



April-August 2010

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**Common Ground
Outdoor Adventures**

Mission: To provide outdoor recreational opportunities for youth and adults with disabilities.

Vision: To enhance the lives of people with disabilities through quality outdoor recreation. This is achieved by removing the physical, social and financial barriers faced by youth and adults with disabilities.

335 North 100 East
Logan, Utah 84321
435-713-0288
www.cgadventures.org



Arches National Park

2010 Spring and Summer Activities Preview

Arches, Zion, Glacier, and Grand Teton... now that's a pretty impressive lineup of National Parks. Throw in some rafting and our usual roster of daily activities and we've got a spectacular summer of fun lined up for you!

Arches National Park features over 2,000 naturally formed arches, including an arch over 300 feet wide. Angel's Landing at Zion is one of the most unique and beautiful sites in the world. Glacier National Park is home to dozens of breathtaking lakes and pristine, snow-capped peaks. As for the Tetons, it really doesn't get much better than the views seen here.

Finally, the rapids at the Snake River, Hagerman, and Gates of Lodore are sure to provide some major excitement for our participants.

Cache Valley and Logan Canyon also have plenty to offer. Green Canyon, Tony Grove Lake, Bear Lake, and Porcupine Reservoir are all underappreciated local gems that make great settings for Common Ground's daily activities and overnight campouts. This summer we will offer adaptive cycling, canoeing, rock climbing, hiking, art projects, and much more. For the entire schedule, see pages 4-7.

Dogsledding Trip Recap

A group of 20 departed on Friday, February 26 for Common Ground's annual dogsledding trip in Jackson, Wyoming. The four hour drive to Jackson seemed very manageable, thanks to the gorgeous scenery and several moose and mountain goat sightings. When we arrived, we enjoyed delicious pizza generously donated by Mountain High Pizza Pie. Following our meal we drove to Teton Science School, which provided our lodging for the two night stay. We finished the night playing board games while getting to know each other a little better.

Saturday morning we finished our breakfast and drove to the Teton National Park Visitor Center to learn

a few tidbits about the fascinating National Park we were visiting. Following lunch we snowshoed for a while on the scenic trails located on the campus of the Science School. Thanks to the relatively warm weather and beautiful views of the Gros Ventre mountain range, (continued on page 2)



Common Ground's Dogsledding Trip

"There's nothing better than wonderful, positive memories from a truly memorable experience." – Steve, participant

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Schools

Did you know that Common Ground works with special education classes? For all you teachers out there, we can come do activities with your classroom. We have a wide variety of adaptive cycles that we can bring to your class to try out. In the warmer months we can try canoeing at a local river or lake. In the winter time we also have snowshoes and cross-country skis that we can bring for your students to try out. For more information or to schedule activities call (435) 713-0288 or email programs@cgadventures.org. Common Ground's school program is funded in part by the Rocky Mountain Power Foundation.

Dogsledding Trip (continued from page 1)

the snowshoeing proved to be an enjoyable experience. Saturday night we had plenty of time to relax and re-visit the board games.

Sunday featured the centerpiece of the trip: dogsledding at Jackson Hole Iditarod. The friendly staff there greeted us and made sure all twenty of us could be accommodated. For the second day in a row we were fortunate to have sunny skies and relatively warm temperatures. The dogs were fantastic as they pulled us through the breathtaking Gros Ventre mountains. After unloading and thanking our hosts, we began our drive back to Logan. Overall the trip was a great success and according to Merlin Broadbent, "It was the best trip ever!"

Race for Ability, April 10th

Common Ground's annual 'Race for Ability' fundraiser is being hosted by Aggies for Common Ground and the Pi Kappa Alpha (PIKE) fraternity on Saturday, April 10. All proceeds from the event will help support Common Ground and our activities. Registration starts at 8 am and the race will begin at 9 am directly in front of the HPER building at Utah State University. The HPER building is located on the NE corner of the intersection of 700 N and 800 E.

There will be a 5K and a 10K race at the event and participants are free to run, walk, cycle, or roller skate. The race is intended for all levels of competition: train hard to beat that personal best, use the event as motivation to get back in shape, or just run to support Common Ground! Awards will be presented to the top finishers in both distances.

To sign up for the event visit www.cgadventures.org and click on the Race for Ability link. We can also assist you with registration at our office. Cost for the race will be \$12 in advance or \$15 day of. Sign up early to save!

