



A woman wearing a dark jacket, shorts, and a cap stands on a vast, snow-covered mountain slope. In the background, a snow cave is visible, and the sky is clear and blue with a bright sun flare.

THE SUMMIT OF SUCCESS

Reed's Outdoor Recreation Program

by Cassidy Clevenger

Recently my best friend sent me an unprompted, cryptic message asking me, "So you are not really an out-doorsy person, are you?" My knee-jerk reaction was to dispute this claim and brag about the leisurely stroll I took three weeks prior, but realized she was right. I much prefer the idea of being the type of person who goes on weekly hikes and treks through mountains, but alas, I will happily protect the base and keep the fire going while everyone else rappels off cliffs. My best friend, on the other hand, has spent multiple weeks backpacking through the Outback, New Zealand, and various states across the US. I guess opposites really do attract.

While I researched the Reed Outdoor Programs and Education (ROPE) at Reed College, I found myself becoming increasingly envious of the students. Though I am no Bear Grylls, I was awestruck by the opportunities Reed provides its students year-round. Even someone like me, who can hardly swim in three-feet of water, felt inspired to grab my tent and head to the river. Reed College does a remarkable job of making outdoor recreation seem tangible and thrilling, even for the more timid and novice explorers.

Program Aspects

ROPE is one aspect of Reed's overall physical education department. In addition to the more standard amenities, such as a swimming pool, weight room, yoga studio, cardio center, climbing wall and basketball court, Reed College has expanded the PE program far off campus. Such outdoor activities include rock climbing, whitewater kayaking, backpacking trips, and mountaineering.

All students at Reed must earn at least six credits in Physical Education, and therefore, Reed wanted to ensure that all students could

find classes that best fit their interests and abilities. For the ROPE classes and excursions, there are several weekend trips that are catered to different skill levels: beginner, intermediate, and advanced. Some of the key differences among the levels are related to distance and terrain. As an example, those on beginner trips may only hike five miles a day and stick to paddling only in gentle water; meanwhile, the more advanced students may walk up to ten miles daily, across more trying territories, and participate in white water rafting. Will Symms, Assistant Director of Athletics, Fitness and Outdoor Programs at Reed College, explained that these adventures are designed to push students to whatever difficulty level they are comfortable with attempting. Typically those students who choose the more advanced trips are encouraged to try new activities and explore their perceived limitations.

