



FOR IMMEDIATE RELEASE

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BECOMING AN OUTDOOR WOMAN

The Dubuque County Conservation Board in conjunction with Dubuqueland Pheasants Forever is offering the annual Becoming an Outdoor Woman (BOW) event at the Swiss Valley Nature Center on March 6th from 9:30 AM to 2:00 PM.

The BOW event involves presentations from local female outdoor experts. Potential sessions will include campfire cooking from Dutch ovens, pie irons, to classic roasting on a stick. A second session will include specialized knot tying where participants will learn how to tie knots including barrel sling knots, thief knots, and stopper knots. The day will wrap up with a presentation from a local female Iron Man. The athlete will discuss the ‘how to’ on getting into triathlons for beginners from the aspects of open water swimming, biking, and running. Connect with like-minded women and discover the opportunities that are available in the outdoors!

Registration required and spaces are limited! Visit: <https://www.eventbrite.com/e/137816186925> to register!

Donation recommended for lunch, provided by Dubuqueland Pheasants Forever. Masks will be required when social distancing cannot be achieved. Please come prepared for being outside for one session around a campfire.