

Check Out These Fall Campouts!

Mark Your Calendar!

August 25-27, 2017 — The 27th "Original" BOW at Treehaven Field Station, Tomahawk, WI

Enjoy a weekend in the woods at a fabulous facility. Choose from classes including Fly Fishing, Kayaking, Dutch Oven Cooking, Beginning Shotgun, Canoeing, Hiking and Mindfulness, Fly Tying for Bass, Sewing with Fur, Hammock Camping, Wild Edibles, and more!

Workshop Fee: \$369. Includes 2 nights lodging at Treehaven & 7 meals, Friday lunch through Sunday lunch. Roommate preferences: Treehaven provides dorm-style lodging.

CANCELLATION – A \$150 processing fee will be assessed to all cancelled registrations. Registrants who do not attend and do not cancel by Friday, August 4, 2017 will be assessed the full program fee.

The complete brochure is available at: <http://www.uwsp.edu/cnr-ap/bowWI/Pages/Events.aspx>

BOW Director:
Peggy Farrell



Camp Mary White

August 22-24, Tues. — Thurs. / Wimberley, TX

Picnic and swim in the famous Blue Hole swimming area nearby. Visit the tourist town of Wimberley. Need 6-8 ladies for this trip. \$50 deposit required from each lady before the actual reservation will be made.

Spend Tuesday and Wednesday nights in nice A/C cabin with check-out 11 a.m. Thursday morning.

Wednesday we will visit Blue Hole. Can swim and picnic under the huge shade trees. May bring own food and drinks, ice chest, etc. No glass or pets. Open 10 a.m. – 6 p.m. Admission adult \$9, Srs. \$5 Nice restrooms, free parking. Blue Hole is a

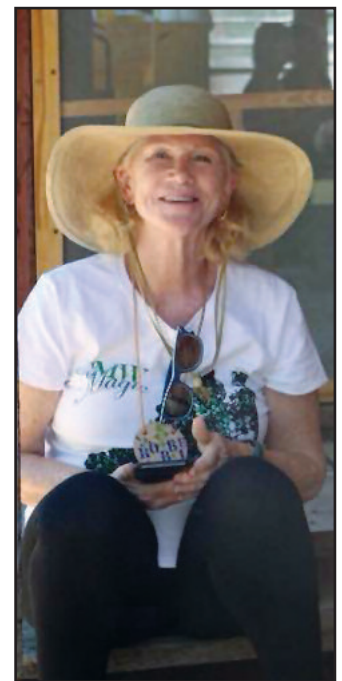
fresh water spring with shallow and deep ends. Google Blue Hole Wimberley for pics and description. Activities: visit town, picnic/swim Blue Hole. Enjoy nature and backyard area with spa. Read, relax. Your choice.

Sherry will take care of reservations and cabin deposit for our group. Each person will share in the total cost of 2 night rental, taxes and fees, and a required \$50 cleaning fee for our cabin. APPROXIMATE TOTAL COST FOR CABIN IF WE HAVE 6 LADIES: \$110.00 each. Cost per person will decrease with 7 and/or 8 guests.

Trip Leader:
Sherry Flowers
slf4545@msn.com

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NEXT TOWN MEETING

**MONDAY,
AUGUST 7, 2017**

**LA MADELEINE
5290 BELT LINE RD
ADDISON, TX**

**6:30-7:00 Social Hour
Meeting 7:00**



Texas Outdoors Woman Network



October 6-7, Camping at Lake Whitney State Park

Robbie has reserved 3 water only sites. Activities include camping, hiking, mountain biking, picnicking, boating, fishing, swimming (buoyed area – no lifeguard on duty), scuba diving, water skiing, nature study and excellent birding. For information on Lake Whitney: <http://tpwd.texas.gov/state-parks/lake-whitney>

Trip Leader:

Robbie Chandler
rbbchandler@yahoo.com

October 19-22, Camping at Shady Lake

Town Dallas' annual campout at Shady Lake Recreation Area in the Ouachita National Forest will be October 19-22. Shady Lake has long been one of our favorite camping areas because of the tall trees with beautiful fall foliage, mountains, and lake with waterfalls.

