



Leave No Trace Frontcountry Master Educator Course



COURSE DESCRIPTION / TRAVEL INFORMATION

Location: Mille Lacs Kathio State Park, Onamia, MN

Date: October 15-18, 2009

COURSE DESCRIPTION

The Frontcountry Master Educator course is an extensive, four-day course designed to train educators and others ways to practice and teach Leave No Trace skills and ethics. The course provides participants with a comprehensive overview of Leave No Trace techniques through practical application in a Frontcountry setting. Students who successfully graduate a Master Educator course will receive a diploma and will be qualified to offer and teach two-day Leave No Trace Trainer courses.

During four days of training at Mille Lacs Kathio State Park, a National Historic Landmark located in central Minnesota, participants will learn and teach the principles of Leave No Trace in one of the state's most significant archeological sites.

With 19 identified archeological sites identified, the park is steeped in Native American history dating back to the Archaic period. Participants in this course will be camping in an area very near where the Dakota people settled in permanent villages along the shores of Ogechie Lake, and the Rum River hundreds of years before Europeans came into the region.

Between its intensely rich history and 35 miles of varied use trails, this 10,585 acre park provides an ideal setting for exploring and discussing outdoor ethics and Frontcountry issues. Backcountry principles will also be covered with discussions concerning the differences.

This is a great opportunity for teachers, naturalists, park rangers, recreation planners, scout leaders, and other outdoor educators to improve LNT teaching skills while experiencing the unique treasures found at Kathio.

COURSE PROGRESSION

This sample agenda, which is subject to change, gives an overview of a typical progression. Topics will be added or changed depending on final enrollment numbers. Activities are dependent on terrain, course size, weather and availability of guest presenters.

DAY ONE

- Course begins @ 10:00 am at Group Campsite #2, Mille Lacs Kathio State Park
- Introduction to the Master Educator Course, history of LNT, role of research in LNT
- Principles of Education
- Principle One: Plan Ahead and Prepare – Backcountry (BC)
- Know Before You Go – Frontcountry (FC)
- Afternoon Activity – Day Hike or Presentation

- Evening Session: Introduce Action Plans

DAY TWO

- Morning Session Begins at 8 AM
- Principle Two: Travel and Camp on Durable Surfaces (BC)
- Stick to Trails and Camp Overnight Right (FC)
- Principle Three: Dispose of Waste Properly (BC)
- Trash your Trash and Pick Up Poop (FC)
- Morning or Afternoon Activity – Day Hike or Presentation
- Evening Session: Wild Land / Frontcountry Ethics

DAY THREE

- Morning Session Begins at 8 AM
- Principle Four: Leave What You Find (BC)
- Leave it as You Found It (FC)
- Principle Five: Minimize Campfire Impacts (BC)
- Be Careful with Fire (FC)
- Principle Six: Respect Wildlife (BC)
- Keep Wildlife Wild (FC)
- Work on "Action Plans"
- Evening Session: Action Plan Presentations

DAY FOUR

- Morning Session Begins at 8 AM
- Principle Seven: Be Considerate of Other Visitors (BC)
- Share Our Trails and Manage Your Pet (FC)
- Morning or Afternoon Activity
- How to run a Leave No Trace Trainer course
- Course Evaluations
- Final thoughts
- Award diplomas, course ends at 4 PM

CURRICULUM

The Leave No Trace Center for Outdoor Ethics has designated NOLS, the Appalachian Mountain Club (AMC), Landmark Learning, Wilderness Education Association and Ninemile Forest Service Training Center as the principal educational providers of Master Educator Courses. NOLS brings over 40 years of experience teaching wilderness skills and leadership to the LNT Program.

Master Educator courses are informative, practical, hands-on and fun. You will learn skills and teaching techniques through lectures, skits and discussions in an outdoor setting. The course is designed for people who actively teach others outdoor skills or provide recreation information to the public and emphasizes three components:

- low-impact recreation skills
- wildland ethics
- outdoor teaching techniques

TEACHING SESSIONS

Each participant will be required to present a short (15-20 min.) class on one of the LNT principles or how it relates to a specific activity, e.g. rock climbing or mountain biking. The class can be skills oriented or theoretical in content. Although some preparation time will be available once the course has begun, plan on having your class prepared before arriving at the course location. Each participant will also present an ungraded activity (10 – 20 min.) and do a formal critique (2-5 min.). If you have questions regarding class presentations, please refer to the teaching information on the LNT website <www.LNT.org> or contact the NOLS Leave No Trace office.

ENVIRONMENT

Mille Lacs Kathio State Park is predominantly a second-growth forest of aspen, birch, maple, oak, and other northern hardwoods. An abundance of wetlands are within the eskers on which the park is located. A few isolated stands of conifers serve as living remnants of what the forest was like a century ago and add diversity to the landscape.

The rolling hills of Kathio are actually a part of a “terminal moraine.” The small, abrupt hills, were formed approximately 10,000 years ago by a major glacier that ended its journey south, depositing gravel, rocks, and boulders that it had accumulated along the way. The resulting land formation is referred to a terminal moraine.

The park is also home to a variety of wildlife. The small ponds and streams provide homes for amphibians and insects, which in turn attract larger fish, birds, and mammals. Hawks, ospreys, owls, and eagles are common. Signs of beaver, raccoon, mink, and deer are often seen on the trail, and black bear are also in the area. Bring your pole because the fishing is excellent. Northern Pike, walleye, bluegills, sunfish and bass are plentiful.

Minnesota falls tend to have cool, crisp days that are generally sunny. Average high temperatures are upper 50s and low 60s with lows in the 30s. It can be rainy and snow is a possibility.

