



quiet
adventures
symposium

2025

A silhouette of a person kayaking on a calm lake at sunset. The water is still, reflecting the sky and the person.

30 Years of Adventures

A cyclist in a purple jersey and white helmet riding a road bike on a paved path. The background is a clear blue sky with some clouds.



quiet adventures symposium

Thanks to our Sponsors:



TRI-COUNTY regional planning commission



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bike



hike



paddle



&more

Welcome from the President

Welcome to our 30th annual Quiet Adventures Symposium (QAS). Since 1996, we have gathered to celebrate non motorized outdoor recreation and resource conservation. Our mission statement expanded to include more activities just as our participants engage in multiple activities to enjoy our beautiful outdoors.

The theme this year is "Bridging the Gap" by bringing together a diverse group of people, businesses and organizations. This reflects the expansion of our mission statement to include more activities in our beautiful outdoors. As the world swirls around us, having outdoor places to breathe, stretch, and challenge ourselves is important to health and spirit.

QAS relies on its amazing sponsors and this year we have a few new ones. Our bicycling partners, Tri-County Bicycle Association and DALMAC, are our show sponsors. Experience Jackson joins us, as well as Kayak Coffee, Giant Mouse with gorgeous knives; and 906 Adventure Team.

For QAS 2025, we have 32 presentations by renown outdoor adventurers and experts, along with the songs of Jerry Vandiver and Caitlin Evanson. Cliff Jacobson will be on hand for his Last Picture Show, capping a career of countless talks and tales of bears and so many adventures.



We have many new speakers this year, featuring hikes along the Buckeye and Wonderland Trails, bicycling in both the Upper Peninsula and Lower Michigan, and climbing to build community. Other speakers will address accessibility, environmental changes, and multi-use trails. We will also celebrate the recognition of the Lower Grand River as a Michigan Water Trail, with this year's Verlen Kruger Award winner.

Demonstrations focus on building skills, including land rolling your kayak, exercises for paddling, balance development for Greenland paddling, fly fishing techniques and fly tying. The Youth Area also offers great options for families.

The choice of sessions to attend and booths to visit may be a challenging decision but wherever you go, you will find smiling faces!

Cynthia Donovan

President

Quiet Adventures Society

History of Quiet Adventures Society

The Quiet Adventures Society, as it is known today, is a 501(c)(3) organization that has existed since 2007.

However, the first Symposium started in 1996 and was called the Quiet Water Symposium. The event was started by a loosely organized group of about 11 volunteers and friends who were led by Janet Gross and David McCune. Along with sponsorship from Raupp's Camping, the crew launched the first Symposium to bring together paddlers and boat builders for a day of showcasing their boats, knowledge, and adventures. In 2007, the group formally organized into the Quiet Water Society, gaining status as a 501(c)(3) non-profit. As times changed and the event grew, the Society saw the need to expand into non-motorized outdoor communities that were not primarily water-based, such as cycling, hiking, camping, and more. In 2020, the 25th year of the Symposium, the Quiet Water Society and Symposium formally rebranded to the Quiet Adventures Society and Symposium in an effort to grow the inclusivity of the organization and event to further reach out to these other outdoor communities. While we recognize and respect our past as a paddling-centric organization, today we are excited to continue to welcome people and organizations from all different outdoor backgrounds into our community. Without the support of the organizations, individuals, and businesses that are a part of the Symposium, the Quiet Adventures Society would not be able to bring such a special event to life year after year. As a 100% volunteer-run organization, we strive to bring the Symposium back year after year, regardless of the challenges that may appear. Thank you to every individual and organization that has been a part of the Symposium through the years, and thank you to all those who support in the years to come. Now, let's go have some Quiet Adventures!

Society Mission Statement:

To educate the public and to encourage participation in non-motorized outdoor recreation; to promote public concern for the water resources of the Great Lakes Region; to support the environmental stewardship and conservation of natural resources; and to plan and execute annual and special events for any or all of these purposes.

Lansing Oar and Paddle Club

in Lansing Michigan since 1988

Please join Meetup.com at Lansing Oar and Paddle Club to find our upcoming paddling, hiking, biking, and skiing trips.

Visit LOAPC.ORG to learn more

The mission of the Lansing Oar and Paddle Club is to plan and enjoy human powered activities with a focus on paddlesports. We promote proper planning, safety, and respect for all natural resources. LOAPC is a 501(c)(4) non-profit corporation.



Thank you to our Exhibitors!

The Quiet Adventures Symposium is built on the contributions and presence of over 100 exhibitors and their teams. The support of both first-time and longtime exhibitors is crucial for the Symposium's continued growth. The Quiet Adventures Society thanks each of you and acknowledges the contribution that you make to the success of the Symposium year after year.

Thank you for the continued from businesses like LeValley Outdoors, Synthia Marsh Jewelry, Heavner Canoe and Kayak, Old Mustache Canoe Paddles, Woods and Waters, Paw Paw Paddle Works, and more, all of whom bring exceptional products to showcase at the Symposium. An additional thank you to all of our first-time exhibitors; we hope to see you again next year!

Thank you to all the conservation and stewardship groups, various Grand River advocacy groups, and all the other incredible organizations in attendance who do such important and exceptional work to protect our natural resources.

Without you, this community would not be able to grow and thrive. A special shoutout and thank you to MSU 4-H for coordinating our Youth Area, located in the Arena. There are various educational groups, as well as organizations that work to expand our ideas of being outdoors. It is thanks to all of them, as well as the many other educational outreach groups and individuals, that the Symposium has such a strong educational impact on those in attendance.

Finally, thank you to all the other exhibitors, sponsors, volunteers, and visitors; each and every group and individual is crucial to what this Symposium is, and we hope you come back to see you again next year!

You can win something today!

Our Door Prize and Grand Prize Raffle items have been generously donated by our exhibitors and sponsors.

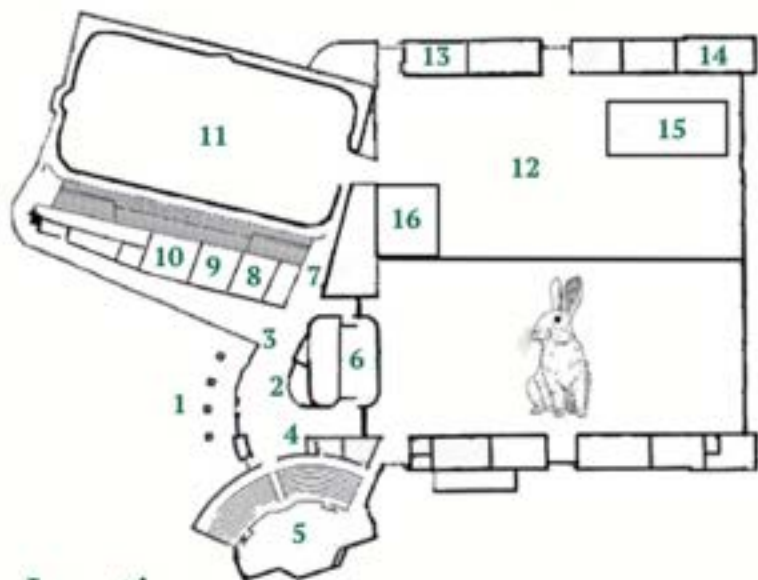
A super special thank you to all the exhibitors who donated items for the door prizes and raffle items. Check out the booths of those who donated items for more details on what they do!

Event Map



quiet
adventures
symposium

MSU Pavilion Map



Locations

- | | |
|--------------------------|-------------------------|
| 1. Pavilion Entrance | 9. Betsie River Room |
| 2. Concessions | 10. Au Sable River Room |
| 3. Admissions Gate | 11. Exhibitor Arena |
| 4. Volunteer Check-In | 12. Exhibitor Hall |
| 5. Main Stage Auditorium | 13. Restrooms |
| 6. Restrooms | 14. Grand River Room |
| 7. Symposium Entrance | 15. Demonstration Area |
| 8. Red Cedar River Room | 16. Raffle Area |

The Quiet Adventures Symposium thanks our Grand Prize Raffle Sponsors for their generous donations!

Enter the Grand Prize Raffles
Saturday, March 1, 2025 during
the symposium!

1 TICKET FOR \$10
3 TICKETS FOR \$25



Grand Prize Raffle tickets will be sold on the day of the event at the Grand Prize Raffle Table. Drawings will take place at 5 PM the day of the symposium. You need not be present to win. Winners must be able to claim prize within 24 hrs of drawing. Vouchers do not have cash value. The QAS Raffle License and House Rules will be displayed at the event as required by the Michigan Lottery Charitable Gaming Division.



