

What is a "STAYCATION"?

We're all simplifying our lives a bit this summer, and for many of us that means staying closer to home for this summer's vacation. The term "Staycation" has become common this year, as people look for ways to enjoy their summer break without spending as much money as a traditional summer vacation can cost. In fact, the concept of a "Staycation" instead of a vacation is becoming popular — and for more than just economic reasons.

It's true that planning a *staycation*, in which you spend your summer break time close to home instead of traveling to a faraway destination, can save money in lodging, air fare and dining out, but there are other benefits too. Saving in travel expenses, whether it's gasoline or flight expenses, makes your trip more "green." Spending your money locally helps area businesses and organizations. And you can cut down on stress, with less time spent in airports and less time kids have to fight with their siblings in the back seat.

There are lots of great ways to spend your *staycation*. We recommend camping at a local lake or reservoir instead of driving hundreds of miles to go camping. There are beautiful camping areas at Tuttle Creek, including the River Pond State Park, where you can either set up your tent or rent a cabin and then fish, play disc golf, rent a kayak or swim at the beach.

Want to be more adventurous? There are several great locations in less than a 2-hour drive, such as Milford Reservoir, Kanopolis State Park or Lake Clinton.

You'd rather ride your bicycle? You can plan your own bicycling tour around the Flint Hills, either camping or staying at locally owned hotels or bed and breakfasts at each leg of your trip.

Prefer to be out on the water? You could plan a river float trip, camping along the way.

Of course, there's also the true stay-at-home option. Check out of your normal activities, pretend you're a tourist in your hometown, and go see all the sights: fun museums, local eateries or shopping at fun local businesses. In Manhattan, you could visit the Beach Museum or the Riley County Historical Museum, then window shop downtown, stopping for lunch at one of the locally owned cafes along Poyntz or 4th Street.

Go for a day-long bike ride around town, stopping for ice cream or meals in a part of town you don't normally visit. Still doesn't feel like a vacation? You could even sleep in a tent in your backyard (or your family room) to feel like you're not actually at home.

If you do decide to enjoy a *staycation* this summer, make sure you set boundaries. Unplug the phone, cancel your appointments, and avoid your normal routine. Don't use your down time to catch up on errands or chores — remember you're on vacation and act accordingly!

Books and resources we carry to help:

Paddling Kansas
Kansas Outdoor Treasures
Flint Hills Bicycle Journeys
Kansas Atlas and Gazetteer
various Kansas bird and flower guides
various maps and regional info (most is free)

In This Issue:

Staff Recommendations.....	pg. 2
Hiking Tips.....	pg. 3
Buying a Tent.....	pg. 4
Gear for Kayaking.....	pg. 5
Trek and Specialized.....	pg. 6
Bicycling Clothing & Tips.....	pg. 7



FATHERS DAY GIFT IDEAS

Gadgets and Tools

- multi-tool
- Swiss Army knife
- headlamp
- survival kit
- battery-free lantern
- binoculars
- solar/windup radio

Bike Gear

- comfort bike
- bike computer
- floor pump
- bike shorts
- bike tools
- bike headlight
- seat pack

Clothing

- Tilley hat
- Life is good shirt
- Chaco sandals
- North Face tech tee
- Smartwool socks
- rainwear
- Pathfinder T-shirt

**And there's always a
Gift Certificate!**

The Pathfinder

Outdoor Equipment Specialists, Inc.



Established in 1975

Bill and Erma Riley, owners

Dave Colburn, manager

Heather Lansdowne, newsletter editor



Outdoor News is published five times annually. If you wish to be removed from our mailing list, or want to add a name to our list, please call us at 785-539-5639.

Staff Recommendations:

Where do The Pathfinder staff go to enjoy a day off?
Here are our favorite local day spots.

