



## MAMMOTH BLUE SKY ADVENTURE FEST

### Activity Schedule Updated 8.2.10

#### FRIDAY, AUGUST 13

ACTIVITY	ACTIVITY LEADER	TIME	MEETING LOCATION
Tour of Mammoth/Commuter Bike Challenge	Footloose Sports	Anytime	Footloose Sports
Hot Creek Walk	U.S. Forest Service	9 am	Hot Creek Parking Lot
June Lake Road Bike Ride	Footloose Sports	9 am-11 am	June Lake Beach Parking Lot (Meet at 8:30 am)
Fly Fish Casting Demos & Instruction	Eastern Sierra Fishing Guides Asn	9 am-11 am	Snowcreek Rental Office Parking Lot
Rumble 'n Tumble: A Geology Tour/Hike of the Lakes Basin	Friends of the Inyo	10 am	Horseshoe Lake Parking Lot / Trailhead
Intro to Rock Climbing Clinic (limit to 1 <sup>st</sup> 10 ppl)	Sierra Rock Climbing School	10 am-12 pm	Horseshoe Lake Parking Lot / Signboard
Devils Postpile Walk	National Park Service	11 am-12 pm	Devils Postpile Ranger Station Flagpole
Vinyasa Yoga For All Levels	Scott Saltsman	11 am-12 pm	Snowcreek Rental Office: lawn area behind building
Guided Mountain Bike Ride/Shady Rest Single Track Tour	Footloose Sports	11 am-12:30 pm	Footloose Sports Parking Lot (Meet at 10:30 am)
Raw Foods for Real People	Chef Michelle Mather	12 pm-2 pm	Sierra Sundance Whole Foods Market
Learning About Mammoth's Bear / Talk	Bear-With-Us.org	1 pm-2 pm	Pokonobe Lodge Sun Deck / Lake Mary

#### SATURDAY, AUGUST 14

ACTIVITY	ACTIVITY LEADER	TIME	MEETING LOCATION
Tour of Mammoth/Commuter Bike Challenge	Footloose Sports	Anytime	Footloose Sports
Hot Creek Walk	U.S. Forest Service	9 am	Hot Creek Parking Lot
Benton Crossing Road Bike Ride	Footloose Sports	9 am-11 am	Whitmore Swimming Pool (Meet at 8:30 am)
Trail Running	High Sierra Striders	9 am-11 am	Footloose Sports
Fly Fish Casting Demos & Instruction	Eastern Sierra Fishing Guides Asn	9 am-11 am	Snowcreek Rental Office Parking Lot
Kayaking Demo & Lessons	Mammoth Kayaks	9 am-11 am	Horseshoe Lake Shore
Yoga Kids, ages 3 to 6	Deanna Clark	10 am-10:30 am	Snowcreek Rental Office: lawn area behind building
Yoga Kids, ages 7 to 10	Deanna Clark	10:30 am-11:00 am	Snowcreek Rental Office: lawn area behind building
Blue Sky Hike	Friends of the Inyo	10 am	Mammoth Pass Trailhead at Horseshoe Lake
Devils Postpile Walk	National Park Service	11 am-12 pm	Devils Postpile Ranger Station Flagpole
Vinyasa Yoga For All Levels	Scott Saltsman	11 am-12 pm	Snowcreek Rental Office: lawn area behind building
Guided Mountain Bike Ride/Shady Rest Single Track Tour	Footloose Sports	11 am-12:30 pm	Footloose Sports Parking Lot (Meet at 10:30 am)
Living the Natural Foods Way	Chef Michelle Mather	12 pm-2 pm	Sierra Sundance Whole Foods Market
Power Yoga For All Levels	Lindsay McLaughlin	1 pm-2 pm	Snowcreek Rental Office: lawn area behind building
Gardening Tips for Drought Tolerant Conditions & High Elevations	Fran's Flower Gardens	11:30 am-12:30 pm	Sierra Nevada Lodge Lobby
Learning About Mammoth's Bear / Talk	Bear-With-Us.org	1 pm-2 pm	Pokonobe Lodge Sun Deck / Lake Mary

#### SUNDAY, AUGUST 15

ACTIVITY	ACTIVITY LEADER	TIME	MEETING LOCATION
Tour of Mammoth/Commuter Bike Challenge	Footloose Sports	Anytime	Footloose Sports
Hot Creek Walk	U.S. Forest Service	9 am	Hot Creek Parking Lot
Reds Meadow Road Bike Ride	Footloose Sports	9 am-10:30 am	Footloose Sports Parking Lot (Meet at 8:30 am)
Trail Running	High Sierra Striders	9 am-11 am	Mammoth Creek Park
Wildflower Short Hike to Emerald Lake	Friends of the Inyo	10 am	Mine Kiosk/Coldwater Campground
Devils Postpile Walk	National Park Service	11 am-12 pm	Devils Postpile Ranger Station Flagpole
Gentle Yoga For All Levels	Lindsay McLaughlin	11 am-12 pm	Snowcreek Rental Office: lawn area behind building
Guided Mountain Bike Ride/Shady Rest Single Track Tour	Footloose Sports	11 am-12:30 pm	Footloose Sports Parking Lot (Meet at 10:30 am)
Vinyasa Yoga For All Levels	Scott Saltsman	1 pm-2 pm	Snowcreek Rental Office: lawn area behind building

**Things Not to Miss During Your Mammoth Blue Sky Weekend!**

**Mammoth Ski Museum**

*Enjoy & Explore the Fine Art of Skiing*

- World's Largest Collection of Ski Art and Literature
- Dave McCoy Photography Exhibition
- *Mammoth Dreams* : The Story of Dave McCoy, Mammoth's Founder and Visionary

Wednesday-Saturday

10 am-5 pm

Film Screened Daily

**Mammoth Historical Museum**

The Hayden Cabin on Mammoth Creek

Friday and Saturday

10 am-5:30 pm

**Please read before you begin any adventure activity affiliated with Mammoth Blue Sky Festival, August 12-15, 2010.**

**INFORMED CONSENT**

By participating in any or all of these activities, it is understood each individual (known as "you") who voluntarily engages in adventure activities during the Mammoth Blue Sky event accepts the risks involved with participation. In the event that a medical clearance must be obtained prior to any participation in any adventure activity, you agree to consult your physician and obtain written permission from your physician prior to the commencement of any fitness program or adventure-based activity. You understand that you are responsible for monitoring your own condition throughout any adventure activity. If any unusual symptoms should occur, you will cease participation in the activity until medical advice has been acquired.

In agreeing to this consent disclosure, you affirm that you have read this consent disclosure in its entirety and that you understand the nature of a fitness or adventure activity program, and that to the best of your knowledge, you have presented all relevant health information to the participating activity leader. As a participant, it is your responsibility to determine if you are healthy enough to participate safely in the activity you have chosen. You agree to assume the risks of such exercise/activities and further agree to hold harmless HarvestMoon Presents Inc, Vallitix Inc., DBL Entertainment, Mammoth Brewing Company, together with Footloose Sports, Friends of the Inyo, U.S. Forest Service, Eastern Sierra Fishing Guides Association, Sierra Rock, the National Park Service, Snowcreek Athletic Club, Scott Saltsman, High Sierra Striders, Mammoth Kayaks, Deanna Clark, Lindsay McLaughlin, Frans's Flower Gardens, Sierra Nevada Lodge, and its subsidiaries, their respective employees, representatives, agents, and sponsors, or its instructors conducting the adventure and film activities of any and all claims, suits, losses or related cases of action for damages, including but not limited to injury or death, accidental or otherwise during or arising in any way from the fitness programs or adventure-based activities.