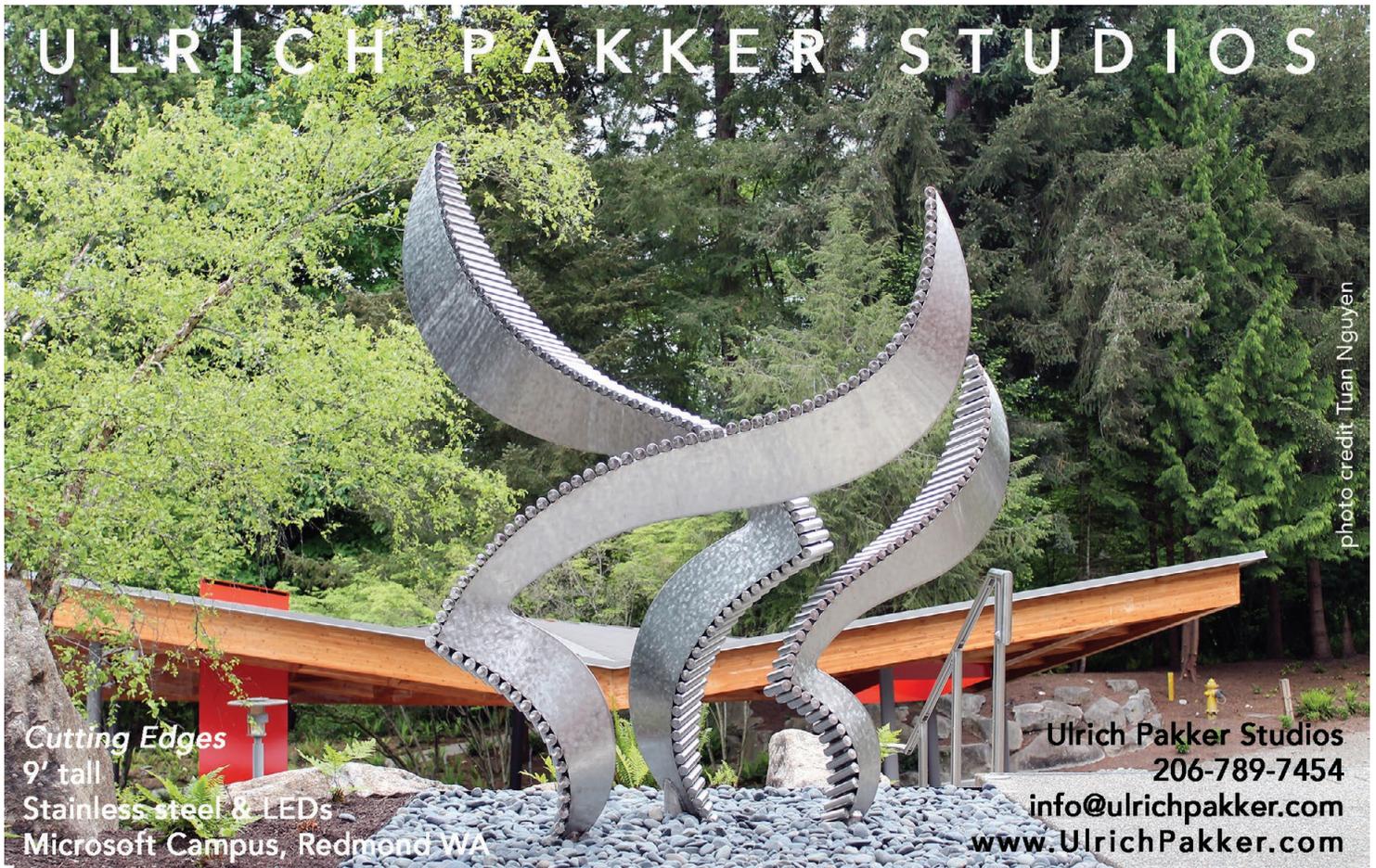
Training and Leading

In addition to students having the opportunity to practice their leadership skills by spearheading student-led adventures, Reed also offers professionally guided ice climbing and whitewater

kayaking. For those students who are interested in learning more about what it takes to embark with a group into the woods of Oregon, students have annual opportunities to take professional classes including Wilderness First Responder, Swift Water Rescue, Leave No Trace, and Avalanche One.

Not all the events focus heavily on learning survival tactics; in fact, many have a predominantly social initiative. One of Reed's programs, Outdoor Experiences, brings small groups of eight to ten students to wilderness areas that are within driving distance of the Portland campus. During these trips, the students can explore areas of the remaining old-growth forest around the Mount Adams and Indian Heaven wilderness areas. These trips can be led either by students or outdoor professionals. In either case, all are trained in outdoor leadership, first aid, and CPR.

Symms detailed the layers of benefit of the ROPE program. Students at Reed tend to be heavily dedicated to their education, and can become overly saturated with school stressors. By offering the students a weekend



NATIONAL[®]



JIMINY[®] NESTING SEATING
WAVEWORKS[®] FLIP/NEST TABLES

PHONE 800.482.1717
WEB NATIONALOFFICEFURNITURE.COM



(or series of weekends) where they can blow off some steam, they are better prepared to thrive in their academics. Additionally, those students who choose to take advantage of the leadership opportunities ROPE has to offer can learn valuable skills about teamwork, preparation, responsibility management, and how to gracefully learn from failure—all of which can then be applied in lifelong learning.

