Nov 13-16, 2025 Conference Catalog

Peak of Preparedness Wintergreen EMS Summit

"Where education meets the mountain."



Preconference Classes Thursday, November 13, 2025 Main Conference November 14-16, 2025 on the mountain at
Wintergreen Resort
CELEBRATING 5 SINCE 1975



Registration OPEN Now!

EMS Summit Registration Link

MORE INFO: emssummit.org



Nourish the Learning

See the extensive list of local eateries and entertainment located in the back of this catalog.



Vendor Hall & Reception

Vendor hall located in Skyline Pavilion

Hours: Friday, 4:00 pm-8:00 pm; Saturday, 10:00 am - 2:00 pm

Vendor Reception for attendees - Friday, 5:30-7:00 pm





Pre-Conference Schedule - Thursday, November 13

Time	Class 1	Class 2	Class 3	Class 4	
0700	Registration Opens				
0800 - 1200	Neonatal Resuscitation Course – Offering 1	High Performance Ventilation	Mechanical Ventilation	Documentation – An Essential Skill	
0800 - 1700	PEPP Hybrid Skills Session				
1200 - 1300		Lui	nch		
1300 - 1700	Neonatal Resuscitation Course – Offering 2				
1300 – 1600	Mental Health Awareness				
1800 – 2200	Evening Social Event				



Ron Culberson

Author, Humorist, EMT, Firefighter, Documentary
Producer

Friday November 14th

Back to Life: Reviving Your Perspective, Your Situation and Your Future

The world of Emergency Medical Services has many lessons that can be applied to our life and work. From avoiding harm to taking care of ourselves to being more aware of our situations, crisis management requires focus and attention. In this funny and insightful program, Ron shares a few principles that he learned when pursuing his Emergency Medical Technician certification. He discovered that these principles represent broader concepts that can help us to adjust our perspective, improve our situation, and prepare for a better future. In doing so, we enhance our well being, sharpen our abilities, and adapt to whatever life may send our way.



Lindsey Ewing

(The Prehospitalist)

Saturday November 15th

First, Do No Harm

In this engaging and practical keynote designed for EMS professionals, we'll break down 13 critical ways to ensure your care in the field helps—not harms—your patients. From the basics to high-acuity interventions, this session reviews essential topics including BLS airway management, rapid sequence induction (RSI), trauma response, and advanced cardiology. You'll walk away with real-world strategies to improve decision-making, reduce risk, and deliver safer, more effective prehospital care.





Conference Schedule - Friday, November 14

Time	Class #1	Class #2	Class #3	Class #4	Class #5	Class #6
0700			Registrat	ion Open		
0800- 0900	Keynote Pre	sentation: Back To	o Life: Reviving Yo	our Perspective, Y	our Situation, and	d Your Future
0930-1030	What to Expect When You're No Longer Expecting	ABC's of Pre- Hospital Burn Assessment & Management	LVAD 101	EMS Simulation Escape Room	Emergency Substances of Abuse	RSI in HD
0930-11:30	Neo-Natal Emergencies	Komplacency Kills				
1000-1200	From Bumps to Babies: Comprehensive Maternal and Postnatal Care in EMS1					
1100-1200	Never Forget: Learning from Line- of-Duty-Deaths in Order to Prevent the Next One	Emerging Illicit Substance Use/Misuse Trends and the Appropriate EMS Management of the Inebriated Patient	Ah- push it: Vasopressors and you!	EMS Simulation Escape Room	Recruitment & Retention Strategies that Actually Work	What I Learned From 30 Years as a Trauma Surgeon
1200-1330			Lui	nch		
1330-1430	Is There an EMT on the Plane? Responding to Medical Emergencies on Commercial Flights	Next Level Difficult EKG Rhythm Analysis	Leading Organizational Change	My Mind is a Colliers Mansion	EMS Simulation Escape Room	Community Paramedicine: The Logistics of a Rural EMS CP Program
1400-1600	High-Performance CPR: Pit Crew Ready	"All Choked Up" Recognizing and Managing Strangulation Injuries in the Pre- Hospital Setting				
1500-1600	Your Brain is Trying to Trick You: Cognitive Bias and Clinical Decision- Making	Snake Envenomation	Taking No For An Answer	EMS Simulation Escape Room	Optimal Pre- Hospital Resuscitation - Whole Blood Transfusion in the Field	EMS Response to Active Threat Incidents
1600-2000			Vendor F endor Reception	dall Open - 1730-1900 houi	rs	





Conference Schedule - Saturday, November 15

Time	Class #1	Class #2	Class #3	Class #4	Class #5	Class #6
0700			Registrat	ion Open		
0800- 0900		Ке	ynote Presentatio	n: First, Do No Ho	arm	
0930-1030	So you want to be a Community Paramedic	Navigating the Depths: How to Recognize and Manage Diving Emergencies	Pick the path: Racing Hearts, Exercise and Sports Induced Emergencies Learning through case-based scenarios	Pediatric Respiratory Illnesses	Hit the 'Lytes! Case Studies of Electrolyte Imbalances	HPV: Putting the P back in CPR
0930-11:30	Loving a First Responder	First Responder Everyday Wellness				
1000-1200	EMS Rescue Task Force Best Practices					
1100-1200	Spooky Less Common Cardiology Things	Septic Shock: Poke Bowls, Ceviche, Floppy Hearts and Nitro Drips	Unified Command and Control of an Active Assailant Situation with RTF'S	Medical Evaluation of Persons in Custody		
1200-1330			Lui	nch		
1330-1430	Capnography- for the "other guys" Part 1 Perfusion	The effective role of the Fire/EMS service instructor: A way to lead and influence	Portable Respiratory Monitoring for BLS	ABC's of ACS	Tactical K9 Care: Emergency for the police K9	
1330-1530	A Second is a hell of a long time.	EMS Agency Field Training Officer Program - Best Practices				
1330-1630	Suicide Prevention for First Responders					
1500-1600	Capnography- for the "other guys" Part 2 Metabolism	CO = HR x SV, The Important Formula for EMS	Friday Night Lights	Community Paramedicine in Rural EMS		
1500-1700	Point/Counterpoint: A Debate on Cardiac Arrest Management, Medical Director vs. Paramedic					
1000-1400			Vendor F	Hall Open		





Conference Schedule - Sunday, November 16

Time	Class #1	Class #2	Class #3	Class #4	Class #5	Class #6
0700	Registration Open					
0900-1100	Carotid What?	Shock Delivered: Rethinking Public Access to Defibrillation to Make AEDs Accessible				







