

# FIELD EXPERIENCE

Date	Days	Route	Place	Role
<b><u>MOUNTAINEERING</u></b>				
August 2005	2 days		Olympic National Park, WA	Participant
July 2004	24 days	Pride,Chocolate, Suiattle Glaciers	Glacier Peak Wilderness, WA	Participant
February 2003	5 days	Marcy, Algonquin, Colden	Adirondack Park, NY	Leader
February 2002	4 days	Dix Range, Hough, Slide	Adirondack Park, NY	Personal
<b><u>BACKPACKING</u></b>				
May 2007	3 days	Alex Kennedy to Tagg Run	Appalachian Trail, PA	Leader
December 2006	11 days	George Washington Wilderness	Appalachian Trail, VA	Leader/Logistics
October 2006	2 days	Shenandoah NP- Stony Man	Appalachian Trail, VA	Leader/Scout
May 2006	2 days	Alex Kennedy to Tagg Run	Appalachian Trail, PA	Leader
January 2006	2 days	Bushwhack Rt. 233 to AT	Michaux State Park, PA	Leader
December 2005	10 days	Shenandoah NP- North	Appalachian Trail, VA	Leader/Logistics
September 2005	4 days	Pine Ridge Trail	Ventana Wilderness, CA	Personal
September 2005	2 days	Half Dome Trail	Yosemite NP, CA	Personal
August 2005	14 days	WEA PSC/LNT- Off- trail	Olympic NP, WA	Participant
July 2005	3 days	PCT to Noble Canyon to Pine V.	Laguna Mountains, CA	Personal
April 2005	3 days	Finger Lakes Trail- Ithaca	Ithaca, NY	Leader
March 2005	3 days	Finger Lakes Trail- Labrador	Labrador Unique Area, NY	Leader
January 2005	3 days	PCT to Noble Canyon to Pine V.	Laguna Mountains, CA	Personal
October 2004	4 days	Cat Mountain/Oswagatchee W.	Adirondack Park, NY	Leader
June 2004	2 days	El Yunque	Carribbean National Forest, PR	Personal
April 2004	3 days	Finger Lakes Trail- Ithaca	Ithaca, NY	Leader
February 2004	2 days	FLT- Tinker's Falls/Labrador	Labrador Unique Area, NY	Leader
August 2003	3 days	Pacific Crest Trail	Borrego Springs, CA	Personal
April 2003	4 days	Heart's Content Trail- Loop	Allegheny NF, PA	Personal
October 2002	3 days	FLT- Letchworth State Park	Mt. Morris, NY	Personal
August 2002	11 days	Backpack/Canoe- Five Ponds W.	Adirondack Park, NY	Leader
July 2002	5 days	Five Ponds Wilderness Area	Adirondack Park, NY	Leader/Scout
April 2002	3 days	Hearts Content Trial- Loop	Allegheny NF, PA	Personal
August 2001	11 days	Black Forest Trail	Allegheny NF, PA	Participant
July 2001	3 days	PCT to Noble Canyon to Pine V.	Laguna Mountains, CA	Personal
July 2000	3 days	PCT- Crater Lake Area	Crater Lake NP, OR	Personal
July 2000	2 days	Half Dome Trail	Yosemite NP, CA	Personal
June 1999	3 days	Tahoe Rim Trail	Lake Tahoe, CA	Personal
May 1998	3 days	Bay of Fundy Loop Trail	Fundy NP, New Brunswick, CAN	Personal
<b><u>CANOEING</u></b>				
August 2007	1 day	Pinchot Lake	Pinchot SP, PA	Leader
July 2007	1 day	Longpine Reservoir	Michaux SP, PA	Leader
July 2007	1 day	Laurel Lake	Pine Grove SP, PA	Leader
June 2007	2 day	Pinchot Lake	Pinchot SP, PA	Leader
May 2007	1 day	Yellow Breeches Creek	Boiling Springs, PA	Leader
April 2007	1 day	Yellow Breeches Creek	Grantham, PA	Personal
October 2006	1 day	Longpine Reservoir	Michaux SP, PA	Leader
September 2006	1 day	Longpine Reservoir	Michaux SP, PA	Leader
August 2006	1 day	Longpine Reservoir	Michaux SP, PA	Leader
July 2006	1 day	Longpine Reservoir	Michaux SP, PA	Leader
June 2006	1 day	Pinchot Lake	Pinchot SP, PA	Leader
May 2006	2 days	Yellow Breeches Creek	Boiling Springs, PA	Leader
April 2006	1 day	Yellow Breeches Creek	Grantham, PA	Personal

