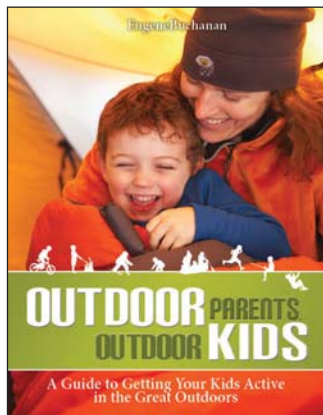


Outdoor Parents, Outdoor Kids:

A Guide to Getting Your Kids Active in the Great Outdoors

By Eugene Buchanan

300 pp. Canada: The Heliconia Press, \$19.95



Reviewed by Kimberly Poremski

Kids can transform even a quick trip to the grocery store into an adventure of disastrous proportions so it stands to reason why many parents do not brave more recreational pursuits with toddlers in tow.


Outdoor enthusiast Eugene Buchanan is not one of those parents. In his new book *Outdoor Parents, Outdoor*

Kids, he advocates the importance of outdoor recreation and encourages parents to partake in these activities with their children by recounting his recreational romps with his two daughters Brooke and Casey. The 300 page book highlights nine classifications of outdoor recreation: bicycling, skiing, camping, hiking & backpacking, jogging, paddling, climbing, fishing, and swimming.

The book is an easy read thanks to Buchanan's humorous wit, personal anecdotes, and amusing cartoon illustrations. The book

is not intended as a how-to guide though it does provide tried and true tips from the author. For example, you'll read about the Edgy-Wedgy and its pros and cons for aiding your children to ski and realize that it's easier to coax your clan to hike when there is a means to an end such as a lake, waterfall, or lighthouse. The book's primary purpose could best be described as a parental pep talk with the common message being "Been there, done that. If I can do it, so can you." Thankfully the delivery is funny and inspirational, not guilt-inducing. It's hard not to chuckle when Buchanan describes a skiing trip where he learned that "throw-up is easier to clean off a car seat when it's frozen." The last chapter conveys a more serious tone as it paints a grim picture of our nation's youth backed by statistics on childhood obesity and associated risk factors. It also discusses techniques for promoting activity in children and teaching them to engage in proactive environmental conservation.

Buchanan is uniquely qualified to write this book. This father of two young girls has enjoyed an illustrious career as a newspaper and television reporter, Editor-in-Chief of *Paddler* magazine, founder of *Paddling Life* (www.paddlinglife.net), freelance writer of countless recreational articles, author and world traveler.

When you purchase this book, not only will you cultivate love and respect for the outdoors in your own children, you will do so for countless others throughout the country. A portion of all book sales will directly benefit the Outdoor Foundation (www.outdoorfoundation.org), a non-profit organization established by the Outdoor Industry Association, whose mission is to foster youth participation in outdoor recreation. 

TRAIL NOTE

by Kristy MacKaben

Most of us know the story of Aaron Ralston, the hiker who amputated his arm to survive after getting trapped by a boulder. Ralston was on a solo climb in Blue John Canyon, Utah when the incident happened. No one knew of his whereabouts. Could things have gone differently for Ralston if he had left a detailed description of his trip? Brandon Price and Richard Visokey, the creators of *TrailNote.com*, a free online trip itinerary service for outdoor adventurers think so.

"It really did drive home the point for us. He was the prime example. He thought nothing was going to happen and he got bit," Visokey, 38, of Gilbert, Arizona said. "He didn't tell anyone where he was going and he was there four days."

Price and Visokey have created what they believe is an antidote for finding lost hikers. *TrailNote.com*, which launched in 2009, allows users to create a trip profile. Name the trip, provide a travel description, give a start and end time and pinpoint a destination on a digital map. Users also enter email or text message addresses of people to notify. If the hiker does not return on time, *TrailNote* electronically informs the hiker's contacts and provides them with

Courtesy *TrailNote.com**see Notes, page 18*