Course Descriptions

Presentation Title	Description
A Second is a hell of a long time.	First responders, (paramedics, firefighters, company officers, law enforcement officers, dispatchers and incident commanders) must be able to manage the split-second changes, and dynamic conditions of each emergency incident. However, research has documented the physiological, neurological and psychological changes associated with repeated exposure to emergency service stress and long-term exposure to trauma that, ultimately affects emergency incident response and first responder job performance. Research has documented the effectiveness of proactive, preventative, fitness and wellness training to support emergency incident performance, first responder career longevity, family relationships and services to local citizens.
ABC's of ACS	Participants will learn to identify the critical signs of ACS through case studies and real-world scenarios, enhancing their diagnostic skills. The course will also delve into evidence-based treatment protocols, including pharmacological interventions and advanced life support techniques.
ABC's of Pre-Hospital Burn Assessment & Management	A: Airway: Management and Smoke Inhalation B: Burns: Wound Management C: Circulation: Shock and Resuscitation D: Damage: Trauma injuries E: Exposure: Environment and Chemical
Ah- push it: Vasopressors and you!	Your patient's blood pressure is 60 over nothing yikes! Your partner says you need to start a pressorbut which one? And why?? This lecture will cover the pharmacologic profile of pressors used both in the field, as well as in critical care transport and in what patients these these medications may be helpful or hurtful.
All Choked Up: Recognizing and Managing Strangulation Injuries in the Pre-Hospital Setting	In this course, we will discuss how to recognize and treat strangulation injuries. We will also discuss and look at forensic evidence and how to navigate a crime scene
Capnography- for the "other guys" Part 1 Perfusion	We all know "shark fin" and keep it above 10 during CPR, but when is the last time you were taught or used capnography for evaluating metabolism and perfusion. Do you titrate your interventions using capnography? This interactive case-based workshop will take a deep dive into capnography's critical use in evaluating and trending the patient's perfusion status. We will go through case-based scenarios with treatments and medications and their effects on the patient and EtCO2.
Capnography- for the "other guys" Part 2 Metabolism	We all know "shark fin" and keep it above 10 during CPR, but when is the last time you were taught or used capnography for evaluating metabolism and perfusion. Do you titrate your interventions using capnography? This interactive case-based workshop will take a deep dive into capnography's critical use in evaluating and trending the patient's perfusion status. We will go through case-based scenarios with treatments and medications and their effects on the patient and EtCO2.
Carotid What?	Carotid Dissection and Stroke from a stroke survivor. This actually happened to me!
CO = HR x SV, The Important Formula for EMS	As you look at Cardiac output, it can be a medical and/or a trauma patient. The cardiac output formula is the foundation for other formulas to be calculated. When cardiac output is not in its normal range, it may cause devastating results within the body. This is why CO=HR x SV is the important formula in EMS.
Community Paramedicine in Rural EMS	Are you considering starting a Community Paramedicine (CP) program in your area? Do you feel that you have a good understanding of what is needed from a CP program in your community? We did our research, we plotted statistics, we set goals and started our program. Little by little as the early months passed, we discovered we had been wrong. We learned we were not connecting with our community's true needs. We were wrong with how we thought we should be identifying our CP "clients". It didn't take long before we realized that if we were going to make a difference, we had to pivot. A lot. Our primary Community Paramedic will share this journey.
Community Paramedicine: The Logistics of a Rural EMS CP Program	Community Paramedicine is up and coming in the growing world of EMS. It has the potential to tap into undiscovered needs, to improve the health of a community, to decrease stress on the 911 system, and to make a difference in so many lives. But how do you get started? Must you have everything "in place" before you begin? How will it run? How will you identify your "clients?" How will you track your program? The questions seem endless. Our primary Community Paramedic will share how we developed our rural program's infrastructure, and how we didn't allow an incomplete "check list" stop us from getting started.





Presentation Title	Description
Documentation - An Essential Skill	Overview: In "Documentation - An Essential Skill," this EMS continuing education class will equip you with the knowledge and techniques to master the art of accurate and effective Patient Care Reports (PCRs). Part 1 delves into the historical evolution of EMS, highlighting the pivotal role of PCRs in patient care and system efficiency. You'll explore the functions that PCRs serve, understand the role of the National Emergency Medical Services Information System (NEMSIS), and review the minimum data requirements essential for thorough documentation. Part 2 focuses on refining your documentation skills with practical insights into good documentation practices. This includes mastering narrative elements, understanding various data fields, and learning from real PCR examples. You'll also examine how PCRs impact legal cases, performance improvement projects, and research. Regional data metrics will be discussed to illustrate the broader implications of thorough documentation. By the end of this course, you'll gain a deeper appreciation for the crucial role of your PCR, enhance your documentation skills, and tackle the more challenging elements with confidence.
Emergency Substances of Abuse	Describe classic and emerging substances of abuse, prehospital management
Emerging Illicit Substance Use/Misuse Trends and the Appropriate EMS Management of the Inebriated Patient	The number of substances used/misused in the United States has expanded significantly in the past decade. Substance use/misuse has gone global and has spread rapidly via Internet markets. EMS providers will encounter patients inebriated by a variety of these novel abused substances. This lecture is factual case-based, highlighting the variety of inebriated patients that may be encountered and the associated signs and symptoms. Potential complications will be discussed. Review of appropriate treatments will be noted, specifically emphasizing various options in pre-hospital pharmacotherapy.
EMS Agency Field Training Officer Program - Best Practices	A program to share information and best practices on the following topics: Agency FTO/Preceptor program start-up, FTO Roles and responsibilities, FTO training, Working with different learning modalities, Aspects of Vicarious Liability, FTO Program evaluation, and FTO Program maintenance
EMS Rescue Task Force Best Practices	In an integrated threat response event, the Rescue Task Force (RTF) consists of a team of EMS and law enforcement personnel who work together in "warm-zone" integration to provide immediate point-of-injury care and extraction to the victims. This program will cover such topics as: -RTF awareness / Best practices for program start-up / Team training considerations / Understanding the NFPA 3000 guidelines (Standard for an Active Shooter/Hostile - Event Response (ASHER) Program) / Basic concepts of TECC training / EMS RTF tactical considerations / RTF Command structure
EMS Response to Active Threat Incidents	In today's rapidly evolving threat landscape, EMS providers must be prepared to respond effectively to active threat incidents. This session offers a comprehensive overview of EMS roles and responsibilities in active threat situations, including integration with law enforcement, scene safety considerations, triage, and treatment in dynamic environments. By examining real-world case studies and after-action reviews (AARs), participants will learn key strategies for improving outcomes in high-stakes incidents. This course emphasizes a proactive approach, blending tactical medical response with the principles of Rescue Task Force operations. Attendees will leave equipped with actionable insights to enhance their agency's preparedness for these challenging scenarios.
EMS Simulation Escape Room	Escape Rooms are fun team building exercises based on a theme and puzzle/problem solving that leads to an exit from the room. Bob Page has developed an EMS related scenario with high fidelity simulation and added a theme designed to challenge EMS providers critical thinking, situational awareness and patient assessment and management techniques. It is recommended that at least one ALS provider be on each team. In this class, a team or up to 6-10 enters the "room" with a scenario. The team must find clues and solve all of the puzzles to get their equipment and the "key" to open the box that has the "CD" or "Commonwealth Drug"; a super serum that will save the patient's life and allow the successful escape from the room. Clues are a part of the scene survey, patient assessment findings. As time goes on the patient deteriorates and the team must manage the patient while solving the puzzles to get the "CD." Without the "CD" you are destined to perform CPR until your team solves all the puzzles or time expires



