



## Mountain Biking- September 12, 2009

### Registration Deadline

- Monday – September 7, 2009

### Information Meeting

None

### Dates/Times

- Departure: Saturday – September 12, 2009 @ 10:00am
- Meet at the Fairfield Way entrance to the Student Union
- Return: Mid to late afternoon

### Trip Cost

\$15 SRF Members/\$25 non-member

### Experience Level

- Beginner- some experience may be necessary for harder trails.
- All UConn Outdoors Trips require varying degrees of physical fitness. We are not qualified to evaluate your fitness level so you must do so on our own. If you are unsure about your physical condition consult with a physician before participating on any one of our trips.

### Trip Overview

Trip location will be determined prior to trip departure but locations could include Gay City State Park (Hebron, CT), Hop River Trail (Vernon, CT), or other local spots. The ride will cater to the skill level of the group and is designed to get you comfortable with all the equipment while offering you a platform to challenge yourself. Periodically throughout the trip we will be stopping for water and snacks, so make sure you bring plenty of them. All our participants are encouraged to go at their own pace and to have fun.

### What UConn Outdoors Will Provide

- Transportation
- Equipment
- Instruction

### What To Bring

- |  |   |
|--|---|
| • Pack lunch/snacks  | • Sneakers                                  |
| • Water that will fit standard bicycle water bottle holders (Nalgens will not fit) | • Small daypack (for lunch/snacks or water) |
| • Comfortable workout attire (No jeans please)                                     | • Sunglasses                                |
|  | • Sunscreen                                 |

### Contact Information

- UConn Adventure Center – (860) 486-8004

### Cancellations and Refunds

If you cancel your registration for any reason it must be done before the close of business hours (6pm) on the registration deadline in order to receive a 50% refund. Cancellation after the registration deadline will result in the forfeiture of all fees. As we are adventurers, our trips or clinics usually take place rain or shine. However, if the situation warrants it due to unsafe conditions, we reserve the right to cancel a trip/clinic at any time. In the event of a cancellation all fees will be refunded. Additionally, due to unforeseen circumstances, UConn Outdoors reserves the right to remove or alter program itinerary items.