Summer FUNd Drive

Common Ground needs to raise \$20,000 for our summer 2010 programs. This summer, in addition to local activities (bike rides, canoeing, fishing, rock climbing, and much more), Common Ground hopes to visit Arches National Park, Zion National Park, Jackson (twice), and Glacier National Park. We also have rafting trips in Hagerman, ID and Gates of Lodore planned.

Please join us in giving the gift of adventure and discovery with a tax deductible contribution. No matter the amount, your support will make a difference in the lives of people with disabilities right here in your community. Visit www.cgadventures.org to make a secure online contribution or send a check to 335 N 100 E, Logan, UT, 84321. Be sure to check our website for items for sale in our online auction.

DSPD and Common Ground

Common Ground now has a respite contract with the State of Utah Division of Services for People with Disabilities (DSPD). If you or anyone you know qualifies for respite through the state of Utah, please call us or have your DSPD support coordinator contact us to learn about this new partnership. For more information call Bryce Patten at (435) 713-0288 or email programs@cgadventures.org.

Destination Trips

Signing up for a Destination Trip

Please read the following guidelines before signing up for a destination trip:

1. Trip costs cover transportation, food, use of equipment, park entrance fees, and all services provided by CGOA staff
2. Participants must pay 50% of the trip cost to reserve a spot on the trip. Extended payment plans can be arranged in some cases.
3. The remaining 50% of the cost must be paid one week prior to the event
4. Waitlists will be established and are utilized to find replacements for cancellations
5. In the case of a cancellation, refunds will only be granted if a replacement can be found for the vacated spot on the trip
6. Pre-Trip Meetings are mandatory.

Activity Pricing

All trips and activities are subsidized by grants contributions from generous individuals and corporations, allowing activities to be offered at a significantly discounted. If you are able to pay closer to the actual cost of an activity, please do so.

Arches National Park

April 20-23

\$285 or \$190 w/scholarship

Pre-trip meeting April 13 @ 5 pm

Arches National Park features some of the most unique geological features in the entire world. We'll be visiting Three Gossips, Landscape Arch and Delicate Arch, three of the most famous arches in the park.

Zion National Park

May 4-7

\$300 or \$200 w/scholarship

Pre-trip meeting April 27 @ 5 pm

Join us for a trip to one of the most diverse locations in Utah. We will be spending four days in this canyon enjoying beautiful vistas of waterfalls, steep canyon walls, and one of Utah's most fascinating ecosystems.



Zion National Park

Glacier National Park

June 10-16

\$320 or \$220 w/scholarship

Pre-trip meeting May 25 @ 5 pm

A park as fascinating as this deserves plenty of time to explore, and that's why Common Ground is going to spend an entire week camping here! Glacier features snow-capped mountain peaks, more than a hundred alpine lakes, diverse plant-life, elk, bighorn sheep, and much more. We'll be camping in 2 different sites to ensure that we see as much of the park as possible.

Hagerman River Rafting

June 25-26

\$150 or \$100 w/scholarship

Pre-trip meeting June 18 @ 5 pm

Come join us as we take our first ever trip to run the Hagerman section of the Snake River. We will be staying at a wonderful camp and playing games in the evening. This stretch of the river is seven miles with class II and class III rapids.

Teton Cycling and Rafting

June 30-July 1

\$140 or \$95 w/scholarship

Pre-trip meeting June 22 @ 5 pm

Jackson, WY provides a wide variety of outdoor recreation opportunities, including cycling and rafting. We'll be cycling in Teton National Park the first day and rafting the scenic section of the Snake River on the second day. Don't miss this easy float through some absolutely stunning landscapes. We'll be camping overnight in the Kelly Campground, which features great views of the Tetons.

Gates of Lodore Rafting

July 13-17

\$280 or \$185 w/scholarship

Pre-trip meeting June 28 @ 5pm

For those of you who love rafting with Common Ground, our Gates of Lodore trip offers 4 straight days of exciting rafting through "a mini Grand Canyon." This 70 mile section of the Green River starts in Colorado and ends in Utah, all within Dinosaur National Monument. Enjoy fishing, hiking, and Dutch oven cooking while spending time with a fun group of people.

Jackson Hole Boating and Rafting

August 3-4

\$150 or \$100 w/scholarship

Pre-trip meeting July 26 @ 5pm

In our second trip to Jackson, WY for the summer we'll be boating on Palisades Reservoir the first day and visiting the rapids Lunch Counter and Big Kahuna on the Snake River the next day. We'll be camping overnight on the banks of the Snake River, near Alpine, WY.

