

## Matthew Grady

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### Biking Experience

Dates	Hours or Days	Location/Route	Role	Type	Notes
Jan 2016	2	Local Home Trails	Personal	Mtn	Heritage, Loop trail
<b>Year of 2015</b>	<b>125 – 140 Days</b>				
December 2015	10 – 15 Days	Augusta Georgia Local home trails and roads	Personal	Mtn & Road	FATS, Heritage, Ft. Yargo.
November 2015	7 – 10 Days	Moab Utah Cortez Colorado Fayetteville, Arkansas	Personal	Mtn.	“The Zion Curtin” Phil’s World, Cortez Arkansas. Multiple TH in Ozarks
October 2015	22 Days	White Rim Tours.	Professional	Mtn	Four 5 day tours guiding with Western Spirit Cycling
September 2015	22 Days	North Rim GC, Bryce to Zion.	Professional	Mtn	Four 5 day tours guiding with Western Spirit Cycling
August 2015	22 Days	Colorado High Country Tour, Brain Head Singletrack, Bryce to Zion, North Rim, GC	Professional	Mtn	Four 5 day tours guiding with Western Spirit Cycling
July 2015	22 Days	Yellowstone, Grand Tetons.	Professional	Mtn	Four 5 day tours guiding with Western Spirit Cycling
June 2015	22 Days	North Rim, GC, Arizona Bryce to Zion	Professional	Mtn	Four 5 day, tours guiding with Western Spirit Cycling
May 2015	16 Days	White Rim, Utah/ North Rim, GC, Arizona.	Professional	Mtn	Three 5 day tours Guiding with Western Spirit cycling. 10+ clients
April 2015	5hrs 5 Days	Bent Creek/Summerton/ White Rim, Utah	Personal/ Professional	Mtn & Road	5 Days guiding with WS 50 Rd Miles Summerton 10 Miles Bent Creek
March 2015	18hrs	FATS/Summerton/Utah/ Pisgah/DuPont	Personal	Mtn & Road	8 Miles Pisgah – Big Ivy TH 10 Miles DuPont 25 Miles at FATS 47 Rd Miles Summerton
Feb 2015	3hrs	Athens Ga	Personal	Road	Road with local “courthouse group” 50 Miles
Jan 2015	13hrs	Milledgeville/Athens/ Augusta trails. Georgia.	Personal	Road	<b>Trails:</b> Selma Irwin, Heritage Park, Ft. Yargo, 441 N. Trail. FATS trail system
<b>Year of 2014</b>	<b>82hrs</b>	<b>South Eastern Region Trails</b>	Per. – <b>18hr</b> Pro. – <b>64hr</b>		
Nov. 2014	9hrs	Milledgeville & Athens, Ga.	Personal	Mtn.	<b>Trails:</b> Selma Irwin, Rockhawk, Heritage Park, Ft. Yargo.
Oct. 2014	5hrs	Milledgeville & Athens, Ga.	Personal	Mtn.	<b>Trails:</b> Selma Irwin, Rockhawk, Heritage Park.