October 2005	1 day	Longpine Reservoir	Michaux SP, PA	Leader
May 2005	1 day	Tioughnioga River	Cortland, NY	Personal
October 2004	3 day	Oswagatchee River	Inlet, NY	Personal
September 2004	1 day	Tioughnioga River	Cortland, NY	Personal
May 2004	1 day	Youghiogheny River	Ohio pyle, PA	Personal
April 2004	1 day	Genessee River	Houghton, NY	Personal
September 2003	1 day	Tioughnioga River	Cortland, NY	Personal
August 2002	11 days	Backpack/Canoe- Five Ponds W.	Adirondack Park, NY	Leader
August 2002	3 days	Oswagatchee River	Inlet, NY	Leader/Scout
August 2002	2 days	Cranberry Lake	Adirondack Park, NY	Personal
July 2002	2 days	Star Lake	Adirondack Park, NY	Personal

### **SEA KAYAKING**

September 2007	1 day	Pinchot Lake	Pinchto SP, PA	Personal
September 2006	13 days	Bass Harbor to Rockland	Maine Island Trail, ME	Leader
August 2006	2 days	Damariscotta River/Harbor	Damariscotta, ME	Personal
June 2005	1 day	Mission Bay	San Diego, CA	Personal
June 2005	1 day	La Jolla Cove	La Jolla, CA	Personal
March 2004	8 days	Bahia de Los Angeles	Baja California, Mexico	Participant
June 2003	1 day	Mission Bay	San Diego, CA	Personal
June 2003	1 day	Point Loma	San Diego, CA	Personal
May 1998	1 day	Cove	Catalina Island, CA	Personal

### **MOUNTAIN BIKING/ROAD CYCLING INSTRUCTION**

Fall 2003	3 days	Mountain Biking	Shindagin Hollow, NY	Leader
	2 days	Mountain Biking	Bear Swamp SF, NY	Leader
	1 day	Mountain Biking	Hammond Hill SF, NY	Leader
Spring 2004	2 days	Bicycle Touring	Owasco Lake, NY	Leader
	6 days	Bicycle Touring	Various day trips near Cortland, New York	Leader
	1 day	Mountain Biking	Bear Swamp SF, NY	Leader
	1 day	Mountain Biking	Hammond Hill SF, NY	Leader
Fall 2004	2 days	Mountain Biking	Bear Swamp SF, NY	Leader
	2 days	Mountain Biking	Shindagin Hollow, NY	Leader
Spring 2005	8 days	Road Biking	Various Hilly routes near Cortland, NY	Leader

### **ROPES COURSE/INITIATIVE INSTRUCTION**

September 2007	2 days	High/Low Ropes/Tower Training	Boiling Springs, PA	Co-facilitated
June 2007	3 days	High/Low Ropes/Tower Training	Boiling Springs, PA	Co-facilitated
Summer 2007	4 days	High/Low Ropes/Tower Training	Boiling Springs, PA	Facilitator
Spring 2007	4 days	High Ropes & Tower	Boiling Springs, PA	Facilitator
Fall 2006	6 days	High Ropes & Tower	Boiling Springs, PA	Facilitator
June 2006	2 days	High Ropes & Tower	Boiling Springs, PA	Facilitator
May 2006	2 days	High Ropes/Tower Staff Training	Boiling Springs, PA	Facilitator
March 2006	2 days	High Ropes & Tower	Boiling Springs, PA	Facilitator
Feb. 2006	2 days	High Ropes & Tower	Boiling Springs, PA	Facilitator
January 2006	3 days	High/Low Ropes/Tower Training	Boiling Springs, PA	Co-facilitated
November 2005	4 days	High Ropes & Tower	Boiling Springs, PA	Facilitator
October 2005	1 day	Low Ropes & Initiatives Training	Boiling Springs, PA	Participant
October 2005	2 days	High Ropes & Tower Training	Boiling Springs, PA	Participant
Spring 2005	1 day	High Ropes Guest Facilitator	Houghton, NY	Facilitator
Spring 2004	2 days	High/Low Ropes & Initiatives	Cortland, NY	Facilitator

