

The Adirondack FreeStyle Symposium 2011 10-15 July, Ray Brook NY 12977

The 2011 Adirondack FreeStyle Symposium will again be on scenic Wolf pond in Ray Brook New York, 10-15 July. **Registration forms and course descriptions are attached.** Email charliewilson77@gmail.com or call Charlie at 518.523.9696 with questions. The Symposium has expanded to six days to allow participants to explore the High Peaks area, take organized group paddles or an extended course load.

Mornings focus on Solo coursework; the traditional FS 1-5 plus new courses on Transverse Paddling and High Kneel Thrusts and Canadian Style. New this year, guests can mix courses, ie different sessions daily, like FS 2 twice then FS 4 twice.

Tandem coursework occurs in afternoons to allow solo paddlers to experience FreeStyle's duality. Afternoon Special Topics include Paddling the Inside Circle, Sit & Switch Touring, the Slalom Course, FreeStyle Creek Running and One on One Tune-Ups with the Instructor of your choice. Again, guests may

The expanded format allows paddlers to pick and choose courses and recreational option. Opt for the day long paddle trip with the renowned Guide Griz Caudle or spend a day hiking, golfing, shopping or site seeing in the High Peaks and still take a full FS course load. The Symposium is a relaxed vacation opportunity.

Meals will be continental breakfasts and picnic style lunches served in our community tent, Dinners will be buffet style and off the grill. Or, paddlers may cook in their cabin or campsite. Dinner is provided Sunday evening through Wednesday. Thursday's dinner is Buy Your Own at Lisa G's in Lake Placid after an Interpretive Exhibition on Mirror Lake. A final breakfast sends us all home Friday morning, 15 July.

Reservations for cabins at Sherwood Forest may be made by calling Larry or Laura Peryea at 518-891.4400. There are one and two bedroom cabins; some cabins have kitchen facilities, a few have fireplaces. Prices vary, averaging \$35-40/ head when full. Sherwood's cabin fees include use of Wolf Pond. Mention AdkFS2 to participate in a rebate program. A site fee is required for those staying off-site.

Pets are not allowed on site at Sherwood Forest. Those bringing pets might contact Bob or Kim Walasky at the Lake Flower Inn, www.lakeflowerinn.com, 518.891.2310.

Camping reservations may be made for Meadow Brook DEC campground through www.reserveamerica.com or by calling 800.456.2267. Pets are allowed.

The Adirondack FreeStyle Symposium offers a relaxing immersion in the skill intensive sport of Canoeing,

Beth and Charlie