Locations

Reed College, located in Portland, Oregon, is a permittee of the Mt. Hood National Forest, Gifford Pinchot National Forest and Columbia River Gorge Recreational Unit, and most of their trips take place either at Mount Adams or Indian Heaven. These areas provide a multitude of different environments for students to explore; different trips may be mostly coastal and allow for more water-based activities, while others are more mountainous and snowy. To paraphrase Symms, the environmental diversity is one of the greatest perks of being in the Northwest Pacific area, because the location allows for a bounty of different experiences.

Air Filtration: Your next Energy Conservation Measure?

The Dynamic V8 Air Cleaning System offers sustainable MERV15 performance for better IAQ, using 2/3 less fan energy than MERV14 filters and removing odors, VOCs and ultrafine particles without Ozone. The Dynamic V8 also offers average maintenance intervals exceeding four (4) years.



The Dynamic V8 can cut fan energy costs in half. And additional substantial savings may be available through reduction of ventilation air requirements using the IAQ Procedure in ASHRAE Standard 62. The IAQ Procedure allows recirculated indoor air to be cleaned rather than supplemented

with outdoor air that requires heating or cooling. Schools can achieve higher rates of air filtration with much lower pressure drop, allowing HVAC systems to operate at lower brake horsepower than comparable conventional air filtration systems.

Visit DynamicAQS.com or ask us about a free Life Cycle Cost Analysis to find out how much you can save on fan energy and maintenance costs.



AIR CLEANING SYSTEM

Dynamic
Air Quality Solutions

The Science of Clean Air.
www.DynamicAQS.com

ELIMINATE RISKS



WITH THE MAT THAT STICKS



YOUR PROBLEM

He ambles in with eyes glued to his mobile phone, unaware of the wrinkled rug inside your door. A face plant about to happen? Stop holding your breath — eliminate the risk with Grippy® Mat.

Adhesive-backed Grippy Mat is the **PROVEN safe floor solution** that virtually eliminates slips, trips and falls when used as part of a floor safety program. Here's what it did for this happy user:

"Decreasing falls is always an annual performance monitor and goal of our safety staff. We have been at zero fall incidents since installing Grippy Mat." – Rebecca, Grippy Mat customer

It's not magic. It's super-safe Grippy Mat — the world's **FIRST adhesive-backed mat**.

Only from New Pig and our fine distribution partners.

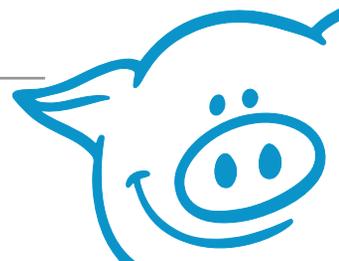


OUR PROVEN SOLUTION

 **GRIPPY® FLOOR MAT**

NO SLIP. NO TRIP. ALL GRIP.®

Take the first step to safer floors! Get a **FREE Grippy Mat Sample Kit** at
grippymat.com or call **1-855-474-7791**





Funding

Unlike many other universities and colleges, the ROPE program's travel, materials, boarding, and amenities all come either free or at low cost to students. The reason for this minimized price tag for students is thanks to the institute's funding. Betty Gray established the Gray Fund in 1992, with a series of goals to enrich students' lives. The Gray Fund aims to promote a sense of connectivity among students, faculty, and staff, to enjoy musicians, performers, and artists on campus, to explore the wilderness in and around Oregon, and generally engage in other cultures, socialize, and partake in recreational activities. In short, the pursuit and purpose of the Gray Fund is to have a good time.

This low-to-no-cost system helps guarantee that the outings are affordable for all of their students. Though any student can participate, the outings are mostly first and second year students. By making the trips easily accessible, the fund allows students to begin making friendships and connections early into their college experience and learn how to manage time and stress earlier, rather than later. Symms realizes this subsidized travel is a luxury for Reed, and he is grateful that he is able to give his students these opportunities.

