



# THE MIDDLE OUT-DOOR

SEPTMEBER/OCTOBER, 2011

MONTHLY NEWSLETTER



## INSIDE THIS ISSUE:

<b>DESTINATION OF THE MONTH</b>	<b>2</b>
<b>FREE THINGS THIS SEMESTER!!!</b>	<b>3</b>
<b>MTSU'S TRIP LEADERS</b>	<b>3</b>
<b>COLORADO TRIP</b>	<b>1</b>
<b>ABOUT MTOP</b>	<b>4</b>
<b>PIC OF THE MONTH</b>	<b>2</b>
<b>FALL 2008 ADVENTURE SCHEDULE</b>	<b>4</b>

## NEW SCHOOL YEAR... NEW MOUNTAIN BIKES!!

RENT A BIKE FOR AROUND CAMPUS OR FOR A WEEKEND ADVENTURE

Tired of walking around campus? Late for class and had to park on the other side of the world? Love mountain biking but can't afford your own bike?? Never tried mountain biking before and looking for something new and exciting?? For all of this MTOP has what you need!

MTOP is now offering mountain bike rentals in addition to the wide variety of other equipment available. Mountain bikes will be rented out for \$10/day or \$20/weekend (helmet included!).

### Looking for a group to ride with??

Two guided mountain biking trips will be available this fall. Mountain bike at Raccoon Mountain on October 30 for \$10, or try the ride at Chickasaw Trace for only \$5! Equipment and transportation is included in cost, food will be purchased at your own expense. Sign up in the MTSU Recreation Center of-fice today! (Located through the glass

door in front of the turnstiles when first entering Rec. Center)

### Come ride with us in October!

Local biking trips will also be available every Thursday in October! Trips will cost \$5 each and will begin at 3 p.m. every Thursday. Riders should meet in front of the OER 15 - 20 minutes ahead of time.

### **Below What you could do if you had a mountain bike**



## SPECIAL POINTS OF INTEREST:

- **Jump aboard... Winter trip to Colorado! Sign up today!!**
- **Women's only trips: Less pressure, lots of fun**
- **Getting outside**

## WHAT'S HOT! SKIING AND SNOWBOARDING IN STEAMBOAT!!

Ever wanted to look like this? Or at least attempt to look like this? Well, you have your chance to hit the slopes in Steamboat Springs, Colorado

this winter. We are taking a group of students and guests for five days of snowboarding and skiing. The dates of this wonderful trips are December

17 -22. The cost of the trip is yet to be announced, but it should be in the ball park of \$800, but that includes plane tickets and lodging and of

DESTINATION OF THE MONTH  
**ROCK ISLAND STATE PARK**

GET WET BEFORE IT GETS COLD!!!

Take your own trip to rock island state park!

Rock Island State Park is located in Rock Island, TN just outside the Cookeville area, about an hour drive from Murfreesboro. This park is filled with hiking, swimming, kayaking, camping, bouldering, and cliff diving are-

as. Enjoy beautiful waterfalls and other landscape as you explore this area. Leaves will be changing soon, and it's the perfect time to get out there! This is an awesome place to take a day trip or even an overnight trip and GET WET before it GETS COLD!!!

**Plan Your Own Trip ! w/MTOP's Rental Center**

**Weekend Backpack Rental**

\$9

**Weekend Sleeping Bag Rental**

\$6

**All other equipment:**

\$5 stove/ \$2 sleeping pad/\$4 cookset

**Distance From Campus:** About 120 miles round trip

**Best days to go:** Mid fall to see beautiful fall colors!

**Special Note:** Be mindful of the weather and be prepared accordingly

Highlights of Rock Island:

- Many different trails and trail distances to choose from
- Spring wildflowers
- A lot of great views of different falls.
- Great place for pictures
- Chance to see wildlife, including bears
- Not a long drive from campus

“Some of the most beautiful waterfalls around. Does not matter what season you go, it’s always a favorite!”

**Below: Patrick being his good ole self while on a trip with student support services!!**

**Trip Pic of the month!!**

Every month we are going to pic our favorite picture from a trip! So be sure you are sharing these pictures on the MTSU outdoor pursuits facebook page so we can see what you have gotten out and done this semester!! Also this is a great way to view the pictures that we have taken on the trips!

This month we have:

Ocoee Rafting 9-25-11

Guiding: Patrick Riley

Picture by: Marisa Moore



GET TO KNOW YOUR...  
**TRIP LEADERS**

**M**TSU Campus Rec. has been taking students to many outdoor locations for many years. You as students are being led by students who have extensive training and a passion for what they do. Some of your guides are....