First Responder Everyday Wellness	Considerable research has been conducted about how repetitive exposure to trauma (RET) affects firefighters and contributes to heart problems, sleep disorders, depression, fatigue, declining job performance and family problems. This training is designed to teach firefighters to proactively counter the everyday hazards associated with RET, exposure to emergency service stress. This training provides practical take away strategies firefighters can use every day to build themselves up, to maintain their energy and to sustain their performance.
First, Do No Harm	Our goal in EMS is to deliver patients in the same or better state as we found them; at the very least, we must do no harm. In this session, we'll cover common pitfalls that can make patients worse - from BLS airway management and RSI to trauma and cardiology. While this course will emphasize several medic-level concepts, all levels of clinicians are welcome. Just because you can't do it doesn't mean you can't know it.
Friday Night Lights	The score is tied in this key game when the star running back goes down on the field. The Coach runs out to check on him. "Coach, my neck hurts and my legs are tingly!" As the Athletic Trainer runs onto the field, the coach begins removing the player's helmet. The ATC arrives to the patient in time to stop the helmet removal and calls EMS to the field. What are your next steps?
High Performance Ventilation Workshop	Take your airway management skills to the next level in this hands-on workshop led by renowned educator Bob Page. This dynamic 4-hour session focuses on high-performance ventilation (HPV), where you'll learn how to effectively ventilate patients using BVM, mask, ET tube, and supraglottic airways. Using advanced computerized simulators, you'll receive real-time feedback on pressures, volumes, and ventilation rates, helping you refine your technique and improve outcomes. Discover the three pillars of HPV, the impact of rate, volume, and pressure, and the critical role of capnography in preventing hyperventilation. With individualized coaching and plenty of practice time, this workshop is limited to 20 participants to ensure a hands-on, immersive learning experience.
High Performance Ventilation Workshop - NIC	Research shows that often, EMS providers have trouble ventilating adult patients. But in the smallest of patients, newly born, infants and children, the margin for error is much thinner and the calls and training is much less frequent. Everything from choosing what size equipment to use, to how it works and is used in the pediatric and sub pediatric patient. There are guides and apps that can help you choose equipment, but doing the skills takes a lot of practice with actual equipment. In this eye- opening, hands-on workshop, Bob and Alix shows participants how to ventilate patients by BVM, Neo-T devices via Mask, ET tube, and supraglottic airways using state of the art computerized simulators that measure pressures, volumes, and ventilatory rates. You will gain valuable insight, skills and improve your ventilation ability using this valuable feedback and coaching system. This lab features the tools and techniques to introduce to you the concept of high-performance ventilation (HPV-NIC)
High-Performance CPR: Pit Crew Ready	High Performance CPR and the importance of quiet during a cardiac arrest.
Hit the 'Lytes! Case Studies of Electrolyte Imbalances	Electrolytes control nearly every function in the human body, and yet as EMS providers, we spend very little time learning about them. Through the lens of real-life case studies, this presentation will guide attendees through some of the more common electrolyte imbalances from presentation to treatment. Whether you have the ability to see quantitative lab values or not, this presentation will prepare you to recognize common electrolyte imbalances and provide effective care for these often critically ill patients.
HPV: Putting the P back in CPR	Research shows that often, EMS providers have trouble ventilating patients. In this eye-opening session, Bob reviews the latest data for ventilation in cardiac arrest and then lays out the incredible findings of his ongoing High-Performance Ventilation workshops. Since 2022, Bob collected data from hundreds of classes, coast to coast, thousands of participants, BLS and ALS Providers. Students performed ventilations on high performance simulators, through the Manual Ventilation Academy while monitoring rate, volume, and pressures. Bob gathered baseline data and then used state-of-the art feedback devices to show ways to improve ventilations and help students develop muscle memory and to use real time feedback during ventilations. After the training, marked skill improvements were recorded in all measured parameters. Bob also did control manikin trials: a real person with a BVM versus mechanical ventilators. The results are very interesting! Come see some sweeping recommendations to put the "P" back in CPR and deliver better ventilation performance in all your patients. From this course Bob has launched the Manual Ventilation Academy dedicated to improving manual ventilation through high performance ventilation workshops.