Go kayaking at Pottawatomie State Fishing Lake No. 2.
—Tyler

Ride your bike to the Konza Prairie and run on the trail.
—Paul

Camp at Carnahan Creek Park or go hiking at Clinton Reservoir.
—Don

Canoe down the Kaw River and camp on a sandbar.
—Tanner

Visit the Milford Nature Center and trails around Milford (great for kids!)
—Heather



Enjoy a day at the Konza Prairie.

Mountain bike on the trails at Fancy Creek State Park.
—Tim

Play disc golf at the Tuttle Creek River Pond State Park.
—Dave

Ride your bike around in local neighborhoods, exploring parts of Manhattan you've never seen.
—Dustin

Mountain bike on the river trails off the Linear Trail near the Highway 24 access point.
—Jeff

Ride your bicycle out to Keats on Anderson Ave.
—Natalie

Take your dog for a walk at the new River Pond camping area.
—Gay

Fly kites at Anneberg Park.
—Evan

Cruisers: 50s Fun Revisited

Interested in a simple bicycle with lots of comfort and great styling? A cruiser may be the very bike you are looking for.

We carry Trek's Wasabi 3 for women and Drift 3 cruiser for men. They feature a simple 3-speed/ coaster brake rear hub and great looks. However, unlike many other cruisers on the market, Trek's cruisers are also remarkably light.

Almost all cruisers made today take their style cues from the classic bikes of the 1950s. Most of the cruisers on the market today are also made in about the same

way as those classics of the 50s, with heavy steel frames and components, making them heavy and inefficient.

However, the Treks we carry use lightweight aluminum frames and parts for a surprisingly efficient ride.

Efficiency, comfort, simplicity and style — you can have it all!



Tips and Advice for a Great Hike

Eager to get outside and enjoy a fun hike with your family? Headed to Colorado with some friends? Trying a longer trail than usual? A little bit of planning ahead of time can be a great help on the trail. Here are some suggestions:

1. Familiarize yourself with the trail you'll be hiking, and the general terrain, so you can set a reasonable timetable. A 3-mile hike can vary greatly depending on the elevation changes of the land. Many guidebooks can give you time estimates for trails.
2. Plan your hike for an appropriate time of day. High altitude hikes can put you in danger in the late afternoon, as storms generally occur this time of day. Also avoid hikes in full sun in the middle of the day, especially in hot climates.
3. Consider loop trails or in/out hikes: trails that begin and end at the same parking area. This will avoid the nuisance of shuttling cars.
4. To increase your chances of seeing wildlife, choose less traveled trails and start your hike early in the morning. When you choose less traveled trails, you also help reduce erosion on the overused trails.
5. Always let someone know your route, when you are leaving and when you plan to return, and check in with them when you do return.
6. Carry more water than you think you'll need. Fill your water bottles before you leave home — never count on good water sources near the trailhead or on the trail.
7. Carry more food than you think you'll need. It's better to take extra snacks home with you than to go hungry on the trail. Take easy-to-eat foods high in protein and carbohydrates (like Mojo bars or trail mix).
8. Pack the items you need most frequently — your water bottle, guide book or rain jacket — on the top of your pack.
9. Dress for the weather, and pack for the possibilities. Weather can change quickly, so layer your clothing and pack rain gear and extra clothing. Avoid fabrics that lose effectiveness when wet, like cotton T-shirts and denim jeans.
10. Start slowly to avoid fatigue, especially if you're a novice hiker. Take breaks when you need them. Turn back before you get too tired — remember you have to hike an equal distance back!
11. Let the slowest members of your group set the pace. If skill levels are dramatically different, break into small groups and meet at agreed-upon locations. You may want to carry two-way radios or cell phones (if you have service) to stay in contact as you hike.
12. Remember to Leave No Trace. Carry out whatever you pack in so that others can enjoy the natural beauty of the outdoors as much as you did.



Knot Tips



Taut-line Hitch

This knot can be used for securing lines from a grommet to a stake or tree. Because it can be tightened without being retied, it is particularly useful for tying tent and tarp guylines to a tree or stake.

The knot will easily slide up and down the standing part of the line, but won't budge when strained.

