

# 34th Annual Bryce Canyon Winter Festival

February 16th, 17th, & 18th 2019



## • Ruby's Inn Activities •

The Winter tradition continues with fun and adventure for the whole family. Enjoy ski clinics, snowshoeing, photography classes, dancing and much more!

\*Registration is required for the activities on this page. Participants must be present to sign up and participants under age 18 must have a parent/guardian with them.

### Festival Registration

After this morning, festival information and race registration will move to Ruby's lobby for the rest of the event.

### Kayaking Demos\*

Want to learn how to kayak? Now is your chance! Half-hour kayaking demos will be held in the pool Saturday and Sunday mornings. The first session (10:00-10:30) on both Saturday and Sunday mornings will be for adults only. The other sessions are open to all ages. Charlie Butler, co-owner of Wasatch Touring, along with his wife Karen and friends will help you stay a float.

### Archery Clinics\*

Eric Quilter will instruct the finer points of archery in preparation for the Ski Archery Biathlon on Sunday Morning.

### Ski Clinics\*

See "Schedule of Events " for Ski Clinic class times.

### Race Registration

Race registration is open starting Saturday and running up to one-half hour before the race start time. Please register early! Entry fee is \$10 for each race and includes a long sleeve festival t-shirt.

### Watercolor Classes\*

Brian Thayne will teach the basics of watercolor painting. Brian will do a watercolor demo on Saturday at 6:00 PM in Ruby's Inn lobby. Stop by and watch the master at work. He will also have artwork displayed in the lobby. Brian will offer watercolor classes: one class for adults and two classes for children.

### Cookie Decorating\*

Use your creativity to decorate a winter themed cookie. This class is for all ages, but children under 10 should be accompanied by an adult. We'll have space to accommodate the first 50 that show up to each class.

### Cross Country Ski Races (\$10)\*

Award Ceremony Monday at noon.

See "Schedule of Events " for all classes and times.

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## "Balanced Bodywork and Wellness"

Come join Cayman Cardiff, a licensed massage therapist and business owner, for an hour of tips and tricks of the body, self-care and personal massage techniques. Learn how to keep your body feeling rejuvenated, refreshed and pain free!

## Crafts for Kids

Bring the kids and enjoy a variety of projects that are easy and fun to create. Small children should have a helper come along.

## Nutrition Class

Cut through the marketing and learn the truth about nutrients and how your body uses them. Learn sustainable habits to help you perform better, lose weight, & stay on the diet roller coaster.

Brita has a Masters degree in Nutrition and worked for almost 5 years with school nutrition programs.

## Run Better & Injury Free

A Focus on avoiding running injuries, while discussing efficient form and how to get faster. Dispel common running myths.

A must have for newer and experienced runners. Golden Harper holds a world-best for a 12-year old in the marathon at 2:45:34. He has a degree in Exercise Science and did his collegiate studies on running technique & running injuries. He grew up working & managing his family owned running store, & was an All-American Cross-Country runner.

## "Home Décor Craft "

This project is a doubled sided Vinyl or Painted (stenciled) framed Décor, you can chose from 4 different seasonal or Holiday designs. One side \$15.00, doubled sided \$20.00. So fun and you will be amazed how easy it is.

## Zumba

If you want to join a Zumba class, leave your aerobic step, exercise ball, and 1-2-3-count at home. Bring your dancing feet, gyrating hips, and a desire to move. Unlike a traditional aerobics class, you don't have to worry about stepping or clapping in perfect time. Zumba movements are more free flowing. After a Zumba class, you wont feel like you marched in a boot camp drill and more like you let yourself go at a party.

## Magical Puppeteering with Miss September

Join in the fun as we celebrate the new release of Miss September's newest book with her entertaining and magical show "Adventures With Snowgran" she will take you on a magical adventure with her 45 minute fun-filled performance, as she opens up and explores the wonderful and magical world of reading. This enthralling performance includes comedy, magic, puppets, music and tons of audience participation that will leave you wanting so much more!

## Making Leather Journals

Handcrafted leather books can be used to record your sketches, journal entries, recipes, etc. You can watch a demonstration for FREE or purchase pre-made kits for \$35.00 each, and assemble your own journal while we demonstrate how to make them.

## Make your own Pottery

Get your hands dirty playing in the mud! Watch pottery being made by Ben Behunin on a wheel and try your hand and creating a masterpiece using basic hand building techniques. Fun for potters of all ages.

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## Free Family Dance - Festival of Sounds

Fun for the whole family. Chris Noel Dj, has been Dj'ing weddings and dances for over 19 years all over Utah. Chris is originally from Enterprise, and has worked with Festival of Sounds for about 17 years. Chris knows all the right music and all the right moves on the mic to keep your event going. His specialties are with county and weddings, but he knows all music very well so the guests have a great time.

## Fatbike Demonstration

Wasatch Touring will be on hand to teach everything you need to know about fatbikes. See how fun the sport of "snow biking" can be on off-road bicycles with over-sized tires.

## Snowshoe Tours

White snow resting on crimson rock formations takes snowshoeing to a new scenic level. Experience ranger-guided snowshoe tours in the Dixie National Forest. Sign up and meet in Ruby's Lobby. Weather Permitting.

## Kids Snowboot Races

Fun for kids. Bring your kids to the archery range area. Make sure they are wearing boots so they can run in the snow. This very short, fun race will be divided into several age groups.

