Can you believe it’s already 2015! Where did the semester go! We hope that you all had a fun-filled break and that your second semester is off to a great start!

We have a lot of exciting updates to share with you in this newsletter! Be sure to learn more about our new Leisure Programs Coordinator, Brian Croft on page 2. Brian brings a great breadth of knowledge with him to Outdoor Adventures and we are so excited to have him with us!

Don’t forget to climb at our Bouldering wall! New routes have been going up by our members so this is the perfect time to stop in! Learn more on page 3.

Are your toes getting cold this winter? Do they feel like icicles in your shoes? Don’t fret, we have the deal just for you! Come in and take advantage of our 20% off socks! Your toes will thank us later.

Warmer weather on your mind? Our Spring Break trips are open for sign ups! Check out pages 6-9 to learn about all the trips we are offering. There will also be an informational meeting Feb. 4th at 7:30 pm in the IUOA classroom. We look forward to seeing you on one of our trips soon!
Once a month we recognize one of our Trip Leaders for their hard work and dedication.

Meet Brian Croft!
Everyone say hello to Brian!
Brian is the new Leisure Programs Coordinator! Brian brings a wealth of administration, leadership, instruction, and field experience to the position. He is also a current PhD student in the School of Public Health.

Where did you get your interest in the outdoors?
Growing up, I was always outside. We had a creek that ran behind our house and my weekends were spent traveling up and down the waterway. Eventually we built a boat and almost died on several occasions, but that’s where it all started. The Boy Scouts were also a huge influence in my development in terms of technical skills. It was there that I first learned to rock climb, camp, backpack, scuba dive, and so on…. I was the type of kid that stayed outside until the streetlights came on every night.

How did you start at OA?
IUOA was a big factor in choosing Indiana University as the place for my doctoral degree. This program has been on my radar for quite a long time and as soon as I became an official student, I knew that I wanted to be here. I remember sitting on Tyler’s couch talking to him before I even enrolled, it was just something I had to be a part of.

What is your favorite outdoor moment/trip?
I’ve had a few ah-ha moments over the years. I think my favorite part about leading trips is seeing young trip leaders grow into these amazing facilitators. I remember this moment leading a trip on the 11 point river in Missouri where I realized that a staff member that I had trained had become a better guide and facilitator than I was. I can’t tell you how happy it makes me to see people grow like that! There is something about watching people grow into these amazing leaders. I end every meeting with the line “go forth and be awesome!” That’s what I want people to do, realize your potential and go change the world!

What is your dream adventure?
I want to climb Mt. McKinley. I promised my wife a long time ago that I would steer clear of the 8000 meter peaks…. but McKinley gives me that goal. I love trips themselves but more than that I love the hard work that comes with those trips. The preparation both mentally and physically to push yourself farther than you’ve ever been. When you find a challenge like that, the rewards are EPIC!!!!

Three interesting facts:
1. I love to play music! I will play until my fingers bleed!
2. I really want to like celery but I just can’t. It tastes like water and grass!
3. I am scared of only three things: Clowns, snakes, and tornadoes. I call them my trifecta of fears.

Most embarrassing moment?
When I was 10 years old, I was using a rope swing over a lake. As I was swinging, a Rottweiler jumped up and bit me in the butt…. and DIDN’T LET GO! So, I am flying through the air, screaming, with a giant dog attached to my glutus maximus. Long story short- 9 stitches in my left butt cheek and I had to walk around with a butt pillow for the whole summer. To this day, it is the only time I have ever had to go to the hospital.
Come Climb!

Bouldering Wall

IUA offers students and the public an amazing opportunity out of our office space: a bouldering wall. This wall is home to many different routes of varying grades. What makes the wall truly special is the opportunity we offer our annual members, the chance to set their own routes. If a person pays a low fee for an annual membership, they are invited to our route setting sessions where they learn to set their own routes, regardless of skill level.

We recently tore down all the holds from the wall and did a deep clean of the holds and the wall itself. New routes have been going up by our members and there has never been a better time to stop in and climb!

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New Gear Shop Items

- Mountain Hardwear Down Jackets
- Columbia Down Jackets
- Baselayers
- Rain Jackets
- Gloves
- Hats
- Headlamps
- Klean Kanteen Insulated Bottles
- Camp Pillows

Featured Gear Item

SOCKS!

Because you can never find one of them.

20% Off for the Month of January

We have many wonderful woolen Wigwam brand socks to make your feet feel cozy and warm this winter! These socks are designed with merino wool and come in many styles. For your hiking, biking, lining, or snow activity wearing needs, come into the shop for a great deal now! Your toes will thank us later.

Connect with Us!

Trip announcements, shop sales, route setting dates, class openings, etc!

IU Outdoor Adventures
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@iu_outdooradventures

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Ye’ Old Outdoor Leaders

Take a moment to learn about Willi Unsoeld, mountaineer and Father of Experiential Education.

Born in California on October 5th, 1926, Unsoeld became an educated man driven by diverse interests and a passion for the outdoors. He attended schools across the west coast for most of his youth, studying physics, theology, and philosophy. Simultaneously, he began mountain climbing in Yosemite National Park. After hours and hours spent climbing, Unsoeld applied his advanced knowledge by instructing mountaineering at local colleges and the Indian Military Academy. He became an internationally recognized climber in the 60’s as he led the first successful climb of Masherburn in Pakistan at 25,660 feet. This led him to be a member of the American expedition to summit Mount Everest in 1963. He was amongst the first people to climb Everest through the West Ridge and also to traverse the mountain.

