Press Release

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For Immediate Release
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Lake Metigoshe State Park to Host Wild Outdoor Women (WOW)

Lake Metigoshe State Park is hosting Wild Outdoor Women (WOW) Weekend February 25-26, 2017. This event is primarily for ladies over the age of 16 who are looking to learn or improve on skills associated with several of North Dakota's outdoor recreational activities. Wild Outdoor Women or those striving to become one are encouraged to register and spend the weekend surrounded by others who share the same interests and passion for the outdoors.

Activities scheduled to take place include cross-country skiing, Dutch oven cooking and care, winter survival, snowshoeing, not just for survival, winter geocaching, dark house spearfishing, downhill skiing, advanced cross-country skiing and progressive outdoor cooking. The ND Game & Fish Department and the Bottineau Winter Park are partnering with the ND Parks & Recreation Department for the event. Many sessions will be taught by experts volunteering their time and talents to assist those striving to become Wild Outdoor Women!

Registration fees are $30-$60, depending upon the activity. Sessions will allow the time necessary for participants to try out equipment, learn various methods and develop skills related to each activity. Due to equipment and the hands-on nature of the activities, there will be a limited number of participants will be allowed to register for each of the activities. Those registering will rank activities within the sessions they wish to participant in. Staff will do their best to accommodate requests as they are able.

Those under the age of 18 do need to register and attend activities along with a parent/guardian. Lodging is not included due to availability; there is available lodging in the area. Meals will be available for additional, nominal fees.

Those interested in participating in the WOW Weekend can obtain information and download registration information at www.parkrec.nd.gov. If there are further questions, please contact Amy Schimetz via email at aschimetz@nd.gov or by calling 701-263-4514. Registrations will be accepted up to and on February 1, 2017 by email or postal mail. Registrations will not be accepted over the phone.

Lake Metigoshe State Park is located 14 miles NE of Bottineau, North Dakota, along the Lake Loop Road, just off of Highway 43.

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Play in our backyard!