

HIKING

More people should
learn to hike.

Learn to hike at
Naturalist Camp at the
Nielson Spearhead Center

You can hike in the woods, and at
Bemidji or Itasca State Park

Hike with
a Friend!

 **BSU Outdoors**
[bemidjistate.edu/
outdoor-program-center](http://bemidjistate.edu/outdoor-program-center)

 **Spearhead Ctr.**
spearheadmhas.org

 **Schoolcraft**
schoolcraft.org

Azalea

Jace



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HIKING

* Bring water, food, silverware, first aid, and sleeping bags.

* Don't drink out of the lake without a pump.

* Tell someone where you're going.

* Watch out for ticks & poison ivy.

Hike with a Friend

Megan
Crownholm

Kiley
Crownholm

Hiking is Fun!

Hiking
Boots

Backpack

RUNNING

I like to run!

Running is good exercise. If you start running, then maybe the entire town could be inspired to run!

Isaac Treuer

Bright Clothes

Running Shoes

If you want to learn to run, you should practice every day.

If you are driving in a car, watch out for runners.



Parks & Rec
ci.bemidji.mn.us



Parks & Rec
facebook page



Walk Jog Run
walkjogrun.net/running-routes/USA/MN/Bemidji



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RUNNING

- * Wear bright colors or use reflective tape.
- * Change your shoes every 3 months so your feet don't hurt.
- * You can run in your yard, in town, on a trail, or on a road.
- * If you run on the road, always go on the left side.
- * Tell someone where you are going.
- * Kids should run with an adult or a teenager.

Tomah



Ava



Caleb



SKIING

Anika

Elijah

Tilly



**Learn to ski
at Sunday
Ski School at
Montebello
Trail!**

- * Make sure no one is in the way when you go down a hill.
- * Always tell someone where you are going.
- * Wear layers of warm clothes to protect yourself from frostbite.
- * If you come up behind someone, go around them.

Design

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Bemidji
First City On The Mississippi



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SKIING

Skiing can be very, very fun!

Mittens



Poles



Hat

Jacket

Snowpants

Ski Boots

Skis



Mur Gilman

You can ski at Movil Maze, Bemidji State Park, or on a frozen lake.

Learn to ski at Sunday Ski School at Montebello Ski Trail, in Bemidji City Park.



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Parks & Rec
facebook page



X-C Ski Bemidji
bemidjicrosscountryski.org/sunday-ski-school.html



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Creative Advertising

Bemidji
First City On The Mississippi

You can skateboard at the skate park!

Be careful where you skateboard. In some places it's not allowed.

Please don't skateboard on the street or sidewalk.

Do not run around inside the skate park. If you do, you might get hurt.



