

The 31st Annual



quiet adventures symposium



	 Main Stage Auditorium	 Grand River Room	 Red Cedar River Room	 Au Sable River Room	 Betsie River Room	 Demo Stage Exhibit Hall South End
9:30 - 10:30	Vic Foerster Isle Royale Stories	Stacie & Vince Sadowski Introduction to Hammocks		Greg & Max Marten The ABC's of Planning your first Canoe-Camping Trip (BWCA)	Gary & Linda De Kock The Trail of the Coeur d'Alenes by Tandem Trike	John Chase Power to the Paddle: Exercises to Improve your Canoe and Kayak Paddling
10:45 - 11:45	Peter Frank Circumnavigating Eastern United States by Canoe	Jess Rasmussen & Shawn Towsley Building Memories Through Cycling		Eric Binder Lake Powell Stand UP Paddelboard Adventure	James Dake & Jenn Wright Boradwalks for All: Michigan's Next Great Accessible Wetland Adventure	Jon Le Valley 101: Outdoor Stoves
12:00 - 12:45	Andrea Graham & Gary De Kock Verlen Kruger Award Presented to Peter Frank plus more from Verlen Kruger Legacy	John Chase Sand Dunes, Lighthouses, and Cherry Pie: Sea Kayaking Grand Traverse Bay	Rudi Hargesheimer Superior Trails, a Photo Tour -Hiking Lake Superior's Best! Packrafting, too	Tim Gallaway Navigation for Those That Get Lost	Carl Calille & Keith Buchele Bicycle Touring vs. Bike Packing -Which is for You?	Lunch break BYOS(andwich)
1:00 - 2:00	Laura Herberg Discussion Panel Learning the Hard Way: Lessons from Misadventures	Jeffery Holden Citizen Scientists of Wolf Moose Project	George Stockman Team Paddling in Big Boats	Micah Leinbach Bridging the Gap: Great Lakes Adventures for All	Marci Larsen Finding Courage Outdoors: Building a Backpacking Community	LouAnn Stark-Dykemma Learn the Basics of Dragon Boat Paddling
2:15 - 3:00	John Chase 5 Things I wish I had been told about Kayaking	Gary & Linda De Kock Suwannee River Wilderness Trail by Canoe	Jerry Vandiver Songs About Paddling Camping & All Things Outdoors!	James Dake Bike Packing to Touring, and Everything In Between	Jamie Welch & Sarah Keyeser-Brown Adventures for All: Empowering Independence Through Adaptive Paddling	Qajaq USA Team Land Rolling in Your Kayak
3:15 - 4:00	Jay Fowler Grand Rapids to Washington D.C. or Bust!	Noah Viner & C.A.T. Team Paddle. Empower. Repeat: Building Equity Through Adventure Sports	Jennifer Reynolds Group Trip Planning: Creating Epic Adventures!	Anna Green Junior World Orienteering Championships: Italy, 2025	Eric Renshaw Wood Boats? Sustainability & Environmental Impacts	John Chase Perfectly Pack Your Kayak for a Multi-Day Trip
4:15 - 5:00	Michael George Paddling in and around the Keweenaw Peninsula	Sue Bakkila Turn Right: Adventures in the Eastern UP	Jess Rasmussen & Shawn Towsley Cycling Adventures with ALL Abilities	Bruce Umpstead A Bungler's Guide to Backpacking the Grand Canyon	Tim Gallaway Make the Time - A Backcountry Canoe Film	Charlie Gabriel & Jeff Stieve How to Build a 17' Dory (near stage)

ALL DAY

* Subject to change. Please thank our Show and Room Sponsors when you see them.*