- ♦ Create a bight (slack part or loop) by passing the free end of the rope through the grommet or around the pole you are tying the rope to.



- ♦ Loop the free end twice under the standing part of the rope, moving away from the grommet or pole.
- ♦ Make another loop around the standing part with the free end, by wrapping over, then under the standing part and pulling it through the loop.
- ♦ Pull the hitch taut. It can now be worked up and down the standing part as needed and will hold tight under pressure.

Thanks to gorp.com for this knot tip.

Choosing a new tent

We love our tent room. Maybe it's because we remember back when we were in Aggieville and didn't have enough floor space to set up tents for customers to see. Maybe it's because we just love the great new tents we carry these days! If you love tents like we do, come in and spend some time in our tent room. We can help you look at the tents to decide which one will work best for you.

There are several factors you should consider when you shop for a tent. The first and most obvious is selecting the right size tent. Tents are classified by capacity — 2-person, 4-person, etc. — but that isn't as simple as it seems.

The capacity listed as the tent's size is the maximum number of regular size sleeping bags that can fit on the floor of the tent. Most of us, however, prefer to have a little extra space around us in the tent for our gear, clothing, and just elbow room. So if you're looking for a tent for two people, consider buying a 3-person or even a 4-person tent, to give you some extra living space.

The exception to this advice is if you're buying a tent for backpacking or carrying your gear on your bicycle, kayak or canoe, in which space and weight are critical factors. If you're looking for your lightest option, you may not want to carry a larger tent just for the extra elbow room.

The other major factor separating tents is their ability to withstand different weather conditions. You'll really appreciate a high quality tent when the heavy winds and rain come up.



Big Agnes Big House 4 or 6

Good pole structure, double-stitched seams, a tub floor and a well-designed rainfly will all help your tent keep you dry in stormy weather.

If your camping will be primarily in hot weather, you'll want to make sure you have a tent with good ventilation. Ventilation also helps reduce condensation in cooler conditions.



Mountain Hardwear Lightwedge 2 or 3

Other features may matter to you as well. How easy is the tent to set up? Do you want one door or two? Is there a built-in vestibule? Is the tent free-standing, so it can be set up even in rocky terrain?

Our tent showroom allows you to compare tents side by side so you can see your options before you make a decision. After all, your tent serves as your home in the outdoors, so it's one of your most important purchases.

Tents at The Pathfinder

Mountain Hardwear

Sprite 1, 1-person, \$170
Lightwedge 2, 2-person, \$235
Lightwedge 3, 3-person, \$265

The North Face

Tadpole, 2-person, \$239
Rock 22, 2-person, \$189
Rock 32, 3-person, \$209

Kelty

Gunnison 2.1, 2-person, \$190
Gunnison 4.1, 4-person, \$250
Grand Mesa 4, 4-person, \$210
Grand Mesa 6, 6-person, \$280

Big Agnes

Seedhouse 1, 1-person, \$170
Seedhouse 3, 3-person, \$270
Gore Pass 2, 2-person, \$280
Emerald Mtn SL3, 3-person, \$399
Big House 4, 4-person, \$299
Big House 6, 6-person, \$360

*** prices subject to change **
by the manufacturers*

Extend the Life of Your Tent

- Seam-seal your tent every season, to keep your tent waterproof.
- Use a ground cloth or footprint to protect the floor of your tent.
- Always check the area for rocks and snags before setting up your tent. Avoid setting up under pine or "sappy" trees.
- Air out your tent every morning if possible — especially after rain.
- Don't eat in your tent: spilled food can damage the tent material. This is also a bad idea in bear country!
- Try to limit the dirt and mud in the tent: consider a "no-shoes" policy.
- Air out and clean your tent after your trip — set it up and examine it for damage or other problems. Don't put this off until right before the next trip.
- Repair damage right away, before it gets worse and isn't fixable.
- Stuff your tent loosely rather than folding it, to prevent creases and damage due to wear.
- Store your tent in a dry, cool environment.