Xander



Lola



Shelby

Skateboarding

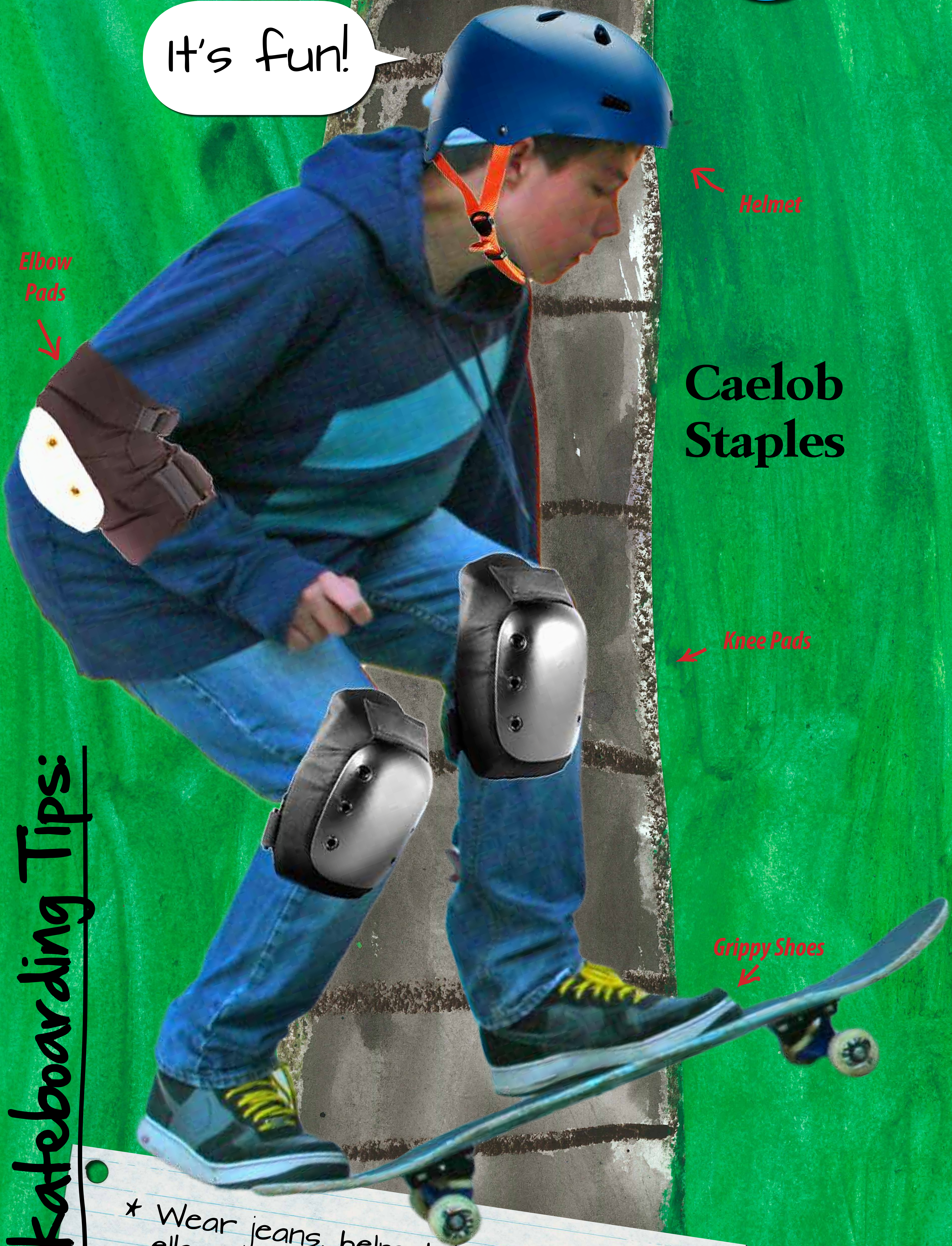


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Skateboarding

It's fun!



Elbow Pads

Helmet

Caelob Staples

Knee Pads

Grippy Shoes

Skateboarding Tips:

* Wear jeans, helmet, knee pads, elbow pads and padded gloves.

* Take care of your equipment. Don't leave it out in the rain. Check your wheels and bearings.

* Wear flat grippy shoes that create friction, no cowboy boots and no high heeled shoes.

* You can start with a scooter or something you can hold on to before you use a skateboard.