Is There and EMT on the Plane? Responding to Medical Emergencies on Commercial Flights	Many of us have been on a flight and heard the call: "Is there a medical professional on the plane?" What you might not know is what medical equipment is required on flights—and how this is changing thanks to new FAA regulations. In this class, we'll learn what tools you have available, the epidemiology of emergencies on commercial flights, and how treating a patient at 30,000 feet differs from treating one on the ground.
Keynote Presentation: Back To Life: Reviving Your Perspective, Your Situation, and Your Future	The world of Emergency Medical Services has many lessons that can be applied to our life and work. From avoiding harm to taking care of ourselves to being more aware of our situations, crisis management requires focus and attention. In this funny and insightful program, Ron shares a few principles that he learned when pursuing his Emergency Medical Technician certification. He discovered hat these principles represent broader concepts that can help us to adjust our perspective, improve our situation, and prepare for a better future. In doing so, we enhance our well-being, sharpen our abilities, and adapt to whatever life may send our way.
Komplacency Kills	Have you ever reached for a needed item, and it was not there? We will discuss how provider complacency kills our patients/ team members. Through various interactive exercises, discussions, and brief readings from news clippings, we will investigate this phenomenon of provider complacency and its effects on outcomes. This course is designed to inspire introspection and possible paradigm shift as first responders.
Leading Organizational Change	Change is inevitable, but leading it effectively requires both strategic insight and emotional intelligence. This session explores practical frameworks for implementing change within EMS organizations, addressing common barriers like resistance, unclear direction, and resource limitations. Drawing from proven models, including the Rider-Elephant Path framework, attendees will learn to motivate teams, build sustainable habits, and rally their organizations toward shared goals. With real-world examples and interactive discussions, this course provides actionable tools to transform your agency and make lasting improvements.
Loving a First Responder	This class is designed for spouses, partners, and loved ones of first responders who want to better understand the culture, stressors, and emotional impact of the job. Together, we'll explore healthy communication strategies, ways to strengthen connection during difficult seasons, and tools for maintaining balance while supporting your responder and yourself. You'll leave with practical skills, a supportive community, and renewed confidence in navigating the ups and downs of loving a first responder.
LVAD 101	"What is that awful alarm?? And why is it coming from my patient!?" This presentation will prepare the EMS provider of ANY level to feel comfortable to quickly and thoroughly assess patients with Left Ventricular Assist Devices (LVADs) in the field, including troubleshooting common alarms and problems these patients may encounter with their device. Scenarios will be presented ranging from simple to complex to help elevate the attendee's knowledge of these sometimes-scary devices!
Mechanical Ventilation	Participants will be introduced to the use of Mechanical Ventilators as it applies to EMS scene response and inter-facility transports. Time will be spent discussing BVM vs Mechanical Ventilator use, various modes of ventilation with advantages and disadvantages of each mode discussed. Settings/adjustments and troubleshooting alarms will also be discussed. Participants will be given hands on time using the Zoll Z Vent ventilator in various scenarios.
Medical Evaluation of Persons in Custody	Legal requirements and a understanding of a mandated reporter for the EMS provider
Mental Health Awareness	This comprehensive 3-hour class is designed specifically for first responders to enhance awareness and understanding of mental health issues, with a focus on recognizing and addressing the signs and symptoms of mental health conditions and occupational stressors. Participants will gain insight into the unique mental health challenges faced by first responders, including the impact of high-stress environments and traumatic exposures.
My Mind is a Colliers Mansion	This presentation discusses my journey through the fire service and the struggles with mental health. From a specific incident that changed the path of my career to being close to graduating with my Master's in Clinical Mental Health Counseling, I discuss resilience, what I had to do to overcome the obstacles in front of me, and the research I have come across.
Navigating the Depths: How to Recognize and Manage Diving Emergencies	Presentation dives into common emergent scenarios divers (both rescue and recreational) may encounter while SCUBA diving. Also covered is the initial EMS management for these emergencies.





Neo-Natal Emergencies	
Never Forget: Learning from Line-of- Duty-Deaths in Order to Prevent the Next One	Through three case studies, we'll examine the findings of line-of-duty-death investigations and discuss ways to prevent severe injuries and deaths in EMS. Topics discussed include ambulance safety, potential violence on the scene, and situational awareness during response to major incidents. One of the case studies is the story of Josh Weissman, a colleague of the speaker in Alexandria, Va., who died in the line of duty in 2012. The presenter was part of the team that investigated Josh's death and wrote the LODD report.
Next Level Difficult EKG Rhythm Analysis	This is a presentation designed for the paramedic provider who is interested in the "Zebra" EKG presentation. This program will go over complex EKG interpretation and using a case presentation format, discuss the pathophysiology of complex cardiac issues.
NRC Offering 1	Though some studies suggest that 3%–8% of newborns receive respiratory support during the first few minutes of life, only 0.1%–0.3% will require advanced cardiopulmonary interventions at birth. The NRC is a four hour in-person class on newborn resuscitation taught by experienced health care providers who have had both newborn resuscitation and EMS experience and is totally focused on newborn resuscitations that may occur outside of the hospital setting.
Optimal Pre-Hospital Resuscitation - Whole Blood Transfusion in the Field	During this lecture participants will gain insight into starting a whole blood program including benefits, logistics and review case studies where whole blood was utilized pre-hospital
Pediatric Respiratory Illnesses	As we head into respiratory season, this will be an overview of the illnesses most pediatric patients will see and prepare you for treatment initiation and/or transportation.
PEPP Hybrid	PEPP prepares prehospital professionals for the unique demands of emergency pediatric care. From infant modifications to critical diagnoses to interacting with caregivers, our acclaimed course provides exactly what you need to confidently serve this population
Pick the path: Racing Hearts, Exercise and Sports Induced Emergencies Learning through case- based scenarios	This "pick your fate" is focused on exercise and athlete emergencies. The when, the how, and what to do if you run one. Join us for an education session with a twist on "pick your fate." This is a progressive and dynamic learning model for patient treatment decision-making and outcomes. We will use case-based simulations to navigate patient care, but there is a catch. We will use the attendees' choice through live polling to decide how to treat each patient. After each treatment, we will review the group decision and outcome. Each session will include two cases that branch exponentially based on you! Are you ready to pick your path?
Point/Counterpoint: A Debate on Cardiac Arrest Management, Medical Director vs. Paramedic	Managing cardiac arrest is simple, right? Just follow the algorithm! While this may seem like a prudent approach, research indicates nuance in how we approach out-of-hospital cardiac arrest (OHCA). So, what works, and what doesn't work? Moderated by a renowned expert in resuscitation, join us for a lighthearted and informative debate between a training officer/paramedic and a medical director as we discuss modalities such as early administration of amiodarone, airway management, and post-arrest pressor choice. This session will have you leaving informed on the latest research and best practices, and hopefully entertained as we debate who can run a cardiac arrest better: paramedic or physician!
Portable Respiratory Monitoring for BLS	EMS providers primarily taught subjective assessment techniques for patients with respiratory problems. This includes basic observation of signs and symptoms that can often be confusing and misleading. Then providers are asked to interview patients for OPQRST-SAMPLE when they are having a hard enough time just breathing. Add to the fact that most protocols are written having therapy based on chief complaints and sometimes without sound clinical judgement. Studies have suggested this approach can be dangerous. Technological advancements have produced respiratory monitors that are much smaller in size and a fraction of the cost of our high-end monitor/defibrillator with Pulse Ox and Capnography. In this presentation, Bob introduces the audience to the concepts of the big three of respiratory monitoring: Pulse oximetry, capnography, and Co-Oximetry (CO monitoring), describing their use as objective patient assessment tools, and discusses through case reviews, the impact they can have on clinical decision making for all levels of providers
Recruitment & Retention Strategies that Actually Work	Recruitment and retention of EMS providers are among the most pressing challenges facing agencies today. This session delves into innovative and practical strategies for attracting and keeping top talent in both career and volunteer settings. By exploring proven approaches like targeted recruitment campaigns, mentorship programs, and flexible retention policies, attendees will gain actionable tools to address staffing shortages and build a thriving EMS workforce. Drawing on real-world successes and participant experiences, this session provides a roadmap to strengthen your agency's team for the future.