QuietAdventures.org





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Exhibitor

906 Adventure Team	Connected Paddler
American Packrafting Association	Greater Lansing Regional Committee for Stormwater Management/Tri-County Regional Planning Commission
Association of State Dam Safety Officials	Groundwater Management Board
Bass Pro Shops/Cabela's	Harris Nature Center Foundation
Beaver Island	Heavner Canoe and Kayak (Nucanoe) No Child Left Inside
Bike Tour Vacations LLC	Hessel School House - Avery Arts & Nature Learning Center
Buckeye Trail Association	Hobbie Fleet 58
Bus for Outdoor Access & Teaching	Huron River Water Trail
Capital Area Friends of the Environment	Isle Royale and Keweenaw Parks Association
Chicago Adventure Therapy	Isle Royale Wolf-Moose Project
Chippewa Nature Center	Jacobson Exhibit
Chippewa Watershed Conservancy	John Coats Memorial
Clark Lake Yacht Club	Kayak Coffee
Clinton River Watershed Council	Kayak Ontario
DALMAC	Keweenaw Adventure Company
DaylightBrand	Lansing Oar and Paddle Club
Denny's Central Park Bicycles	Lansing Rowing Club
DeVries Nature Conservancy	League of Michigan Bicyclists
Dragonflyers of Michigan	LeValley Outdoors L.L.C.
Experience Jackson	Lower Grand River Organization of Watersheds
Falcon Sails	MDHHS-Environmental Health Bureau
Flat River Watershed Council	Michigan Backcountry Alliance
Friends of the Boundary Waters Wilderness	Michigan Chapter WCHA
Friends of the Lansing Regional Trails	Michigan Clean Water Corps (MiCorps)
Friends of the Musketawa Trail	Michigan Crossroads Council, Scouting America
Friends of the Rouge	Michigan Department of Natural Resources
Friends of Wabakimi	
Giant/Mouse	
Gladwin Conservation District	
Grass River Natural Area	
Great Lakes Paddlers	
Great Lakes Sea Kayak Symposium The	

Listing

- Michigan Horse Trails Association**
Michigan Scholastic Cycling Association
Michigan Sea Grant
Michigan Track Chair
Michigan Trout Unlimited Fly Fishing School
Michigan Waterways Stewards
Michigan Wildlife Conservancy
Mid-Michigan Cooperative Invasive Management Area
Mid-Michigan Mountain Biking Association (MMMBA)
Middle Grand River Organization of Watersheds
MSU Bikes Service Center
MSU Extension Center for Lakes and Streams
MSU Extension, Ingham County 4-H
Native Fish Coalition
North Country Trail Association
Northern Forest Canoe Trail
Northway Unlimited
Old Mustache Canoe Paddles
Opportunities Unlimited for the Blind
Paddle Antrim
Paddle Songs!
Paddling Adventures Radio (Podcast)
PaddlingExercises.com / Paddlingtheblue.com
Paw Paw Paddle Works
- Pedal Across Lower Michigan
Potter Park Zoo
Mike's Canoes
Qajaq Training Camp
Querkus Creative
Red Cedar Fly Fishers
Restore Ease Dietetics
Shlawassee River Water Trail Coalition
SOLAR Outdoors
Synthia Marsh Jewelry
Team River Runner
The Happy Camper
The Power of Water
Tour Da Yoop, Eh
Trapper Haskins
Tri-County Bicycle Association
Tulip City Paddle Tours
Upper Grand River Watershed Alliance,
UGR Water Trail and G.R.E.A.T.
US Coast Guard Auxiliary
USCG AUXPAD
Verlen Kruger Legacy
Wermuth Canoe Canvassing
Women's Center of Greater Lansing, Inc
Woods & Waters

Timed Demonstrations

All timed demos will take place at the demonstration stage in the exhibit hall

9:30 - 10:15

Power to the Paddle: Exercises to Improve Your Paddling
John Chase

11:30 - 12:15

Land Rolling in Your Kayak
Tony Pascuzzi, Tim Galloway and Kyle Wills

1:00 - 1:45

Use of Assistive Technology for Outdoor Recreation
Jileesa Irwin and friends

2:00 - 2:45

Camping Stoves
Jay Hanks

3:00 - 3:45

Perfectly Pack Your Kayak for a Multi-Day Trip
John Chase

Extended Demonstrations & Activities

9:00 - 5:00

Podcasting Interviews
Sean Rowley and Derek Specht

Location: Paddling Adventures Booth, Exhibit Hall

9:30 - 5:00

Fly tying
Phil Stevens and Bob Cem

Location: Red Cedar Fly Fishers Booth, Exhibit Hall

9:30 - 5:00

Fly fishing Demonstration and Practice
Doug Ruesink and friends

Location: MI Trout Unlimited Booth in Arena

9:30 - 5:00

Greenland Ropes
Tim Galloway

Location: Qajaq Training Camp Booth in Arena

9:30 - 5:00

Bikers, Hikers and Horses, Oh My!
Jenny Cook and Amy Scharmen Burgdoff

Location: David Wermuth Booth in Arena

11:00 - 2:00

Canvassing Application to a Wood/Canvas Canoe
David and Michael Wermuth

Location: MI Horse Trails Booth Arena



Take to the Trails

From kayaking, canoeing and stand-up paddle boarding to hiking, biking and equestrian riding, Michigan offers thousands of miles of opportunities to explore – whether on the Great Lakes and our inland lakes and rivers, or on urban routes, rail trails and wooded pathways. Plan your next adventure today by visiting Michigan.gov/DNRTrails.



*Photo credit- Michigan State Parks Photo Ambassadors:
Morgan Liskey (top), Danielle Granholm (middle left),
Kevin Roberts (middle right), Kari Carr (bottom)*



Presentation Schedule

Main Stage Auditorium



Grand River Room



9:30 - 10:30	Cliff Jacobson, Darlene Patterson, Stacie Longwell Sadowski, Kevin Callan: Got questions about canoeing and camping?	Tim Gallaway: Solo kayaking the Maine Island Trail
10:45 - 11:45	Cliff Jacobson: My Last Picture Show: Remembering a lifetime of Canoeing Wild Rivers	Erica Clites and Sarah Schettler: Our Waters and Health: Harmful Algal Blooms and More
12:00 - 12:45	John Chase: Sea Kayaking Michigan's Grand Traverse Area	Jileesa Irwin: Assistive Technology for Outdoor Recreation
1:00 - 2:00	Kevin Callan: The Happy Camper's 10 Ultimate Canoe Trips	Loretta Crum and Gary De Kock: Verlen Kruger Award and the Upper, Middle, and Lower Grand River Water Trail
2:15 - 3:00	Bruce Umpstead: Bungler's Guide to Wonderland Trail (Bonus: Planning Advice for GNP)	Trapper Haskins: Crooked Old River: Rowing Toward Redemption on the Mississippi River
3:15 - 4:00	Michael George: The Wolves and Moose of Minong: What we are learning (3:30 - 4:30 PM)	Russ Hicks: Dam Removal: Best Way to Achieve Dam Safety in Michigan
4:15 - 5:00		James Dake: Accessibility for Hiking and Paddling along the Grass River

Red Cedar Room



Au Sable River Room



Betsie River Room



No Session

Randall Roberts: Introduction to Ohio's 1,440 Mile Buckeye Trail

Zach Bates: Conservation is the Key to Outdoor Recreation in Gladwin County

No Session

Andrea Knepper: Making Decisions about Risk: The Art, The Science

Shawn Towsley and Jess Rasmussen: Solo Self Contained Bicycle Touring for Beginners

Todd Poquette: Helping Kids Win in the Game of Life... There is no Finish Line

Jon LeValley: Edged Tools for the Outdoors

Stacie Longwell Sadowski and Vince Sadowski: A Beginners Guide to Outdoor Adventuring

Jay Hanks: Indigenous Canoe Routes of Michigan

James Studinger: Riding a Bike Around the U.P. Teaches Us the Secrets to Life's Success

George Stockman: Team Paddling in Big Boats

Jerry Vandiver and Caitlin Evanson: Songs about Paddling, camping, and all things outdoors

Stacie Longwell Sadowski and Vince Sadowski: Introduction to Hammocks; Hanging Out in the Woods

Z. Nwidor, F. Williams, N. Viner, T. Coates: Sealing Heights, Building Community: The Transformative Power of Climbing

Micah Leinbach and David Shapiro: Bridging the Adventure Gap: Great Lakes Adventures for All

Vern Fish and Brian Beney: Explore the Wabakimi Area

Gwen Botting, Aric Wallace, Autumn Michels: Into the Woods- Making Nature Accessible w/People w/Disabilities

Danielle Steffey and Tim Gallaway: Make the Time (Backcountry Canoe Film) (4:30 - 6:00 PM)

Jenny Cook and Amy Scharmen Burgdolf: Bikers, Hikers, and Horses! Oh My!