Spring 2003	3 days	High/Low Ropes & Initiatives	Houghton, NY	Facilitator
Fall 2002	12 days	High/Low Ropes & Initiatives	Houghton, NY	Facilitator
Summer 2002	3 days	High/Low Ropes & Initiatives	Houghton, NY	Facilitator
Spring 2002	4 days	High/Low Ropes & Initiatives	Houghton, NY	Student
Fall 2001	5 days	High/Low Ropes & Initiatives	Houghton, NY	Student

### **ROCK CLIMBING- GUIDING FOR INSTITUTIONAL TOP-ROPE SITES**

2007	21 days	White Rocks at White Rock Acres	Boiling Springs, PA	Leader
2007	17 days	Pole Steeple- various routes	Gardner's, PA	Leader
2007	17 days	Shaffer Rocks- various routes	South Mountain, PA	Leader
2006	19 days	White Rocks at White Rock Acres	Boiling Springs, PA	Leader
2006	17 days	Pole Steeple- various routes	Gardner's, PA	Leader
2006	18 days	Shaffer Rocks- various routes	South Mountain, PA	Leader
2005	7 days	White Rocks at White Rock Acres	Boiling Springs, PA	Leader
2005	3 days	Poles Steeple- various routes	Gardner's, PA	Leader
2005	2 days	Shaffer Rocks- various routes	South Mountain, PA	Leader
2005	3 days	Moss Island at Little Falls	Little Falls, NY	Leader
2005	2 days	Tinker's Falls- Rappelling	Labrador Unique Area, NY	Leader
2004	5 days	Moss Island at Little Falls	Little Falls, NY	Leader
2004	4 days	Tinker's Falls- Rappelling	Labrador Unique Area, NY	Leader
2003	3 days	Moss Island at Little Falls	Little Falls, NY	Co-Leader

### **ROCK CLIMBING- RECREATIONAL**

<b><u>Date</u></b>	<b><u>Days</u></b>	<b><u>Place</u></b>	<b><u>Area</u></b>	<b><u>Routes</u></b>	<b><u>Rating</u></b>	<b><u>Type</u></b>
November 2007	1 day	Safe Harbor, PA	Safe Harbor Quarry	Pro Bono	5.7	Sport
October 2007	2 days	Table Rock, NC	Rumbling Bald	Comatose	5.8	TR
				Pull the Plug	5.11a	TR
				Fruit Loops	5.7	Follow
				Unnamed	5.8	TR
				Unnamed	5.7	TR
September 2007	1 day	Mazama, WA	Fun Wall	Boltergeist	5.7	Sport
August 2007	2 days	Reading, PA	Birdsboro Quarry	Puss and Boots	5.10b	Sport
				Corny	5.8	Sport
				Corny Alt.	5.10a	Sport
				Rain Check	5.7	Sport
				Zorro's Corner	5.8+	Sport
August 2007	1 day	Safe Harbor, PA	Safe Harbor Quarry	Your Mother	5.9	Sport
				SH Direct	5.9	Sport
				Pro Bono	5.7	Sport
				Slab Master	5.9	Sport
July 2007	2 days	South Mt., PA	Shaffer Rocks	Rappel Crack	5.6	TR/Mock Lead
				R.C. Direct	5.9	TR
				Yellow Pages	5.8	TR
				In Your Face	5.10+	TR
				Leap of Faith	5.11	TR
				Green Meanies	5.9	TR
				Wedgies	5.8	TR
June 2007	1 day	Reading, PA	Birdsboro Quarry	Corny	5.8	Sport
				Rain Check	5.7	Sport
June 2007	1 day	Chambersburg	W. Rocks at Pond Bank	Gonads	5.9	TR
				Bolt Right	5.9	TR
				Thin Crack	5.7	TR
May 2007	5 days	Acadia NP, ME	Otter Cliffs	Mermaid	5.8	TR
				Seafarer	5.9+	TR
				Great Chimney	5.5	TR

