle difficult situations. Participants will learn how groups form and how a leader can proactively cultivate a positive group dynamic. Be ready to share your experiences and discuss!*

### IMPROVING THE FLOW OF ADVENTURE: START WITH THE END IN MIND

CIAN BROWN, PHILLIP BRIGHT, KAILEY BROADDRICK, DAVID CHRISTIAN

UNIVERSITY OF ARKANSAS

9-9:45 AM

N40 PAVILION

*Focus on preparation and forming activities relative to group needs, resources, weather, availability, and more, impact the flow of adventure. G.R.A.B.B.S. is a useful tool to scan groups and assess participant level of engagement at any given stage of adventure programs to ensure programs operate to optimize adventure flow. The presentation will consist of a brief overview of the G.R.A.B.B.S. model, a facilitative group experience, and time for discussion.*

### I BEND SO I DO NOT BREAK: CONNECTING NATURE & MENTAL HEALTH

KATHERINE WESTFALL, MEGHAN O'CONNOR

OXFORD TREATMENT CENTER

9-9:45 AM

HCR BARN LOFT

*This presentation will explore the field of mental health and wellness and how experiential perspectives are changing the way people are receive treatment. Both presenters are mental health professionals who utilize wilderness therapy and mindfulness concepts in their practices, and will share both anecdotes from personal experience and broader theoretical perspectives.*



# SESSION 2

## PRESENTATION BRIEFS

### DATA AND TRENDS IN RESEARCH IN RECREATION & OUTDOOR ADVENTURE:

DR. TODD DAVIS AND STUDENTS

DELTA STATE UNIVERSITY

10-11:30 AM

HCR LODGE

*Senior Recreation Leadership students share and speak on research projects involving recreation and outdoor adventure problems and issues in the field.*

### THE CASE STUDY: SCENARIO PUZZLES FOR TRAINING & DEVELOPMENT

ETHAN HARVEY AND LUCAS KRAKOW

UNIVERSITY OF NORTHERN IOWA

10-11:30 AM

N40 PAVILION

*This presentation will be a hands-on participant oriented workshop on problem solving and risk management techniques during tough unplanned events in the outdoors. Groups will be given risk management scenarios with which to produce a meaningful solution for handling adverse conditions on high adventure trips.*

### KITCHENCRAFT IN THE OUTDOORS: NUTRITION & BACKCOUNTRY COOKING

KELLY POWERS AND EMILE BLOUIN

UNIVERSITY OF ARKANSAS

10-11:30 AM

HCR BARN LOFT

*An extensive look into backcountry cooking and the proper minimization of waste and maximization of nutritional needs while in the outdoors. Nutrition plans based on activity type as well as body type, fitness level, and gender will be covered and how they can be used to create sustainable and wholesome meals.*

## LUNCH BREAK

11:30 AM - 12:45 PM



# SESSION 3

## PRESENTATION BRIEFS

### ASK A DIRECTOR

JERRY RUPERT AND JARRAD CHESTER

IOWA STATE UNIVERSITY

1-1:45 PM

HCR LODGE

*A comprehensive look at the multi-faceted Outdoor Recreation Program at Iowa State University. From staff training to equipmental rental programs, this presentation allows for a forum for outdoor recreation students and professionals to gain insight from a successful outdoor recreation program and its directors.*

### TIPS AND TRICKS FROM A WHITEWATER INSTRUCTOR

COLLIN NICKLESS

TEXAS TECH UNIVERSITY

1-1:45 PM

N40 PAVILION

*Learn handy tricks of the trade from a skilled whitewater instructor. Fundamentals like packing a dry bag, setting up a Z-drag, as well as group management while on the river will be covered in this presentation.*

### LEARNING BY MESSING UP: PRODUCTIVE FAILURE & INQUIRY BASED LEARNING IN OUTDOOR RECREATION

ERIN MOORE

UNIVERSITY OF NEBRASKA-OMAHA

1-1:45 PM

HCR BARN LOFT

*Explanation of the Product Failure and Inquiry-Based Learning (IBL) approaches of learning through the lens of outdoor recreation programming, while addressing important considerations and the potentiality for enrichment from their use.*



# SESSION 4

## PRESENTATION BRIEFS

### A MARKETING GRADUATE ASSISTANT'S PERSPECTIVE ON PROMOTING OUTDOOR REC PROGRAMS ON SOCIAL MEDIA

BRITNEY WALTERS AND JARRAD CHESTER  
IOWA STATE UNIVERSITY  
2-2:45 PM  
HCR LODGE

*This presentation will discuss various aspects of marketing and the impact it has on outdoor recreation programs in collegiate recreation services. Through the course of this presentation, attendants will learn various tactics to build an engaging and effective presence, from the perspective of a graphic designer and marketing graduate assistant.*

