



Spring 2016

**Celebrating 20 years
of outdoor adventures!**

A non profit 501(c)3 organization providing active, hands-on, nature-based outdoor education since 1996

2016 SUMMER SCHEDULE!

NATURE ADVENTURE MINI #1

June 6-9 (4 days; Monday - Thursday) \$185
Youth entering 1st through 3rd grades.

NATURE ADVENTURE #1

June 13-23 (8 days; Monday - Thursday) \$370
Youth entering 1st through 3rd grades.

OUTDOOR EXPLORE

June 27-July 7 (8 days; Monday - Thursday) \$415
Youth entering 4th through 7th grades;
Overnight camping trip included.

DURANGO MOUNTAIN BIKE CAMP

June 27-30 (4 days) \$320

Riding & skills development; strong intermediate riders & above;
Ages 10 and up. 3-night/4-day riding, exploring & camping trip.

TAOS MOUNTIAN BIKE ADVENTURE

July 5-8 (4 days; Monday - Thursday) \$185
Ages 9 & up. Intermediate & above;
Riding & skills development; local trails.

NATURE ADVENTURE #2

July 11-21 8 (8 days; Monday-Thursday) \$370
Youth entering 2nd through 4th grades.

CRESTED BUTTE MOUNTAIN BIKE CAMP

July 11-15 (5 days) \$385-all inclusive.

Riding & skills development; advanced, experienced riders only;
Ages 13 and up. 4-night/5-day riding, exploring & camping trip.

OUTDOOR ADVENTURE

July 25-30 (4 days) \$230
Youth entering 4th through 6th grades.
Overnight camping trip included.

ADVANCED ADVENTURE

August 1-5 (5 days; Monday - Friday) \$305
Experienced campers entering 6th grade & up;
Two-night backpacking trip included.

NATURE ADVENTURE MINI #2

August 8-11 (4 days; Monday - Thursday) \$185
Youth entering 1st through 3rd grades.

ALPINE JOURNEY

August 8-12 (5 days) \$385-all inclusive.
Youth entering grades 7 & up.

Mountain environments & glaciers; includes a 4-night/5-day
camping & advanced hiking adventure in Rocky Mountain National Park.
Past experience in FIT programs required.



Welcome to our 21st Summer!

Join us as we explore the natural world through fun, healthy, engaging, & exciting outdoor programs! We aim to make a positive difference in the lives of young people, our community & the world. We offer high quality programs with a unique approach to developing a connection with nature and encouraging healthy lifestyles. Based in Taos Ski Valley's beautiful alpine summer setting, our approach is multi-faceted, team oriented, & educational with topics in natural sciences & outdoor skills.

**Adventure, explore, interact,
grow, learn, listen, see, &
experience the world with us!**



- ⦿ **SPACE IS LIMITED**
- ⦿ **ONLINE REGISTRATION at
www.fitaos.org**
- ⦿ **\$100 DEPOSIT REQUIRED**
- ⦿ **SCHOLARSHIPS AVAILABLE!**

We also offer **FIT Neighborhood Camp**, a fun, daily DROP-IN program at Quail Ridge Taos! Details found here & on our **website**.

For additional program info, registration, current news & more, please visit www.fitaos.org or call (575) 770-2391

SCHOLARSHIPS ARE AVAILABLE FOR ALL SESSIONS!

Spring After School Mountain Bike Programs

Endurance & skills improve as riders learn about trail etiquette & respecting the environment while riding in a group. In 2015, we had 40 riders, ages 8-16, challenge themselves, learn new skills, & enjoy some good, dirt-filled physical activity. **Spring 2016 programs begin on April 27th.** Ages 8-12 ride Tuesdays & Thursdays. Ages 13 & up ride Mondays & Wednesdays. **Space is limited** to keep the group size manageable, safe, & respectful of the environment. We focus on environmental education, safety, fitness, & biking skills. Groups are always split by experience & ability level. Topics include bike maintenance, trail use & access issues, teamwork, fitness, nutrition, hydration, safety, riding skills & fun! **Cost is \$150 for 6 rides.**

Loaner bikes, helmets, & scholarships are available!