Bear Lake Boating Campout

August 19-20

\$110 or \$72 w/scholarship

Pre-trip meeting August 5 @ 5 pm

With its sparkling blue water, sunny beaches, and gorgeous views, Bear Lake is an essential getaway location for residents of Northern Utah. Couple this with the relatively short drive from Common Ground and you've got a great trip ahead of you. We'll be sunbathing, swimming, boating, and camping in tents overnight.

Signing Up For An Activity

Signing up for a Common Ground activity is easy! Just call us at least a day in advance and let us know that you plan to attend. If you have not filled out paperwork, remember to arrive at the activity at least 15 minutes early. Need transportation? We can pick you up, just let us know.

Activities:

Destination Trips: See page 4.

Art Project: 4/1- Excited for spring? Express your joy while making spring-themed art. \$3

Rock Climbing: 4/6- Join us at the Rock Haus for indoor rock climbing! This facility is suited for all abilities. \$8

Race for Ability: 4/10- See page 2.

Open House: 4/12- Learn more about Common Ground while we barbeque and ride adaptive cycles at Willow Park! FREE

Pre-trip Meetings: Mandatory for those attending a destination trip.

Cycling: 4/15- Kick-off the 2010 cycling season with an easy ride around The Island. \$3

Canoe: 4/21- We'll start the 2010 canoeing season with an easy paddle at nearby First Dam. \$3

Service Project: 4/27- Help us clean up Common Ground's stretch of the valley view highway. FREE.

Common Ground KIDS Camp

August 9-14

\$385 or \$250 w/scholarship

Common Ground Outdoor Adventures is excited to launch its first ever Kids' Camp! (ages 7-16) We'll kick off the camp with a family BBQ at 6 pm on Monday. Tuesday through Thursday the camp will run 9 am to 5 pm. The camp will run all day Friday and will include an overnight campout into Saturday morning. The camp will culminate with rafting in Hagerman, ID Saturday morning. Activities during the week will include adaptive canoeing, cycling, rock climbing, and boating.

Groups

Have a group of students or a group from an agency that might be interested in participating with Common Ground? We are more than happy to plan a trip or activity for you! Just call CGOA at (435) 713-0288 and ask for details.

Adaptive Equipment Spotlight

Adaptive white water rafting seat: White water rafting is a thrill that everyone should experience at least once in their life. Common Ground uses adaptive seats in our rafts to ensure that this is a possibility for people with disabilities. An adaptive seat is a plastic chair with shortened legs that is fastened to the framework of the raft, typically by NRS straps. The seat provides more support and comfort for individuals who are accustomed to using a wheelchair. Adaptive seat users are not fastened to the seat, but rather are supported by their raft-mates. Common Ground also uses adaptive seats in our canoes.



Adaptive rafting seat being utilized on the Snake River

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Art Project 5 pm	2	3
4	5	6 Rock Climbing 1 pm	7	8	9	10 Race for Ability 9 am
11	12 Open House 5-7 pm	13 Arches Pre-trip 5 pm	14	15 Cycling 4 pm	16	17
18	19	20	21 Canoe 4 pm	22	23	24
Arches National Park Destination Trip						
25	26	27 Service Project 4 pm Zion Pre-trip 6 pm	28	29	30	

Activities:

May 2010

Destination Trips: See pg. 4

Cycling: 5/4– Join us near Benson for a longer, faster ride. \$3

Art Project: 5/5– Express your love for your mom by making her something special. \$3

Bike & Ice: Mondays– We’ll start at CG, ride for half an hour, then grab some delicious ice cream! \$5 (price includes ice cream)

Canoe: 5/13– Observe the diverse wildlife while we paddle at Culter Marsh. \$3

Hike: 5/18– Want to escape the heat? Green Canyon is sure to offer a break from the sun. \$3

Rock Climbing: 5/19, 6/3– Join us at the Rock Haus for indoor rock climbing-suitable for all abilities. \$8

Pre-trip Meetings: Mandatory for those attending a destination trip.

Service Project: 5/27– Join us at the Humane Society where we’ll be taking the dogs on a walk. FREE

Cycling: 6/2– Try an adaptive cycle in the Young Ward area south of town. \$3

Free Fishing Day: 6/5– Join us at Skylor Pond in Willow Park for an opportunity to go fishing for free, without a Utah fishing license! FREE

