

# Outdoor Education Newsletter

C O L O R A D O C O L L E G E

## In The Flow: A Spiritual Journey

Last block break, a group of students embarked on In the Flow, a spiritual river trip to the Ruby Horsethief section of the Colorado River. For so many students at CC, connecting to nature is an integral and



Who needs sunscreen?? - Playing in the mud in Ruby Horsethief Canyon

nourishing part of life, but it is rare to have the opportunity to build that connection in the community and to have one of the college's chaplains, Bruce Coriell, there to guide us in the journey. Through rituals, meditation, silent rowing and playing in the mud, the trip gave us the opportunity to connect to the river and the world around us in a meaningful way, and to find guidance and strength through the river in the most invigorating block break adventure.

When you find spirit or a sense of the divine in nature, the world around you

becomes even more alive as you notice it reaching out to you and responding to you. After our first day on the river, we stopped to camp in a canyon. That night, Bruce led us in a meditation, grounding our energy and consciousness in to the rock below and expanding up to a glorious full moon above. We sat together, cradled in the womb of the canyon walls, and sharing existence so fully with the moon. The next morning we played. We found a long flat rock extending into the river bed. That rock seemed to be calling out to us, like it had been waiting a long time for a group to realize what a wonderful mud slide it could be. We cut open an orange juice bottle to use as a sled and spent the morning sliding

down in to river. Bruce was one of the first people on the slide. Finding joy and being playful in nature is one of the best ways to connect to the environment around you. When you find joy, you open your heart to your surroundings and the divine in nature becomes the very best playmate.

The next day we sat together in meditation before venturing on to the river. As we sat together, tuning into our breath, the wind began to rustle the trees above. Bruce led us in further meditation as we began to imagine ourselves being inhaled and exhaled by the universe. Our breath expanded us into nature, reaching beyond the illusionary boundary of our skin and feeling

one with the world. We spent the afternoon rowing in silence, allowing the repetitive motion of the oars moving through the water to lull us into deeper meditation.

During my time at CC, it has been such a gift to be able to connect with other students on a spiritual level. Through Shove Council and other Chaplains' Office events, I have found a community of people who want to connect in that way, who want to adventure together into the greatest unknown. Connecting with nature being one of the most important parts of my own spirituality, it was wonderful to share that connection with a group. This was a block break adventure that was both fun and personally and communally meaningful.

Written by: Chaplain's Intern  
Lindsey Pointer '13



Trip leaders Sam Seiniger and Ben Varick (left to right), with Chaplain Bruce Coriell (middle)

## Happenings

### MEETINGS:

Outdoor Recreation Club: Tuesday at 12:15 pm in the WES Room

Kayak Club: Roll Sessions Mondays 8:00—9:30 at Schlessman Pool

### GEAR HOUSE HOURS:

Monday-Thursday: 4 pm-8 pm  
Friday: 12:30 pm-2:30 pm

### RITT KELLOGG CLIMBING GYM HOURS:

Monday-Thursday: 4 pm-10 pm  
Sunday: 6 pm-10 pm  
Women's Wednesday's: 4 pm-6 pm  
Beginner Day: Mondays 3pm- 4pm

### UPCOMING TRIPS:

Breakout - La Puente Boettcher Scholars  
Santa Fe Habitat for Humanity  
Waldo Canyon Fire Restoration

ORC - Westwater Canyon Rafting  
Badlands, UT

Sign up on SUMMIT!

# Priddy Experience: The 10th Anniversary!



Students enjoy sunrise over Crestone Needle from Humboldt Peak

On August 29th, 2012, Colorado College's Outdoor Education Department sent 565 first years, transfers, and international exchange

students all over Colorado, New Mexico, and Texas. New students had barely been on campus a week before they embarked on a five day adventure known as "The Priddy Experience."

The Priddy Experience began in 2003 as the result of a \$7.9 million grant to CC from the Robert & Ruby Priddy Charitable Trust. This year marked the 10th anniversary of the Priddy Experience.

The goal of the trips is to provide an introduction to both incoming and returning CC students, to the College as a whole, and to the surrounding area of the southwest. This year we

sent 64 trips—the most trips to date—led by 131 upper-class students and nine recent alumni. The hard work amounted to 11,168 hours of volunteer service. But, it is Elizabeth Pudder, Assistant Director of Outdoor Education & Orientation, who should be thanked for spending the last 10 years perfecting this amazing opportunity. Pudder, along with five courageous student interns, spent the summer organizing first-year student information, planning lodging, food, and gear. Thanks to their hard-work, and the assistance of many staff and faculty members, NSO week and the Priddy Experience were, again, a huge success!