Dawn Lundin: Using sports nutrition to elevate your adventure

EagleMonk

Pub and Brewery

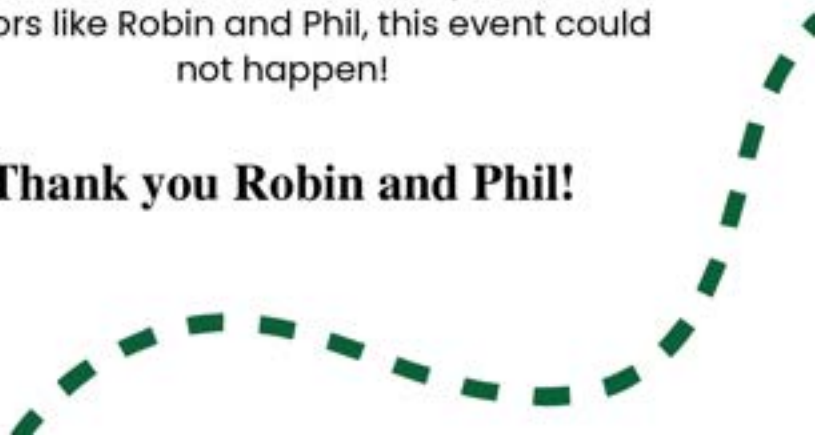
**2025 VOLUNTEER
BANDANA SPONSOR**

4906 W MT HOPE HWY, LANSING, MI 48917



The Quiet Adventures Society would like to thank Robin Barfoot and Phil Stevens for their generous donations to the production of the 30th annual Quiet Adventures Symposium and Quiet Adventures Society. Without donors like Robin and Phil, this event could not happen!

Thank you Robin and Phil!



Speaker Information

**Cliff Jacobson, Kevin Callan, Darlene Patterson,
and Stacie Longwell Sadowski**

Q & A Panel Discussion

9:30-10:30 Main Stage Auditorium

Got questions about canoeing and camping? Join Cliff Jacobson, Kevin Callan, Darlene Patterson, and Stacie Longwell Sadowski in this lively, fun-filled panel discussion. Bring curiosity and questions. These experts will do the rest.

Cliff Jacobson is one of North America's most respected outdoors writers and wilderness guides.

Kevin Callan is an award-winning outdoor writer, speaker and filmmaker. He is the author of 19 books and is listed among the top 100 modern day explorers by the Canadian Geographical Society.

Darlene Patterson has extensive and varied outdoor experiences including paddling experience, as well as experience in outdoor education.

Stacie Longwell Sadowski has many years of experience with backcountry camping, backpacking, canoeing, and kayaking.

Tim Gallaway

Solo Kayaking the Maine Island Trail

9:30-10:30 Grand River Room

With a rugged coast, large tides, and dramatic island archipelagos, Maine is a world class sea-kayaking destination. In the summer of 2024, Michigan based sea-kayak coach Tim Gallaway headed for the Atlantic to challenge himself in the strong tidal currents, thick fog, and dynamic seas of the coast of Maine.

Tim Gallaway is a kayak coach and expedition paddler since 2010, who has taught kayaking at events around the U.S.A and in Canada. Specializing in Greenland and Traditional kayaking skills, Tim is a regular coach at Qajaq USA events around the country. His passion for traditional kayaking skills took him to Greenland in 2018 to compete in the Greenland National Kayaking Championships where he brought home many golds. Tim's passion for expedition paddling has taken him on long trips across Ontario and Quebec, Lake Superior, Lake Huron, the Missinaibi, and Maine.



Randall Roberts

Introduction to Ohio's 1,440-mile Buckeye Trail



9:30-10:30 Au Sable River Room

Marked by blue blazes for over 1,400 miles and sharing over 900 miles with the North Country National Scenic Trail, the Buckeye Trail winds around Ohio, reaching into every corner of the state from a beachhead on Lake Erie to a hilltop overlooking the Ohio River in Cincinnati. Come learn about the history and evolution of the trail and pick up tips for hiking it. You'll also learn about the various resources available from the Buckeye Trail Association.

Randall Roberts began hiking sections of Ohio's 1,400-mile Buckeye Trail (BT) in 2008, and in 2017 finished the trail in its entirety. He has also hiked a number of other well-known trails in the mid-west. He is an Iraq navy veteran and is the City of Oberlin's City Engineer. Randall is a board member of the Buckeye Trail Association (BTA) and former Chairman of his local Crooked River Chapter of the BTA.

Zach Bates

Conservation is the Key to Outdoor Recreation in Gladwin County



9:30-10:30 Betsie River Room

The 2025 Gladwin County River Race of Two Cities Canoe Marathon celebrates outdoor recreation and the natural resources that define Gladwin County. Highlighting years of conservation efforts by the Gladwin Conservation District and local partners, this event showcases revitalization of the Cedar River and ways outdoor recreation can bring communities together. Join us in exploring the connections between conservation, community, and outdoor recreation in Gladwin County.

Zach Bates is the Conservation Outreach and Education Specialist at the Gladwin Conservation District. Drawing on his background in science education, he has worked to protect natural areas in Michigan and encourage recreation and stewardship throughout his community. At the Gladwin Conservation District, Zach has facilitated dozens of educational events in the schools and in the woods. He also manages a community garden and leads habitat restoration projects. Zach is the coordinator of the Gladwin County River Race of Two Cities Canoe Marathon.

Cliff Jacobson

My Last Picture Show: Remembering a Lifetime of Canoeing Wild Rivers



10:45-11:45 Main Stage Auditorium

Cliff discovered canoes at age 12 in a rustic Scout camp deep in the Michigan woods. He became hooked on the wild outdoors and by age 14, had read every book on wilderness travel. Through the years he discovered that many of the camping procedures he'd read about were wrong. If you've read Cliff's books, you know his advice often clashes with "accepted ways." This is the last year Cliff will do public appearances, and in this "last picture show" he shares the story of his amazing wilderness life.

Cliff Jacobson, one of North America's most respected outdoors writers and wilderness paddlers, is a retired environmental science teacher and an outdoors skills instructor. He is recipient of the prestigious ACA Legends of Paddling Award, a member of the ACA Hall of Fame and is the author of more than a dozen top-selling outdoor skills books.

Erica Clites and Sarah Scheitler

Our Waters and Health: Harmful Algal Blooms and More



10:45-11:45 Grand River Room

What's that green goo? – How do you recognize the difference between a Harmful Algal Bloom (HAB) and other look-alikes? Bust myths about HABs, get tips for keeping your family and pets safe and learn to be part of HABs response in Michigan. Learn to recognize and stay safe from other unusual discharges, and foam and learn about E. coli monitoring.

Erica Clites is Extension Educator for Michigan Sea Grant with Michigan State University Extension. She coordinates bi-monthly meetings of partner agencies and organizations who do harmful algal bloom outreach and engagement. She published a paper on aligning audience needs with scientists' information in 2024.

Sarah Scheitler is a community engagement coordinator supporting the Michigan Department of Health & Human Services' Environmental Health Bureau (EHB) in its Harmful Algal Blooms and MITracking programs, helping build and maintain connections between EHB and community-based organizations across the state to promote and protect health.

Andrea Knepper

Making Decisions about Risk: the Art, the Science



10:45-11:45 Au Sable River Room

Risk. How do we make informed decisions about real risk? Andrea Knepper uses the same decision-model in many contexts, from solo kayak expeditions to leading groups of people with varied levels of experience in outdoor adventures ranging from sea kayaking to ice climbing. No model eliminates risk, so come ready to grapple with challenging decisions and reach a deeper appreciation of the variety of legitimate decisions we can make about risk.

Andrea Knepper, LCSW, founded and, for nearly twenty years, led Chicago Adventure Therapy. She has a broad range of clinical expertise, and sea kayaking and wilderness guiding experience. She has earned many awards and certifications, including the 5 Star Sea Leader Award, UKCC Level 3 Coach, 3 Star certification in Open Canoe and in Whitewater Kayak. Andrea believes that paddling, learning, and growing should be fun, challenging, accessible and engaging. For classes or private lessons email adk0673@gmail.com.

Shawn Towsley and Jess Rasmussen

Solo Self-Contained Bicycle Touring for Beginners



10:45-11:30 Betsie River Room

Shawn aka "The Crazy Lady on a Bike" will be sharing stories, tips, strategies, barriers and set-backs she has had in her many years of touring. Hear stories of her adventures with self-contained solo bike touring and the many lessons learned. She also will share her experience-based knowledge of how to make adjustments for riding self-contained for those with special needs.

Shawn Towsley, over the past 35 years, has biked in 49 U.S. States and will check-off #50 this March! She has completed self-contained tours around Michigan's perimeter, as well as across the U.S. from Washington to Maine. She is a long-time board member of PALM Bicycle tour and has volunteered with several other cycling organizations.

Jess Rasmussen is assisting Shawn to show riders how to make accommodations for touring with special needs. More discussion on this topic will be available at their booth.

