



# YELLOWSTONE FOREVER

## RUNNING WILD: TRAIL RUNNING IN YELLOWSTONE

### Itinerary & Details

FIELD SEMINAR - SUMMER 2023

**INSTRUCTOR:** Anthony Pavkovich

**INSTRUCTOR BIOGRAPHY:** Anthony tells stories to build relationships - be it person to person, community to community or society to the natural world. As a filmmaker and journalist, he's drawn to stories that challenge his assumptions and make him walk in other people's shoes. When not working behind his camera, you can find him traversing the landscape under his own power - be it in running shoes, on skis or by bike. To better get to know his backyard, he once ran 240 miles across the region he calls home.

**ACTIVITY LEVEL:** This course is an activity **level 5+** and students enrolled in this course are expected to be active participants. Be prepared to run/hike up to 18 miles per day, comfortably, with elevation gains up to 4000 feet. Some off trail hiking possible.\*

*\*All field activities will be conducted as a group. If you cannot meet the activity level expectations during your program, you may be restricted from participation in daily outings. We will not alter program itineraries or activities to accommodate participants who cannot meet the expectations of the stated activity level.*

**LOCATION:** Course begins at the Yellowstone Forever classrooms located in Gardiner, MT.

**PROGRAM DATES & TIMES:** The program begins at 7:00 p.m. on Thursday, July 20, 2023, and ends on Sunday, July 23 2023, at 5:00 p.m.

**LODGING CHECK-IN & CHECK-OUT:** No lodging is provided for this course, however, there may limited lodging available through Yellowstone Forever at the Yellowstone Field Overlook Campus. For more information, please contact the Institute at [institute@yellowstone.org](mailto:institute@yellowstone.org). You can also find more information on Gardiner based lodging here: [Gardiner, MT - Lodging](#). (Yellowstone River Motel will grant you 10% off their rooms if you mention that you are taking a Yellowstone Forever Field Seminar.)

**MEALS:** You will need to bring your own food; lunch should be able to travel in the field with you.

For general information about the facilities, preparing for classes, what to expect, cancellation policies, and more, please see the [Gardiner Field Seminars - Summer General Information](#) document.

## FROM THE INSTRUCTOR

Join Yellowstone Forever for a trail running adventure in Yellowstone National Park. While cruising scenic ridgelines and dropping into remote canyons, you'll see rarely visited areas of the park and leave only footprints on the landscape. Enjoy wildlife watching, searching for tracks and signs, and learning more about the natural history of the region while moving at a steady pace down some of Yellowstone's most iconic trails.

The goal will be to move at a consistent pace throughout the day - run where it's runnable and briskly hike when the terrain gets steep or more technical. It's not a race but, rather, a way to cover more of the landscape. We'll be stopping frequently to look at tracks and sign, discuss what we see, and watch wildlife. Our goal is to stay together as a group and spend all day in the field. These trails are some of my favorites on the northern range and I'm excited to share them with you. Bring lots of questions, and lots of snacks, for three full days of adventuring in the park.

Can't wait!

-Anthony

## PROGRAM ITINERARY

The itinerary is designed to take advantage of the best opportunities in the park, but may be adjusted to adapt to weather conditions, wildlife activity, holidays, and road construction. *The details and timing of the agenda are subject to change.*

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| Day 1 | Evening Orientation<br>Welcome and introductions<br>Background information<br>Discussion on routes, weather conditions and itinerary |
| Day 2 | Specimen Ridge<br>Traverse 18 miles between the Yellowstone River and the Lamar Valley   |
| Day 3 | Black Canyon<br>Travel 12 miles down the Yellowstone River   |
| Day 4 | Slough Creek<br>A shorter, ~6 mile out and back into the wildlife rich Slough Creek  |

## PROGRAM EQUIPMENT

For a full list of recommended equipment for all courses see the [Gardiner Field Seminars - Summer General Information](#) document.

### Required:

- Water Treatment - Katadyn filter for bottle or other option
- Running vest with ability to carry at least 1.5 L of water.
- Windshell or raincoat and gloves
- Lots of portable snacks

### Optional:

- Magnifying glass or hand lens
- Camera
- Binoculars

## RECOMMENDED READING

No prior reading is required, but participants might enjoy the following publications, that complement the program. Most publications are available at Yellowstone Forever's online store at [shop.yellowstone.org](http://shop.yellowstone.org) Yellowstone Forever supporters receive a 15% discount and proceeds directly support the park.

- Z. Altman, 2021. Traversing the Greater Yellowstone Ecosystem in Defense of Public Lands. Trail Runner Magazine. <https://www.trailrunnermag.com/people/culture-people/traversing-the-greater-yellowstone-ecosystem-in-defense-of-public-lands/>
- Pavkovich, 2018. Our Common Ground: A Running Traverse of the Greater Yellowstone Ecosystem Puts a Spotlight on Threats to Public Lands. Mountain Outlaw. <https://www.mtoutlaw.com/our-common-ground/>
- J. Turner, 1996. Abstract Wild. The University of Arizona Press.

## WHOM TO CONTACT

**For any questions, concerns, or additional information please contact the following:**

- Program itinerary, health forms, payment, and activity questions please contact Yellowstone Forever at [institute@yellowstone.org](mailto:institute@yellowstone.org) or 406-848-2400
- Road updates, park conditions, and general park information please contact Yellowstone National Park Service at <https://www.nps.gov/yell/contacts.htm>
- If running late for a program, please contact 406-848-2400