



nextteams
the next step in team development

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Mountain Biking Itinerary

The following itinerary briefly outlines the objectives of the *Introduction to Mountain Biking* program at The Button Farm in Seneca Creek State Park.

Dates: TBA

Location: Button Farm (Seneca Creek State Park)
16820 Blackrock Road
Germantown, MD

Times: 9:45 am until 3:15 pm

Directions: I-270 to RT 118 South (Germantown Road towards Darnestown, MD). Follow 118 until you come to Blackrock Road on your right-hand side. Turn right and follow Blackrock Road until you come to 16820 Blackrock Road (there will be a big orange mailbox across the street from the driveway). Turn right through the gate and drive down a dirt/gravel driveway. You will see the mountain bike trailer on your right hand side, and you can park nearby.

Objectives: Instruction in basic mountain biking safety and technical skills, followed by recreational biking activities.

Technical Skills covered:

- Balance, braking, shifting
- Hill climbing and descent
- Front-end lift
- Picking a line (skillful maneuvering over challenging terrain)



Basic Itinerary:

9:45 am – Safety Talk
Discuss accident potential, challenge by choice philosophy, roles, behavior expectations and consequences, safe use of shifters, brakes, etc...

10:15 am – Assign Bikes

10:30 am – Balance Skills

11:00 am – Front-end Lifts

11:30 am – Beginner Ride

12:15 pm – Lunch

12:45 pm – Short Ride

1:30 pm – Intermediate Ride

3:00 pm – Load Trailer

3:15 pm – END

Terms of Service

GO-Adventures will provide equipment and guides for an *Introduction to Mountain Biking* course.

Date: TBA – 9:45am – 3:15pm

Location: Button Farm, Seneca Creek State Park, Darnestown, MD 20874 – 16820 Black Rock Road, Darnestown, MD 20874

Reservations: 50% deposit due to reserve your program date, with balance due on the day of the program.

Cancellation Policy: If making cancellation more than 14 days prior to the program date, full refund available. If making cancellation within 3 and 14 days of the program date, 50% of deposit will be forfeited. Cancellation within 72 hours of the program date will forfeit your entire deposit.

What to Bring:

A bike and a helmet will be provided by **GO-Adventures**. Participants are responsible for their own personal gear, and should bring the items on the list below.

It is very important that participants have these items in order to ensure a safe and comfortable day for everyone!

- ☐ Signed liability waiver and medical form
- ☐ Water – small bottle that can be refilled and fit on your bike or in your pack
- ☐ Food that will not spoil
- ☐ Comfortable clothing that is appropriate for time of year (similar to what you'd work-out in)
- ☐ Sturdy, close-toed shoes
- ☐ Rain gear
- ☐ Sunscreen
- ☐ Bug-repellent
- ☐ Small pack for your belongings

Please note that, **unless there is lightning, inclement weather will NOT discontinue activities- please come prepared!

The waiver must be complete and unedited, both front and back, prior to participation. If you have any further questions or concerns, please feel free to contact our office at (240) 603-4150.

Thank you,

Eriq Powers

GO-Adventures

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