Gear for summer kayaking

We love kayaking! And we have noticed that more and more of our customers have discovered the fun of kayaking too. Paddling a kayak is a peaceful, simple, stable way to enjoy the water.

This spring we received a few boats at discounted prices — they have cosmetic blemishes (called "blem" models) so we got them at a reduced cost, and we're passing that savings on to you. Ask about the Otter XT and Rush blem model prices.

In addition to paddles, we have a variety of kayaking accessories to add to your enjoyment of the water.

Though PFDs (personal flotation devices, a.k.a. life vests) are not required by law for human-powered boats, we highly recommend that every kayaker and canoeist wear a PFD at all times.

We carry several models of life vests, most with pockets and some with other features designed for fishing. Many of the vests we carry are designed with a contoured back

so your lower back sits more comfortably against the canoe seat.

Whether you're out for a short paddle around a lake or a long float trip, having a dry bag or two can protect your belongings. We carry small bags for electronics, flat cases for maps, and larger bags of many sizes for more extensive gear. We also have several hard cases for valuable gear that needs to be kept safe from contact as well as water.

One challenge of kayaking is transporting the boat to the water. Your options can vary from simple foam blocks and straps to more elaborate roof rack systems. One of our favorites is Thule's Hull-a-Port, which is a J-style carrier that attaches to factory roof racks.

Our kayak accessories wall has grown over the past few years, and now includes gear to hang your kayaks at your home, mount your fishing pole on your kayak, and cover your cockpit during storage.



Kayaking is fun!

Never kayaked before? We encourage you to try it. Go out to the River Pond State Park and take one of the rentals out for a few hours. It's a great way to spend a Kansas summer evening.

Tuttle Creek State Park
Kayak Rental
\$5/hour
\$20/day
Kayaks are Old Town kayaks

TILLEY HATS: Why are they the best?

Comfort and Fit. Tilley hats come in more specific sizing than other hats — so they are held on by gravity, not painful pressure on your forehead. The preshrunk, boiled cotton means they won't shrink, so they continue to fit throughout the life of the hat.

Design and Features. Tilley hats float (with a layer of closed-cell foam in the crown), they have a tuckaway adjustable wind cord to hold the hat on in the wind, and they repel rain well. All Tilley hats have an ultraviolet protection factor (UPF) of 50+ and they

have a Velcro tab to attach your sunglasses in place and a secret pocket to carry small items in the crown.



Tilley hats come in a variety of styles, with different brim widths, so you can find a hat that fits your style as well as fits your function.

Long Life. Tilley hats are guaranteed for life. They are replaced for free if they ever wear out, shrink or fall apart. They are also insured against loss, with a 2-year, 50% deductible policy.

Seasonal Options. Newer Tilley hat models are made from light-weight fabrics for summer and quality wool for winter. And the traditional boiled cotton option is still a great multi-seasonal choice.

Trek and Specialized:

Leading the Bike Industry since the 1970s

The Pathfinder is proud to carry the two premier bike companies in America: Trek and Specialized. These two companies have both risen to the top through relentless innovation, dedication to customer service and their leaders' visions.

Trek Bicycles

Most people have heard of Trek bicycles, due in part to Lance Armstrong's seven Tour De France victories while riding Trek bicycles. Trek began in the 1970s in Wisconsin as a high-end bicycle frame producer. Through the years, Trek's innovations brought recognition and customers. Trek has been at the forefront of carbon fiber frame design and production since the late 1980s.

The Pathfinder was a Trek dealership in the 1980s, but opted to emphasize other brands, including Schwinn, Specialized and Fuji. We brought Trek back into our store in 2001 after Pacific Cycles purchased Schwinn and changed their focus.

Trek and Gary Fisher

Many people do not know that Trek also owns Gary Fisher bicycles. Gary was in on the beginning of mountain biking in northern California in the 1970s. He built his early mountain bike frames by hand until demand required that he adopt more efficient production methods.

