

MOUNTAIN BIKING & CONSERVATION

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. A sturdy mountain bike (with gears) and a bicycle helmet are a must!

Camp prerequisite: must be able to bike at least 5 miles on off-road terrain. Camp is held rain or shine; the schedule is subject to change with alternate activities. Fee includes transportation, supervision and activities.

Course number: 9720 / Fee \$195 per session
Rockburn Branch Park, Landing Road entrance (see tentative schedule below)
Monday-Thursday: 9am-5pm

<p>Ages 10-12: July 14-17 (801) Ages 12-14: June 23-26 (802)</p>
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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

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.

If the trails are too wet for riding, modifications may need to be made to the above schedule. The recommended attire for the camp is a t-shirt, shorts, socks and sturdy lace-up shoes (bring a swimsuit and a towel on Wednesday). If your child is sensitive to poison ivy, please wear long pants during activity.

Please bring the following items:

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

Please send your child to camp 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. **We reserve the right to refuse participation of any camper that does not have the appropriate bike.**

Eat a quality breakfast each morning. Bring a small daypack with a nonperishable lunch, snack, water bottle and drink. Please do not bring any food that contains peanut 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.

This is a mountain bike camp and minor falls, scrapes and mud are inherent to this activity and a large part of the learning experience. Campers and bikes **will be dirty and muddy** at the end of each day. You may wish to bring a change of clothes.

FORMS:

Participant Information Form

Sunscreen Form

Medication Form