



## **“Adventures on the Bayou”**

***Gulf South Outdoor Education and Recreation Conference***

***May 13-15, 2010***

***Lod Cook Hotel-LSU Campus***

***Featured speaker:***

***Mark Fenton, author, race walker, environmental activist***

***BREC, LOOP, American Archery Asso., Backpacker***

***Activity Program topics include:***

***Cycling, Geo-caching, Ropes Course, Archery, Kayaking, Canoeing, Fishing***

***Other topics and programming ideas: Shoe selection for physical activity, Nordic walking,  
The Edible Garden, Outdoor Cooking,***

***The Health City Initiative, The Built Environment, Exergaming,***

**GULF SOUTH OUTDOOR EDUCATION AND RECREATION CONFERENCE**

MAY 13-15, 2010  
BATON ROUGE, LA  
LOD COOK CENTER – LSU CAMPUS

Reservations: 225-383-2665

(Room cost at Lod Cook includes a full breakfast each day)

*“ADVENTURES ON THE BAYOU”*

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

City	State	Zip
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EMAIL: \_\_\_\_\_

T-shirt size: (circle)      S      M      L

REGISTRATION FEE:    \$75.00

Make Checks Payable to “Gulf South Outdoor Education Conference”

Registration fee includes: Welcome reception, two box lunches & one dinner.

Mail registration to: Kathy Hill, 112 Long Fieldhouse, LSU-Kinesiology, Baton Rouge, LA 70803. Contact info: [khill@lsu.edu](mailto:khill@lsu.edu).

CONFERENCE AGENDA

Thursday, May 13, 2010

12:00-2:00 PM

*Check in Rooms, Pick up Registration Information*

2:00-3:00 PM

*(1)Shoe and clothing selection for all types of activities and weather-Jenni Peters*

*(2)The Edible Garden-Dr. Birgitta Baker & Jr. Master Gardner Program-LSU Agriculture Center*

*(3)Birding*

3:15-4:15

*(1)Smart City Initiatives*

*(2)The Latest in outdoor cooking ware- Backpacker of Baton Rouge*

*(3)Trail guides/Orienteering*

**4:30-5:30** *(1)Exergaming-BREC*

*(2)Louisiana Outdoor Outreach Program - LOOP*

*(3)The Latest and Greatest in Camping Equipment- The Backpacker of Baton Rouge*

**5:45-7:00** *Opening General Session*

*Introduction of Corporate Sponsors*

*Welcome: Mayor Kip Holden*

*Keynote Address: Mark Fenton*

**7:00-8:00** *Welcome Reception – Lod Cook Patio*

**Friday, May 14, 2010**

**7:30-8:30** *Nordic Walking with Mark – Nordic Walking Master Coach- This is “the rage” in Europe. Increase your caloric output using poles that work the upper body. You will love it.*

**9:00-11:00** *Concurrent Sessions*

*Canoeing – Byron Almquest*

*Fishing – Louisiana Wildlife & Fisheries*

*Ropes Course*

**11:15-12:15** *Yolo Boarding – Troy Archer*

*Lunch on the beach*

**12:30-2:30** *Canoeing – Byron Almquest*

*Fishing – Louisiana Wildlife & Fisheries*

*Ropes Course*

**3:00-5:00** *Canoeing – Byron Almquest*

*Fishing-La Wildlife & Fisheries*

*Ropes Course*

**5:30-6:30** *“The Amazing Race” – LA style*

**Rest of the day:** *“Live at Five” Downtown*

*Golf on your own (LSU Golf Course); Run/Jog/Walk the Lakes;  
Use the LSU Recreational Center for workout*

*Dinner on your Own*

**Saturday, May 15, 2010**

**7:30-8:30** *Joggin'/Walkin' with Jenni –Jenni Peters is a nationally known  
marathon runner and owner of Varsity Sports*

**9:00-11:00** *Geocaching/Walking/Cycling*

*Archery*

*Kayaking*

**11:00-11:30** *Check out of rooms if leaving today*

**11:30-12:15** *Box Lunches served*

**12:30-2:30** *Geocaching/Walking/Cycling*

*Archery*

*Kayaking*

**2:45-4:45** *Geocaching/Walking/Cycling*

*Archery*

*Kayaking*

**5:00** *Jambalaya at the Baton Rouge Beach*

*Enjoy jambalaya, salad, bread and soft drink at the beach or take  
a "To Go" box with you as you head home. Have a safe trip and  
we hope you have enjoyed your Adventure on the Bayou!*

**Special Thanks to our Sponsors:**

**Southern District Alliance for Health, Physical Education, Recreation and Dance**

**Baton Rouge Center for Planning and Excellence**

**YouWho, Inc - LSU College of Education**

**LSU Department of Kinesiology - Dr. Stewart Gordon**

**Varsity Sports**