Art Project: 6/8– We’ll be making summer-themed art on this day. \$3

Canoe: 6/17– Join us on a longer, scenic paddle at Benson Marina. \$3

Summer BBQ: 6/21– Celebrate summer on a beautiful June evening at Hyrum Reservoir. \$6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Cycling 4 pm	5 Art Project 5 pm	6	7	8
Zion National Park Destination Trip						
9	10 Bike & Ice 4 pm	11	12	13 Canoe 2 pm	14	15
16	17 Bike & Ice 4 pm	18 Hike 3:30 pm	19 Rock Climbing 1 pm	20	21	22
23	24 Bike & Ice 4 pm	25 Glacier Pre-trip 5 pm	26	27 Service Project 3:30 pm	28	29
30	31 Memorial Day					

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Cycling 4 pm	3 Rock Climbing 1 pm	4	5 Free Fishing Day 9 am
6	7 Bike & Ice 6:30 pm	8 Art Project 5 pm	9	10	11	12
Glacier National Park Destination Trip →						
13	14 Bike & Ice 6:30 pm	15	16	17 Canoe 3:30 pm	18 Hagerman Pre-trip 5 pm	19
← Glacier National Park Destination Trip						
20	21 Summer Starts BBQ 6 pm	22 Jackson Pre-trip 5 pm	23	24	25	26
					Hagerman Rafting Trip	
27	28 Gates Pre-trip 5 pm Bike & Ice 6:30 pm	29	30			
			Teton Cycling and Rafting			

July 2010 **Activities:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
			Teton Cycling and Rafting			
4	5 Participant Council 5 pm Bike & Ice 6:30 pm	6	7 Cycling Clinic 6 pm	8 Cycling Clinic 6 pm	9 Cycling Clinic 6 pm	10
11	12 Bike & Ice 6:30 pm	13	14	15 Rock Climbing 1 pm	16	17
		Gates of Lodore Rafting Trip				
18	19 Bike & Ice 6:30 pm	20	21 Fishing 6 pm	22	23 Art Project 5 pm	24 Pioneer Day Parade 11 am
25	26 Jackson Pre-trip 5 pm Bike & Ice 6:30 pm	27	28 Canoe Clinic 4 pm	29 Canoe Clinic 4 pm	30 Canoe Clinic 4 pm	31

Destination Trips: See page 4.

Participant Council: 7/5– Have ideas or suggestions for Common Ground? Share them at this meeting. FREE

Bike & Ice: Mondays- We'll start at CG, ride for half an hour, then grab some delicious ice cream! \$5 (price includes ice cream)

Cycling Clinic: 7/7, 7/8, 7/9– Work on your cycling skills while we cycle for 3 consecutive days at The Island (7/7), Benson (7/8) and Richmond (7/9). \$15 (total for 3 days)

Rock Climbing: 7/15, 8/6- Join us at the Rock Haus for indoor rock climbing- suitable for all abilities. \$8

Fishing: 7/21– Catch a trout at Second Dam! \$3

Art Project: 7/23– Help Common Ground prepare a float and other fun decorations for the Pioneer Day Parade. Be sure to join us the next day! \$3

Pioneer Day Parade: 7/24– Join us as we ride our adaptive cycles in the parade! \$3

Canoe Clinic: 7/28, 7/29, 7/30– Improve your canoeing skills at First Dam (7/28), Porcupine Reservoir (7/29), and Tony Grove Lake (7/30). \$15 (total for 3 days)

Art Project: 8/16– Tie dye day! \$3

Cycling: 8/18– Enjoy the long, carless roads near Petersboro. \$3

Hike: 8/24– Join us for a scenic hike up the trail to the famous Jardine Juniper tree. \$3

Canoe: 8/27– Join us for a paddle at beautiful Porcupine Reservoir. \$3

Pre-trip Meetings: Mandatory for those attending a destination trip.

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Bike & Ice 6:30 pm	3	4	5 Bear Lake Pre-trip 5 pm	6 Rock Climbing 1 pm	7
		Jackson Hole Boating and Rafting				
8	9	10	11	12	13	14
	Kids Camp					
15	16 Art Project 5 pm Bike & Ice 6:30 pm	17	18 Cycling 5 pm	19	20	21
				Bear Lake Campout		
22	23	24 Hike 4:30 pm	25	26	27 Canoe 4 pm	28
29	30	31				

Greeting Cards

Common Ground's "Greeting Cards with a Cause" continue to be available for purchase. The cards feature the beautiful artwork of renowned local artist Jerry Fuhriman. Square One Printing has generously printed Jerry's artwork onto greeting cards and donated them to Common Ground. Common Ground sells the cards and 100% of the proceeds go to supporting Common Ground's programs! Summer and Winter landscapes are available, as well as Jerry's famous Coyote prints. The versatility of these cards makes them great for use year-round! Additionally, they are a great way for businesses to thank their customers while simultaneously contributing to a great cause. Custom imprinting is available. Call Common Ground at (435) 713-0288 to order today!



