

# MOUNTAIN BIKING & CONSERVATION

## Camp Description:

### Mountain Biking & Conservation

**10-14 yrs / 4 days, start dates below / \$209**

Learn the sport of mountain biking in a safe and enjoyable environment. Components of this camp include trail rides in Rockburn Branch Park and Patapsco Valley State Park, basic bike maintenance, safety considerations, trail etiquette and bike handling skills. Play laser tag at Shadowland on Monday afternoon and swim at the Roger Carter Recreation Center pool on Wednesday afternoon. Spend most of Tuesday and Thursday on your bike riding the trails. Schedule is subject to change – camp will be held rain or shine.

**10-12 yrs**

<b>RP9720.801</b>	<b>Rockburn Pk-Landing Rd</b>	<b>Jun 21</b>	<b>9am-5pm</b>	<b>M-Th</b>
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**12-14 yrs**

<b>RP9720.811</b>	<b>Rockburn Pk-Landing Rd</b>	<b>Jul 5</b>	<b>9am-5pm</b>	<b>M-Th</b>
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## Camp Prerequisites:

- Must be able to bike at least five miles on off-road terrain.
- Must have a sturdy mountain bike (with gears), and a well-maintained bicycle helmet.
- In this camp, participants will be exposed to many aspects of mountain biking including skills, maintenance and environmental impact. Campers should expect to spend the days traversing quality local singletrack trails. It would be beneficial for you to begin riding regularly before attending camp to help enhance the enjoyment of the camp and to reduce the risk of injury.

## What to Bring:

Eat a quality breakfast each morning. Bring a small daypack with a nonperishable lunch, snack, water bottle and drink. **Please do not bring any snacks that contain any peanut or nut products (other children may be allergic).** Please send a lot of food! Bikers need a lot of energy to maintain stamina on the trails. Tuesday is our longest day and we will eat lunch on the trail.

The recommended attire for the camp is a T-shirt, shorts, socks and sturdy lace-up shoes. Bring boots, a brimmed hat, pants and a water bottle on Tuesday for the Trail Maintenance portion of the camp. Bring a swimsuit and towel on Wednesday for swimming. In addition, please bring the following items in a daypack or small duffel bag. If your child is sensitive to poison ivy, please wear long pants during activity:

- |                 |                                |
|-----------------|--------------------------------|
| - Mountain bike | - Patch kit & pump             |
| - Bike helmet   | - Insect repellent             |
| - Spare tire    | - Suntan lotion                |
| - Spare tube    | - Change of clothes (optional) |

Please send your child with an appropriate mountain bike. Road bikes and hybrid bikes will not hold up on rough terrain. (A hybrid bike may work for lightweight riders, but expect to have minor maintenance problems.) Please be sure your bike is in proper working order before coming to camp. If necessary, there are several local shops that can tune up your bike. If your child does not have a mountain bike, you can contact Race Pace in Ellicott City, 410-461-7878, for information on renting a bike. We reserve the right to refuse participation of any camper that does not have the appropriate bike.

### **Important Forms:**

- **Participant Information Form**

You **MUST** bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please note somewhere on the Camp Participant Information Form your child's swimming ability. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.

- **Medication Order Form**

Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. Forms are available on the Department's website: [www.hcrpsports.com](http://www.hcrpsports.com) or can be obtained at camp on the first day. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

### **Directions:**

**Rockburn Branch Park, Landing Road Entrance** - Take Route 29 to Route 100 East. Follow Route 100 to the first exit which is Long Gate Parkway, and proceed to the right off the exit ramp. Proceed to the second stoplight, and turn right onto Route 103 (Montgomery Road). Follow Route 103 (Montgomery Road) to Ilchester Road. Turn left on Ilchester and follow to Landing Road. Turn right on Landing Road and follow to the park entrance on the right.

### **Inclement Weather:**

The camp will meet rain or shine. For severe weather program changes, information will be available one hour prior to the camp start time on the Department's program status line, 410-313-4451. The recorded message will reflect any change to the drop off location or time changes for the camp. If the weather is severe, we will arrange for indoor activities. If there is a threat of lightning, we will take cover in a shelter.

### **Tentative Camp Schedule:**

***Please note: this schedule is subject to change!***

- Monday:** Riding Safety / review biking skills / biking in Rockburn Branch Park / Laser Tag at Shadowland
- Tuesday:** Biking in Rockburn Branch Park and Patapsco Valley State Park / skill instruction / Trail maintenance
- Wednesday:** Biking in Rockburn Branch Park and Patapsco Valley State Park / skill instruction / swimming at Roger Carter Recreation Center.
- Thursday:** Biking in Rockburn Branch Park and Patapsco Valley State Park / skill instruction.

### **For More Information:**

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