John Chase

Sea Kayaking Michigan's Grand Traverse Area



12:00-12:45 Main Stage Auditorium

Discover the best sea kayaking destinations in Michigan's Grand Traverse region, where stunning landscapes meet the open waters of Lake Michigan. This presentation will highlight iconic routes, including the towering dunes of Sleeping Bear Bay and the pristine shoreline of Power Island. Join us to uncover why this region is a must-visit for coastal exploration.

John Chase combines his love for the outdoors with a dedication to helping others make the most of their time on the water. John is the host of the Paddling the Blue podcast, author of "Power to the Paddle: Exercises to Improve your Canoe and Kayak Paddling", an ACA Coastal Kayak/River Kayak/SUP Instructor and Instructor Trainer, and an NASM Certified Personal Trainer.

Jileesa Irwin

Assistive Technology for Outdoor Recreation



12:00-12:45 Grand River Room

The Michigan Assistive Technology Program (MATP) is a Michigan-based nonprofit organization that provides assistive technology to people with disabilities. We will discuss how MATP can help people with disabilities enjoy outdoor recreation.

Jileesa Irwin is a woman with a disability, a mother of two neurodivergent children, and a member of the LGBTQ+ community. She is passionate about advocating for disability rights and accessibility. She loves the outdoors, and enjoys hunting, fishing, camping, hiking, and especially enjoys spending time with her family. Jileesa combines her interests and experiences as an Outdoor Recreation AT Specialist for the Michigan Assistive Technology Program (MATP). She also is involved with Her Power! -- a camp for teen girls with disabilities. She has been a camp counselor, introduced participants to accessible outdoor recreation opportunities and helped campers by acting as a personal assistant.

Todd Poquette

Helping Kids Win in the Game of Life... There is no Finish Line



12:00-12:45 Red Cedar Room

The 906 Adventure Team believes youth development should be more about developing resilience, character, integrity, curiosity, and grit and less about wins and losses. Todd will talk about ways we can increase opportunities for all kids by focusing on helping them develop the toolbox they'll need to succeed in life. The conversation will explore how removing obstacles and struggle may actually hurt kids. We will discuss ways to leverage challenges in order to help kids better develop. This conversation is for anyone who wants to help kids, but also for anyone dedicated to striving to get better.

Todd Poquette, Director and Founder of 906 Adventure Team, is a husband, father, outdoorsman and avid adventurer, committed to taking on hard things, and leading by example. He encourages outdoor groups to set aside territorial differences and work together. He also thinks leadership isn't about finding followers, it's about creating leaders.

Jon LeValley

Edged Tools for the Outdoors



12:00-12:45 Au Sable River Room

From Camp to Cabin to Canoe, how to select the right cutting tools to enhance your outdoor experience. Covering knives, multitools, axes and saws, from the smallest pocket knives to axes and saws for cutting a winters worth of firewood. How to cut through the hype and find a tool that suit your needs while avoiding some of the potential pitfalls in tool selection.

Jon LeValley, at around age 6, got his first knife, and a couple years later got his first hatchet. He has spent most of his life using cutting tools outdoors. For the last 12 years he has made a living restoring and selling axes and an assortment of other cutting tools. With thousands of hours of testing under his belt, and an awful lot of broken knives, Jon can provide a unique perspective on the subject.

**Stacie Longwell Sadowski and
Vince Sadowski**

A Beginner's Guide to Outdoor Adventuring



12:00-12:45 Betsie River Room

What does it take to get out and have adventures? This beginner's presentation will answer all of your questions or at least get you thinking! From safety and comfort to Leave No Trace, Vince and Stacie will share their simple approach to getting you started and ready for fun. Starting with day hikes and paddles, up to planning overnight excursions, you will be equipped with a practical can-do philosophy for gaining experience and confidence outdoors.

Vince and Stacie Sadowski have a combined three decades of experience with backcountry camping, backpacking, canoeing, and kayaking. Vince is a DIY gear enthusiast, trip planner and navigator. Stacie is an outdoor writer, naturalist and published historian. They are co-creators of Two Weeks in a Hammock, an educational initiative to inspire regular folks to get out into nature. They are frequent speakers at outdoors shows, on podcasts, and for various historical and conservation groups.

Kevin Callan

The Happy Camper's 10 Ultimate Canoe Trips



1:00-2:00 Main Stage Auditorium

Author Kevin Callan (a.k.a. The Happy Camper) will review his top ten - ultimate - canoe trips from his decades of paddling. Check out the favorite places he's paddled and portaged - from locations across the province of Ontario and northern Quebec, to the highlands of Scotland, and the interior of eastern Canada's Nova Scotia.

Kevin Callan is an award-winning outdoor writer, speaker and filmmaker, well-known across North America. He is a regular guest on several television and radio shows and has authored 19 books, including his latest: "Another Bend in the River: The Happy Camper's Memoir." Kevin was listed among the top 100 modern day explorers by the Canadian Geographical Society and made Patron Paddler for Paddle Canada. You can visit his web site at www.kevincallan.com and YouTube channel KCHappyCamper.

Loretta Crum and Gary De Kock

Verlen Kruger Award and the Upper, Middle, and Lower Grand River Water Trail



1:00-2:00 Grand River Room

Wendy Oglvie, retired Director of Environmental Programs at the Grand Valley Metro Council, has won the 2025 Verlen Kruger Award (VKA). Our session will begin with recognition of Verlen Kruger and his contributions to paddlesport. Past VKA winners will be recognized and then we will present the 2025 award. The perpetual plaque of all prior 29 award winners will be on display along with the paver that will be placed at the Kruger Memorial in Portland, MI. See the VKA page in this booklet for more details.

Speakers will also bring you up to date on the status of the Lower, Middle and Upper Grand River Water Trail. The 2024 designation of the lower section of the Grand River as a State of Michigan Water Trail was a huge step toward achieving national water trail designation for the entire Grand River. Decades of effort by individuals and groups have made the Grand River cleaner, more beautiful, more protected and more accessible. Pick up a free guide to the river and plan your next day on the Grand!

Jay Hanks

Indigenous Canoe Routes of Michigan



1:00-2:00 Red Cedar River Room

Native people in Michigan used the rivers for sustenance and trade. Since Europeans discovered these routes, they have become some of the best-loved canoeing and kayaking destinations today. Explore the major canoe routes of indigenous peoples in Michigan, as Jay shares his voyage of discovery over the past 20 years. Gain an understanding of the history of these rivers, and how they came to be the destinations we love today.

Jay Hanks has spent a lifetime enjoying outdoor trips and learning about the backcountry. He has paddled and backpacked extensively in Michigan and the Eastern United States, as well as in the Canadian wilderness. He guided wilderness trips for the University of Michigan for several years, and was the recipient of the 2012 Verlen Kruger Award. He also helped found the Lansing Oar and Paddle Club, of which he is the long-time president.

James Studinger

Riding a Bike Around the U.P. Teaches Us the Secrets to Life's Success



1:00-2:00 Au Sable River Room

People are capable of more than they realize. It's one of our main mantras at Tour Da Yoop, Eh (TDY), a 10-day 1,200-mile circuit around the U.P. The "Secret to Success" revealed by the bikers participating in this event is simple, and it is eloquently illustrated through this event. Bikers arrive from diverse backgrounds, driven by separate inspirations, through a whole range of ages and biking experience. Unknowingly, they have taken similar steps to be ready on that first day. The people and results are too inspiring to ignore. Here are the six secrets to their success that I've observed and applied in my own life.

James Studinger is founder of Tour Da Yoop, Eh. He is an avid outdoorsman, and has canoed hiked and biked extensively between Lake Superior and Lake Michigan. He is the author of "Wealth Is a Choice," and owner of JPStudinger Wealth Advisors.

George Stockman

Team Paddling in Big Boats



1:00-2:00 Betsie River Room

Long before the Voyagers moved goods and furs across Canada, people piled the waters in dugouts, outriggers, and skin on frame boats. Big team boats enable paddlers of different skills and roles to work together. Two canoes lashed together create a very stable platform even capable of ocean travel. During a 5-day canoe trip on the Manistee River, guides for Opportunities Unlimited for the Blind built two catamarans for crews of six and a captain, allowing for safer travel. This led to several other successful group recreational and training events in Michigan.

George Stockman, a former whitewater paddler and racer, has completed many multi-day paddling expeditions on rivers across the U.S. and Canada. As a member of the Washington Canoe Club, he learned the value of the Canadian war canoe for group touring and training. He has coached the MSU Concrete Canoe Team and worked with the MSU Outdoor Club.

Bruce Umpstead

Bungler's Guide to the Wonderland Trail (and Glacier National Park)



2:15-3:15 Main Stage Auditorium

The Wonderland Trail is a 93-mile loop circling majestic Mt. Rainier in Washington State, offering some of the most breathtaking scenery in the Pacific Northwest. Learn how this adventure can be accessible for even the most bungling of backpackers! This session blends humor, personal stories, and practical advice for planning and completing this trek while avoiding common pitfalls. Bonus: gain expert tips for planning a day-hiking adventure in Glacier National Park. Perfect for seasoned backpackers or first-timers looking for inspiration to accomplish these adventures too!