LOGISTICS

Camping

As a part of the Frontcountry experience, all participants are required to stay at the State Park the nights of October 15 – October 17. Any form of Frontcountry camping is acceptable, so come as you usually would. That means tents, campers and RV's are all acceptable, however group campsite #2 has been reserved and is included in the tuition rate for all participants of the course. The group site #2 is located approximately 100 feet from the nearest parking area and is very large so there will be room to spread out. There are vault toilets and a water pump at group site #2, but no electricity. A shower facility is nearby.

If you choose to use a camper or RV, you will be responsible for reserving and paying for your campsite. Online reservations are available at <http://www.stayatmnparks.com/>.

Vehicle Permits

Presently, the only additional fee for participants will be a vehicle permit to enter the park. Permits cost \$5.00 per day or \$25 for an annual permit. Permits can be purchased at the

park entrance or by a phone call to the DNR Information Center at (651) 296-6157 (Twin Cities metro area) or toll free 1-888-MINNDNR (646-6367). We will discuss car-pooling options closer to the date of the course.

Equipment

Participants need to bring all of their own clothing, camping and eating equipment. Plan for cool weather, wind, rain and possibly snow.

Food

Participants are responsible for their own meals. Plan on cooking and eating in a group setting – so bring what you need with you. As the date of the course approaches, we will help organize meals, cooking gear and planning. PLEASE NOTE THAT THERE WILL NOT BE TIME FOR PARTICIPANTS TO GO OUT FOR MEALS. Plan on staying in camp for the duration of the course.

ENROLLMENT FORMS

The following forms are available on the NOLS website (www.nols.edu/Int click on the ENROLL tab) and must be completed and received by the NOLS Leave No Trace office prior to the start of the course:

- Course Application
- Self-Screening medical form - **including cardiac screening section**
- Insurance Form - all course participants must have some form of medical insurance
- Acknowledgement of Risk and Release form
- Teaching Session form

PAYMENT

Payment and Cancellation Policies - PLEASE READ CAREFULLY!

Course tuition is **\$500** and includes a one-year individual membership to Leave No Trace, materials and instruction. Partial scholarships are available through the Leave No Trace Center for Outdoor Ethics. Please contact the Center for details <sarah@LNT.org> or 800-332-4100

- **TO ENROLL, A COMPLETED APPLICATION AND A \$100 NON-REFUNDABLE APPLICATION FEE ARE REQUIRED.**
- **THE BALANCE OF TUITION IS DUE 45 DAYS PRIOR TO THE COURSE START DATE.**
- **IF YOU CANCEL YOUR ENROLLMENT ON A COURSE FOR ANY REASON, YOU WILL RECEIVE A REFUND ONLY AS SPECIFIED BELOW:**
- **PRIOR TO 45 DAYS BEFORE THE COURSE STARTING DATE, NOLS WILL RETAIN THE \$100 DEPOSIT.**

- **BETWEEN 30-44 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 25% OF THE COURSE TUITION.**
- **BETWEEN 15-29 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 50% OF THE COURSE TUITION.**
- **LESS THAN 15 DAYS PRIOR TO THE COURSE STARTING DATE, AND ONCE THE COURSE HAS BEGUN, THERE WILL BE NO REFUNDS.**

If you transfer from one course to another:

45 or more days prior to the course starting date, there will be a \$25 processing fee.

44 days or fewer prior to the course starting date, regular cancellation policies will apply.

TRAVEL & LOGISTICS

From Minneapolis International Airport, follow MN 5 toward 494. Take 494 west to I-94. Merge onto I-94 West/US-52 via exit #27 (toward St. Cloud) to MN-101 Exit #207 (at Rogers). Take MN-101 north, which becomes US-169. Go to mile post marker #221 on US Hwy 169, about 8 miles north of Onamia. Watch for the Kathio Arrowhead sign and take County Road 26 for about a mile, to the park entrance.

Address: 15066 Kathio State Park Road, Onamia, Minnesota 56359-2207
Park Phone: (320) 532-3523

Group Campsite #2 has been reserved for the night before the course begins, Wednesday, October 14.

Other lodging options, for before or after the course, include the following:

Grand Casino Mille Lacs

777 Grand Avenue · PO Box 343 · Onamia, MN 56359
1-800-626-5825
<http://www.grandcasinomn.com>

Garrison Inn & Suites

9243 Highway 169 N · Garrison, MN 56450
(320) 692-4050 · 1-800-817-5408 · Fax: (320) 692-4050
<http://www.garrisoninnsuites.com>

Eddy's Lake Mille Lacs Resort

41334 Shakopee Lake Road · Onamia, MN 56359
1-800-657-4704

Local Attractions:

Mille Lacs Indian Museum & Trading Post

Minnesota Historical Society · 43411 Oodena Drive · Onamia, MN 56359
(320) 532-3632 · 1-888-727-8386

Launch (group) Fishing

Hunter Winfield's Resort

510 West Lake · Isle, MN 56342

(320) 676-1100 · (800) 414-4298 · Fax: (612) 465-2367

<http://www.hunterwinfields.com>

Plan to stay longer!

The Cuyuna Iron Range is just a few miles north of Mille Lacs and offers some very unique mountain biking and scuba diving experiences in the mine lakes area. Visit <http://cuyunacountry.net> for more information and other attractions.

The Boundary Waters Canoe Area is a few hours further up Highway 169. Along the way you would pass through the other two Minnesota Iron Ranges, the Mesabi and the Vermillion. Visit <http://www.friends-bwca.org/>.

CONTACT INFORMATION

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