Are You Promoting a Culture of Wellness on Campus?

MicroFit has provided hundreds of colleges and universities products designed to assess, educate, track, and report on specific health behaviors and fitness outcomes through their:

- ▶ Recreation and Fitness Centers
- ▶ Health & Kinesiology Classes
- ▶ Faculty & Staff Wellness Programs
- ▶ Community Wellness Initiatives
- ▶ Fitness & Wellness Research Projects

"Stanford University started a campus wide wellness program in 2007 utilizing the MicroFit FAS-2 System to provide fitness assessments for faculty and staff. It's ease of use and report functions have made this component a valuable tool in promoting a culture of wellness on campus ever since."

*Ms. Jennifer Sexton
Coordinator of Recreational Fitness & Wellness
Stanford University, Stanford, CA*



Get Started today with a "quick tour" webinar & Free HealthWizard Trial Download.

800-822-0405 - sales@microfit.com - www.microfit.com



PORTABLE SOUND SYSTEMS

DURABLE | WIRELESS | EASY TO USE



Amplifying Your Campus Events for Over 40 Years

Built-in Bluetooth with 50'+ Range • Connect up to Four Wireless Mics • 300'+ Wireless Mic Range
Wirelessly Connect Multiple Companion Speakers • Rechargeable Lithium Ion Batteries Operate up to 8 Hours
In House Technical Support & Engineering • Backed by a Reliable Six Year Warranty • Same Day Shipping

FIND YOUR RELIABLE AUDIO SOLUTION TODAY!

anchoraudio.com/PUPN | 760.827.7124



DESIGNED & ASSEMBLED IN THE USA



To any colleges looking to expand their outdoor recreation programs, Symms explains how beneficial these programs are to the students' academic successes. He believes that outdoor programs are correlated with increased student satisfaction and graduation rates. Therefore, when looking for increased funding, it is vital to show benefactors how outdoor recreation improves both student wellbeing and performance.

The Fun of it All

As we all know, college is hard; yet, it is somehow often among the best years of a person's life. When I get nostalgic about my undergraduate days, papers and projects are not the first thoughts that pop into my mind; it's the after-hour events I attended on campus, or the late afternoon coffee breaks with the girls in jiu-jitsu class. Symms and other Reed officials realize the fundamental importance of experiences such as these. Symms implores students to try and maximize their time at Reed and capitalize on their time in college. Programs like ROPE encourage students to step outside their comfort zones, while still being in a safe environment.



ABOUT THE AUTHOR: Cassidy Clevenger is a Samford University alum. She is currently in graduate school at Samford in the MSW program, while working as a staff writer.

A large, modern, blue acoustical shell stage with a complex, geometric design. The stage is illuminated with blue lights, and the ceiling is also blue. The background is dark, and there are some lights on the sides. The text "STAGING CONCEPTS" is prominently displayed in the upper right, with "STAGING • ACOUSTICS • RIGGING" below it. The main headline "CUSTOM ACOUSTICAL SHELL SOLUTIONS" is in large white letters across the middle. Below that, it lists "Portable Platforms • Seating Risers • Acoustical Shells • Rigging Solutions" and provides the website "www.stagingconcepts.com" and phone number "763-533-2094".

STAGING CONCEPTS
STAGING • ACOUSTICS • RIGGING

CUSTOM ACOUSTICAL SHELL SOLUTIONS
Portable Platforms • Seating Risers • Acoustical Shells • Rigging Solutions
www.stagingconcepts.com • 763-533-2094



www.suitmate.com

What's your facility missing?

The SUITMATE® Swimsuit Water Extractor

An innovative system that efficiently removes 95% of water from a wet swimsuit in just eight seconds.

SUITMATE® 
Swimsuit Water Extractor

1-800-553-3353
info@suitmate.com
Manufactured in the USA