Parks & Rec
ci.bemidji.mn.us



Parks & Rec
facebook page



GoSkate Lessons
goskate.com/go/bemidji-mn-skateboard-lessons



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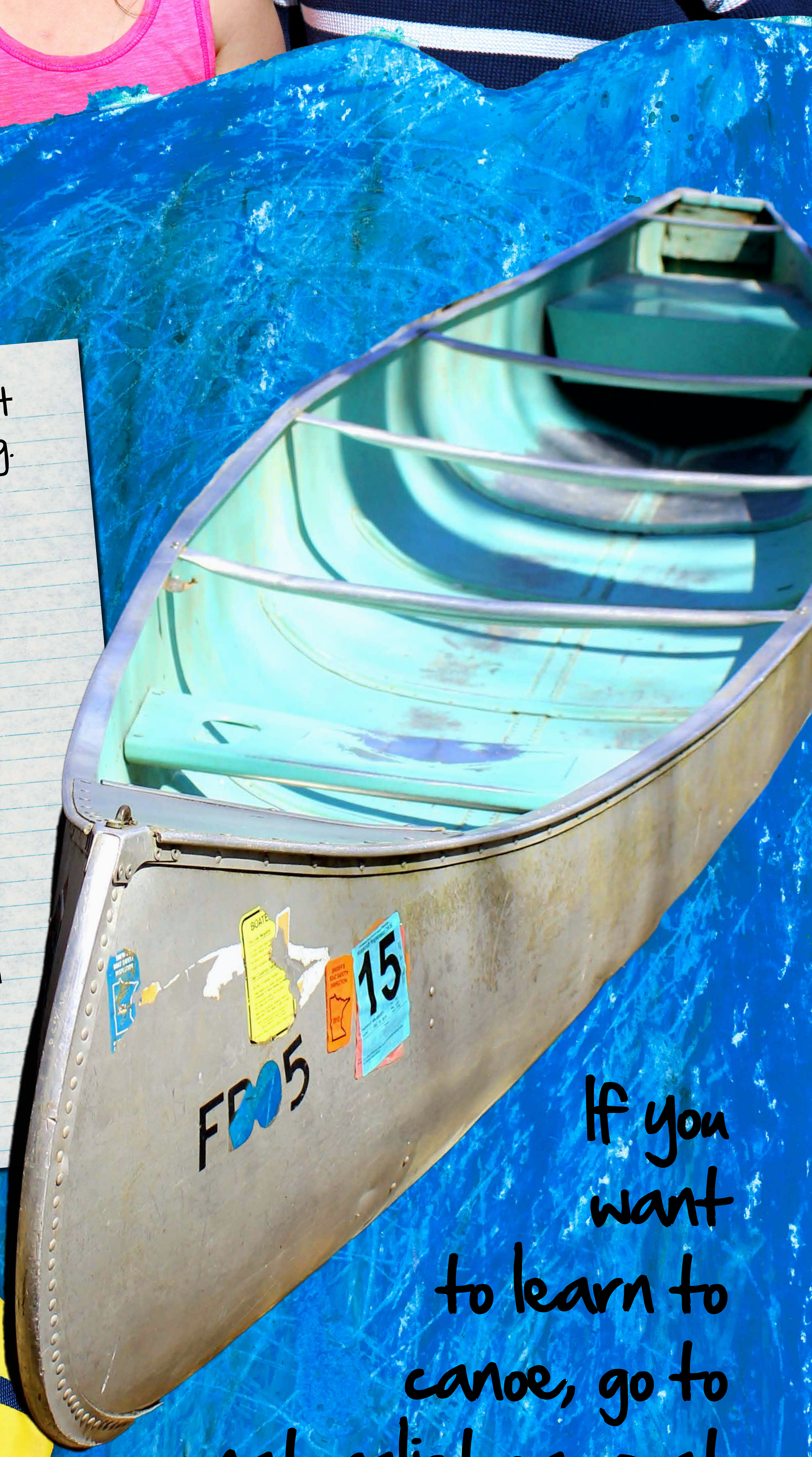
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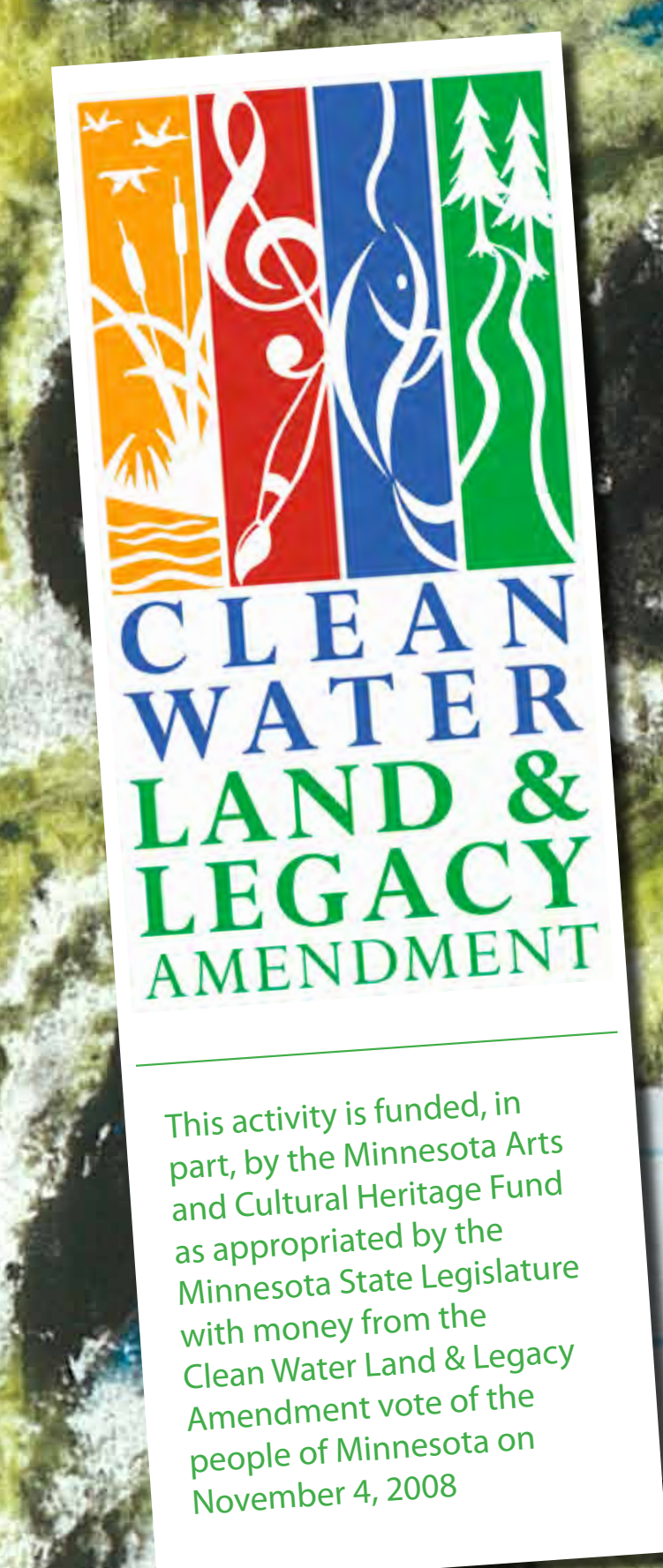
CANOEING



