



3RD ANNUAL MAMMOTH BLUE SKY FEST
Blue Sky Bowl, Mammoth Lakes, CA
(adjacent to Edison Hall, Mammoth Campus, Cerro Coso College)
July 8-10, 2011

Mammoth Blue Sky Fest Adventure Activities

FRIDAY ADVENTURE

Guided Mountain Bike Ride

11am-12:30pm • Fri, Sat, Sun, 7/8-10

Meet at 10:30am at Footloose Parking Lot.

Get out on the trail with local mountain bike riding experts from Footloose Sports! Enjoy the fun of mountain bike riding with scenic landscapes and clean mountain air. Wear proper clothing and sunscreen, and bring your own bike, helmet and water bottle, or bike rentals available on site. (If you need rentals, please arrive 1/2 hour before meeting time.) All levels welcome.

www.FootlooseSports.com

June Lake Loop Road Bike Ride

9:00am-11:30am • Fri, 7/8

Meet at 12:30pm at June Lake Junction Gas Station at Hwy 395 & Hwy 158.

Join Footloose Sports road bike enthusiasts as you ride with a group, and enjoy the blue skies and beautiful landscape of the Eastern Sierra. All levels welcome. Route to be determined on day of ride. Bring your own bike and helmet. Limited bike rentals available. www.FootlooseSports.com

Heart Fire Vinyasa ~ Yoga For Every Body

4:00pm-5:00pm • Fri, 7/8

Meet at the lawn area behind the Snowcreek Rental Office.

Come enjoy an energetic vinyasa practice that will lift your vibrations and circulate your hearts awakening and healing energy! Ignite your heart fire and dive into the flow of yoga as conscious evolution, inspired by teacher and friend Shiva Rea. Please bring a mat or towel. All levels welcome. Led by Kelley Doyle, Senior Assistant for Shiva Rea's School of Living Yoga.

www.SierraShanti.com

SATURDAY ADVENTURE

Benton Crossing Road Bike Ride

9am-11am • Sat, 7/9

Meet at 8:30am at Whitmore Swimming Pool.

Join Footloose Sports road bike enthusiasts as you ride with a group, and enjoy the blue skies and beautiful landscape of the Eastern Sierra. All levels welcome. Route to be determined on day of ride. Bring your own bike and helmet. Limited bike rentals available. www.FootlooseSports.com

SATURDAY ADVENTURE, *continued*

Energetic Yoga ~ For Every Body

10:00am-11:00am • Sat, 7/9

Meet at the lawn area behind the Snowcreek Rental Office.

This yoga session connects the body to the mind and spirit through an energetic sequence of asanas designed to bring you to your personal edge, and dance with breath and body, helping to draw you deeper into your core, building heat, strength and awareness through energetic alignment. Move from the inside out! Please bring a mat or towel. All levels welcome. Led by Kelley Doyle, Senior Assistant for Shiva Rea's School of Living Yoga.

www.SierraShanti.com

Fly Fish Casting Demos and Instruction

10am-12pm • Sat, Sun, 7/9-10

Meet at the Snowcreek Rental Office Parking Lot.

Local fly fishing guides will be teach hands-on fundamentals of casting, knot tying, fly and equipment selection, reading the water, safety, and of course catching fish! Equipment provided. Space is limited so early arrival is recommended. Led by

[Eastern Sierra Fishing Guides Association.](http://EasternSierraFishingGuidesAssociation.com)

Guided Mountain Bike Ride

11am-12:30pm • Fri, Sat, Sun, 7/8-10

Meet at 10:30am at Footloose Parking Lot.

Get out on the trail with local mountain bike riding experts from Footloose Sports! Enjoy the fun of mountain bike riding with scenic landscapes and clean mountain air. Wear proper clothing and sunscreen, and bring your own bike, helmet and water bottle, or bike rentals available on site. (If you need rentals, please arrive 1/2 hour before meeting time.) All levels welcome.

www.FootlooseSports.com

Intro to Rock Climbing Clinic

1:30pm-3:30pm • Saturday, 7/9

Meet at the signboard at Horseshoe Lake Parking Lot.

Find out what rock climbing is all about! Learning the basics of rock climbing will help you build confidence and competence in a multitude of skills. Comfortable clothing and shoes recommended. All gear provided. Space limited to first 6 people so early arrival is recommended. Led by Sierra Rock Climbing School.

www.SierraRockClimbingSchool.com

SATURDAY ADVENTURE, *continued*

Kayaking and Paddleboarding Demos

10am-12pm • Sat, 7/9

Meet at Horseshoe Lake Shore.

Whether you're new to kayaking or paddleboarding, or interested in becoming better, you'll enjoy getting outdoors on beautiful Horseshoe Lake. Learn lessons and tips from local kayaking and paddleboarding experts including familiarization with basic equipment and rudimentary paddle strokes. All gear provided including single and tandem kayaks. (No wetsuits provided for paddleboarding.) Wear proper clothing. These activities are on a first come, first serve basis so early arrival is recommended. Led by Mammoth Kayaks www.MammothKayaks.com

SUNDAY ADVENTURE

Fly Fish Casting Demos and Instruction

10am-12pm • Sat, Sun, 7/9-10

Meet at the Snowcreek Rental Office Parking Lot.

Local fly fishing guides will be teach hands-on fundamentals of casting, knot tying, fly and equipment selection, reading the water, safety, and of course catching fish! Equipment provided. Space is limited so early arrival is recommended. Led by Eastern Sierra Fishing Guides Association. <http://www.esfga.org/>

Simple Yoga Flow ~ For Every Body

10:00am-11:00 am • Sun, 7/10

Meet at the lawn area behind the Snowcreek Rental Office.

This yoga session allows all levels to find balance, flexibility, and strength through a full spectrum flow and connection of breath and body movement. Come enjoy the simplicity of moving meditation. Please bring a mat or towel. All levels welcome. Led by Kelley Doyle, Senior Assistant for Shiva Rea's School of Living Yoga. www.SierraShanti.com

Guided Mountain Bike Ride

11am-12:30pm • Fri, Sat, Sun, 7/8-10

Meet at 10:30am at Footloose Parking Lot.

Get out on the trail with local mountain bike riding experts from Footloose Sports! Enjoy the fun of mountain bike riding with scenic landscapes and clean mountain air. Wear proper clothing and sunscreen, and bring your own bike, helmet and water bottle, or bike rentals available on site. (If you need rentals, please arrive 1/2 hour before meeting time.) All levels welcome.

www.FootlooseSports.com

Red's Meadow Road Bike Ride

9am-11am • Sun, 7/10

Meet at 8:30am at Footloose Sports Parking Lot.

Join Footloose Sports road bike enthusiasts as you ride with a group, and enjoy the blue skies and beautiful landscape of the Eastern Sierra. All levels welcome. Route to be determined on day of ride. Bring your own bike and helmet. Limited bike rentals available. www.FootlooseSports.com

Please read before you begin any adventure activity affiliated with Mammoth Blue Sky Fest, July 8-10, 2011.

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 Fest 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.

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, Mammoth Lakes Foundation, Mammoth NOW Education Foundation, together with Footloose Sports, Eastern Sierra Fishing Guides Association, Sierra Rock Climbing School, Mammoth Kayaks, Kelly Doyle, and its subsidiaries, their respective employees, representatives, agents, and sponsors, or its instructors, conducting the adventure and 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.

Please consider the environment and pass this piece on to a friend, or please recycle. Thank you!