RSI in HD	During this lecture participants will review airway anatomy and optimal techniques, discuss identification of anticipated difficult airway. Students will review real intubation attempts in HD and review pearls and pitfalls of intubation.
Septic Shock: Poke Bowls, Ceviche, Floppy Hearts and Nitro Drips	Have you ever had the joy of squishing lemon over a fresh poke bowl or cooked ceviche to get that acidic cooking of your fresh fish? That acid cooks it just right to make it oh-so enjoyable. But what if that fish was your organs and that lemon juice was the unregulated hydrogen ion acidosis from your bicarbonate supply tanking? In this interactive case-based course, we will go over Sepsis and its stages, pathophysiology, and treatments (that seem to change by the minute). We will focus on what EMS's role is in Sepsis management and tie in why in the heck is floppy hearts and nitro drips in the title of a sepsis talk.
Shock Delivered: Rethinking Public Access to Defibrillation to Make AEDs Accessible	Public Access to Defibrillation (PAD) programs have saved lives for decades, yet most AEDs remain inaccessible outdoors. With over 356,000 out-of-hospital cardiac arrests annually in the U.S., improving AED accessibility is critical. Innovations like purpose-built outdoor enclosures, strategic AED placement using data analytics, and real-time AED registries enhance response times. Crowd-sourced responders and HEARTSafe Community initiatives further strengthen survival outcomes. This presentation explores how rethinking AED placement, leveraging technology, and policy changes can increase bystander use and improve survival rates, ensuring life-saving equipment is available when and where it's needed most.
Snake Envenomation	This lecture discusses venomous snakes in Virginia, snake identification, prehospital first aid for snake bites and what happens when the patient reaches the hospital.
So you want to be a Community Paramedic	This course is designed for aspiring community paramedics who seek to understand the foundational skills and knowledge required to excel in this rewarding but challenging role. Participants will explore the fundamental concepts of community paramedicine, the unique responsibilities associated with the position, and the real-world hurdles faced by this community paramedic during their first year on the job.
Spooky Less Common Cardiology Things	Things missed in basic education: electrolyte imbalances, OMI vs STEMI, dissection presentation, PE EKG changes, WPW, Kounis syndrome, etc.
Suicide Prevention for First Responders	This 3-hour training equips first responders with the essential knowledge and skills to recognize, respond to, and refer individuals at risk of suicide. Participants will learn to identify warning signs, understand risk factors, and apply effective communication and intervention strategies in high-stress situations. The course emphasizes the importance of mental health awareness, both for the community and for first responders themselves, and includes practical tools and resources to support prevention efforts on the front lines.
Tactical K9 Care: Emergency for the police K9	Emergency management of police K9 in a medical emergency
Taking No For An Answer	Deep dive and the verbal judo of Pt refusals
The effective role of the Fire/EMS service instructor: A way to lead and influence	The presentation looks at what is needed as an effective Fire/EMS instructor. We talk with the audience on several topics related to instruction that are covered in Instructor I & II courses as well as an Educational Coordinator course and things that are not. The Fire/EMS instructor is someone that everyone in the department engages on several different levels. We look at some of the topics to make the instructor better.
Unified Command and Control of an Active Assailant Situation with RTF'S	The presentation looks at several past situations and compiles recommendations that agencies should consider in these situations. Teaching TCCC & TECC for the past ten years, we have had the privilege of teaching the course with different agencies in Virginia and out of state. By updating our program with lessons learned from governor commission reports, we integrate those changes into our program while keeping the core material fresh and current. This presentation informs you of the change, the how and why they relate. We will also review a past situation, and lessons learned from that.
What I Learned From 30 Years as a Trauma Surgeon	Organizing trauma and EMS care.





What to Expect When You're No Longer Expecting

Your Brain is Trying to Trick You: Cognitive Bias and Clinical Decision-Making It's a condition that half of the population has or will experience, yet medical clinicians at all levels learn so little about menopause. In this session, one of the leading experts on menopause will teach you what you need to know--whether you're in menopause already, looking to find out what's in store for you later in life, or want to be supportive to your partner, family members, and even patients. You'll learn a ton and laugh even more and leave with an understanding of the physiological changes and symptoms of menopause, which treatments are real, and which are snake oil, and how to not just survive but thrive through perimenopause and beyond.

The most challenging parts of EMS aren't the tough intubations or the difficult rescues—it's making the right clinical decision despite all the ways your brain is trying to lead you astray. Cognitive biases happen when we make subconscious shortcuts like relying too heavily on one piece of information or only focusing on findings that confirm an initial assumption. And they happen more often to people who are sleep deprived, over-worked and taking in multiple pieces of information at the same time—sound familiar? In this session, we'll talk about the causes of cognitive bias, how to recognize them, and what steps we can take as clinicians to avoid making errors that could harm our patients.





Thanks to our sponsors!