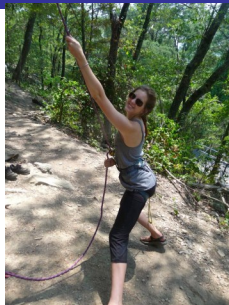
**ISREAL VALDES**



**"GREY HAIR  
BEAUTY"**

**Position:** jack of all trades  
**Age:** Oldish  
**Guide Exp:** about 2 years  
**Known For:** packing gummy bears on trips so he can have an army to fight off wildebeests  
**Day Job:** Craft Expert  
**Award:** Failed Vegetarian

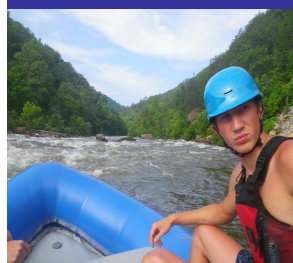
**MEGAN LOFTIS**



**"SWEET BABY DEER"**

**Position:** Climbing Trip Leader and OER and Climbing wall  
**Age:** twentyish  
**Guide Experience:** 1 year ish  
**Known For:** Looking sweet and innocent but can snap like a baby cat!!  
**Favorite Outdoor Activity:** Rock Climbing  
**Award:** Closet dance freak  
**Special Note:** Tyler is a very talented videographer

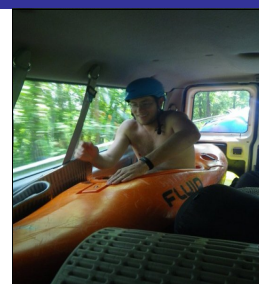
**PATRICK RILEY**



**PERRY**

**Age:** A woman never tells  
**Guide Exp:** 1/2 year  
**Best Known For:** Play the Ukulele, and being part of the Perry 3  
**Favorite Outdoor Activity:** Water...land... All??  
**Award:** Tall and Awkward

**JASON POMEROY**



**"CUJO, OR JUSTIN PERRY"**

**Age:** We don't even know  
**Known For:** Crazy kayaking stories  
**Guide Exp:** going on a year  
**Hobbies:** Kayaking, other water sports, and kicking baby seals  
**Proudest MTOP moment:** becoming part of the Perry 3  
**Award:** Stinky Feet

**A**t MTOP we strive to provide the most fun and safest environment possible every time we take students down a river. If you've never been on one of our adventure trips and are interested in joining in on the fun, Ocoee Trips are a great way to start. And what's more, we make them easy and affordable. Don't miss your chance. Spots are limited. Sign up to-

**Free Things This Semester!!!!**

At MTOP, we are college students too. Sooo.. We understand the thrill and joy of not paying for things! While our trips and equipment are offered to you guys at an outrageously low cost, we even have some things to offer at no cost. Starting on Tuesdays, we are offering Stand-up Tuesdays. No we are not going to make you guys suffer through a night of our terrible jokes, (although I'm sure some of us would if you asked) we are going to take you guys out on our Stand-up paddle boards at the stones river. We will go out every Tuesday at 3pm, so be here early to make sure you can get a board. Then on Thursdays, also at no cost, we want to take you guys out on our brand new mountain bikes. For this we will leave at 3pm as well, again get here early if you don't have your own bike. If kayaking is more your thing and you want to learn about it or get better, you can attend our Kayak Roll Clinic every 6-8 and learn how to roll your kayak out of a flipped position in the indoor pool. In all of these activities we provide everything you will need and accept all levels of experience. If you would rather stay here on campus we will have open climb at the tower (that's the big wooden thing you've seen outside the Rec Center) on October 12, 2011 from 2-5pm and on November 15 from 2-5pm weather pending. Lastly, but definitely not least, our most popular freebee offered to MTSU students is our rock wall located inside the rec. center. We are open Monday-Thursday 4-9 and Friday 5-8. Stop by and see us!

**"Communication, Resources, and cooperation are jus a few themes explored"**

Skiing and snowboarding....

**CONTINUED**

course ski lift tickets, which are estimated to be \$90 a day!! You will only need to pay for food and souvenirs! The best part of this trip is that other people outside of M.T.S.U are allowed to accompany you on the trip; the only catch is that they have to pay the guest cost. Spaces are limited, so get them

while they last!!! In order to make sure you get to go, come to the Rec Center office (through the glass doors to the left of the turnstile), and sign up and put down your deposit. **SIGN UP TODAY!**



**Above: What you could look like!!!**

**ABOUT MTOP:**

MTSU Outdoor Pursuits provides a variety of outdoor opportunities which are instructional, recreational, social, and service-oriented in nature. Very little, if any experience is necessary for any of the outdoor recreation programs. We offer everything from the climbing wall, challenge course, and our outdoor equipment rental center.

Check us out on:

**facebook**

Network: MTSU

Group: MTSU Outdoor Pursuits

Friend Contact: Josh Stone



# GET OUTSIDE!!!!

## MTSU FALL 2011 ADVENTURE SCHEDULE

October 2	Climb Obed
October 8-9	Overnight Canoe the Caney
October 15-18	Backpack the Appalachian Trail
October 22	Caving at Indian Grave Point
October 30	Climbing at Fosters
November 12-13	Backpack the Cumberland Trail
November 20	Mountain Bike Chickasaw Trace
December 3-4	Women's Backpacking
December 16-21	Skiing in Steamboat, CO
Spring Break	Surfing in Maui, HI

### MIDDLE TENNESSEE OUTDOOR PURSUITS

MTOP, MTSU Campus Recreation

P.O. Box 556

Middle Tennessee State University

Murfreesboro, TN 37132

Office: 615-904-8484

Rental Center: 618-904-8335

E-mail: jrstone@mtsu.edu

Web: <http://www.mtsu.edu/~camprec/outdoors/index.html>



**GET OUTSIDE!**