Bruce Umpstead, who began hiking and backpacking later in life, has tackled The Grand Canyon, Smoky Mountains, Rocky Mountains, and the Rockies! He has planned and led many trips from day hikes to 7-day treks. Bruce also leads annual “newbie” backpacking trips to help others embrace this exciting adventure. With a background in education and conference presentations, he makes concepts accessible and inspiring.

Trapper Haskins

Crooked Old River: Rowing Toward Redemption on the Mississippi



2:15-3:00 Grand River Room

As young newlyweds, Trapper Haskins and his wife, Mandy, built a wooden rowboat intending to travel the Mississippi River from northern Minnesota to the Gulf of Mexico, but had to end the trip 100 miles short of their goal. Many years later, in the doldrums of midlife, he rebuilt the old rowboat with the help of his children and relaunched it into the Mississippi exactly where they had left off, finally reaching the Gulf as a family. This presentation details not only building and rowing the boat but also provides inspiration for those with a dream of traveling, to not wait until some imagined future.

Trapper Haskins has been a deckhand, dishwasher, shipwright, house carpenter, street musician and a writer. He is the author of “Crooked Old River,” a travelogue/memoir about his journey down the Mississippi. His writing has appeared in *Sports Illustrated*, *Wooden Boat*, and *American Songwriter*.

Jerry Vandiver and Caitlin Evanson

Songs about Paddling Camping and All Things Outdoors!



2:15-3:00 Red Cedar Room

Back again to Quiet Adventures, Jerry teams up with a stellar fiddle player to present an entertaining afternoon of fun and heartfelt songs about life, love and paddling! This set will make you laugh, cry, tap your toes and maybe even sing along.

Jerry Vandiver is an established singer/songwriter with over 40 years of experience paddling whitewater and flat water all over the US, Mexico and Canada, and having more canoes and kayaks than his wife thinks he needs. Jerry's songs have been recorded by such artists as Tim McGraw, Phil Vassar and The Oak Ridge Boys. His songs are on over 15 million records, two of which are hanging in the Country Music Hall of Fame.

Caitlin Evanson, an avid hiker and paddler, has toured as a fiddle player and vocalist with Ringo Starr, Taylor Swift and Shakira. She's a prolific songwriter with a fun, angelic and engaging voice.

**Stacie Longwell Sadowski and
Vince Sadowski**

Introduction to Hammocks: Hanging Out in the Woods



2:15-3:00 Au Sable River Room

If you've been curious about hammock camping, this is for you! We will explore the advantages and disadvantages of hammock camping, types of hammocks available for purchase, equipment that you can buy or make, safety tips, and Leave No Trace principles. Avoid common mistakes and misconceptions about hammocks. Learn about different hammock styles, sleeping positions, and yes - even sleeping with two people or pets! Get a good night's sleep on your next outdoor adventure!

Vince and Stacie Sadowski have a combined three decades of experience with backcountry camping, backpacking, canoeing, and kayaking. Vince is a DIY gear enthusiast, trip planner and navigator. Stacie is an outdoor writer, naturalist and published historian. They are co-creators of Two Weeks in a Hammock, an educational initiative to inspire regular folks to get out into nature. They are frequent speakers at outdoors shows, on podcasts, and for various historical and conservation groups.

**Zorbari Nwidor, Fredrick Williams,
Noah Viner, and Tia Coats**

Scaling Heights, Building Community: The Transformative Power of Climbing

2:15-3:00 Betsie River Room

Climbing goes beyond the physical, fostering trust and collaboration and blending teamwork and a deep sense of community for individuals of all skill levels and backgrounds. Chicago Adventure Therapy (CAT) harnesses the transformative power of climbing, celebrating effort and connection. We work to break physical, cultural, and economic barriers to ensure everyone can experience the healing power of climbing.

Zorbari Nwidor, Executive Director of CAT, works to break barriers to the outdoors and adventure sports. She holds multiple certifications including paddlesports coach and climbing instructor.

Fredrick Williams, a paddlesports instructor for CAT, works toward equal access and opportunities to outdoor spaces for underrepresented communities.

Noah Viner, has a degree in Outdoor Education and is a CAT staff member, committed to fostering a connection with nature that inspires growth, adventure, and curiosity.

Tia Coats, Development Coordinator for CAT, is a paddlesport coach, committed to empowering others to find confidence through adventure.



Michael George

The Wolves and Moose of Minong: What we are learning

3:30-4:30 Main Stage Auditorium

Isle Royale, a wilderness island in Lake Superior, 15 miles from Canada, has been the home of a dynamic study of wolves and moose for 65 years, making it the longest, continuous study of any predator-prey system in the world. Learn how this research documents the close relationship of intertwined species and how the changing health of one species can impact the health of another.

Michael George, with degrees in biology, conservation and wildlife management, has worked in natural and cultural interpretation for over 45 years. After 32 years with Huron-Clinton Metroparks, he retired as Chief Naturalist of that park system. Michael has been associated with the Isle Royale wolf/moose study since 2007, first as a volunteer and later a team leader for the project. Currently he is on the board of directors for the Wolf/Moose Foundation and the board of the Isle Royale & Keewenaw Park Association.



Russ Hicks

Dam Removal: Best Way to Achieve Dam Safety in Michigan



3:15-4:00 Grand River Room

With recent dam breaches in small towns in Michigan and Texas, dams have become a matter of great concern for communities around the country. We'll discuss the implications and realities of living and recreating on man-made dam-impounded waters, of living downstream from dams and consider the costs of dam failures and rebuilding. Currently, dam removal is seen as the most successful way of improving dam safety and there are plans for removal of 30,000 dams nationwide.

Russ Hicks is a member and speaker for the Association of State Dam Safety Officials. He was project manager for successful dam removal projects and currently serves on the Elsie Dam Removal Advisory Committee. Russ served as QAS show chair for four years, and as President for seven. He is a certified Red Cross Small Craft Safety Instructor Trainer, and Michigan DNR Safe Booter Instructor, and was recipient of the 2013 Verlen Kruger Award.

Micah Leinbach and David Shapiro

Bridging the Adventure Gap: Great Lakes Adventures for All



3:15-4:15 Red Cedar Room

"Big Red" is a wilderness program on wheels run by: Bus for Outdoor Access and Teaching (BOAT). Partnering with local organizations, we provide a mobile gear library and guiding service, helping them run their own adventures. Big Red and the team behind it are helping close the racial and economic gap in outdoor adventuring. Learn ways to make adventure more inclusive from a team that's doing it.

Micah Leinbach, a nationally recognized outdoor educator, has supported numerous non-profits, schools, and other organizations in planning and running adventure trips. He has worked as a wilderness guide, a Wilderness EMT, and a Leave No Trace Instructor.

David Shapiro is a long-time outdoors guide, Wilderness EMT, and Leave No Trace instructor, passionate about cultivating personal growth and strong, connected communities. With a background in racial justice advocacy and faith-based organizing, he is committed to promoting equity and finds joy in building community.

Vern Fish and Brian Beney

Explore the Wabakimi Area

3:15-4:00 Au Sable River Room

The Wabakimi Area, located three hours north of Thunder Bay, Ontario, is a vast wilderness connected by streams, lakes, fast water, and impressive waterfalls. It includes more than 4,000 miles of historically and culturally significant canoe routes and is home to moose, bears, wolves, wolverines, lynx and caribou. The Friends of Wabakimi, an international non-profit, advocates for the protection, sustainable economic development, and preservation of these diverse cultural, natural and recreational resources. Learn how you can access this huge network of rivers and lakes and to help the Friends of Wabakimi protect it.

Vern Fish is president of the Friends of Wabakimi, and has served on the board of many conservation and heritage foundations. He is currently an elected commissioner on the Black Hawk Soil and Water Conservation District. A passionate paddler, he has run wild rivers from the Mexican border to Hudson Bay and north to the Arctic Circle.

Brian Beney: Whether it's paddling, backpacking, camping in all seasons or just being active outdoors, Brian loves to share his enjoyment of wilderness experiences with others. He currently serves as the chair of the board for the Friends of Wabakimi. Brian recently retired as an Elementary School Principal and lives in Waterloo, Ontario.



Gwen Botting and Aric Wallace

Into the Woods - Making Nature Accessible with People with Disabilities

3:15-4:00 Betsie River Room

There is more to hiking than getting somewhere-- just standing on a trail listening to birds, feeling the breeze, listening to a brook. What doesn't work for kids who are blind or low vision is "look, the columbine is in bloom!" This presentation will review strategies used by Opportunities Unlimited for the Blind (OUB) to make the natural world accessible to people with visual disabilities.