Dinacle Everest Flite



stryker













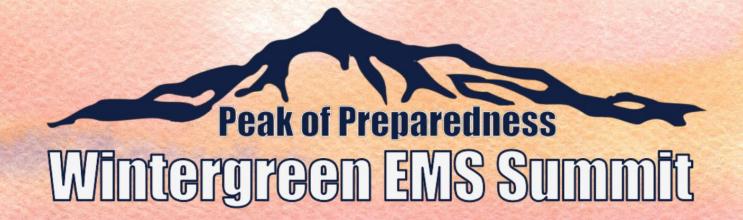














Faculty

Name	Brief Biography
Anhold, Rebecca	Becky has served the rural communities of Bridgewater and Mt. Solon, VA as an EMS volunteer (AEMT) and educator since 1986. Her professional career spanned 30 years as a licensed, certified athletic trainer and educator at Fort Defiance High School in Augusta County, where she provided sports medicine services to student athletes and taught elective Sports Medicine and Emergency Medical Responder courses. A passionate advocate for EMS education, Becky believes in preserving the value of old-school instructional methods while embracing modern advancements. She earned her Bachelor of Science in Health, Physical Education, Recreation, and Dance with a minor in Athletic Training from James Madison University.
Borchers, Christopher	Experience: practiced as an ACNP for 20+ years at an academic medical center. Leadership: built, led teams and programs. Service: current immediate past president Regional Chapter, Society Critical Care Medicine.
Culberson, Ron	With a master's degree in social work, Ron Culberson spent the first part of his career working in a large hospice organization as a clinical social worker, middle manager, and senior leader. As a speaker, humorist, and author of four books including, "Do it Well. Make it Fun. "The Key to Success in Life, Death, and Almost Everything in Between", Ron's mission was to change the workplace culture so that organizations are more productive, and staff are more content. He was the 2012-2013 president of the National Speakers Association and is a recognized expert on the benefits of humor and laughter. Ron is also a volunteer EMT and firefighter with Wintergreen Fire and Rescue.
Curry, Sarah	UVA Neonatal Nurse Practitioner. Lifetime member of Harrisonburg Rescue Squad.
English, David	David English is a nationally recognized EMS leader with over two decades of experience in prehospital care, emergency management, and tactical operations. As Rescue Chief for Blacksburg, Virginia, he oversees one of the state's largest all-volunteer EMS organizations. David is also the founder of Public Safety Leader LLC, where he mentors and trains public safety professionals. He is a sought-after speaker, having presented on leadership, operational excellence, and tactical EMS at regional and state conferences, including the Virginia EMS Symposium and WVEMS Mini-Symposium. His innovative approaches to EMS leadership and education have earned multiple awards, including the Outstanding EMS Administrator Award.
Ewing, Lindsey	Flight medic PHI, life member HRS, educator AEC/COFEMS
Feiring, Charles	Mr. Feiring has over 40 years' experience as an EMS provider and Firefighter and 20 plus years as an instructor in many disciplines. He has served in many roles in the EMS/Fire service, as both a volunteer and paid provider.
Fields, Shawn	I am a 14 year veteran of Chesterfield Fire & EMS currently serving as a Lieutenant in Emergency Operations. I am also the Lead ALS Field Training Officer assigned to A shift. I hold certifications as NRP, CCEMTP, FP-C and VA OEMS EC. I have been selected to present at VA OEMS Symposium, Central VA EMS Expo and VA Fire Rescue Conference. In addition to teaching at various educational conferences, I frequently teach Paramedic and EMT classes as well as mentor new providers as a ALS Field Training Officer.
Gannon, John	I am a 25 year career firefighter who has risen to the ranks of an Acting Battalion Chief with Chesterfield Fire & EMS. I am a Hazmat Technician and Program Manager of our Peer Support Team. I have a Bachelor's degree from the University of Richmond in Emergency Management and I am currently in school obtaining my Master's Degree in Clinical Mental Health Counseling.
Garnett, Mike	I currently serve as Deputy Director of EMS for Pulaski County Public Safety where I also serve as the Rescue Task Force Coordinator. I am currently state0affiliate faculty for the NAEMT Tactical Emergency Casualty Care program and travel our region sharing education on Pediatric TECC and other integrated threat response topics for EMS. I have been active in EMS 35 years with 23 years in EMS education.





Gerber, Michael	Michael S. Gerber, MPH, NRP, has more than two decades of experience in EMS as a paramedic, author, speaker and educator. He is a life member of the Bethesda-Chevy Chase Rescue Squad outside of Washington DC, and previously he served in several roles with the Alexandria Fire Department, including quality management supervisor and public information officer. He has authored articles for EMS World, JEMS, EMS1 and other publications, and also served as the lead writer for several national EMS projects, including EMS Agenda 2050. Michael is currently senior editor at Health Affairs, a leading health policy journal. He holds a BA in the history of medicine and science from Yale University and a Master of Public Health from the George Washington University.
Holstege, Christopher	Christopher P. Holstege, M.D. is a University of Virginia Professor of Emergency Medicine and Pediatrics within the School of Medicine, Chief of the Division of Medical Toxicology, and Director of the UVA Health's Blue Ridge Poison Center. Dr. Holstege clinically provides care for poisoned patients at UVA Health. He has numerous ongoing research projects in clinical, basic science, and epidemiologic arenas.
Jacobs, Barry	Barry Jacobs has three decades of experience as a volunteer and professional firefighter/paramedic and supervisor. He was an early advocate of Critical Incident Stress Management, obtaining a master's degree in professional counseling. "My goal is to affect positive change in the lives of first responders and to provide tools for performance, recovery and resiliency."
Karabinus, Molly	Molly began her nursing career in the emergency department, and while there began running EMS in Harrisonburg, VA at Harrisonburg Rescue Squad. Molly now serves Harrisonburg Rescue as a life member, paramedic, shift supervisor, and the clinical officer for the agency with over 200 active members. Molly's nursing experience includes ER nursing, CVICU nursing, flight nursing with PHI air medical, and now rapid response at UVA.
Kerns, Abigail	EM Physician at UVA, Toxicologist at Blue Ridge Poison Center
Kesselring, Brian	I was born and raised in North Carolina, completing my undergraduate degree at NC State University. After undergrad, I worked with local EMS agencies including both 911 and transport response for 2 years prior to starting medical school. While working EMS, I found my passion for Emergency Medicine and decided to pursue an Emergency Medicine residency and EMS fellowship. I am currently in my 2nd year of Residency at VCU Health in Richmond, Va
Kroboth, Chris	Chris Kroboth M.S. FP-C Chris has been a career Paramedic/Firefighter for over 18 years and in EMS for over 24. He has been in pre-hospital and in-hospital education for the past 18 years. Before returning to operations, his last assignment was as the EMS Training Captain in charge of continuing education programs and certification. He is the owner and lead instructor of LifeLine EMS Training and Consulting LLC.
Lang, Joseph	Associate Professor of Emergency Medicine at Eastern Virginia Medical School at Old Dominion University. Program Director, EMS Fellowship at Eastern Virginia Medical School. Staff Physician and Partner, Emergency Physicians of Tidewater. Chairman, Medical Direction Committee and Board Member, State EMS Advisory Board. Medical Director, FBI Regional Tactical Team Norfolk, VA.
Leitz, Greg	Retired Division Chief of EMS, Health and Safety Spotsylvania County Fire-Rescue. Active Life Member Lake of the Woods Volunteer Fire-Rescue. Stroke and cancer survivor.
Loreti, Amanda	Amanda Loreti has been involved in both volunteer and career EMS for more than 15 years. She earned her Paramedic certification through Virginia Commonwealth University and an Associate's degree in Emergency Medical Services from Blue Ridge Community College. Committed to providing exceptional patient care, Amanda has continually pursued opportunities to learn, grow, and advance as a provider. She currently serves as the Performance Improvement Specialist for the Central Shenandoah EMS Council and recently transitioned into the role of Data Specialist for the System Optimization Division with the Virginia Office of EMS.
Loya, Samantha	Growing up in Salem, VA, Sam met her husband running volunteer fire/rescue in Crozet, Virginia during nursing school at UVA. After graduation, Sam worked on TCV stepdown, TCV-ICU and then the PICU. While working through nursing, Sam also obtained her Paramedic certificate from Piedmont Virginia Community College. Sam now flies with Pegasus as an RN/Paramedic. Sam enjoys spending her time still running at her local rescue squad, watching her son play baseball and her daughter cheer competitively.