Bring a pumpkin to carve and Halloween decorations for our tent decorating contest.

There are miles of trails to hike and a small lake to put in your canoe or kayak.

The 9-mile Caney Creek trail with its own waterfall begins in the mountains 3½ miles north of Shady Lake, Tall Peak Mountain trail begins a few feet from our camping



sites, and there's a trail around the lake. Shorter hikes are near our campsites, along the running creek, and the lake. Restrooms, showers, and water are all nearby.

Shady Lake Recreation Area is a lovely CCC built campground with stone bridges and stone pavilion by the lake. The campground and park road are located north of Texarkana, southeast of Mena, Arkansas, on the lower southern edge of the Ouachita National Forest between Vandervoort and Athens on Hwy. 246.

Please join us in celebrating fall and Halloween in this wonderful campground. A sign-up sheet will be at the August meeting or you can email Judy.

Trip Leader:

Judy Shaw
JShawTX@aol.com

Dallas REI is hosting their first Outdoor/Indoor Block Party!

Date: Saturday, August 5
Time: 11:00 a.m. – 3:00 p.m.

November 9-12, Camping at Huntsville State Park

Come join us for a fall campout in Huntsville State Park. Lose yourself among the majestic trees and beauty of the East Texas Pineywoods. Rent a canoe, kayak or paddleboat! You can also explore the hiking trails or just relax by the lake. This campout will be led by Nancy Lee and MJ Steele. Sign up sheet will be at the meetings or contact MJ to get on the list.

Trip Leaders:

MJ & Nancy Lee
texassteele@yahoo.com



All locations will feature Hatch-infused entrees, appetizers and desserts. The Cooking Schools will host all kinds of cooking classes ranging from roasting to baking and wine pairing instruction.



Bike-sharing finds its way to White Rock Lake – Lakewood/East Dallas

If you have been down to the lake in the past few days, you may have noticed some yellow and grey bikes parked near the Spillway. Don't worry, it's not a family with matching bicycles who went for a hike a never came back, but a new bike-sharing program that has finally made its way to the lake. VBikes is a startup from Garland that has been placing their tech-savvy shared bikes around Dallas this summer, and now there is a new way to cruise the lake even if you don't have a bike, or don't want to schlep it from home.

Unlike the City of Dallas' bike share program, these bikes don't have to be returned to the same docking station where they were found, or any docking station at all. One just needs to download the VBikes app, sign up via Facebook or phone number, and then you can unlock the bike via the app and ride it for as long as you please. It costs just a dollar per hour to ride, but there is a \$99 deposit to use the bicycles. Matthew Morris, who is in business development with VBikes, says he sees the fee as a membership fee. Riders don't have to continue to make the deposit, but it remains in their account for as long

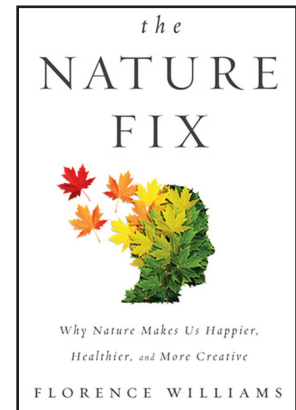
as they wish. If the rider moves to a place where there are no VBikes or no longer wishes to use the app, the deposit can be refunded. When finished, the rider is instructed to manually lock the bike and park in "any proper location," meaning you could ride it from the lake and leave it in Deep Ellum if you wanted. Cyclists can use the app to locate the shared bicycles as well.

According to VBikes, there are currently 100 bicycles in use throughout Dallas, and there are about 25 unique riders per bicycle. Right now, they have contracts with Klyde Warren Park and Buzz Works, an apartment complex in the Cedars neighborhood. This means that they replenish the supply of bikes at that location, but the bikes can be ridden and left anywhere, such as the group in the picture above. VBikes collects the cycles from low-use areas and brings them back to these more high-use locations.