Gwen Botting is the long-time Executive Director of OUB, which conducts outdoor adventure trips for the visually disabled. She is devoted to helping kids who are blind/low vision access a better world.

Aric Wallace, a former OUB camper, is now OUB Camp Director. He loves hiking and learning about nature and encourages OUB kids to do the same.

Autumn Michels is an OUB staff member who loves nature and cooking, is totally blind and helps ensure OUB projects work well for people with no vision.



James Duke

Accessibility for Hiking and Paddling Along the Grass River



4:15-5:15 Grand River Room

Discover the Grass River Natural Area, a 1,502-acre nature preserve nestled in Bellaire, Michigan. With seven miles of well-maintained hiking trails, including newly installed ADA-accessible boardwalks that float above northern fen and cedar wetlands, and an ADA kayak launch along the Chain of Lakes Water Trail, this serene destination invites adventurers of all abilities. Learn how its accessible trails, waterways, and year-round education center create an oasis for exploration of the beauty of northern Michigan.

James Duke, education director at Grass River Natural Area, with nearly 20 years experience in science and environmental education, has taught in classrooms, nature centers, and museums across Michigan and New York. James is a Certified Interpretive Guide through the National Association for Interpretation. He enjoys backpacking, hiking, photography, art, writing and music. He feels privileged to call northwest Michigan home and is dedicated to inspiring others to explore and protect this region.

Danielle Steffey and Tim Gallaway

Make the Time: A Backcountry Canoe Adventure Film



4:30-6:00 Red Cedar Room

Accompany two friends on a canoe journey through Canada's backcountry, filled with stunning landscapes, laughter, and personal challenge. Enjoy this heartfelt reminder to make time for adventure, friendship, and what truly matters.

Danielle Steffey is a long-time avid paddler and an active mentor at Qajaq USA events nationwide. She is also an instructor with Michigan DNR's Becoming an Outdoor Woman program. She uses filmmaking to connect and to inspire others to explore the outdoors. She loves exploring the unknown – both of landscapes and of personal growth.

Tim Gallaway a kayak coach and expedition paddler has taught kayaking around the U.S.A and in Canada. Tim is a regular coach at Qajaq USA events around the country. In 2018 he competed in the Greenland National Kayaking Championships where he brought home many golds. Tim has completed expedition paddling trips across Ontario, Quebec, Lake Superior, Lake Huron, the Mississippi, and Maine.

**Jenny Cook and
Amy Scharmen Burgdolf**

Bikers, Hikers and Horses! Oh my!



4:15-5:00 Au Sable River Room

What should you do when you encounter horses and horseback riders along the trails? What are the best practices for everyone? Learn how horses perceive danger and how they respond. Speak with two of Michigan's official Equine Trails Representatives. Share your thoughts and ideas about horses and horseback riders.

The Michigan Horse Trails Association (MHITA) is a non-profit working to improve, educate, protect, and promote equestrian trails and equestrian camping.

Jenny Cook, MHITA Vice President is active on a variety of equine trail councils, committees and interest groups. Notably, she helped develop the national Trails Safe Passing Plan (TSPP) "Stop! Speak and Stand Back" safety action plan.

Amy Scharmen Burgdolf, MHITA President, and life-long trail rider, serves on a variety of boards and advisory committees representing the interests of the trail riding community, including being Chair and Southeast Michigan representative of the Equine Trails Subcommittee to the DNR.

Dawn Lundin

Using Sports Nutrition to Elevate your Adventure



4:15-5:00 Betsie River Room

The most common limiting factor when adventuring is your nutrition. Whether it's a daily adventure or one off your bucket list, proper sports nutrition can help your body, mind, and attitude. This presentation will bridge the gap between sports nutrition science and its application in deciding what and when to eat on the trail or on the water. We'll discuss guidelines and food recommendations for before, during, and after your adventure, and show you how to plan your nutrition to make it all happen.

Dawn Lundin is a registered dietitian and owner of Restore Ease Dietetics - a virtual nutrition private practice focusing on mental health and sports nutrition. She is the team dietitian for the Marquette County Interscholastic Cycling (MCIC) team and the West End Devo team. Dawn is a multi-sport athlete who enjoys running, mountain biking, stand up paddle boarding, and cross-country skiing.

Jackson County's great outdoors are the perfect prescription for the four-wall blues, with recreation to cure what ails you. Miles of trails and thousands of acres of protected forest surround Jackson's city center, all with their own reasons to get you on your feet. Kayak some of the area's bountiful lakes, or grab your binoculars for birdwatching in the presence of hundreds of native bird species.



experience
jackson



Demonstration Information

John Chase

Power to the Paddle: Exercises to Improve Your Paddling

9:30 - 10:30 - Demonstration Stage

Get ready to move in this fun, hands-on session where you'll learn and practice functional exercises to help you paddle longer, faster, and stronger. Learn simple exercises requiring little or no equipment that will make you a better paddler, build endurance, and prevent injury. Join us to improve your outdoor experience and become the best paddler you can be.

Tony Pascuzzi, Tim Gallaway, and Kyle Wills

Land Rolling in Your Kayak

11:30 - 12:45 - Demonstration Stage

At Qajaq Training Camp (and other Qajaq USA events) we start teaching how to roll a kayak on land. We will demonstrate this on the QAS Demonstration stage using both a traditional skin-on-frame qajaq as well as a modern kayak. Mentors help students learn proper body position to bring a kayak upright from a capsize and will help support and rotate the kayak.

Jileesa Irwin and friends

**Use of Assistive Technology for
Outdoor Recreation**

1:00 - 1:45 - Demonstration Stage

We will demonstrate the various assistive technologies that are available to enjoy the outdoors. The Michigan Assistive Technology Program (MATP) is a Michigan-based nonprofit organization that provides assistive technology to people with disabilities.

Jay Hanks

Camping Stoves

2:00 - 2:45 - Demonstration Stage

Camping stoves are an essential part of every outdoor camping trip. The variety of stoves available today may be confusing, but this demonstration will show the participant the pros and cons of each type of stove. From twig-burners to suitcase stoves, this will explain the best features, as well as the disadvantages of each type, as well as which ones work best under different conditions.

John Chase

**Perfectly Pack your Kayak for a
Multi-Day Trip**

3:00 - 3:45 - Demonstration Stage

Loading your personal and shared group gear in your boat is both art and science. This hands-on workshop will equip you with tips and tricks to pack your kit for a dry, safe and enjoyable multi-day journey without having to cut the handle off your toothbrush.

Experience the 252-mile Grand River Water Trail

Michigan's longest

Today in the Grand River Room 1:00 p.m.
following presentation of the Verlen Kruger Award



The Grand River is the longest river in Michigan, flowing 252 miles from near Jackson to Grand Haven. The Grand River Water Trail is split into three sections, the Upper, Middle, and Lower Grand River. We are working together to develop a sustainable, enjoyable, and safe water trail for Michigan residents and visitors.

Water trails:

- are specifically designed for smaller watercraft
- feature developed access and launch points that are accessible to the public
- encourage tourism and healthy activities
- help showcase Michigan's incredible water resources, local pride, and economic growth.

Look for free water trail maps at our presentation.

WATER TRAIL SPONSORS:



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Grand
River
Watershed
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Visit our booths and learn more about us!

2025 Quiet Adventures Symposium Planning Committee

We here at the Quiet Adventures Society were so grateful to be back at it again for the 30th annual Quiet Adventures Symposium. However, the Symposium could not have happened without the enormous efforts of our 2025 Planning Committee. The Committee met numerous times through video chats throughout the last several months to create and coordinate every facet of the event you see here today.

The volunteer members put in countless additional hours outside of the committee meetings to be able to bring together all the different outdoor communities, groups, and individuals that you see around today to celebrate adventure with one another. The members of the 2025 Planning Committee include the following: Collin Tarr, Cynthia Donovan, Emma Bailey, Emma Knapp, Gary de Kock, Joe Lessard, Lauren Smith, Liu Gedvilas, Pat Harrington, Patty Vance, Rachel Ochylski, Rich Bailey, Susan Hopp, Stacie Longwell Sadowski, Chris Ellis, Haley Andrus, Thad Vance, and Tony Kuhlman.

We would like to provide a special thanks to Emma Knapp for designing this year's Symposium Program. Emma with Collin's assistance spent countless volunteer hours designing many of the Symposium's posters, advertisements, and this program. Without volunteers like Emma Knapp, Emma Bailey (this year's Stacy Smith Outstanding Volunteer Award recipient), and the rest of the Planning Committee, the Symposium would not be able to happen. It is thanks to the efforts of individuals like them that we have been able to host the Symposium for 30 years, and we hope to continue it for another 30 more (and then some!). There is always room to grow, so if you are interested in getting involved on the ground floor of an event like this, please reach out to info@quietadventures.org or talk to one of this year's Planning Committee members for more information.