### BREAKING THE ICE: ESTABLISHING & FORMING RELATIONSHIPS

PHILLIP BRIGHT AND DAVID CHRISTIAN  
UNIVERSITY OF ARKANSAS ADVENTURE THERAPY LAB  
2-2:45 PM  
N40 PAVILION

*First impressions are a critical moment for any group. This workshop focuses on maximizing impact and building relationships in a fun and interactive way. These nearly propless activities will include a mix of some old classics and newly designed experiences.*

### OUTDOORS FOR INDIVIDUALS WITH DIFFERENCES

GRACE WOOD  
TEXAS TECH UNIVERSITY  
2-2:45 PM  
HCR BARN LOFT

*This presentation will focus on how outdoor organizations can make small changes to welcome persons with disabilities into their program and trips (with specific focus on individuals with Autism Spectrum Disorder).*



# SESSION 5

## PRESENTATION BRIEFS

### FEEL FREE TO FAIL-PROMOTING A CULTURE THAT EMBRACES FAILURE?

STEPHEN MIDDLETON AND DAVE YOUNG  
UNIVERSITY OF ALABAMA/TEXAS TECH UNIVERSITY  
3-3:45 PM  
HCR LODGE

*Knowing how, when, and when not to fail are crucial aspects of any outdoor recreation program. Discussion of the “F” word and its connotation in outdoor recreation will help drive progress toward a culture that accepts and embraces failure.*

### TEACHING TO TEACH & LEARNING TO LEARN

OLIVIA VITATERNA  
UNIVERSITY OF ARKANSAS  
3-3:45 PM  
N40 PAVILION

*Here’s a good workshop for those who find themselves teaching others. We’ll look at different learning styles, refine lesson building, practice conveying short lessons, and discuss how to recognize understanding in students.*

### ACCESS IS: A PIECE OF CAKE

CAITLIN ARNETT AND MORGAN KEMP  
TEXAS TECH UNIVERSITY  
3-3:45 PM  
HCR BARN LOFT

*Access to public lands is a pivotal part of any outdoor recreation program. Learn how programs with limited proximal access learn embrace that challenge and create worthwhile experiences during extended-stay trips.*

### PROFESSIONAL ROUNDTABLE

MIKE HOOVER AND KENNY WILLIAMS  
UNIVERSITY OF ARKANSAS  
3:45-5 PM  
PAVILION



# #DUTCHOVENDEMOOLITIONDERBY2K18

On Saturday evening, show off your Dutch oven cooking skills and enjoy the culinary creations of others.

Form a team, choose a recipe, and prepare your meal starting at 5:00 p.m. Cooking may take place at each group's respective campsite, but submission for entry in the cookoff will occur in the N40 pavilion.

Each team is responsible for their own ingredients, coals, fire pan, and all other supplies. Your finished meal is your ticket to the potluck Dutch oven dinner party extravaganza!

*Will your team take home the coveted golden lifter?*

Please refer to the rules sheet e-mailed to you in the pre-conference materials list for any questions or concerns.



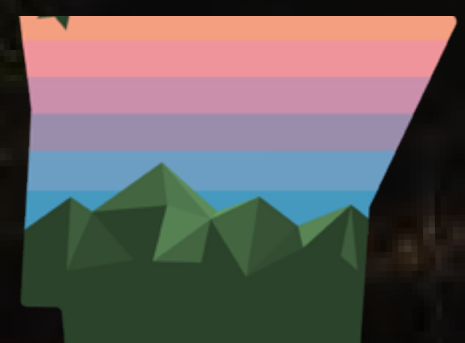
# 2018 ARAP FILM FEST

## BLOOD ROAD

**Blood Road follows the journey of ultra-endurance mountain bike athlete Rebecca Rusch and her Vietnamese riding partner, Huyen Nguyen, as they pedal 1,200 miles along the infamous Ho Chi Minh Trail through the dense jungles of Vietnam, Laos, and Cambodia. Their goal: to reach the crash site and final resting place of Rebecca's father, a U.S. Air Force pilot shot down over Laos some 40 years earlier.**

**During this poignant voyage of self discovery, the women push their bodies to the limit while learning more about the historic 'Blood Road' they're pedaling and how the Vietnam War shaped their lives in different ways.\***

2018 ARAP FILM FEST  
SPONSORED BY:



**OZ TRAILS**  
NORTHWEST ARKANSAS

***Dau Mau bridge on HCM Trail***

Photo credits: manhhai

<https://www.flickr.com/photos/13476480@N07/>

\* SOURCE: <http://www.bloodroadfilm.com>





# THE OZARKS

With vast opportunities for excellent paddling, climbing, hiking, backpacking, and mountain and road biking, it's hard to think of a reason why not. Paddle the 135 free-flowing miles of our nation's first national river, the Buffalo National River. Lace up your hiking boots and enjoy the river by foot on the 37-mile Buffalo River Trail. For more excellent hiking and backpacking, Ozark Highlands Trail stretches 218 miles eastward from Lake Fort Smith. If climbing is your thing, our conference host Horseshoe Canyon Ranch is only the beginning of the Ozarks' long list of crags. Boulders, sport, and traditional climbing await at nearby Sam's Throne, Cowell, Cave Creek, Valley of the Blind, Stack Rock, and Shepherd Springs. Hop on two wheels to test yourself on the challenging climbs and thrilling descents of the Ozark highways, or take the knobby tires on the Syllamo Trail, which the International Mountain Biking Association calls "one of the finest purpose-built mountain bike trail systems in the country." More paddling awaits on the Kings River, Mulberry River, and Big Piney Creek. See the remote caves and waterfalls in one of the Ozarks' federally designated wilderness areas. Arkansas' Ozarks are the perfect place for your next program or personal adventure!