- * You need a life jacket when you're canoeing.
- * Go with a grown up.
- * Sit in the middle of the canoe so you're balanced and you won't tip.
- * Bring water and snacks.
- * If you are in a motor boat, watch out for canoes.



If you want to learn to canoe, go to naturalist camp at Nielson Spearhead. Or ask a friend.



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CANOEING

You can go canoeing any place there is water. In a river, in a lake or even in a pond.

If you don't have a canoe, you can rent one from the boathouse at Diamond Point Park. It costs \$6 for one hour!

I canoe a lot!

Life Jacket

Canoe

Paddle

Abel Hanson
Canoe Expert

Canoes have been around for a really long time in all sorts of cultures.



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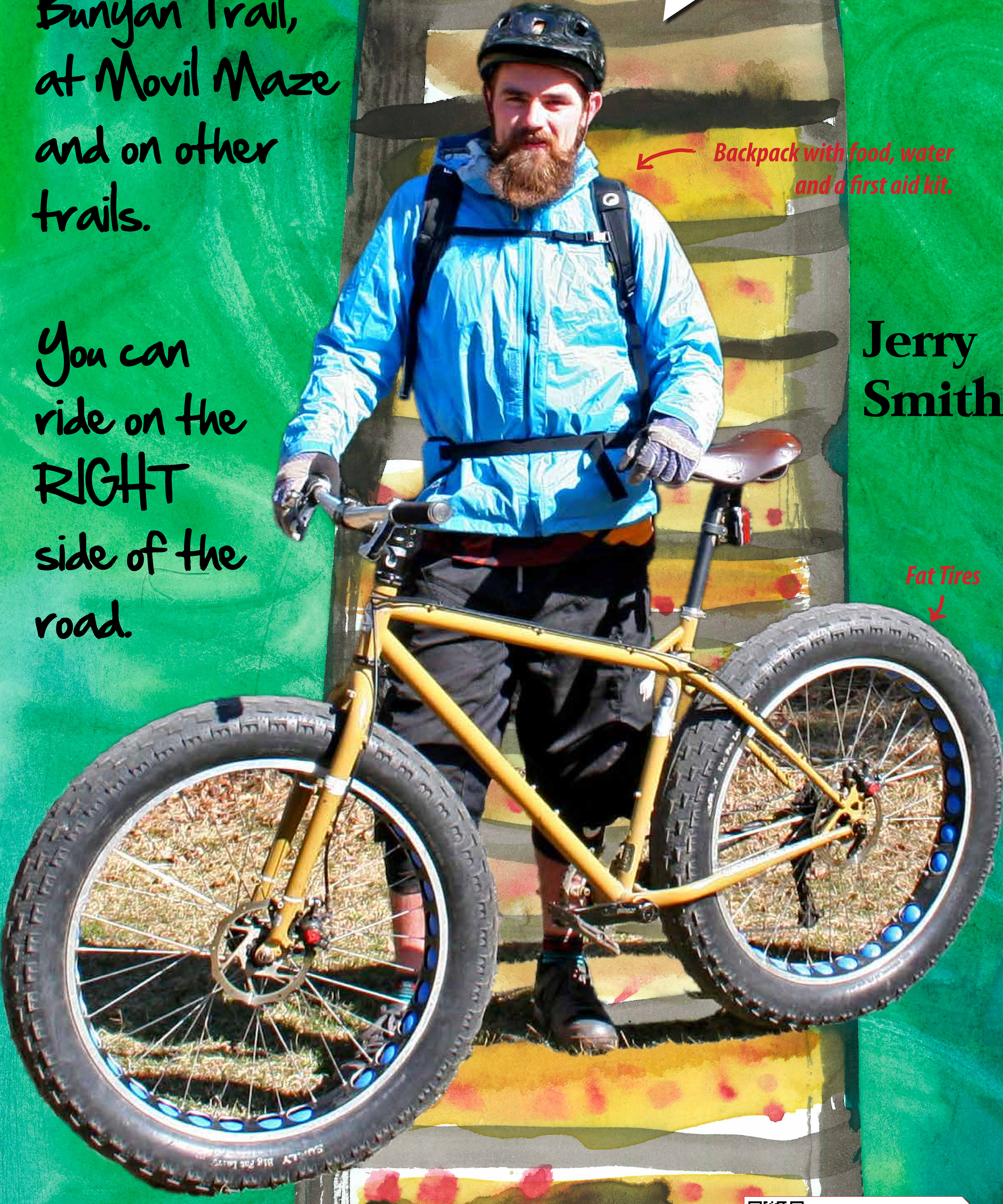
FAT BIKING

