



1375 East Siebenthaler Ave.  
Dayton, Ohio 45414

Phone (937) 275-7275  
Fax (937) 278-8849  
www.metroarks.org

Contact:  
Val Hunt  
pr specialist

o. 274-3122  
c. 424-6489

## GET INSPIRED TO ‘GET OUT AND LIVE’

### THE ADVENTURE SUMMIT RETURNS WITH FULL SLATE OF ACTIVITIES

FAIRBORN – When cabin fever hits its apex, it’s the Outdoor Recreation Department at Five Rivers MetroParks and Wright State University to the rescue, co-presenting the fifth annual Adventure Summit. This year’s event is set for March 5-6 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 Charlie Engle, who captured the world’s attention when he ran 4,500 miles across the Sahara Desert. Engle’s tale of how he changed his life from one that revolved around drugs and alcohol abuse to that of fitness and humanitarian efforts will inspire audience members to make the most of each day. Other guest speakers include Andy Skurka, who has racked up more than 30,000 miles of long-distance hiking, and *Backpacker* magazine editor in chief Jon Dorn, a Miami Valley native. Other local speakers will be on hand to demonstrate that you don’t have to be an eccentric billionaire to have adventures!
- **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 triathlon includes a 250-yard swim, a 6-mile bike, and a 2-mile walk/run. The pool slalom kayak obstacle course will test participants’ maneuvering skills and paddling speed. 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.
- **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 partake in an outdoor-themed art gallery, enjoy live music, craft beer tastings and even party with the pros.

The Adventure Summit has something for everyone, from the “armchair adventurer” to the hard-core enthusiast. Visit [www.theadventuresummit.com](http://www.theadventuresummit.com) for a complete schedule, competition registration, sponsorship details and more information.





1375 East Siebenthaler Ave.  
Dayton, Ohio 45414

Phone (937) 275-7275  
Fax (937) 278-8849  
[www.metroparks.org](http://www.metroparks.org)

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](http://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](http://www.wright.edu) or contact Amy Anslinger at (937) 775-5821.

###

### **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](http://www.metroparks.org) or call (937) 275-PARK.

###