# HOST PROGRAMS

## THE UNIVERSITY OF ARKANSAS

### UREC OUTDOORS



The purpose of UREC Outdoors is to meet the outdoor educational, recreational, and personal development needs of the students, faculty, and staff of the U of A. UREC Outdoors offers camping gear rental, canoe and kayak rentals, a full-service bike shop and rental fleet, two climbing facilities (free of charge), and runs weekend and extended outdoor adventures. Our semester schedule usually includes all-inclusive trips to epic destinations such as the Grand Canyon, the Rocky Mountains, the Boundary Waters Wilderness Canoe Area, and many destinations in the Ozark Mountains.

## LYON COLLEGE

### LYON EDUCATION AND ADVENTURE PROGRAM



Lyon College is located in the eastern foothills of the Ozark Mountains and on the beautiful White River in Batesville, Arkansas. To take advantage of that location, Lyon College developed the Lyon Education and Adventure Program (LEAP) that provides its students with information and access to many activities available in their gateway to the Ozarks. LEAP offers activities on the Highland Adventure Challenge Course, trips to destinations such as the Grand Canyon, the Florida Keys, and the Rio Grande River, as well as international travel through Lyon's Nichols Travel Program.

## UNIVERSITY OF NEBRASKA AT OMAHA

### OUTDOOR ADVENTURE CENTER



The OVC offers a variety of adventure activities for the UNO community and the general public. We challenge participants to reach beyond their perceived personal limits physically, mentally, and socially. The OVC fosters appreciation for the natural environment, develops leadership abilities, and encourages relationship growth.

## AUBURN UNIVERSITY

### AUBURN OUTDOORS



At Auburn Outdoors (AO) you will find the resources to build a better you through education, experience and exploration. You will discover new links to your community and your surroundings through our adventure-based education program providing numerous avenues for outdoor recreation. We are excited to offer adventure trips, indoor climbing, and weekly events on and off campus. AO strives to build community in a variety of ways including our rental center, a bike shop, trip planning resources, and a social gathering locale.





# SPONSORS

Special thanks to our sponsors,  
without whom ARAP would not be possible.

# ADVENTURE SUBARU



# OZ TRAILS

NORTHWEST ARKANSAS





# CONFERENCE GUIDELINES

IN ORDER FOR EVERYONE'S CONFERENCE EXPERIENCE TO BE AS ENJOYABLE AS POSSIBLE, PLEASE FOLLOW THESE GUIDELINES.

- Help keep Horseshoe Canyon Ranch clean by picking up after yourself. Pack out all trash. Recycling bins are located on the porch of the Trading Co.
- Please do not bring glass bottles into the Ranch.
- Remember that we are not the only guests at the Ranch this weekend; please keep noise at a respectful level during the dark hours.
- There are restrooms in the Trading Co., barn, lodge, and in the shower building in the North Forty Campground.
- Please leave all ranch animals, including ranch dogs, alone.
- If consuming adult beverages, you **MUST** be of legal age and drink responsibly.

In the case of an emergency, or if you need assistance for any reason during the conference, note the following information:

- The **nearest hospital** is North Arkansas Regional Medical Center located at 620 North Main Street in Harrison. From the Ranch, go east on HWY-74 to Jasper, then North on HWY-7 to Harrison. Reach the hospital by phone at 870-414-4000.
- For **non-medical emergencies or assistance**, stop by your hosts' cabin, Eagles Nest cabin, marked on the map on page 1 of this program.





# ARAP HISTORY

Colleges and universities in the state of Arkansas have created and implemented outdoor recreation programs through their campus recreation or academic departments for over a decade. In addition, outdoor programs from all around the nation conduct outdoor recreational trips to Arkansas to climb, paddle, cycle, and hike. With so many new programs starting and existing outdoor programs visiting the state, the need to bring programmers together was a necessity. The outdoor directors of The University of Arkansas and Lyon College met with the managers of Horseshoe Canyon Ranch to plan an educational conference at one of the premier climbing destinations in the United States in the spring of 2012. That conference was such a success they decided to host another conference in 2013. Again the conference was a success and grew to 125 participants from 11 different states. The educational experience for conference attendees from the state of Arkansas and neighboring states is invaluable for these students. It allows Arkansas attendees to share ideas and practices while attendees from neighboring states can learn what Arkansas has to offer.