Sept. 2014	2hrs	Milledgeville Georgia	Personal	Mtn. & Road	5 Miles ride at Selma Irwin. <b>Road:</b> 20 Miles around Milledgeville
August 2014	1hr	Rock Hawk Trails, Eatonton Georgia	Personal	Mtn.	8 Mile ride at Rock Hawk. W/ local riding group
<b>Summer of 2014</b>	<b>64hr</b>	Recorded hours of "on & off" bike instruction & ride time			<b>400 Miles</b> all Summer
July 2014	32hr Recorded	North Carolina & South Carolina	Professional	Mtn.	155 Miles Camp position. Leading 8 – 10 campers at Dupont, Pisgah, & Tsali
June 2014	26hr Recorded Time	North Carolina & South Carolina	Professional	Mtn.	154 Miles. Camp position. Leading 8 – 10 campers at Dupont, Pisgah, & Tsali
May 2014	6:30hr Recorded time	North Carolina & South Carolina	Professional	Mtn.	67 Miles. Camp position. Leading 8 – 10 campers at Dupont and Pisgah Trails
April 2014		Milledgeville, Ga trails	Personal	Mtn.	10 Miles. @ Selma Irwin Trails. and Rock Hawk Trails
<b>Year of 2013</b>	<b>26:45hr.</b> Recorded Time.				<b>380</b> Mapped/Recorded Miles
Nov. 2013	1:40	Local Milledgeville Route	Personal	Road	23 Miles <a href="#">GPS for All Routes</a>
Aug 2013	1hr	Local Milledgeville Route	Personal	Road	16 Miles
May 2013	3:45hr	Local Milledgeville Route	Personal	Road	62 Miles
April, 13 2013		Athens Triathlon			Collegiate Race. Raced for GCSU <a href="#">Tri Results</a> Placed 18 <sup>th</sup> of 31 in my age category
March, 24 2013		Ocala Triathlon			Collegiate Race. Raced for GCSU <a href="#">Tri Results</a> Placed 2 <sup>nd</sup> in my age Category.
Mar. 2013	4hr	Local Milledgeville Route	Personal	Road	65 Miles
Feb 2013	3:30hr	Local Milledgeville Route	Personal	Road	60 Miles
Jan 2013	12:50hr	Local Milledgeville Route	Personal	Road	154 Miles
<b>Year of 2012</b>	<b>13:25hr</b> Recorded Time				<b>209 miles</b> Mapped/Recorded Miles
Nov 29, 2012		Lake Lanier Triathlon		Road	<a href="#">Tri Results</a> 11 <sup>th</sup> of 27 in my age category
Nov 2012	3:15hr	Local Milledgeville Route	Personal	Road	51 Miles
Oct 2012	3:40hr	Local Milledgeville Route	Personal	Road	55 Miles
Sept 2012	3:15hr	Local Milledgeville Route	Personal	Road	53 Miles
Aug 2012	3:15hr	Local Milledgeville Route	Personal	Road	50 Miles
8/2012		Bought a Rode Bike!			
<b>Summer 2012</b>	3 to 4 days a week			Mtn	300 Miles Recorded.
8/3/12	1 Day	Warren Wilson Trails, NC.	Professional	Mtn	<a href="#">Camp Timberlake</a> Beginner Double Track Trails. 4 Mile loop. 6 Campers. Co-lead and myself

7/30/12	1 Day	Fletcher Creek Trails. Pisgah National Forest, NC.	Professional	Mtn	Intermediate Single track Trails. 10 Mile loop. 5 Campers. Co-lead and myself
7/26/12	1 Day	Dupont State Forest, NC.	Professional	Mtn	Intermediate/Technical Single Track. 12 Miles. 6 Campers. Co-lead and myself
7/10/12	1 Day	Kitsuma Trail. Pisgah National Forest, NC.	Professional	Mtn.	Downhill Trail. Advanced/Technical Single Track. 6 Mile Downhill. 4 experienced campers. Co-lead and myself
7/8/12	1 Day	Richmond Hill Park. North Asheville.	Professional	Mtn.	Beginner Single Track Trails. 6 Mile loop. 7 Campers. Co-lead and myself.
7/4/12	1 Day	Dupont State Forest, NC.	Professional	Mtn.	Intermediate/Technical Single Track. 12 Miles. 5 Campers. Co-lead and myself
6/27 – 6/28/12	2 Day	Tsali Recreation Area, Robbinsville NC.	Professional	Mtn.	Intermediate Single Track. 30 Miles on various trails. 5 Campers. Co-lead and myself
6/24/12	1 Day	Richmond Hill Park. North Asheville.	Professional	Mtn.	Beginner Single Track Trails. 6 Mile loop. 9 Campers. Co-lead and myself.
6/21/12	1 Day	Fletcher Creek Trails. Pisgah National Forest, NC.			Intermediate Single track Trails. 10 Mile loop. 5 Campers. Co-lead and myself