When fat biking, you can do it anywhere!

You can ride on the Paul Bunyan Trail, at Movil Maze and on other trails.

You can ride on the RIGHT side of the road.

Watch out for bikes, in all seasons!



Helmet

Backpack with food, water and a first aid kit.

Fat Tires

Jerry Smith

 **Bike Bemidji**
bikebemidji.com

 **Shifting Gears**
shiftinggearsbemidji.com

 **Schoolcraft**
schoolcraft.org



CLEAN WATER LAND & LEGACY AMENDMENT

This activity is funded, in part, by the Minnesota Arts and Cultural Heritage Fund as appropriated by the Minnesota State Legislature with money from the Clean Water Land & Legacy Amendment vote of the people of Minnesota on November 4, 2008.



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FAT BIKING

Persevere
and Practice

Fat Biking Tips:

Ride at your ability level.

At night, use reflective tape and a headlamp.


Prepare for the weather. Wear gloves and layers of warm clothes.



Kayben

India

Maryn


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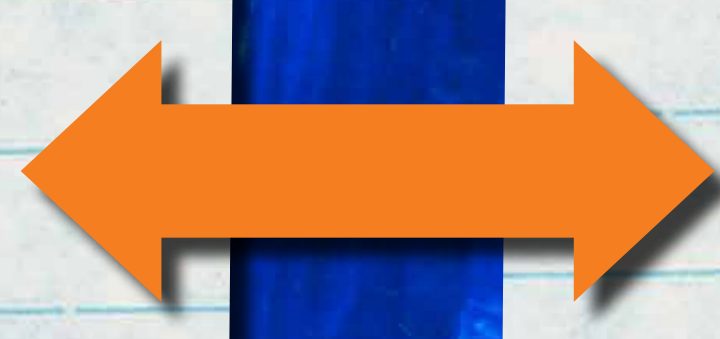

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BIKING

If you are driving a car, watch out for bikes!



If you are biking watch for cars and follow the rules.

Use
HAND SIGNALS
so people know where
you're going.:

STOPPING

RIGHT
TURN

LEFT
TURN

Ashlynn

Autumn

Cullen



BIKING

Check out the
Loop the Lake Festival!



Helmet

Reflective
Tape

Bemidji needs
more bikers!

Reflective Clothing

* Kids should bike
with an adult.

* You need to wear a
helmet, bright clothes
and a mirror. You can
also use reflective tape!

* Carry a repair kit.

* Take care of
your equipment

Dr.
Diane
Pittman



Bike Bemidji
bikebemidji.com



Shifting Gears
shiftinggearsbemidji.com



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