This was in 2024 when we all got together. Many of the same people are involved for QAS 2025. A shot from a Zoom call got rejected as just was not adequate!

Volunteer Information

Our volunteers are old and new. We value how things were done and welcome fresh ideas. Hundreds of volunteer hours go into organizing an event like the Symposium. There are months of planning, tireless Zoom calls, and attention to details behind the scenes on QAS day because we care. Without the volunteers of QAS, we'd all be twiddling our thumbs on the first Saturday of March. But there aren't enough of us! Volunteers get tired and retired, and they move around. We constantly need new people!



Many of the exhibitors are volunteers, especially the non-profit groups. They are passionate about the resource and their experiences. They have a story to tell and share with you. The commercial exhibitors are spending their weekend at QAS. They may be relying on family and friends to set up and manage their exhibits while they are speaking in one of the sessions. Volunteers have a spirit of community. Please take a moment to let them know you value their work. A sincere smile and thank you will be much appreciated. Thanks to Eagle Monk Pub and Brewery, Volunteers will receive a bandana to help identify them!

THANK YOU TO ALL THE VOLUNTEERS!

Quiet Adventures Society Board of Directors



President: Cynthia Donovan

Cynthia has been the President of the Board of Directors since 2021. She is an avid kayaker and hiker, as well as skier and snowboer, when the snow is good. She spends part of the year encircled by water on an island in the northern Great Lakes region. She retired from Michigan State University in 2019, where she was on the faculty of the Department of Agricultural, Food and Resource Economics, engaged for over 20 years in development and training projects in Africa and elsewhere. Among her responsibilities at MSU, she was the Deputy Director of the Legatee Innovation Lab. Her interest in the Society began with the Quiet Water Symposium as a volunteer and speaker. She loves being able to bring people together to connect and is always looking for new adventures and learning among the friends, old and new, at QAS.



Vice President: Lauren Smith

Lauren joined the Quiet Adventures board in 2022 after several years representing various organizations as exhibitors at the annual symposium. Lauren brings more than a decade of event planning, outreach, and fundraising experience to the Quiet Adventures Society. An enthusiastic outdoorsperson, Lauren enjoys hiking, backpacking, kayaking, snowshoeing, snowboarding, and hammocking. Her adventures have taken her from the mountains of the west coast of the U.S. to the beaches of Cape Town, South Africa and beyond, but her favorite place in the world is the shores of Lake Superior. Lauren is grateful for the opportunity to help others explore and enjoy the outdoors through her service with the Quiet Adventures Society and Quiet Adventures Symposium.



Treasurer: Emma Ruth Bailey

Emma joined the QAS Board of Directors in 2023 after many years of involvement with the symposium as a volunteer, volunteer coordinator, planning committee member, speaker and exhibitor. She is an avid paddler, backpacker and lover of all things outdoors. Self titled "A Freak FOR Nature", Emma has always had a passion for experiencing these hard to get places. Emma was raised in the Lansing area and is passionate about supporting, growing and enjoying the unique outdoor community in the Mid-Michigan area. She is excited to offer her skills, knowledge and insight to support the Quiet Adventures Symposium and connect people to outdoor resources, education and ideas.



Secretary: Susan Hopp

Susan attended and volunteered at Quiet Adventures Symposium in 2023 for the first time. She found it to be an amazing event, motivating her to get more involved. She loves hiking and paddling and would like to pass that on to others, including the next generation. Susan bring business and educational skills to the Board.



Director: Gary De Kock

Gary served as chair of the Quiet Water/Adventures Society Board of Directors from 2014 to 2022. He presented the River Guardian Award to Verlen Kruger at QWS 2003 and made a presentation on kayaking in the Great Lakes at QWS 1996. In 2014, he and Linda De Kock paddled a tandem kayak from source to sea on the Mississippi River (2,291 miles in 70 days). In 2018, they canoed the Missouri River from Three Forks, Montana to St. Louis (2,343 miles in 86 days). These and other trips have been used to raise funds for communities worldwide that lack safe drinking water and adequate sanitation. In 2023, they were honored to receive the annual Verlen Kruger Award for these and other contributions to paddlesport.



Director: Pat Harrington

Pat has been active on non-motor transportation since hit by a school bus while commuting in 1976. Having participated in 40 DAE/MAC bicycle tours, with 20 as a volunteer organizer for Tri-County Bicycle Association, Pat also has been active in recreational paddling volunteerism for over 20 years and co-organized such events as The 2010 Grand River Expedition and MGRW.org's Hugh Herward Challenge. Pat has a collection of Sawyer solo canoes and has been involved with Lansing Canoe & Paddle Club since the mid-1990's. Actively participating in Quiet Adventures Society activities, Pat's voice is commonly heard from the rafters of The Symposium's speaker system and can be found with his wife Robin helping out in whatever way we let them. They are known as "The Dynamic Duo" of Putnam & Robin or Flipper & Sweep and received the Stacy Smith Volunteerism Award in 2021 from The Quiet Adventures Society.



Director: Collin Tarr

Collin is an avid outdoor enthusiast, finding himself spending his time backpacking, rock climbing, and skiing whenever he can. Collin graduated from the University of Redlands in 2021 where he received his Bachelor's Degree while also working as an outdoor guide for university students. He has led trips in California, Utah, Arizona, and New Hampshire in the United States, as well as international trips in Austria and Bavaria. While he hails from the Northeast, he now finds himself located in the Greater Lansing Area of Michigan where he has and currently works in both the outdoor retail sector and the outdoor non-profit sector with organizations like Moosejaw Mountaineering, the Quiet Adventures Society, the Michigan Waterway Stewards, and others. Collin finds himself now focusing on educating and spreading a passion for stewardship in outdoor spaces, and hopes to continue to help build community through the QAS.



Director: Emma Knapp

Emma is an enthusiastic outdoorswoman and lover of all things nature. With a background in the arts & education, Emma is passionate about combining her creativity with her love of the outdoors. Emma now works in outdoor retail, helping to bring outdoor products and opportunity to Mackinac Island. Helping people of all backgrounds and experience levels get outdoors is a great passion of hers. Emma began volunteering with the Quiet Adventures Society for the 2024 Symposium and joined the Board of Directors shortly thereafter.

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**quiet
adventures
symposium**

Visit the QAS Raffle Table in the Exhibit hall and check out our

Door Prizes!

First Ticket free with entry. Additional tickets one for \$1 or three for \$5

Thank you to our exhibitors and sponsors for their door prize donations!

Frequently Asked Questions



Are more people needed on the Board of Directors?

Yes! The Board is a talented group of fun and dedicated people. They'd love to talk with you.

Are more people needed for the QAS Planning Committee?

Yes! This is where creative and problem-solving people excel. The committee meets and works together from May until the next QAS day.

Can you live outside the Lansing area and still help?

Yes! Contact any of the QAS Board members to learn more.

The Verlen Kruger Award



Verlen Kruger, a world record canoeist from Delta Mills, Michigan, was named "The River Guardian" at the 2003 Quiet Water Symposium. This was a heartfelt honor from the mid-Michigan paddling community. Verlen was recognized for his outstanding achievements and records in paddle sports, for bringing international awareness to our environmentally sensitive waterways, and for fostering stewardship of our treasured water resources. Each year, we recognize others who embody his spirit.

On March 1, 2025, at a live presentation during the 30th Quiet Adventures Symposium, the 2025 Verlen Kruger Award will be awarded to Wendy Ogilvie. Wendy joined the Grand Valley Metro Council in 2013 as the Director of Environmental Programs, bringing with her valuable expertise from over 25 years in watershed and stormwater management. Wendy worked tirelessly to make the Grand River cleaner, more accessible, and safer for people from all backgrounds and economic levels. Her leadership has been effective because she understood that conservation work is built on relationships. Collaboration can be hard work, the meetings are frequent and long, but the results are more than any one individual can accomplish alone. Wendy has also been a team member of The Grand River Revitalization Project, an initiative of Grand Rapids Whitewater and the City of Grand Rapids. Their goal is to bring the rapids back to Grand Rapids. By working closely with community partners, government agencies, and river development experts, they want to revitalize a 2.5 mile stretch of the river. In-river construction, including dam removal and channel reconstruction, could begin as soon as July 2025!

In 2024, just as she was retiring from GVMC, her years of hard work paid off. The 96 mile long lower section of the Grand River was designated as a State of Michigan Water Trail. This designation connected the Lower section with existing water trails in the Upper and Middle sections and opened the door to apply for national water trail designation for the entire Grand. Verlen Kruger lived on the Grand River, and it was the starting point for his worldwide adventures. It was his dream to see the entire Grand attain state and national recognition, and to draw people from all walks of life to paddle it and experience its beauty. Wendy's work on the water trail completed an enormous missing piece that has made his dream a reality.

