

## **OUTDOOR FAMILY ADVENTURE**

### Episodic Guide

Outdoor Family Adventures is a thirty-minute outdoor program for the entire family featuring real families hiking, biking, skiing and proving the age-old postulate that states that “families that play together—stay together.”

Our Outdoor Family Adventure families not only stayed and played together, but they proved that family bonds develop when the electronic distractions of modern day life are far, far away.

Here is an episodic guide detailing the year-long cardiovascular shenanigans our Outdoor Adventure Families had put up with.

#### **Episode 101: Eco-Kayak Adventure**

**Family:** The Stricker-Coughlin Family

**Parent:** Sheridan **Children:** Brett and Ian

**Adventure Guide:** Jeremy Rekich

**Date Shot:** June 27, 2005

**Location:** Presque Isle State Park Lagoons

**About:** The Stricker-Coughlin family takes a kayaking tour through the lagoons of beautiful Presque Isle State Park (PISP). Together the family learns how to navigate a kayak and Brett and Ian learn a special lesson about ‘flipping.’ Presque Isle State Park is one of the country’s great bird watching sites. Every year, 350 varieties of birds call PISP home.

#### **Episode 102: Paintball Adventure**

**Family:** The Colvin Clan

**The Clan:** Sue (Nanna), Leah, Bob, Beth, Steve, Sean, Katy, Lisa, and Matt

**Adventure Guide:** Sean Parker

**Date Shot:**

**Location:** Pentagon Paintball, West Erie County

**About:** Too often paintball is mistaken as a game only for gun enthusiasts. Not true—paintball is really a big game of tag with lots of running, jumping and rolling around on the ground. In other words, paintball is the perfect game for the entire family. Especially if you’re part of a clan the size of the Colvin family—then paintball becomes a very active game of the Family Feud. Splat, splat, splat!

#### **Episode 103: Whitewater Rafting Adventure**

**Family:** The Moore Family

**Parents:** Charles and Rhonda **Children:** Corey and Katie

**Adventure Guide:** Ben Scouville, Wilderness Voyageurs

**Date Shot:** June 12, 2005

**Location:** Youghiogheny River

**About:** The Moores are perhaps one of the most understanding families you’ll ever meet. They’ve never gone river-rafting and were interested to learn. We suggested a day of rafting on Pennsylvania’s most treacherous river—the mighty Youghiogheny—and to everyone’s surprise, they agreed.

**Episode 104:** Mountain Bike Riding Adventure

**Family:** The Baldwin-Hawthorn Family

**Parents:** Allen and Beth **Children:** Nathan and Dave

**Adventure Guide:** Rich Rostauscher

**Date Shot:** July 28, 2005

**Location:** Ohiopyle State Park

**About:** The only mistake Allen Hawthorn made was to ask “How tough can it be? Isn’t it like riding a bike? I mean, isn’t it something you never forget?” Allen, his wife Beth, and their sons Nathan and Dave learned how tough it could be after a full day of riding rough trails littered with rocks that followed wooded paths cut at impossible angles. And the only thing they never forgot was—biking is a ton of fun.

**Episode 105:** Downhill Ski Adventure

**Family:** The Groh family

**Parents:** David and Karen **Children:** Mica and Erin

**Adventure Guides:** Russ Peterson and Jace Cochrane

**Date Shot:** January 13, 2005

**Location:** Seven Springs Resort

**About:** David Groh teaches Physics at Gannon University in Erie, Pennsylvania. He loves Physics. He uses analogies from Physics to describe and understand the world around him. Ask Professor Groh about downhill skiing and he will quote the most basic Physics equation: “What goes up must come down.”

**Episode 106:** Horseback Riding Adventure

**Family:** The Bliley Family

**Parents:** Sean and Kimberly **Children:** Mitchell and Matthew

**Adventure Guide:** Amanda Anderson

**Date Shot:** September 11, 2005

**Location:** Hickory Creek Wilderness Ranch

**About:** The Allegheny National Forest is one of the prettiest stands of old-growth trees you’ll find anywhere and it’s home to Pennsylvania’s only wilderness area. The Bliley family quietly travels the forest trails by horseback and together sees things impossible to see from the back of a minivan.

**Episode 107:** Winter Hiking Adventure

**Family:** The Dahlkemper Family

**Parents:** Dan and Kathy **Children:** Nathan, Tricia and Lisa (German exchange student)

**Adventure Guide:** Stacey Marendt

**Date Shot:** January 8, 2005

**Location:** Oil Creek State Park

**About:** The Dahlkemper family learns that the best time to take a hike in the woods is during the winter. It's easier to find tracks, spot woodland critters and there are no mosquitoes.

**Episode 108:** Orienteering Adventure

**Family:** The Levin Family

**Parents:** Howard and Jane **Children:** Jack, Andrew and Charlie

**Adventure Guide:** Jennifer Livingstone, Western Pennsylvania Orienteering Club

**Date Shot:** September 25th, 2005

**Location:** Blue Spruce Park

**About:** Orienteering is becoming one of America's fastest growing outdoor activities. Participants are given a map and a compass then are asked to find their way through unfamiliar territory. The Levin family competes to find out who can become 'un-lost' first.

**Episode 109:** Cross Country Ski Adventure

**Family:** The Groh family

**Parents:** David and Karen **Children:** Mica and Erin

**Adventure Guide:** Roger Janes

**Date Shot:**

**Location:** Wilderness Lodge

**About:** David and Karen Groh take their children on a cross-country ski race they will remember for a long time.

**Episode 110:** Rock Climbing Adventure

**Family:** The Dahlkemper Family

**Parents:** Dan and Kathy **Children:** Nathan, Tricia and Lisa (German exchange student)

**Adventure Guide:** Lou Rovegno

**Date Shot:** June 13, 2005

**Location:** Wilderness Voyageurs

**About:** Dan and Kathy Dahlkemper take their children and a foreign exchange student rock climbing up the craggy face of Mount Kralick, located in the beautiful Laurel Highlands.

**Episode 111:** Wilderness Survival Adventure

**Family:** The Colvin Family

**The Clan:** Bob, Leah, Matt and Sue (Nanna)

**Adventure Guide:** Miranda Crotsley, DCNR

**Date Shot:** April 29th, 2006

**Location:** Lake Erie Bluffs State Park

**About:** The Colvin family learns how to survive in the wilderness with nothing more than their wits and a four-man television crew.

**Episode 112:** Snowshoeing Adventure

**Family:** The Larson Family

**Parents:** Drew and Mary **Children:** Nathan, Adam, Sarah, and Erica

**Adventure Guide:** Roger Janes

**Date Shot:** February 12, 2006

**Location:** Wilderness Lodge

**About:** The Larson family takes the necessary steps to insure wintertime togetherness.

**Episode 113:** Three Rivers Adaptive Sports