

PRESS RELEASE

RELEASE DATE 8 September 2010

MEDIA CONTACT Liz Goodrich BRANCH/OFFICE Community Relations

PHONE (541) 312-1032 FAX (541) 389-2982

How To Be Prepared For Seasonal Backcountry Adventures

Tuesday, September 21, 2010 Brooks Room, Bend Public Library 6:00 – 8:00 pm

September 8, 2010 (Bend, OR)— Being prepared for backcountry excursions is crucial. Even a basic understanding of how to use simple gear can be the difference between a fun and exciting outing and a disaster. On Tuesday, September 21 from 6:00 pm, Robert Speik will present a show-and-tell program highlighting skills and concepts to better plan and prepare for the almost inevitable backcountry emergency. Speik will demonstrate the use of light, simple clothing and gear and share some new facts about being prepared in the backcountry. The program is free and open to the public.

Speik will also focus on the use of USGS topo maps, a Suunto adjustable-declination base plate compass and a Garmin e-Trex H GPS and he will also explain how to make calls to 911 without having a costly GPS in your phone by accessing the FCC E911 cell phone system to alert the Deschutes County SAR Volunteers. This class is best for adults who like to hike, climb, hunt, ski, snowshoe, snow mobile, photograph, or explore in all seasons in the backcountry of Central Oregon.

Speik believes "exploring the hills and summiting peaks have dangers that are hidden to the uninformed." He says that the risks can be mitigated by information, training, the right gear and knowledge gained through the experiences of others. "He, who knows naught, knows not that he knows naught," says Speik, "and that is what can get people in trouble in the backcountry.

For more information about this program, please call Robert Speik at 541/385-0445 or visit him on the web at www.TraditionalMountaineering.org.