SUMMER BIKE CAMPS will include our **Durango Mountain Bike Camp** for strong intermediate riders, a **Crested Butte Camp** for advanced riders, & the 4-day **Taos Mountain Bike Camp** where riders learn & practice skills on local trails. **Sign up & get more info on our website.**

We help youth develop skills & attitudes to safely explore their own physical abilities & the natural world.

FITAOS HOSTED THE INAUGURAL RIDE THE RIFT, a FREE community mountain bike event, on the BLM's Rift Valley Trail System in Taos. Over 135 participants ages 4-74 participated! Community partners included BLM, Del Norte Mountain Bike Alliance, Taos Land Trust, and Taos Sports Alliance. Local sponsors also supported the riders. All funds raised went to the Taos Area High School Mountain Bike Team. www.ridetherifttaos.com



TAOS AREA HIGH SCHOOL MOUNTAIN BIKE TEAM'S 1ST SEASON A SUCCESS!

FIT launched a new program in Fall 2015 to give high school athletes from the region the chance to train and compete in the exciting sport of mountain biking. 12 team athletes from 3 area schools attended 5 races with the Colorado League (National Interscholastic Cycling Association). A resounding success from day one, our riders proudly represented New Mexico throughout the season and into State Championships. Sponsors covered travel costs for the team to attend all races. Athletes raised funds during the Ride the Rift event. Coaches, parents and the local community really rallied behind the team. The future is bright for this program! Thank you sponsors: Team FITaos, Ken Price Studios, Brown Rice Internet, Tanya Lauer, The Evans-Rael Family, Metric Motors, and Taos Mountain Energy Bars! Facebook page: Taos Area High School Mountain Bike Team



AN INCLUSIVE, LOCAL CYCLING TEAM

Team FITaos encourages a fun, supportive environment & offers opportunities to **experience cycling, through education, training, & competition.** Team FITaos supports mentorship of youth, families, & individuals spanning **all ages & abilities of cyclists.** We host events and offer on-going rides in the evenings for team members. We look forward to many rides & races with a strong, energetic team.

THANK YOU to our amazing sponsors for 2016!

Boot Doctors, FX 18, Gearing Up, N+1, PPC Solar, Taos Cyclery, ACEQ, Edelweiss Lodge & Spa, Full Moon Development, KSP Power Tools, Metric Motors, Mogul Medical, Siriusware, Taos Mesa Brewing, TaosPhoto.com, Taos Ski Valley, Inc., Taos Veterinary Clinic, Northside at TSV, Pizaño's, Taos Cow, Taos Mountain Energy Bars

The first TEAM meeting of 2016 will be in early April.

Visit www.fitaos.org and click on Team FITaos to join for 2016!

Bring (or mail) your Team paperwork, meet fellow riders, pick up your jerseys, & get ready to ride!



THANK YOU TO ALL 2015 DONORS AND VOLUNTEERS!

The ongoing support of so many **INDIVIDUALS & BUSINESSES** inspires us daily. Each donor & volunteer is critical to our success. We also want to thank all **PROGRAM PARTICIPANTS & FAMILIES, Team FITaos RIDERS & SPONSORS, &** those who supported our 14th Annual RUBBER DUCK RACE, our YOUTH PHOTO PROJECT & RAFFLE, and the NEW BELGIUM BREWING SCAVENGER HUNT!



ACEQ Restaurant
 Andean Software
 Edy & Charlie Anderson
 Angel Fire Bike Park
 Germaine Bartlett-Graff
 Rose Blair Bauhs
 Alana Benjamin and Tim Corner
 Ursula & Lawrence Berkowitz
 Black Diamond Espresso
 Blonde Bear Tavern
 The Boot Doctors
 Blair Bouchier
 Dawn Boulware
 Brown Rice Internet
 Elisabeth Brownell
 Bumps
 Greta Burke
 Bureau of Land Management
 Marilyn Cassily
 Sean Cassily
 Centinel Bank of Taos
 Cid's Food Market
 Julie & Fred Closuit
 Carl and Romy Colonius
 Colorado League-NICA
 Doug & Elaine Connor
 Lauren Cramer

