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GET INSPIRED TO 'GET OUT AND LIVE'

THE ADVENTURE SUMMIT RETURNS WITH FULL SLATE OF ACTIVITIES

FAIRBORN, Ohio – When cabin fever hits its apex, [Five Rivers MetroParks](#) and [Wright State University](#) come to the rescue, co-presenting the biennial [Adventure Summit](#). This year's event is set for February 10-11 at the Wright State [Student Union](#). Admission and parking are free. There is a full slate of inspirational speakers, engaging hands-on activities, and intense competitions:

- **Speakers:** This year's featured speaker is [Gary Fisher](#), noted as the "father of mountain biking" who broke the mold on traditional bicycle racing and took his sport to the hills, riding on bikes he modified to better negotiate the craggy surface of Mt. Tamalpais in California. Fisher is credited with early mountain bike prototypes and now works for Trek, where he participates in designing innovative cycling products as well as racing. Catch Fisher's presentation, "The Past, Present and Future of Cycling," at 8:00 p.m. Friday, February 10, in the Apollo Room. Other speakers this weekend include [Deia Schlosberg and Gregg Treinish](#), who will share their experiences on a two-year, 7,800-mile trek of the Andes. Their presentation will be 12:30 p.m. Saturday, February 11.
- **Activities:** Once you've been inspired by a speaker or classroom presentation, why not try a few activities? Take a [kayak](#) for a spin in the pool, get a grip on the [climbing wall](#) or participate in a [fitness session](#) such as yoga or cycling. There's something for everyone, and because there's no cost, you can try it out risk-free.
- **Competitions:** There are several competitions throughout the weekend that are as much fun to watch as they are for those competing. The indoor duathlon includes a 2-mile run/walk, followed by a 6-mile bike ride and concludes with a second 2-mile run/walk. One of the most popular competitions is the bouldering challenge, in which participants (many of whom come from all over the Midwest) face off on the climbing wall. New this year is the Canoe Battleship. Teams compete to try and "sink" the opposition's canoe while bailing out their own. Rounding out the weekend is a kayak challenge, where slalom racing hits the pool.
- **Expo:** Those who are ready to bring adventure into their lives can do so at the exposition area. Mingle with local, regional and national outdoor-related exhibitors, a variety of outdoor clubs, specialty retail shops, outfitters, resorts, and more organizations that will help you reach your outdoor adventure goals.
- **Cultural Exhibits:** In addition to all things outdoors, Adventure Summit patrons can enjoy [live music](#) and [craft beer tastings](#).

This will be a special year for mountain biking enthusiasts. In addition to attending an inspiring presentation from Gary Fisher, the 2012 Adventure Summit will showcase the region's mountain biking community through inspiring presentations, engaging discussions and appearances by industry leaders. The Great Lakes Mountain Biking roundtable takes place Saturday,



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February 11. Participants will be able to mingle at the continental breakfast and submit their questions to Gary Fisher, International Mountain Biking Association President and Executive Director Mike Van Abel, national bike manufacturers, regional bike shop owners, state mountain bike club leadership, and IMBA's new Great Lakes regional director. The focus of the mountain bike-specific tracts will be advocacy.

The Adventure Summit has something for everyone, from the "armchair adventurer" to the hard-core enthusiast. Visit www.theadventuresummit.com for a complete schedule, competition registration, sponsorship details and more information. For further information, call Outdoor Recreation Special Events and Development Coordinator [Tom Helbig](#) at (937) 567-4478.

ABOUT FIVE RIVERS METROPARKS

Five Rivers MetroParks focuses on three areas - conservation, recreation and education - as part of its role as steward of greater Dayton's public lands. Established in 1963 through the efforts of forward-thinking citizens concerned about preserving green space and natural areas, Five Rivers MetroParks has grown to a nationally renowned park system composed of natural area parks, gardens, sensitive river corridors, urban parks and a network of recreation trails. Educational programs and recreational opportunities are offered year-round for all ages. And, diverse natural habitats are being protected and cared for today to assure their future existence. To learn more about Five Rivers MetroParks, log onto www.metroparks.org or call (937) 275-PARK (7275).

ABOUT WRIGHT STATE UNIVERSITY

The mission of Wright State University is to transform the lives of our students and the communities we serve. We are committed to achieving learning outcomes through innovative, high-quality programs for all students: undergraduate, graduate, and professional; conducting scholarly research and creative endeavors; and engaging in significant community service. To learn more about Wright State University visit www.wright.edu or contact Amy Anslinger at (937) 775-5821.

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