Willi Unsoeld’s climbing record is impressive, but Unsoeld is remembered most for his legacy in Experiential Education. While working as a speaker for Outward Bound later in life, he was able to spread these ideas across the world. Unsoeld promotes that to learn more about yourself, it is essential to push your comfort zone. He also shares that the best way to do this is through personal experience with true risks possible. Finally, Unsoeld promises that nature is key. While he believes nature offers a spiritual sight for learning, he backs up the claim that nature can provide a form of solitude and risk deemed key to learn. Unsoeld states that it is vastly important that humans go to nature to reestablish their core values that can get lost in the sprawl of life. Experiential Education is valuable as it can bring pure peace of mind not only while outdoors, but also during the average day at home, school, or at one’s occupation. It helps people continue their lives more efficiently and happier. Living by these claims himself, Willi Unsoeld is very much an inspiration to outdoor enthusiasts and educators today and a key leader to the wilderness recreation movement.

Cold Weather Tips

Layering: WISE, An Acronym to Remember

Wicking - Start with a synthetic wicking layer to take the sweat off your body. This will prevent your clothing from becoming wet, which will make you cold.

Insulating - Your next layer should be your insulating layer. Whether this be a down, a fleece, a synthetic, or a combination, this is the area to trap your heat.

Shell - If it is wet outside, make sure you have a shell layer on, like a rain jacket. This will prevent your insulating layer from being wet, the bane to warmth.

Extras - Once you are bundled up, do not forget the extras! Wool socks, warm gloves, and a non-cotton hat will keep the extremities warm in the winter air.
Everglades Wrap Up!

Check out the following trip reflection by Christine White about her experience in Florida.

What a way to wrap up winter break!

A group of nine participants and three leaders spent the week before the start of classes in sunny Florida, coastal kayaking in the Everglades National Park and 10,000 Islands National Wildlife Refuge.

Sitting here in the cold, it’s almost hard to remember the palm trees, gators, and sandy keys of southern Florida where we paddled for a week. After two nights on Chokoloskee Island, practicing our kayaking skills in the bay and exploring freshwater Turner River’s mangrove tunnels, we set out on our expedition from Everglades City. Our kayaks were full, our feet were a bit muddy from the put in, but we set on our eyes on the horizon to paddle out to the open water.

Each day we stayed on different keys– Tiger, Gullivan, Brush – and got to explore sandy beaches, thick mangroves, and small bays. Horseshoe crab shells littered the beach and osprey flew overhead. Nights were filled with moons rising as we cooked dinner, bright stars, and slightly bothersome mosquitoes and no-see-ums. We ate fresh pineapple for lunch on the last day, enjoying our own little paradise. The sunrise paddle on the last morning was bittersweet, but the pod of dolphins we saw offered a beautiful closing to an amazing trip.
Join us this Spring Break as we visit the great west to mountain bike among the beautiful red rocks. The canyons located outside of Fruita are home to some of the most picturesque rides in the country. Sign up now or attend our info meeting Feb. 4 at 7:30 p.m. in the IUOA classroom.

To Sign up visit IUOA or Call
812.855.2231
Outdoors.indiana.edu
No Experience Necessary

*Bike not included
Indiana University Outdoor Adventures  January 2015

**RIO GRANDE**

**CANOEING**  
$530  
**MARCH 13-21**

Join us for a fun filled week on the majestic Rio Grande River! Spend your days taking in the scenic views from the bow of a canoe and your nights mesmerized by the thousands of stars in the sky. Sign up now or attend our info meeting Feb. 4 at 7:30 p.m. in the IUOA classroom.

To Sign up visit IUOA or Call 812.855.2231  
Outdoors.indiana.edu  
No Experience Necessary
Indiana University Outdoor Adventures January 2015

GRAND CANYON

BACKPACKING

MARCH 13-22

$665

Far below the rim and free from the crowds, our quiet, small group will journey deep into the heart of the canyon. Join us on an exceptional 5-day hike from high atop the rim to the dramatic contour of the canyon walls, along the Colorado River. Info meeting February 4 at 7:30 p.m. in the IUOA classroom.

To Sign up visit IUOA or Call 812.855.2231
Outdoors.indiana.edu
Join us this Spring Break as we return to the Rocky Mountains to climb at the “sport climber’s mecca” known as Shelf Road. The pocketed limestone is home to over 1,000 routes in beautiful Colorado. Sign up now or attend our info meeting February 4 at 7:30 p.m. in the IUOA classroom.

To Sign up visit IUOA or Call 812.855.2231
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Connect with Us!
Trip announcements, shop sales, route setting dates, class openings, etc!

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Bouldering Wall & Gear Shop Hours

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Where are we...?
Eigenmann Hall, Room 020
1900 E 10th Street
Bloomington, IN 47406

Submit an Article
Want to be featured in the newsletter? Submit an OA trip review, a gear review, a skills how-to, etc. to oareach@indiana.edu.

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