

# Maryland Becoming an Outdoors-Woman Beyond BOW Workshop Archery/Kayaking/Outdoor Cooking

**Date:** September 9, 2023

**Location:** Mid-shore IWLA Bolingbroke Park

**Address:** 2665 Money Make Rd, Trappe MD 21673

**Times:** 8:00am- 5:00pm

**Cost:** \$50 per person

**Space:** Limited to 30 Participants (18 yrs or older)

Maryland Becoming an Outdoors Woman will be collaborating with the Mid-shore Izaak Walton League to present a daylong workshop to include archery, outdoor cooking demos and kayaking on the Bolingbroke Creek. Join our experienced staff in activities that will improve your outdoor skills. This Beyond BOW workshop consists of two sessions, (3 hours each), plus an Outdoor Cooking demonstration. Participation in each session is required.

- **Archery Skills** – Learn the basics of archery and safety. This class will teach bow safety, nomenclature, equipment selection, shooting skills and handling. Participants will have hands-on experience shooting at targets.
- **Kayaking** - This class will focus on the basic techniques and equipment needed to begin kayaking. Participants will be able practice strokes they have learned as they kayak on Bolingbroke Creek.
- **Outdoor Cooking** – One of our BOW committee members will be demonstrating some outdoor cooking techniques during the lunch break. Samples of her simple, yet delicious, campfire recipes will be available to show how good things can taste in the outdoors.