	Energized to empower the front-line healthcare providers with the knowledge and skills to care for those who cannot care for themselves. I have the wonderful opportunity to teach standardized courses such as NRP, AMLS, PITLS, PALS, PEARS and more. I also have the honor of writing and teaching here and nationally core knowledge classes that I am passionate about such as "Pediatric Emergency Assessment- The ABC's and PATs of it all!", Pediatric Cardiac Emergencies, "Extremes in Trauma- Pediatric and Geriatrics, Pediatric Shock, "Pediatrics, Parents and Pitfalls- What Parents Wish Every Healthcare Provider Knew"- and more! Has written and presented in-services on foundational pediatric emergency care for EMS agencies, pediatric emergency departments as well as in-house pediatric units.	
McPherson, Jeff	Jeff McPhearson is a lieutenant with Hanover Fire-EMS as the EMS Training Supervisor. Mr. McPhearson is an Educational Coordinator, a NRP and CCEMT-P, holds several instructorships with AHA and NAEMT. Mr. McPhearson also is an Adjunct for VDFP and holds several train-the-trainers in VDFP such as Officer I & II, Instructor I & II, HazMat, DPO and DAO.	
Michienzi, Avery	Assistant professor at the University of Virginia in Medical Toxicology and Emergency Medicine	
	Lucian Mirra has two decades of experience as an EMS provider, leader, and educator. He has served as a firefighter/paramedic, EMS supervisor, emergency management coordinator, training officer, and paramedic program director. He has presented at numerous conferences including EMS World Expo and the International Association of Emergency Managers Conference and has authored several textbook chapters and journal articles. He holds a master's degree in education and is currently a doctoral candidate in education at the University of Virginia. He currently serves as the EMS Coordinator for Albemarle County (VA) Fire Rescue and is a life member of the Western Albemarle Rescue Squad.	
	Tamara Moss is 20+ year provider in a high performance and high call volume system. I have served in many roles over the years, including ALS/BLS FTO, Operations Supervisor and Head of Clinical Services Committee. I enjoy taking the time to grow and mold our future providers. I like to take the opportunity to talk about things that we briefly discuss in our EMT and Paramedic classes but never talk about again. I am the 2022 Paramedic of the Year Winner at Richmond Ambulance Authority. I am a married mother of 1. In my free time, I enjoy different styles of dance, such as ballet and tap. I also participate in competition dance.	
O'Neil, Molly	Dr. O'Neil began her EMS journey as a volunteer EMT with the Laurel Volunteer Rescue Squad in Prince George's County, Maryland. She took a gap year between college and medical school to work full-time for AMR, serving the Baltimore/DC region. Her passion for emergency care led her to medical school in West Virginia, followed by an Emergency Medicine residency at Conemaugh Memorial Medical Center in Johnstown, Pennsylvania. Dr. O'Neil is now an EMS Fellow at VCU in Richmond, VA and is currently serving as the Assistant OMD for the Henrico Fire Department. During her fellowship she spent time with James City County FD, Chesterfield FD, Richmond Area Ambulance Authority as well as VCU's LifeEvac.	
Page, Bob	Bob Page is an internationally known speaker, instructor, author and paramedic. He is recognized for his energetic, humorous and motivational style. Bob takes ordinarily dry and hard to teach topics and transforms them into a fun, learning experience. He holds a Master's degree in Adult Education. Bob has been an instructor for almost 4 decades teaching a variety of adult education courses from customer service to advanced medical care. He is a Certified Healthcare Simulation Educator and Operations Specialist. He has presented over 4000 seminars worldwide. He was recognized by his peers in Missouri as Missouri's "Most Creative Educator" in 2009 and was awarded the Legends That Walk Among us Award from NAEMSE is 2012.	
	Alix Paget-Brown, MD, is a neonatologist and associate professor in the Department of Pediatrics. She is the medical director of the Neonatal Emergency Transport System and associate medical director of the Medical Transport Network, as well as a state-licensed EMS operational medical director. Dr. Paget-Brown spends the bulk of her time working in neonatal transport to help our smallest patients reach UVA safely.	
Papelino, Kyle	Chesterfield Fire Paramedic/FTO/Tac Medic (CPD&VSP)/Flight Medic (Medflight)/VA EC	