Written by: Nicole Kauffman '13



Students head out on a day of service on Larga Vista Ranch, east of Pueblo, CO

## Students - be sure to register on SUMMIT!

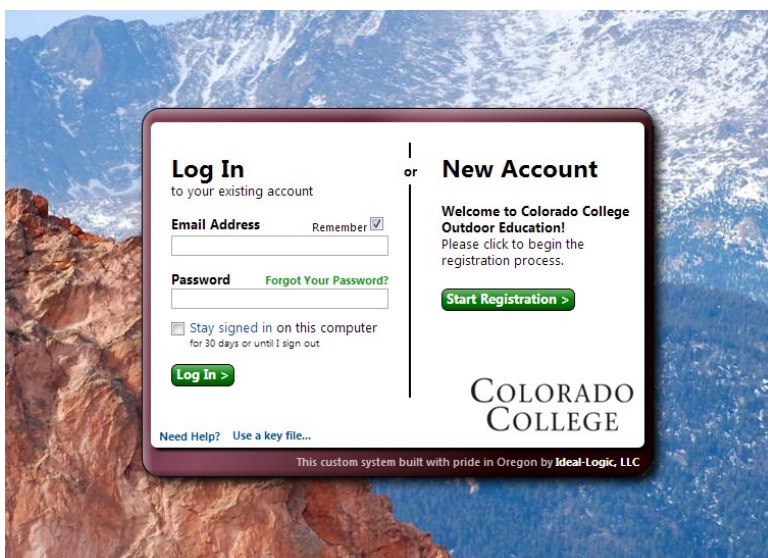
SUMMIT is CC Outdoor Ed's new web interface!

### Benefits

- Allows students to propose, view and sign up for new trips within the department
- Students can organize and track their progress through the leader training process and also petition for credit in certain courses.
- Students can build a personal portfolio of experience and qualifications acquired through OE - this creates a great addition to any resume.

### How to Use it: (Easy!)

- It is totally free, so be sure to register ASAP by clicking the link on the Outdoor Education website.
- Build your portfolio and explore the possibilities!
- Be sure to check back often for new trips, courses and other updates.





# FOOT: A Tradition to Remember



Students have fun in the backcountry despite the looming weather!

When the air starts getting crisp and the aspen leaves turn golden, it's time for FOOT at Colorado College. Freshmen Outdoor Orientation Trips are an exciting part of every first semester. Each year outdoor education sends multiple student-led groups of first-year students into the wilds of Colorado. FOOT trips are a fun and memorable experience for many. I can remember my first year at Colorado College being so excited to get outside and start experiencing all of the wonderful backcountry adventures our beautiful state has to offer. From fourteeners and hot springs to alpine lakes and aspen groves, we are lucky that there is no shortage of fun and scenic trips just hours from our campus.

This year saw many exciting additions to the FOOT program. The introduction of SUMMIT, outdoor education's new online program, revolutionized the way FOOT and other student trips are planned and registered for. First-year students did not have to go through

the process of waiting in long Worner lines, fingers crossed they'd get one of the last spots. Everything was streamlined and online. First-year students registered online and were entered in a lottery. Additionally, leaders planned and proposed their trips on SUMMIT. The efforts of this year's fearless leaders will pay off next year and in years to come. All of the trips created this year will be archived online, and accessible for future FOOT planning.

Once the participants were grouped, the leaders teams were created, trips were planned, and gear was distributed, it was off to the mountains! FOOT sent out a smorgasbord of delightful trips; from Mt. Massive and the Maroon Bells, to climbing and fly fishing trips. Groups braved snow and hail in the Collegiate Peaks, enjoyed pristine alpine lakes in the Sangre de Cristos, explored the enthralling Great Sand Dunes National Park, and much more. The threat (and sometimes reality) of poor weather did not put a damper on the enthusiasm of brave CC students. Additionally, this year marked the inaugural rock climbing FOOT trip, a great step forward in the FOOT program. The trip spent the first few days backpacking in the Lost Creek Wilderness, then a glorious day of climbing at Valley of the Chickens in the South Platte. Through it all memories were made, peaks summited, friendships built, and delicious meals shared. For now, FOOT trips exist as a fond memory of time spent in the great outdoors, until next year when the tradition will be carried out again.

-Lauren Hebert  
FOOT Committee Member

Have a question about  
Outdoor Education or any of the groups we  
advise (BreakOut, ORC, FUCC, Kayak Club,  
Cycling Club, Ahlberg Gear House, Ritt  
Kellogg Climbing Gym)?  
Email us!  
OutdoorEd  
@ColoradoCollege.edu



The beautiful colors of a fall FOOT trip