



### Quotes From Past-Participants:

"Well Guided taste of Alaska with optimum exposure to adventure, scenery, wildlife, and great food!" - Peggy Penichter

"Going to Alaska with Russ was one of my best experiences in my life." - Dave Buck, Happy Camper!

"If I can remember one moment when I am 60 years old... sitting at a table in a great little rustic restaurant, blueberry pie in hand, mountain filling up a gorgeous blue sky... I think just drooled!" - Justine Tutuska

"The best part of the trip (in my estimation) was twofold. First, the scenery.. Never before have I seen a land with so much. Mountains, Glaciers, forests, wildlife. My God, what an experience! Secondly, the chance to be part of an outdoor experience...traveling campsite to campsite, mixing with the Alaskan elements and feeling the apprehensions of climbing mountains, exploring glaciers, hiking, group interactions, and of course, bear & wildlife awareness & securities. There really was no ONE best part. Every day was a new sensation." —Ed Mack

Russ Crispell, Director of Outdoor Pursuits at the University at Buffalo, has a wealth of outdoor adventure experience, including 9 previous trips to Alaska. A New York State licensed guide, Russ is certified as a Wilderness First Responder, a Wilderness First Aid Instructor, and an instructor for the American Red Cross and the American Heart Association. In addition to his duties as director, he teaches courses such as wilderness first aid, backpacking and canoeing, tennis, and golf.

Three years ago, Russ authored a children's book titled Timothy and Me which was inspired by his experiences in Alaska as well as his love of wolves, nature, and family.

Recently married, Russ and his wife Terrie reside in Tonawanda, NY. His two grown children, Whitney and Josh, have both been assistant guides on his Alaska Adventures.



### In addition to recreation pursuits we shall explore:

Eco-Tourism, Culture, Economy, Natural Resources, Geography, Literature, Government, Recreation, Geology, Teambuilding and Group Dynamics. Ideal for Continuing Education Credits.



## Adventure Awaits...

"Experience the Ultimate Outdoor Adventure"

May 17-25, 2011

DISCOVER EXPLORE

ALASKA

2011

ADVENTURE

ALASKAN SAMPLER

Ultimate Outdoor Experience

Diverse Wildlife like you have never seen before

Amazing scenery

www.wings.buffalo.edu/org/outdoorpursuits

## Tentative Itinerary

**Day 1** depart Buffalo / arrive Anchorage

**Day 2** stock supplies in Anchorage, head to Denali State Park, meet Jean Richardson (author), view Denali and enjoy a piece of blueberry pie.

**Day 3** climb Mount Healy (return to base camp), explore Denali National Park, cook dinner at camp

**Day 4** travel and camp on the Alaskan Highway, hike to the Nenana River, explore wilderness areas

**Day 5** hike Matanuska Glacier, visit Wolf Centre, hike the historic Iditarod Trail and camp at Eagle River (Chugach State Park)

**Day 6** restock supplies, visit Girdwood, explore Whittier, stop at the Wildlife Refuge Center, set up camp at the Alaskan Horseman in Cooper Landing, experience gold panning

**Day 7** visit Soldotna's Russian Churches and Ninilchik, watch eagles and view Mount Redoubt (active volcano), travel to Homer (halibut capital of the world) and the Salty Dog Saloon, scope for bears on the Russian River

**Day 8** hike Exit Glacier, horseback ride and white-water raft at Six Mile Creek

**Day 9** sightseeing in downtown Anchorage, depart Anchorage and return to Buffalo

## **Cost: \$1000 plus flight**

Cost includes guide, ground transportation, back-country meals, group gear, and camping fees.

Flights to be arranged through University Travel Agents. Payment for flight due three days after booking (typical flights in the \$600-\$700 range).

### **\$750.00 deposit due by February 15th.**

Make checks payable to *R&I Services* and forward to *Russ Crispell, University at Buffalo Director of Outdoor Pursuits, 10 Clark Hall, Buffalo NY. 14214*

### FOR ADDITIONAL INFORMATION:

**Contact: Russ Crispell**

**Phone: 716-829-6088**

**Cell: 716-481-5406**

**E-mail: crispell@buffalo.edu**



Above: Penny and Michele (staff, Windermere Elementary School, Amherst, N.Y.) hiking the Iditarod Trail.  
Below: Dave and Russ on Mount Healy.



**Additional Trip Information:** group gear provided (tents, tarps and kitchen supplies); personal gear to be discussed at pre-trip meetings; gear rental available through the UB Outdoor Gear Rental Shop - see website for details

**Weather:** typical 60 degree days and 40 degree nights

**Animals Encountered:** grizzly bears, black bears, lynx, wolves, moose, caribou, whales, sheep, eagles, salmon, and more...



## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ State: \_\_\_\_\_

Cell: \_\_\_\_\_ Home: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_ *Yes, I am registering for the Alaskan Sampler, 2011. Enclosed is my \$750.00 deposit. (once trip is a go—deposit is non-refundable).*

\_\_\_\_\_ *I would like additional information. Please contact me as soon as possible.*

\_\_\_\_\_ *I cannot make this year's trip. Please keep me on Outdoor Pursuits future programming mailing list.*

### Recreation & Intramural Services Waiver and Assumption of Risk:

This program is offered to healthy persons. It should not be construed as having curative effects nor should it be used as a source of therapy for any medical conditions without first obtaining clearance from a physician. I understand and agree to the refund policy which applies to the fee-based programs.

In consideration of being permitted to use the facilities and equipment of the Recreation and Intramural Services at the University at Buffalo, on behalf of myself, my family, my heirs and my assigns, I hereby release the Department of Recreation and Intramural Services, the Division of Athletics, the University at Buffalo, its employees and agents for liability for injury, death or property loss suffered by me resulting from the ordinary negligence of Recreation and Intramural Services, its agents or employees while I am using the facility, equipment, or in any way associated with participating in any and all Recreation and Intramural Services activities now or in the future. I acknowledge that I know, understand and appreciate the inherent risks of using any of the Recreation and Intramural Services facilities and equipment and of participating in any Recreation and Intramural Services activities. I know that these risks range from minor scrapes, strains and bruises to significant injuries such as broken bones, eye injury or loss, concussions, paralysis and even death. By the execution of this agreement, I fully assume the inherent

risks associated with Recreation and Intramural Services facilities and equipment use and assert that I am voluntarily participating in such activities. I have read this waiver of liability and indemnification agreement and fully understand its terms. I understand I am giving up substantial rights, including my right to compensation for injury. I acknowledge that I am signing this agreement freely and voluntarily, and intend my signature to be a complete and unconditional release of all liability for ordinary negligence to the greatest extent allowed by law in the State of New York.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

LIMITED to 8...your deposit secures your spot.  
HURRY! DON'T MISS THIS OPPORTUNITY FOR ADVENTURE!