				Deep Blue Sea	5.7	TR
				Yellow Wall	5.8	TR
				Crucifix	5.9	TR
				5 Unnamed Routes at the 60 foot Wall and Precipice Parking Area.		
				<u>All Climbs Top-Roped</u>		
April 2007	1 day	South Mt., PA	Shaffer Rocks	Rappel Crack	5.6	TR
				R.C. Direct	5.9	TR
				Yellow Pages	5.8	TR
				Leap of Faith	5.11	TR
April 2007	1 day	Safe Harbor, PA	Safe Harbor Quarry	SH Direct	5.9	TR
				Pro Bono	5.7	Sport
				Slab Master	5.9	TR
December 2006	1 day	San Diego, CA	Mission Gorge	Susie's Wild Ride	5.9	TR/Sport
				Mariah	5.10a	TR
				Crack of Dust	5.8	TR/Sport
December 2006	1 day	Safe Harbor, PA	Safe Harbor Quarry	Pro Bono	5.7	Sport
				Public Service	5.8	Sport
				Slab Master	5.9	Sport
October 2006	2 days	South Mt., PA	Shaffer Rocks	Rappel Crack	5.6	TR
				R.C. Direct	5.9	TR
				Yellow Pages	5.8	TR
				Leap of Faith	5.11	TR
July 2006	1 day	Chambersburg	W. Rocks at Pond Bank	Gonads	5.9	TR
				Bolt Right	5.9	TR
				Thin Crack	5.7	TR
April 2006	3 days	New Paltz, NY	Gunks- Peterskill	Lou's Route	5.8	TR
				Pop Quiz	5.8+	TR
				Daddy Long Legs	5.9	TR
				Battle of Bulge	5.9	TR
				Bunk Arete	5.6	TR
			Gunks- Trapps	Jackie	5.5	Follow
March 2006	4 days	West Virginia	NRG- Kaymoor	Rico Suave	5.10a	Sport
				Flight of Gumby	5.9	Sport
			NRG- Bridge Buttress	Zig	5.9	TR
				Zag	5.8	TR
				Tree in your face	5.9	TR
			NRG- Junkyard Wall	4 Sheets to wind	5.9	TR
				New river Gunks	5.7	TR
				New Yosemite	5.9	TR
December 2005	3 days	Joshua Tree, CA	Hidden Valley	Sexy Grandma	5.9	TR
			Lost Horse	Dappled Mare	5.8	Follow- 3 Pitch
			Atlantis Wall	Mintoaur	5.7	TR
				Men with cow's hands	5.5	Follow
				Wet Pigeon	5.8	TR
April/May 2005	4 days	Little Falls, NY	Moss Island	Jeff Loves Eileen	5.4	Lead
				Poof you are a		
				Pomagranite	5.8	TR
				Danny's Demise	5.7	TR
				Finger Frolic	5.9	TR

				Hand Jive	5.6	TR/Lead
				Older But		
				Weissner	5.8	TR
October 2004	1 day	Little Falls, NY	Moss Island	Jeff Loves Eileen	5.4	1 <sup>st</sup> Lead
				Danny's Demise	5.7	TR
				Finger Frolic	5.9	TR
				Older But		
				Weissner	5.8	TR
August 2004	2 days	Squamish, BC	Little Smoke Bluffs	A foot in gravy	5.10d	TR
				Catch me quick	5.10b	TR
				Burgers & Fries	5.7	TR
			Murrin Park	Lieback Crack	5.7	TR
				Orphan	5.9	TR
May 2004	2 days	Little Falls, NY	Moss Island	Danny's Demise	5.7	TR
				Finger Frolic	5.9	TR
				Older But		
				Weissner	5.8	TR
				Poof you are a		
				Pomagranite	5.8	TR
			Dihedrals	Cotter's Corner	5.6	TR
				Bobby McGee	5.9	Sport
October 2003	1 day	Little Falls, NY	Moss Island	Hand Jive	5.6	TR
				Jeff Loves Eileen	5.4	TR
				Danny's Demise	5.7	TR
				Finger Frolic	5.9	TR