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# Outside Chance Wants to Get You Outdoors in Minnesota

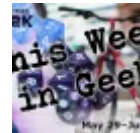
Posted in [Television](#), [The Fit Geek](#) By [Riina Rynnänen Loar](#) On [May 26, 2023](#)

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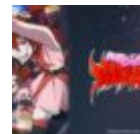
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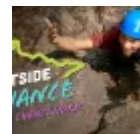


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Host Chance York sailing on Bde Maka Ska with Joe Leadley of the Minneapolis Sailing Center (season 2, episode 3). Photo courtesy of Twin Cities PBS

Now in its second season, *Outside Chance* is available for free online on [the TPT website](#) and [on YouTube](#). York brings a contagious energy and enthusiasm to every short episode (most run between 8 and 12 minutes) and connects with both his guests and his audience. And some of the highlighted activities just might surprise you.

I believe most Minnesotans fall into one of two camps: those who can't stand the cold of winter and those who can't stand the heat of summer. As I fall solidly into the former category, I'll first highlight a couple of winter activities that caught my attention.

Season 1 of *Outside Chance* begins with an episode on snowkiting, a sport I had never heard of. It's not unlike kitesurfing, except the water is frozen. York brings us to White Bear Lake, where he learns from Chad Dobson of [Dynamik Kiteboarding](#). Snowkiting is a relatively young sport, dating back only 60 or so years, but York tells us that it's also a legitimate method of travel in places like Greenland and Antarctica, where people need to travel over long distances of frozen tundra.

After giving a brief overview of the sport and its history, York dives right in with the help of Dobson. And boy, let me tell you, it looks *fun*. It also seems like a sport that is easy to pick up—even if you've never been skiing or waterskiing or flown a kite, you can still pick up snowkiting. York himself is a complete novice and graduates from a training kite to a larger model and soon takes off. It is definitely a sport I will need to try next winter.



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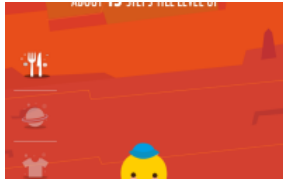


...mina is a lovely Minnesota who grew up on comic books and *Star Wars*. She is an artist and storyteller and can almost always be found listening to an audiobook.

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over my eyes. I start to look for details, not just the bigger picture. I get in the zone and start building compositions. In Dalbec's words, "You're gonna start looking for other things in front of you to stop and focus on, like snow on a branch or, when it's real cold out, the frost that comes out on all these needles and stuff ... when you start seeing nature, it's hard to pass it by."

Once York and Dalbec have captured some forest photography, they don wetsuits to take photos in the bitter-cold waves of Lake Superior. (And I thought I was hardcore for wading through snowdrifts and lying in the snow to get a good shot!) The pair fully submerge in the frigid water to get one of Dalbec's signature "[Lake Superior looking back at you](#)" motifs. Dalbec's dedication to his craft is evident, as is his passion for photography.

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I have trouble getting out of doors during the winter. I'm a huge baby about the cold. If I could hibernate, I would. So I'm all about any activity that gets me interested in venturing outside during the cold winter months. But maybe you're the opposite—maybe the hot, humid summer weather keeps you running for the comfort of air conditioning and the great indoors. If so, hopefully you will find an activity in this series to tempt you out into the sunshine. I chose a couple to highlight.

Rock climbing is something I've never done except at [REI](#), [Vertical Endeavors](#), and other indoor venues, but outdoor rock climbing has always interested me. York joins climbing guide [Janel Rieger](#) in Taylors Falls for some top-rope climbing, wherein the climber ties off the rope at the top of a cliff and throws it down to climb back up from the ground. Taylors Falls offers a variety of these types of climbs. York proclaims, "In this park, there's 80 top-rope climbs available, and we're going to tackle all but 78 of them."

If you're afraid of heights, don't worry—York admits that he is too. Rieger guides him on two climbs, literally showing him the ropes. She demonstrates how to set up anchors in cracks in the rock face and leads the way up their first climb, York belaying for her. As they travel to their second climb, they discuss what drew Rieger to the sport and some of her favorite climbs in Minnesota.

This highlights one of my favorite aspects of this series, which is that York encourages his guests to get real for a moment about discrimination or exclusion they have experienced due to race or gender identity. When he asks Rieger what it was like as a woman of color getting into rock climbing, her answer is as unsurprising as it is disappointing: bullying, racism, and sexism are unfortunately common in white- and male-dominated sports, climbing included. Rieger stuck with it, though, and has continued to pursue her passion to climb despite the naysayers. Now she is a climbing



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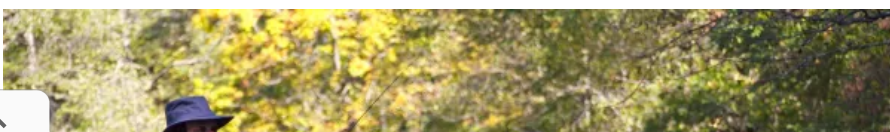
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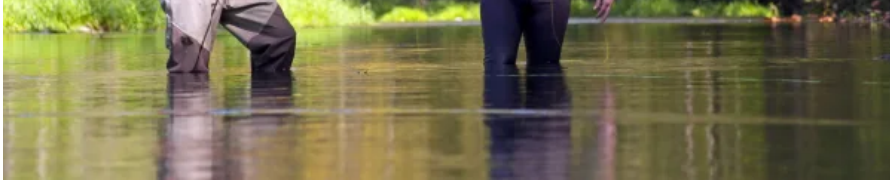


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While most episodes feature sports, photography isn't the only exception to this theme. York brings us to meet Marcus Kar, director of North Minneapolis programs at [Youth Farm](#), for an [episode on gardening](#). Kar gives us a tour of the community gardens on the North Side, providing homegrown food options in a [food desert](#) where healthful foods are difficult to source. Kar is passionate about providing the neighborhood with nutrition and fostering a community around good food. "Food is the one thing we're all connected to," he says. "We all gotta eat." Youth Farm is his endeavor to connect and foster community and "cause social change."

I can say from experience there is something deeply satisfying, cathartic, and rewarding about pushing your fingers through the dirt, getting things to grow. It gets you outside, doing something constructive, and when those plants grow, there's not a feeling like it in the world. And I have benefited from community gardens in my own hometown. They provide a nurturing space where people can grow their own food and come together for a common cause. There is always work to be done: watering, weeding, tilling, planting. Community gardens give people an opportunity to serve and be part of something worthwhile, to do some good in their neighborhood. They give people a sense of purpose. They serve much more than a physical need for food—they serve the emotional needs of their neighborhoods as well.





Fly fishing in Forestville State Park with Ashley Peters (season 2, episode 4). *Photo courtesy of Twin Cities PBS*

*Outside Chance* is about a lot more than getting outside and keeping active. York highlights the importance of diversity and accessibility in Minnesota activities and brings out the best in each of his guests by being genuine and by asking intelligent and sometimes hard questions. His passion for what he does is obvious, and his love for Minnesota and its history and people shines through every episode. He is not afraid to make mistakes in order to learn something new—it takes courage to admit you don't know something, but he makes every activity seem like something anyone can learn. I especially appreciate his willingness to address issues of discrimination in various sports communities. Those are important conversations, and they need to keep happening.

Whether you are looking for ideas for what to do outdoors, want to learn some neat Minnesota history, or just need a little something to watch, *Outside Chance* is well worth your time.

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