

High Adventure Program

Introduction to *Mountain Biking*

Sessions will be held 7:30 -9:30 pm at Kellenberg High School
Uniforms are required. Refreshments served.

The cost of the complete course is \$25.00

- **February 13, 2012**

Bicycles, differences between Mountain Bikes and Road Bikes.
Equipment, maintenance and cost.
Safety - Bike safety in general and specific MTB safety issues

- **March 12, 2012**

Trail fixes and repairs. When and where to ride. . Environmental considerations,
L.N.T. , Clothing.

- **Practical: April / May 2012**

Bethpage State Park or site to be determined.
Bring your bikes. Demonstrate to our instructors what you have learned.
Time and meeting location will be announced at the March class.
Weekend dates will de determined by class size and weather.

- **June 04, 2012**

Presentations and graduation

For more information contact Peter Gibbons - gibbonsp@optonline.net

Introduction Mountain Biking - \$ 25.00

Name: _____ Phone: _____

Address: _____ Town: _____ Zip _____

E-Mail Address: _____

Troop/Crew # _____ Position / Rank: _____

Adults, Boy Scouts / Venturers 13 years and older can attend this course.

All participants must provide a recent BSA physical with physician signature.

Please return this form along with your check for \$25.00 made payable to:
Theodore Roosevelt Council
544 Broadway
Massapequa, NY 11758
Revised 4/2010