## Presentation - Let's Get Wild

Interactive presentation on Wildlife of Utah. Will discuss the natural history of predators and their prey and how animals communicate. Learn interesting facts such as: Why don't deer feet freeze when it gets -40 degrees. Presented by Darrell McMahon.

## Hot Air Balloon "GLOW"

Six highly experienced hot air balloon pilots and their crews will illuminate the beautiful night skies of Bryce Canyon. Like large light bulbs in the sky, the over 75 foot tall gentle giants are sure to delight all who attend. Whether you are looking for a chance to practice your photography skills with awesome pictures of a life time, educate your children and grandchildren on the aerodynamics and the processes of hot air ballooning, or just looking for a night out, come watch, and talk to the pilots and crews while enjoying a spectacular view. It is recommended that you come early to watch in action. Balloon pilots will candlestick if weather does not permit in action and also be available to discuss hot air balloon flight operations and their equipment. Smoking is restricted in the balloon area.

# Win 2 Nights at Ruby's Inn



## Photo Contest

Snap and share your scenic photos of Bryce Canyon and favorite Winter Festival activities and share your photo with us on Instagram, facebook or twitter!

Use the hashtag:

**#BryceWinterFest**

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## Foot Health: How to Fix and Prevent Foot Pain

We'll discuss long term solutions (not Band-Aids) to common foot problems, such as Plantar Fasciitis, Bunions, Neuromas, Neuropathy, Metatarsalgia, & more. The science of chronic foot pain and the actual root cause of most foot problems will be discussed. We'll also look at how most footwear & insoles may help initially, but lead to more long term problems. Finally, we'll look at the practices, exercises, footwear, and more that can lead to long term foot freedom & strength

## "Photography Workshop - Landscape"

"Surefire tips to improve your Photography" an introduction to valuable tips to significantly improve your landscape photography by professional photographer, Lloyd Eldredge.

## Presentation - Three Black Birds

An interactive program featuring the largest bird in North America, the smartest bird in the world and one that can smell rotting flesh 20 miles away. Presented by Darrell McMahan. McMahan has worked in natural resource management for more than 40 years and has extensive experience as a wildlife biologist, habitat biologist, entomologist and botanist. Darrell has a deep knowledge of geology, natural history and ecology.

## "Photography Workshop - Smart Phone"

Come join our Smart phone class! Hints, tips, and ideas on taking better pictures with your smart phone. Understand the strengths and weaknesses of camera phones and how to emphasize the good. This will be an open discussion where you can feel free to share your ideas and success stories!

## Guest Speaker's : Jeff and Colleen West



"Places to Add to Your Bucket List" .....if you can't sit still and crave adventure! We will share ideas of some places to visit and what to do once you get there. Come share and learn valuable travel tips with suggested ideas for fun and enriching life experiences

Jeff and Coleen West, both recently retired, Jeff was director of Cyber Security at Questar Corp and Coleen was professor of dance at BYU. They love outdoor activities, travel and adventure. They are the parents of 4 children and have 10 grandchildren. (Who they love dearly). Between the two of them, they have enjoyed the cultures of 41 countries, whether it be river rafting in the Grand Canyon, hiking in the Canadian Rockies or the Alps, they both love meeting new people, absorbing beautiful scenery and experiencing unique cultural differences.

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## Family Search: Digital Photo Preservation

Scott Eldredge, Certified Digital Archivist, BYU Library and Mark Gowans, User Experience Engineer at Family Search will demonstrate how to utilize Family Search to add photos, stories and connections to your family tree and share other methods available to preserve your digital memories.

## Yoga

Mary Ann Wright - Certified Yoga Instructor, long time practice, has been teaching yoga in Central Utah, mainly to seniors, for over 2 years. Open to "Everyone", from beginner to experienced yoga. Hatha Yoga builds Physical and Mental strength using postures and breath.

Bill Held – Youth and Beginners instructor, He is the Director of a nonpro t group " A Quality Life" teaches the Fundamentals of Yoga, Balance and Core, restorative classes, he teaches classes at the VA and LDS Hospitals, "The Hope Lodge" and "The Mindful Yoga Studio". Instructor to evening Yoga!

## Basic Line Dancing Instruction

Join us for western dance instruction. Fun for the whole family. Colleen West is an Associate Professor of Dance at BYU. She specializes in teaching and choreographing in the styles of world dance and tap dance. She has taught for 25 years.

## "Bryce Canyon : Past and Future - from a Geologic Perspective."

We'll look back into the geologic past at the varied landscapes of the Bryce Canyon area, explore how the present scene evolved, and peek into what the canyon will look like into the future. Paul Anderson is a professional geologist and spent his 40-year career working in Utah, including teaching field geology in central Utah. He is a co-editor of the book "Geology of Utah's Parks and Monuments," first published in 2000. He is also a long-time winter visitor to the area.

## Entrance fee to Bryce Canyon required to access National Park activities

## Geology Talks

30-Minute Ranger Talk – Learn about Bryce Canyon's and its amazing geology. Meet at the Sunset Point overlook (follow the path to the viewpoint from the shuttle bus stop area). In case of inclement weather, talks will be in the Visitor Center Auditorium.

## Snowshoe Hikes

(Moderately Strenuous) Sign-up by noon the day of the hike - at the Visitor Center info desk. Attendance limited to 25; location will be announced at sign up. NOTE: you must provide your own waterproof hiking boots, or ideally, snow boots. Those with only tennis shoes, dress shoes, etc. will not be allowed to participate. Weather Permitting.

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