## Backpacking Experience

Dates	Hours or Days	Location	Role	Notes
8/5/2013	3 Day	Fern Lake, RMNP, Co.	Professional	<a href="#">Cheley Colorado Camps</a> 8 Mile loop. Easy trails. 7 Campers. Co-lead and myself.
7/30/2013	4 Day	Michigan Lakes, RMNP, Co.	Professional	<a href="#">Cheley Colorado Camps</a> 25 Mile loop. Hard trails with inexperienced campers. Great reward! Reached 2 peaks, Mt. Lulu, 12,200ft and Thunder Pass, 11,300ft. 9 Campers. Co-lead and myself.
7/25/2013	3 Day	Red Deer Lake, Indian Peaks Wilderness, in Never Summers Range, Co.	Professional	<a href="#">Cheley Colorado Camps</a> 18 Miles. Easy to moderate trails. 6 Campers. Co-lead and myself
7/8/2013	3 Day	Thunderlake, RMNP, Co.	Professional	<a href="#">Cheley Colorado Camps</a> 17 Miles total. Moderate trails. Peaked Tanima Mtn. at 12,400ft. 5 Campers. Co-lead and myself
7/1/2013	4 Day	Diamond & Devils Thumb Lake, Indian Peaks Wilderness in Never Summers Range, Co.	Professional	<a href="#">Cheley Colorado Camps</a> 30 Mile loop over The Continental Divide. Harder 4 day overnight, for the more experienced campers. 9 Campers. Co-lead and myself
6/28/2013	3 Day	Parika Lake, RMNP, Co.	Professional	<a href="#">Cheley Colorado Camps</a> 15 Miles total. Moderate trails. Peaked Parika at 12,400ft.

				5 Campers. Co-lead and myself.
6/24/2013	2 Day	Boulder Brook, RMNP, Co.	Professional	<a href="#">Cheley Colorado Camps</a> 7 Miles in & out. Easy to moderate trails. 6 Campers. Co-lead and myself.
6/21/2013	2 Day	Summerland Park, Rocky Mountain National Park, Co. (RMNP)	Professional	<a href="#">Cheley Colorado Camps</a> 6 Mile loop. Easy to moderate trails. 8 Campers. Co-lead and myself.
Fall 2012	3 Day	Monticello, Ga. Oconee National Forest	Participant	“Outdoor Living Skills” <a href="#">Course Catalog</a> Class Trip. We focused on off and on trail navigation.
Dec 2011	4 Days	Springer Mtn section. Appalachian Trail	Personal	

### Top Rope Rock Climbing Experience

Dates	# of Hours or Days	Location/Routes/Grade	Role	Notes
9/2013	2 Days	Horse Pens 40, AL. V0 – V1	Professional	“Principles of Field Leadership” <a href="#">Course Catalog</a> GCSU- Principles of Field Leadership course
9/2013	1 Days	Palisades Rock, AL Highest route 5.9	Professional	“Principles of Field Leadership” <a href="#">Course Catalog</a> Class Trip: Set up multiple climbs with co-lead, and managed fellow students through a day of climbing.
3/2013	3 Days	Sand Rock, AL Highest route 5.9	Participant Student	<a href="#">Georgia College and State University</a> Training for Rock Climbing Class; Anchors and placement, rappel techniques, top site management, etc.
2/2013	3 Days	Sand Rock, AL Highest route 5.9	Participant Student	<a href="#">Georgia College and State University</a> Training for Rock Climbing Class; Anchors and placement, rappel techniques, top site management, etc.
2/2013	6 Hours	Stone Summit, Atlanta Ga. <a href="#">Stone Summit</a>	Participant Student	Indoor Climbing Gym. Class trip to SSClimbing to work on facilitate climbing in a controlled environment breaking down technique and evaluating each other.

### Flat-water Paddling/Sailing Experience

Dates	# of Hours or Days	Location	Role	Craft (OC1, OC2, Kayak, SUP, Sail)	Notes
9/2013	5 Day	Suwannee River- White Springs, FL	Participant Student	Canoe	GCSU – “Principles of Field

					Leadership” course
5/2013	10 Days	Sea of Cortez. Mexico	Participant Student	42’ Sail Boat	<a href="#">Lifelines Ministry</a>
8/2012	10 hours	Rocky Creek Park- Milledgeville, GA	Participant Student	Canoe	GCSU – “Outdoor Living Skills” course

### Coastal Paddling

Dates	# of Hours or Days	Locations/Water Conditions	Role	Craft (OC1, OC2, Kayak, SUP Sail)	Notes
6/2010	1 Day	Tybee Island inlet	Personal	Kayak	

### Whitewater Paddling Experience

Dates	# of Hours or Days	River/Section/Class/Water Level	Role	Craft	Notes
7/19/2013	4 hours	Poudre River, Ft. Collins, Co. Class II & III Rapids	Professional	Paddle Raft	Cheley Colorado Camps
6/2012	1 Day	Section 4 of the Tuckasegee, NC	Personal	Kayak	

### Miscellaneous Outdoor Pursuits

#### Caving

Dates	# of Hours or Days	Location	Role	Activity	Notes
2/22/14	6 hours	Petty John’s Cave LaFayette, GA	Personal	Spelunking	