Becky Rader, the Park Board Commissioner for District 9, says that VBikes has requested a meeting about placement of their bicycles at White Rock Lake. VBikes wants to do things by the book. "We have

met with the city and want to fit in with the city and do things the right way. We want to provide a service to tourists and citizens, build ridership, make the city more pedestrian and bike-friendly," said Morris.

Written By Will Maddox



The Nature Fix:
Why nature makes us
happier, healthier, and
more creative.

By Florence Williams

Anyone who's stepped foot onto a trail knows that nature is good for you. An intrepid investigation into nature's restorative benefits by a prize-winning author.

For centuries, poets and philosophers extolled the benefits of a walk in the woods: Beethoven drew inspiration from rocks and trees; Wordsworth composed while tromping over the heath; Nikola Tesla conceived the electric motor while visiting a park. Intrigued by our storied renewal in the natural world, Florence Williams sets out to uncover the science behind nature's positive effects on the brain.



Mission Statement

The TOWN mission is to provide all women the opportunity to learn and experience outdoor activities in natural surroundings through a non-threatening, safe and supportive environment.

5 Military Rucking Rules Every Backpacker Should Know

"Rucking" is the military term for hiking under load. As you can imagine, this is a huge issue for the military, as soldiers must wear body armor and carry weapons, ammo, water, communications equipment, and other gear as they conduct patrols and missions.

Movement over ground under load is also key for many mountain sports, from dayhiking to backpacking to big mountain alpinism.

1. One pound on your feet equals five pounds on your back.

This old backpacking thumb rule holds true, according to a 1984 study from the U.S. Army Research Institute. They tested how much more energy was expended with different footwear (boots and shoes) and concluded that it take 4.7 to 6.4 times as much energy to move at a given pace when weight is carried on the shoe versus on the torso.

In practical terms, this means you could carry half a gallon more of water (a little over 4 pounds) if you buy boots that are a pound lighter, which isn't hard to do; and that's a lot of water. Now imagine the energy savings of backpacking in light trail running shoes rather than heavy, leather backpacking boots over the course of 7-day backpacking trip.

2. One pound on your feet equals 5% more energy expended.

Heavier footwear doesn't just affect you because of its weight. Heavier boots are stiffer and less responsive as well. This reduces the efficiency of your body's stretch reflex on hitting the ground.

Five percent doesn't sound like much, though, so how does 5% translate to run times? Well, 5% would slow your mile pace time down by 30 seconds, depending on how long you're running. But, the faster you attempt to run, the more that 5% will affect your performance.

3. Every 1% of your body weight in your pack makes you six seconds slower per mile.

Carrying weight in your pack isn't free of cost, though. Each 1% of your body weight carried in your pack makes you 6 seconds slower per mile. So, if you weigh 150 pounds, each 1.5 pounds of weight in your pack slows you by 6 seconds per mile. For a 150-pound hiker, on an extended trip, cutting your pack weight down from 40 to 30 pounds saves you 40 seconds per mile.

4. A 10% grade incline cuts your speed in half.

Grade greatly affects speed. By "grade" we mean how much terrain incline or decline there is. At 10% grade, for example, for every 10 feet you travel forward, you'll travel 1 foot up. In terms of angles, 10% equals 5.74 degrees. A 5.74 degree angle doesn't seem like much until you're humping up it mile after mile. You'll know how hard it is because you'll move twice as slowly over it than over flat ground with a given load.

That last little part – with a given load – is important. A 10% grade will cut your speed in half no matter if you're carrying 45 lbs. or 80 lbs.

5. Going up slows you down twice as much as going down speeds you up.

Don't believe you'll make time up on the other side of the hill. You won't. You'll only make half the time up.

Why don't you gain as much by running downhill as you lose running up? Braking forces. As you descend, you have to brake your speed with your quads to keep yourself under control. The steeper the downhill, the more braking. This added load on your muscles further affects your uphill performance if you have repeated bouts of up and down work.

Rob Shaul, owner and head coach of Mountain Athlete in Jackson, WY, has been training elite outdoor sportsmen for years, including professional skiers, mountain guides, and The North Face global athletes. Sport-specific training programs for climbers, hikers, skiers and more can be found on his website: www.strongswiftdurable.com