Crossfit Taos
 Dala Balm
 Davina Daniel
 Del Norte Mountain Bike Alliance
 Mary Droste
 Kurt Edelbrock
 Edelweiss Lodge & Spa
 Audrey Edinger
 Elevation Coffee
 Enchanted Forest XC Ski Area
 In Memory of Bill Etchemendy
 The Evans Rael Family
 FX 18
 Mary Ann & Owen Fiore
 Martha & Chris Flanders
 Helen & Kent Forte
 Hugh Friedman
 Laurel Friedman
 Full Moon Development Company
 Ken Gallard
 Bob and Linda Gaza
 Gearing Up Bicycle Shop
 Carter T. Geyer
 Carl Gilmore
 Gina Hawryluk & Dan Greenwald
 Linda Hodapp
 Rebecca & Michael Jusbache
 KSP Power Tools
 Anne Kaplan
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 Tanya Lauer
 Risa Lehrer
 Eric Leonard
 Roberta and Roger Lerman
 Carrie Leven & Monte Doern
 Linda & Spike Lynch
 Neil and Cindy Lyon
 Tantra Maat
 Emily Manfredi
 Frank Manfredi
 Jean Mayer - Hotel St. Bernard
 Metric Motors
 Quigley Peterson - Mogul Medical
 Susan Moller
 Mountain Khakis
 Mountain Skills Guides
 Mudd N Flood Mountain Shop
 N+1
 New Belgium Brewing Company
 NM Department of Game & Fish
 Northside at TSV
 Northside Health & Fitness Center
 Ojo Caliente Mineral Springs

Orlando's & Station 3one6
 Nicola & James Ortiz
 PPC Solar
 Pattison Family Trust
 Roger & Kerrie Pattison
 People's Bank
 Pizaño's
 Matt & Denise Poage
 Joan Pond
 Happy Price
 Ken Price Studio
 Quail Ridge Taos & Taos Tennis
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 Jeff and Kathy Row
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 Phil Sonne
 Scarlet Southern
 Storyteller Mitchell Theaters
 Stray Dog Cantina
 James Stuart
 Andrea Szekeres
 Taos Cow
 Taos Cyclery
 Taos Inn
 Taos Landscaping, Inc.
 Taos Land Trust
 Taos Mesa Brewing
 Taos Mountain Energy Bars
 Taos Mountain Outfitters
 Taos Ski Valley, Inc.
 Taos Sports Alliance
 TSV Chamber of Commerce
 Taos Valley Honey
 Taos Veterinary Clinic
 Iris Thornton
 Twirl Toy Store
 USDA Forest Service
 Village of Taos Ski Valley
 Michael Wagener
 Dan & Larissa Weinman
 Barbara Wiard
 In Memory of Keri & Amy Wiard
 Ted & Marcella Wiard
 Bob Wilkinson & Terri Illingworth



For the 4th year in a row, FIT has been awarded a grant from an anonymous donor to help us expand & improve programs! These funds allow us to offer more scholarships, increase & improve our program offerings, help us develop our staff, add additional staff to our team, & provide much needed infrastructure improvements. **Your continued support will allow us to maintain all that we have built while seeing our dreams come true.**

Please stay connected via our **website** and social media!

If you are not on this list but feel you should be, please forgive our error & notify us so we can correct it. Thank you!

THANK YOU 2015 STAFF!

CITs: Justis Bezout, Jonah Bromley, Rozy Colonius, Roland Danemann, Seth Danemann, D'Andre Gonzales, Sam Hastings, Liam Haworth, Sasha Kushner, Peyton Lacy, Joseph Lerman, Maggie Maestas, Teresa McGarity, Finn McMullin, Trempealeau Morninglight, Bella O'Donnell, Lily Sanborn, Jackson Shiver, Michael Vigil, Coco Welch, Ransom Welch, & Timmo Wooldridge.

JUNIOR COUNSELORS: Madison

Davisinger, Bridger Fiore, Boden Franklin, Angelina Goodhue, Caleb Kast, Eliana Lerman, Jazlyn Lynch, Austin O'Connor, Haley Rach, Erin Roberson, Aimee Lynn Stearns, Zoe Urban, Nathan Wooldridge & Robbie Wooldridge.