2009 Greeting Card Scenes

FirstGiving™ Challenge

We are challenging you to raise money for Common Ground through FirstGiving™. It's easy to set up an account, link it to your Facebook page, or email out to friends. You can raise money in memory of a loved one, in lieu of gifts, or simply commit to do something wild if your goal is met.

First person to \$5000- Board of Trustees will do something to be determined in their honor

First person to raise \$1000- gets Jerry Fuhriman Artwork

First 5 people to raise \$500- get a Common Ground goodie bag.

Common Ground on the Internet

Do you prefer computers as a means for keeping up to date? There are multiple ways to follow Common Ground on the internet! Our website is www.cgadventures.org. For Facebook users, we can be found by searching for "Common Ground Outdoor Adventures." Become a fan of Common Ground today! For trip pictures and summaries, visit our blog at www.creatingcommonground.blogspot.com. Finally, don't forget to sign up for our emails! →

Volunteering with Common Ground

Common Ground Outdoor Adventures is always in need of enthusiastic volunteers to help support a variety of functions. Volunteers do anything from helping out at fundraisers to traveling with us to National Parks on our destination trips. No matter what your skills are, there is something you can do to help! To sign up, stop by our office or email volunteer@cgadventures.org. All volunteers are asked to attend a brief orientation before starting.

Fall Dinner and Auction Volunteers Needed

Volunteers will be needed for Reach for the Stars, our annual dinner and auction. We will need assistance with both the planning of the event and solicitation of donations for the live and silent auction at the dinner. This is a great opportunity to contribute to a very special fundraising event! If you can donate your time or items/in-kind services for the auction please contact Joleen at Joleen@cgadventures.org.

Want To Get More Involved?

Common Ground needs dedicated volunteers who want to make a greater impact in their community. We are seeking individuals to make a commitment to fill the following:

Trip Photographer/Videographer:

Primary responsibility will be taking of quality action photos and/or video of activities and destination trips for use in promotional efforts. Prior experience preferred.

Destination Trip Care Providers:

Will receive specialized training, accompany Common Ground on various destination trips, and accommodate the special needs of people with developmental disabilities. These care providers should have previous experience in nursing, patient care, therapy, or another related field. Care providers will attend destination trips free of charge.

For more information about these opportunities, call the office or email volunteer@cgadventures.org.

Sign up for Common Ground's E-Newsletter!

Send your name and email to:

volunteer@cgadventures.org

Help us save on postage and paper!



Common Ground
335 North 100 East
Logan, UT 84321

Non Profit Org.
U.S. Postage
PAID
Permit No. 89

Jerry Fuhriman greeting cards are available at the Common Ground office! Great gifts all year round.

April–August 2010 Program Information Inside!

Common Ground needs help obtaining the following items; if you can support our programs, please drop off any of these items at the office. Thanks!

#	Wish List Item
15	1" NRS straps; assorted lengths
5	Raft repair kits
30	Bicycle tires & tubes (call office for size specifications)
10	Youth PFD's
25	Grocery store gift cards
5	Boxes of copy paper

For a full wish list, Joleen at 713-0288 or email joleen@cgadventures.org.

Donate Now!

Common Ground needs your support!

I want to make a *tax deductible* donation of \$_____

The scholarship fund to assist people with disabilities in paying for trip fees.

General expenses: Do what you need to do to run this great program!

Adaptive equipment purchases

Name: _____

Address: _____

Phone: _____ Email: _____

We accept donations by credit card!
Visit www.cgadventures.org and click on *Donate Now*.

Send check & form to:

Three Easy Ways to Donate to Common Ground

1. Donate to CGOA through your Payroll

Common Ground is part of the Utah State Employees Charitable Fund, a campaign that encourages and enables state employees to contribute to non-profit agencies easily and confidentially. Begin donating by checking out at <http://www.usecf.state.ut.us/>.

2. Shop Online and Support Common Ground!

Contribute a portion of your purchases at over 700 brand-name websites to Common Ground! Visit www.igive.com and search for Common Ground Outdoor Adventures. Register us as the cause you would like to donate to, then start shopping! Each retailer donates a portion of every purchase to Common Ground!

3. Shop at REI and raise money for Common Ground!

Looking for a new piece of outdoor gear? Go to the bottom of Common Ground's homepage (www.cgadventures.org), click on REI's link, and 7% of your purchases will be donated to Common Ground! This is an easy and fun way to raise funds for Common Ground's programs, so remember to click the link before making REI online purchases!