Wendy joins the ranks of the previous Verlen Kruger Award winners, all recognized for significant contributions to paddle sport. She will receive a plaque, and a brick on which the date and her name are engraved. A duplicate brick will be added to the walkway around the Verlen Kruger Memorial located by the Grand River in Portland, Michigan. Wendy's name will also be engraved on a perpetual plaque, where it will join the names of our previous 29 Verlen Kruger Award winners.



Wendy Ogilvie, 2025 Verlen Kruger Award Recipient

Past Recipients

VERLEN KRUGER AWARD WINNERS

2003	2004	2005	2006
Verlen Kruger	James C. Woodruff	Janet Gross & Dave McCune	Gloria Miller
2007	2008	2009	2010
Albert Schultz	Dan Smith & Mike Smith	Karl Pearson	Charlie Parmalee
2011	2012	2013	2014
Doug Carter	Jay Hanks	Russ Hicks	Jean Kinnear
2015	2016	2017	2018
Ron Sell	Tiffany & Patrick Van DeHey	Dean Sandell	Tom & Connie Cannon
2019	2020	2021	2022
Hugh Walton	Andrea Knepper	Deana Jerdee	Todd Leigh Linda Savage Nancy Uschold
2023	2024	2025	
Linda & Gary De Kock	John Bollman	Wendy Ogilvie	

Stacy Smith Outstanding Volunteer Award

On February 4, 1968, Dr. Martin Luther King Jr. spoke to his congregation saying, "Everybody can be great, because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love". In 2018, the Quiet Water Society (now Quiet Adventures Society) made a commitment to honoring the service of individuals volunteering with us with hearts full of grace and souls full of love. Through the Symposium each year, hundreds of selfless individuals donate countless hours, talents, and monies to causes that actively make our world a better place, and all of them are deserving of recognition for their contributions. While every volunteer is invaluable, each year the Society selects one volunteer who stands out among the rest for their commitment, service, grace, and love.

The Stacy Smith Outstanding Volunteer Award was presented for the first time at the 2018 Symposium to her family in memory of her many years of volunteer service, as well as her selfless dedication to the paddling community. The award was designed to be given annually to a volunteer deserving of recognition for the qualities that Stacy exemplified, and this year the Society is pleased to present the award to Emma Ruth Bailey.

Emma has been a part of Quiet Water / Quiet Adventures from the beginning. She visited the first Quiet Water Symposium, held at the Kellogg Center in 1996, at a very young age. It wasn't too many years later that she started coming to the planning meetings held at Raupp's Campfires with her dad. From there it was a short step to being a part of the planning team. She has both exhibited and presented at symposiums over the years and has performed just about every role needed to keep this event running. This includes taking over the role of volunteer coordinator while still a high school student. She has helped portaging canoes & kayaks at the dams on the Hugh Heward and is also a member of Hugh Heward Challenge 50 mile club. Emma has also been very involved with The Lassing Out & Paddle Club, LOAPC, from an early age and has coordinated the LOAPC waterfront during the Kid's Day event at Burchfield Park for several years.

Emma has taken on additional roles with management of The Quiet Adventures Society as a board member, and most recently stepping into the role as the Treasurer. If you see her modified school bus at the trailhead, chopped to carry passengers & gear, you'll know you have a friend that's always willing to help.

It is with great honor that the Quiet Adventures Society selects Emma Bailey as our 2024 Stacy Smith Outstanding Volunteer Award recipient.

Past Award Winners:

- 2024 - Kate Lederle
- 2023 - Joe Lessard
- 2020 - Pat Harrington and Robin Barfoot
- 2019 - Rich Bailey
- 2018 - Family of Stacy Smith



*2021 and 2022 were omitted as no award was presented those years due to the COVID-19 pandemic.

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"In wildness is the
preservation of
the world."

- *Henry David Thoreau*

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The Quiet Adventures Symposium

Code of Conduct

The Quiet Adventures Symposium (QAS) serves as a platform for education, discussion, and the presentation of ideas that promote human powered outdoor recreation and help conserve our Great Lakes resources. In pursuit of these goals, the Quiet Adventures Symposium embraces the right to free speech while also being aware that there may be many sides to every issue and many possible solutions. The viewpoints of our many guests, exhibitors, speakers, and demonstrators are their own, and may not necessarily represent the views of the Quiet Adventures Symposium, its board members, or its many volunteers. Therefore, the Quiet Adventures Symposium requires that:

- Exhibitors, speakers, and demonstrators must keep their activities and the activities of their group, employees, and volunteers confined within the area assigned to them by the QAS Planning Committee.
- Interactions with event staff, guests, exhibitors, speakers, and demonstrators must be held in a civil and professional manner.
- Conduct or behavior must not be disruptive to the event.

If members of the QAS Planning Committee find that any action of guests, exhibitors, speakers, or demonstrators violates these requirements, event staff will attempt to resolve the situation. In cases where agreement on a solution cannot be found, parties may be asked to leave the site. In the most extreme cases, parties may be restricted from future participation in the event.

The QAS Code of Conduct is included as a part of exhibitor registration. Submission of the exhibitor form indicates acceptance of the Code of Conduct.

This will help make it possible for all parties to interact in a positive way.

HABs 101

PREVENTION AND MANAGEMENT TIPS FOR A HEALTHY POND OR LAKE



Webinar: April 2, 2025, 6-8pm ET

**Get top tips for preventing and managing
harmful algal blooms in inland waters!**

Join a free “HABs 101: Prevention and Management” webinar for insights into what to do when your pond or lake turns green (hint: it’s not always a problem!). Get concrete tips for reducing the risk and impact of harmful algal blooms in your water and preventing them from happening again in the future.

Hosted by Michigan Sea Grant and partners around the state, the webinar will cover topics including septic systems, nutrient budgets, direct management options, and more.

Find the full agenda and speaker line-up by following the QR code. Register to receive Zoom link.



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Registration: events.anr.msu.edu/HABs1012025

Cliff Jacobson's Last Picture Show

Cliff Jacobson has been a favorite at the Quiet Water Symposium and the Quiet Adventures Symposium since he first presented in 2004. He is one of North America's most respected outdoor writers and wilderness canoe guides. His books are in the hands of many outdoor enthusiasts and are shared by canoeists in Canada and the USA. He always graciously donated a book or two to the raffles at QAS, so his books will be found in many local bookcases! We wish to honor Cliff this year since this is the last year that he will be doing public presentations.

In his biography, Cliff writes that he discovered canoes at the age of 12, in a rustic Scout camp set deep in the Michigan woods. He became hooked on the wild outdoors, and by age 14, he had read every book in print on wilderness travel. He went camping (with friends or alone) nearly every weekend. When he got bored in school, he drew pictures of canoes, tents, knives, rifles and axes in his notebook. Cliff kept doing and learning. He discovered that many of the camping procedures he'd read about in books were wrong. If you have read Cliff's books, you know his advice often clashes with "accepted ways" and sparked many discussions between outdoor experts on the right way to do things.

Cliff is a retired environmental science teacher, an outdoors skills instructor, a canoeing and camping consultant, and the author of more than twenty top-selling books. He is a distinguished Eagle Scout, a recipient of the American Canoe Association's prestigious Legends of Paddling Award and a member of the ACA Hall of Fame. His flagship book, *CANOEING WILD RIVERS*, Fifth Edition, is the top recommended resource for canoeing off the beaten path. His teen book, *JUSTIN CODY'S RACE TO SURVIVAL*, mixes a fictional survival story with practical outdoors skills—essentially, a how to canoe and camp book disguised as a novel. His popular video, *THE FORGOTTEN SKILLS*, details the most important camping skills.

We honor this warm, generous, humorous, and wonderful man for all that he brings to the spirit of outdoor adventure. To show our great appreciation for his contributions to the Quiet Adventures Symposium and all who attend, Cliff will be presented with a hand crafted paddle on which a plaque will read as is written below.



With heartfelt gratitude, we thank

Cliff Jacobson

For 22 years of keynote presentations at the Quiet Adventures Symposium. You brought together generations of adventurers who love to paddle and camp. We travel safely and with joy because you shared a lifetime of expertise. Your presentations and books taught us to depend, not on gear and luck, but on skill and judgement.

Quiet Adventures Society

March 1, 2025, Lansing, Michigan USA

GRAND PRIZE RAFFLES

Saturday, March 1, 2025

MSU Pavilion 9 am - 5:30 pm

1 TICKET FOR \$10 3

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Denny's Central Park Bicycles.



Grand Prize Raffle tickets will be sold on the day of the event at the Grand Prize Raffle Table. Drawings will take place at 5 PM the day of the symposium. You need not be present to win. Winners must be able to claim prize within 24 hrs of drawing. Vouchers do not have cash value. The QAS Raffle License and House Rules will be displayed at the event as required by the Michigan Lottery Charitable Gaming Division.



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