ASSISTANT & LEAD INSTRUCTORS:

Germaine Bartlett-Graff, Sean Cassily, Audrey Edinger, Susie Fiore, Rosey Hayett, Emily Manfredi, Liana Sonne, David Valerio & Michael Wagener.



CITs & Junior Counselors & Staff

Our **Counselor In Training** program selects 15-20 youth who have been past campers to take on leadership internships. The popularity of this program shows the commitment to outdoor experiences (natural science education, leadership, outdoor skills, teamwork, & mentorship) that our programs develop in youth. Each CIT is an intern for 1-3 weeks with younger campers. Applicants ages 11 & up are selected based on experience, motivation, & enthusiasm. In 2016 there will be 10-12 **Junior Counselor** positions available. These paid youth mentors have demonstrated a very high level of commitment to working with youth in an outdoor setting. Each Junior Counselor must be at least 14 years old & available to work 3 - 5 weeks. CITs & Junior Counselors must attend an orientation covering programming, safety, rules, first aid & expectations (June 5th). **Applications due April 1st**

2015 IN PROGRAM REVIEW Outstanding educational adventures with enthusiastic campers & a staff filled with experience, energy, & passion for getting out in the natural world.

In 2015, we led our **EdVenture & N.O.T. School programs** for Taos Academy, Anansi Charter School, TISA, Taos Cyber Magnet School & others. We worked with Taos Pueblo providing a youth **mountain bike program**. Our After School Mountain Bike Club saw 40 young riders participate. We offered a **Bike Rodeo** teaching cycling skills for youth at Arroyos del Norte. We provided Educational Outreach & Professional Development for local schools. We started a high school mountain bike team and the Ride the Rift community event. Collaborative efforts in 2015 with Youth Heartline, Lettuce Grow Farm, PPC Solar, TSV Inc. & more. **Summer camps** = exploration, connections & adventure. Hiking in & around Taos Ski Valley. Topics included wildlife biology, river ecology, maps & GPS, farming, archeology, human impacts, nature art, solar power, Pay It Forward, geology, Leave No Trace, first aid, survival, plastic, avalanches, team building & alpine ecology. Chair lift rides. July 4th TSV Parade & Rubber Duck Race. Camping, rafting, backpacking & rock climbing. Enchanted Forest XC Ski Area, Tsankawi, Rocky Mountain National Park. 3 mountain bike summer camps in Moab, Durango & Taos. FIT Neighborhood increased activity offerings. Our **Youth Photo Project** once again provided each camper with a camera for a day with instructions to take nature photos. Photos were exhibited in our big October event, the Annual FITaos Youth Photo Exhibit & Be FIT Raffle. Other fundraising events included the hilariously fun New Belgium Brewing Scavenger Hunt. We had a total of 46 staff in summer. Over 45% of participants received financial assistance. Yes, it was a busy year! **Thank you to everyone who participated in & supported our programs in 2016. PLEASE COME OUT & HIKE, BIKE, EXPLORE, PONDER, SHARE, LEARN, OBSERVE, GROW, LISTEN, ADVENTURE & PLAY WITH US IN 2016!**

FIT NEIGHBORHOOD Camp Offers ACTIVE FUN & Drop In Availability!

In 2013, Field Institute of Taos began operating FIT Neighborhood, a summer camp based at Quail Ridge Taos & we've been making it great ever since. It's an engaging, active & fun way for kids ages 5-11 to spend summer days. Directed by Emily Manfredi and Rosey Hayett, this program offers a supervised, positive, structured environment with a wide variety of daily activities including swimming, tennis, group games, crafts, yoga, projects & more. FIT NEIGHBORHOOD believes in fun, teamwork, mentorship, & creativity...all with a distinctive FITaos flair. Weekly enrollment as well as daily drop-ins are welcome! Some discounts are available. FIT NEIGHBORHOOD is open from 8:30-4:30 on Monday through Friday throughout summer. Come for a month, a week, a few days or a few hours. Parents are free to drop off or pick up their child at ANYTIME during these hours. More info www.fitaos.org



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