Gary was a pioneer in the frame production techniques, for both steel and aluminum tubing. Those techniques are still in use throughout the industry. Gary sold his brand to Trek in the 1990s, but remains active in the company and the industry.



Specialized Bicycles

The Pathfinder has been carrying Specialized bicycle products since the 1970s, before the company actually produced bicycles. Mike Sinyard opened his business originally as an importer of high-end bicycle parts. To complement his import business, Mike then began designing and selling his own line of high performance bicycle tires.

Then, seeing the potential that mountain bicycles had to change the sport of cycling, Mike was the first person to produce a high performance mountain bike in a factory. He called it the Stumpjumper. From those early years of mountain bike design and production, Specialized has become a leader in road, triathlon and commuting bike designs.

Specialized comfort

Perhaps the most impressive vision Mike Sinyard has brought to fruition has been the incorporation of comfort into road bike design. Specialized remains in front of every other bike company when it comes to blending comfort and performance. They have proven that "comfort is the new speed."

The Roubaix line of road bikes sets the standard for bringing advanced vibration dampening techniques while retaining maximum performance characteristics.



Quality bicycle production

Many other bike companies will claim that their bikes are just as good because they are made in the same factories as Trek or Specialized. While it is true that a small number of factories in Taiwan and mainland China make virtually all of the bikes sold in bike shops, the real issue is the level of manufacturing specifications required by different bike companies.

Trek and Specialized specify their own tubing, frame designs and overall level of quality. The Asian factories can, and do, build to a vast array of quality levels. If a bicycle company is solely focused on price, then the factory can lower the quality levels on tubing, frame design, paint, speed of assembly, component adjustment and quality control, in order to deliver a less expensive product.

In other words, you get what you pay for. Getting focused on price only, or on which rear derailleur is on a bike at a certain price, will not necessarily get you the best value. We believe that, in general, the frame represents 50% of the ride quality of the bicycle, the wheels 30% and all of the other parts represent 20% of the ride quality. Focusing on the frame and wheels will lead you down the best path for value and performance.

Doing our best for you

There are thousands of bicycles on the market, ranging dramatically in price and quality. As a customer, that range of choices can feel daunting.

We have spent nearly 34 years analyzing and working in the bike industry, and we work hard to select bicycles for our customers that will give you the best quality for the best value. We're proud to be Trek and Specialized dealers, because of the quality and value they provide.

Improving Your Road Riding

🚲 **Train First.** It seems simple, but you'll perform better if you practice. If you do at least one long training ride each week, and try to make each week's ride 5-10% longer than the last, your long ride won't feel so difficult. Generally, you can ride at least three times as long (in time) as your average training ride.

🚲 **Keep Your Body Loose.** Bicycling is a sport, and just like most sports, it's wise to stretch first. It can also help if you stretch throughout the ride — roll your neck, stand and pedal, and do other things to keep your muscles loose while you ride.

🚲 **Eat Healthy.** Eat carbohydrate-rich meals, starting two or three days prior to your long ride. Have a healthy breakfast the morning of the ride, and take snacks for the trip, like fresh or dried fruit or energy bars.

🚲 **Stay Hydrated.** Don't wait until you feel thirsty to drink — by then it's often too late. Set a pattern to drink consistently, like a swig from your water bottle every 10 minutes. This plan is easier to follow if you use a hydration pack like a Camelbak.

🚲 **Wear cycling-specific clothing.** The features of cycling clothing are worth it — see the article on this page. In addition, sunglasses for cycling offer protection from wind and debris, not just sunlight.

🚲 **Plan your rides carefully.** Don't attempt a ride that is longer than you can handle, and ride with a friend or a group if possible. Divide the ride into segments with rest stops scheduled at appropriate times.

🚲 **Ride steady.** Learn to ride at a steady pace, turning the pedals over at least 70 times per minute. Rest on the downhill and work on the uphill to save energy.

Clothing for Better Cycling

Most bicyclists who race and do triathlons have specialized bicycle clothing for their riding, but what about the rest of us? At some point, your bicycle riding grows from circling around the block with your kids into longer rides for exercise or touring. When this happens, you should consider investing in cycling-specific clothing.