Shok, Richard	Rich is the founder and CEO of Code One Training Solutions, a national American Heart Association Training Center which prides itself in the delivery of high-quality lifesaving training at over 50 locations in the eastern United States. Code One's BEACON program integrates technology from RQI Partners to provide adaptive learning and skills feedback to learners obtaining their CPR/BLS, ACLS, and PALS certificates. Rich is a graduate of the University of Connecticut School of Nursing with experience as an emergency department nurse and first responder. He was named a "40 Under 40" recipient by the Citizen CPR Foundation for his contributions as volunteer chair of the HEARTSAFE Program Advisory Committee and hands-only CPR training initiatives.		
Smith, Elizabeth			
Thompson, Athena	Athena is a female English Mastiff bred by Hooligan Mastiffs out of Troy, Virginia. At the time of this writing, she is 1 year and 4 months old. She completed her Basic Obedience and AKC STAR Puppy Training with Leader of the Pack Dog Training out of Verona, Virginia. Until she is a year old, she will practice socialization, desensitization, basic obedience, and will work toward passing the Canine Good Citizen test with the goal of accomplishing her official Therapy Dog Certification at 1 year of age.		
Thompson, Ben	Ben is a career Lieutenant with Augusta County Fire Rescue. He is also a Life Member of Weyers Cave Fire Company with over 30 years of firefighting experience. He is a Heavy Tactical Rescue technician, a HazMat technician, a member of the Fire Prevention and Public Education Program, and a former Assistant Fire Marshal. Ben has a Bachelor's degree in Psychology with a concentration in Fire Science. Ben has also been serving his brothers and sisters as the Executive Director of Virginia First Responder Support Services since 2017.		
Thompson, Sarah	Sarah Thompson is a Licensed Professional Counselor with multiple years of experience working with first responders. She has her PhD in Social and Behavioral Sciences and her master's degree in counseling with specialization in trauma and crisis counseling. Sarah is the Clinical Director for Virginia First Responder Support Services, a Certified First Responder Counselor, and is trained in Eye Movement Desensitization and Reprocessing (EMDR). For fun Sarah enjoys reading novels and bird watching.		
Travis, Elizabeth	Elizabeth Travis is a seasoned paramedic with over 10 years of experience providing care and still proudly serves in the field today. As both a first responder and a mother whose first child was born out-of-hospital with a midwife, Elizabeth brings a unique perspective to the challenges and joys of prehospital childbirth. She understands firsthand the critical role paramedics play in bringing new life into the world, especially as maternal care deserts expand, and traditional obstetric providers become less accessible. Currently pursuing a Doctor of Health Sciences with a concentration in Global Health at A.T. Still University, Elizabeth's research focuses on addressing the growing gaps in maternal healthcare by empowering paramedics to provide life-saving care in underserved areas. Her work centers on developing practical solutions to equip paramedics with the knowledge and skills they need to deliver exceptional care during childbirth, even in the most challenging environments. Elizabeth's dedication to her craft, combined with her personal and professional experiences, makes her a passionate advocate for advancing prehospital care in maternal emergencies. Through her writing and research, she aims to inspire and educate paramedics to embrace their evolving role in supporting mothers and babies during life's most critical moments.		
Wheeler, Christopher	Current Flight Paramedic and Base Educator with the Carilion Clinic Life-Guard program in Lexington Virginia. I have a Master of Medical Science from Liberty University and also work currently with Wintergreen Fire and Rescue as a Community Paramedic. I have been in EMS since 2010 and a Paramedic since 2014. I now live in the southern Shenandoah Valley of Virginia with my family and three dogs.		
Young, Jeff	Jeffrey Young, MD, specializes in caring for critically ill or severely injured patients who need surgery. Outside of the operating room, Young has a particular interest in promoting injury prevention, including safe driving practices and fall prevention. Young was an undergraduate at the University of Virginia and graduated as an Echols Scholar in 1984. He attended medical school at the Medical College of Virginia and trained in general surgery and trauma at Wake Forest Baptist Medical Center.		





Entertainment Venues, Restaurants, and more.

23 min

Here's the <u>Wintergreen Weekly</u> to catch up on the latest events, and here are the <u>playgrounds</u> around Wintergreen. Here's the <u>Nelson County map</u> for a great overview.

We'll start at the Mountain Inn and take you to I-64 exit 99 and exit 107

At the Wintergreen Mountain Inn Property. List	Walk	
• Edge		
Copper Mine		
Upper Crust Pizza Tarres a Conference		
Terrace Cafe The Adaptive at Winterpress on (age)		
 <u>The Market</u> at Wintergreen (gas) Hiking Trails 		
Hiking Trails Up Wintergreen Drive (right)	Drive	
Founders Vision Overlook-Eastern view	Dilve	
Wintergreen Spa		
Wintergarden Pool and Fitness Center	3 min	
(Resort Lodging Guests only)	3 111111	
Blue Ridge Drive (right)		
Fire and Frost Wood Fired Bakehouse	4 min	
Clubhouse Drive (left)	5 min	
Tennis and Pickleball (Resort Lodging Guests only)	•	
Golf at Devil's Knob (Resort Lodging Guests only)		
Devil's Grill (Resort Lodging Guests only)		
Down Wintergreen Drive		
Wintergreen Station 1	2 min	
Beech Grove Road, VA 664 (left- downhill)		
Hickman's Grocery (gas)		
Blue Toad Hard Cider		
 <u>Devils Backbone</u> Brewpub 	17 min	
• <u>Ski Barn</u>		
VA151North Rockfish Valley Highway (left)		
 Rockfish Valley Trail Head 		
 Bold Rock Cidery 	18 min	
 Rockfish Valley Historical Center 		
 Graves Grocery (gas) 		
Basic Necessities	19 min	
Blue Ridge Pig		
<u>Wintergreen Hardware</u>		
Black Bear Creamery The state of the s		
<u>Three Notch'd Beer Bourbon</u> Food HSBS North of and HSBS North	20 min	
USPS Nellysford Children Birms	01	
Chirios Pizza Consequence	21 min	
IGA Grocery Store Sycoet Plies Parken - Sycoet Plies Parken		
<u>Sweet Bliss Bakery</u>Don Lupe Mexican Restaurant		
 <u>Don Lupe</u> Mexican Restaurant <u>Trinacria</u> Italian Restaurant 		
 Innacha Italian Restaurani VABC 		
Belties	22 min	
	ZZ 111111	







Wells Fargo ATM
Dollar General



Monocan Drive	(left) into Stoney	/ Creek
---------------	-------	---------------	---------

•	<u>Wintergreen Station 2</u>	25 min
•	Iron and Ale Restaurant	26 min

Stoney Creek Golf

VA151 North Rockfish Valley Highway

Loadbar Estate (right)

Wintergreen Fire Training Facility
 28 mi

VA6 East to US29

Rockfish School Lane (left)

• <u>Trager Brothers Coffee</u> 30 min

• <u>SK8 Nelson Park</u>

VA151 Rockfish Valley Highway

Ashley's Market (gas)

<u>Paulies Pig Out</u> 35 min

<u>Mountain House</u> Trading Company

• Glass Hollow Studios

• <u>Brewing Tree Beer Company</u>

<u>Silverback Distilling</u> Company

Afton Market (gas)

• Afton Service Center (gas)

Rockfish Valley Volunteer Fire Department

VA6 West Afton Mountain Road (left)

Saddleback Farm (right)

• <u>Veritas</u> Vineyards 40 min

Mountain Road (left)

• <u>Afton Mountain</u> Vineyards

VA151 Critzer Shop Road (name change)

• Flying Fox Vineyard

• <u>Blue Mountain</u> Brewery

Valley Road Vineyards

Dick Woods Road (right)

• Hazy Mountain Vineyards and Brewery

VA250 West Rockfish Gap Turnpike (Left at Roundabout)

• Blue Ridge Tunnel Hike

I-64 exit 99

VA250 East Rockfish Gap Turnpike (Right at Roundabout)

• <u>Joys Food Store</u> (gas)

Greenwood Station (left)

• <u>Septenary</u> Winery

VA250 Rockfish Gap Turnpike

• <u>Greenwood</u> Sandwiches and Grocery 45 min









