

REI Fairfax, 571-522-6568 Classes & Events - March, 2010

To reserve your place, please visit www.rei.com/stores/84

The Joys of Backpacking as a Couple Tuesday, March 2, 7:00 PM

What is it like to spend 24/7 with your mate backpacking long-distance trails? A.T thru-hikers, Randy Motz, a.k.a. "Windtalker" and Georgia Harris, a.k.a. "Mom," authors of *Solemates - Lessons on Life, Love & Marriage from the Appalachian Trail*, pull from their years of experience to offer valuable tips, and insight into the unique challenges and rewards of hiking as a couple. Whether you are a couple new to backpacking or seasoned veterans, there will be something for everyone to make your time on the trail a pleasingly memorable event. **Free**

Fundamentals of Map and Compass Thursday, March 4, 7:00 - 9:00 pm

Learn the basics of how to read a map and compass in this interactive and hands-on class. Our professional navigation instructors will teach you features of a map, how to identify your position and plan routes. Maps and compasses provided, bring your own if you prefer. **Cost: \$20 REI-members; \$40 non-members**

REI and Sportrock Climbing Centers Present: 5th Annual HERA Climb4Life, Metro DC March 13 - 21

It's our 5th annual climbing (and now!) yoga festival supporting the HERA Ovarian Cancer Foundation's research and awareness programs. Join us for a fun-filled week of climbing, yoga, and parties. Sign up for an outdoor adventure, meet new friends, and be inspired. Registration is now open at www.heraclimb4lifedc10.kintera.org. Join with your own team, join an REI-team store, or on your own. **Cost: \$30 donation to HERA.**

Registration: www.heraclimb4lifedc10.kintera.org

Information: rkrafch@rei.com; REI Customer Service 571-522-6568; www.herafoundation.org

HERA Climb4Life Kick-Off Party March 13, 4:00 pm - 8:00 pm

It all starts here! Pick up your registration packet. Meet fellow climbers and yogis. Video screening on the founding of the HERA Foundation at 4:30 p.m. and 7 p.m., followed by an update from research scientists at Johns Hopkins University. REI's mini-clinics on climbing gear, knots, and yoga, a vendor expo, and more!

Introduction to Map and Compass Saturday, March 13, 9:00 am - 4:00 pm

On this course You'll learn to read map contour lines and translate them to the actual terrain. With your compass we'll teach you about magnetic north, true north and declination. Then we'll put it all together to pinpoint your location and plan your route. Trip meets at REI Fairfax. **Cost: \$45 REI-members; \$65 non-member**

Rock Climbing Self Rescue Tuesday, March 16, 7:00 - 9:00 pm

Learn proper anchor techniques, belay escapes, and how to assist an injured climber. Experienced and beginner climbers who would like to advance their knowledge and skill in outdoor climbing may attend. Prerequisite: comfort belaying and climbing.

Cost: \$40 REI members; \$60 non-members.

The Best of U.S. Southwest Canyonlands - Grand Canyon & Paria Canyon, Vermillion Cliffs Wilderness Tuesday, March 23, 7:30 pm

Join REI member Bob Melchior for a multimedia journey through some of the Southwest's finest canyonlands - the rewarding South Kaibab/Bright Angel Trail in the Grand Canyon and it's more classic North to South Rim journey. Then, view the spectacular area along the wild and twisting Paria River and its famous slot canyons. Bob will have tips on planning your own adventures in these wild places. *Free*

Essential Camping Skills Saturday, March 20, 9:00 am - 4:00 pm

Our instructors will show you where to position your kitchen area, your bathroom facilities, and your tent site for maximum safety and comfort. Our goal is to teach practical camping skills for use in every situation, from car camping to long-distance backpacking. Trip meets at REI Fairfax. *Cost: \$40 REI members; \$60 non-members.*

Introduction to Road Cycling Saturday, March 27, 9:00 am - 4:00 pm

Experience the rush of road cycling with our instructors as they teach you the proper techniques of shifting, braking, efficient hill climbing, safe descending, proper body position, and reading the road for safety. Trip meets at REI Fairfax. Bikes provided or bring your own.

Cost: \$55 REI-members; \$75 non-members

Bike Maintenance Basics Tuesday, March 30, 7:00 pm

If you ride a bicycle, you need this class! In this informative presentation you'll learn how to lube a chain, fix a flat tire in record time, and make other minor adjustments. No experience necessary. *Free*



At REI, "We inspire, educate and outfit for a lifetime of outdoor adventure and stewardship."