Cycling Shorts

The most visible change is to wear cycling shorts instead of other types of shorts, including exercise shorts. Cycling shorts are designed to be tight-fitting yet flexible, and are made of a fabric that will wick moisture from your skin and keep you dry. These features will reduce chafing and wind resistance by fitting tight against your skin while you pedal.

Cycling shorts also are made with a chamois (pronounced "shammy") — the padding that fits between *your* seat and your bike's seat. The goal of the chamois is to provide some cushion while wicking moisture.

When you try on bike shorts, you should sit in your cycling position — they feel odd when you're standing up normally, but feel great when you're on a bike. They should fit snugly against your skin, with no bagging or wrinkles. Good quality shorts are made with more panels of fabric, to provide a better fit.

There are a few pairs of bike shorts that are designed with a chamois insert under looser-fitting shorts that can be worn more comfortably when you are *off* the bike.

Cycling Jerseys

When you ride, you should wear a shirt that will be breathable and lightweight, to keep you dry and cool. A standard tech tee may suffice for some rides, but for road riding a true cycling jersey offers benefits that are more cycling-specific.

Jerseys are designed to be longer in the back, for more coverage when you're in riding position. They also have pockets in the lower back, some with zippers, to hold items you will need to access while riding (energy gel, protein bars, etc.).



Many jerseys also have reflective material for improved visibility, and they may have front zippers to adjust temperature as you ride.

When you try on a jersey, it should fit snug against your body — the fabric needs to be against your skin for it to wick moisture from skin — and to reduce wind resistance and flapping and bouncing while you ride.

Cycling Gloves

Another important addition to your cycling wardrobe should be a good pair of gloves. Cycling gloves offer cushion from vibration while riding, which will reduce numbness in your fingers and hands. They can also protect your hands in a fall.

Summer cycling gloves are fingerless, making them cool, and they should fit snug but not too tight, so they don't restrict blood flow. You should turn your gloves inside-out after every ride so they'll dry between outings.

A helmet is NOT an optional piece of cycling clothing! Wear it all the time, even when it's a short ride.



**304 Poyntz
Manhattan, KS 66502**

Presorted Standard
U.S. POSTAGE
PAID
Permit #33
Manhattan, KS 66502

Inside:

- Taking a "Staycation"
- Buying a Tent
- Tips for Hiking
- Our Bike Companies



or current resident

SUMMER HOURS:

**Mondays – Thursdays
10 a.m. – 7 p.m.**

**Fridays
10 a.m. – 6 p.m.**

**Saturdays
9 a.m. – 6 p.m.**

Closed Sundays

*We will be closed for inventory
on Monday, June 29, until 1:00.*

.....
*Summer hours will be in effect
until mid-September*

Nordic Walking Clinic

Join us on Saturday, June 13, at 10:00 a.m. at The Pathfinder for a hands-on demonstration of Nordic Walking. Learn about the benefits of nordic walking and basic techniques



to make it a great exercise option for you. We have demo models you can take out for a walk so you can try nordic walking for yourself.

Bike Rodeo at Briggs

Bike safety has always been important to us, and we are happy to support Briggs Auto with their Bike Rodeo on Saturday, June 20, from 10:00 a.m. to noon.

A Bike Rodeo is an event to learn and practice bicycle handling skills in a series of stations testing different skills. There will also be bicycle safety inspections, prizes and food. We hope to see you there!



New Website!

We are excited to unveil our new website, with more features and updated information than ever before.

The new site will have weekly updates, including information about new products coming in, repair advice and reminders, and tips for enjoying your outdoor experience even more.

Please log on to our site at www.thepathfinder.net, and check it out. Send us feedback so we can work to make it as useful to our customers as possible.

Our newsletters will be archived on the website in pdf format, as well. If you'd prefer to receive our newsletter via e-mail, please let us know and we can send you this publication in an electronic format.