Freedom Park Mountain Biking

Date: Saturday, 3/28/2015
Location: Freedom Park, Williamsburg, VA
Price: $10
Registration Deadline: Wednesday, 3/25/2015
Pre-trip Meeting: Wednesday, 3/17/2015 @ 7:00pm in the SRC TAP room/Climbing Wall

Personal Preparation
Tribe Adventure Program trips are designed for both beginners as well as people that may be more than experienced. We advise people to take their physical condition seriously. Trips can be very physically demanding. In order for everyone to get the most enjoyment out of the trip, being physically fit is a crucial part of this experience.

Additionally, the specialized nature of this trip makes it important that everyone be comfortable riding and maneuvering a bicycle. We will not be teaching people how to ride a bike, but rather, how to ride a bike on a trail.

Transportation
All transportation will be provided by TAP in Campus Recreation vehicles.

Expedition Behavior
Expedition behavior means taking care of yourself and other group members. It means staying hydrated, not unnecessarily endangering yourself, and communicating personal concerns to trip leaders. Characteristics such as respectfulness, flexibility, tolerance of others, courtesy, direct communication, self-awareness, and teamwork become critical when traveling in small groups in remote areas. Proper expedition behavior can be the difference between an average experience and a great one!

Participant Responsibilities
We expect our participants to complete all health forms and sign all waivers. Participants are required to attend all Pre-Trip meetings. Be prepared mentally and physically for the trip; even though most people only think of the trip being physically hard it can be mentally just as hard. The TAP staff also expects that all participants will obey all policies set forth by the Land Management Agencies (State Parks, National Parks, National Forests, BLM), the Honor Code as well as policies made by our staff for your safety. As a participant of a TAP trip, you agree to respect others that may be on the trip. And most of all we expect that each participant has an amazing trip that is full of fun and great memories.

Smoking, Alcohol & Cell Phones
In the spirit of expedition behavior, please do not bring alcohol or illegal substances or items on the trip. Cigarettes are acceptable at established areas but are not allowed to be used in vehicles. We would encourage you not to smoke on this trip and to respect other participants if you choose to smoke. Further, please be respectful of other participants with cell phone use. We ask that cell phones not be used in vehicles or at the activity site and when used, please use away from the group.
**What is provided by TAP?**
TAP provides all transportation, leadership, equipment rental, and instruction. The trip cost does not include personal clothing or meals traveling to and from the activity site.

Additionally, we do not have bikes for everyone. We encourage people to make arrangements to use a bike for the day themselves.

**Cancellation Policy**
All trip balances are due at sign-up. Notice of registration cancellation must be in writing one business day prior to the registration deadline in order to receive a refund. Refunds will be less 20% of the full registration fee or $20.00 (greater amount) as a cancellation fee. No refunds will be issued after the registration deadline. Requests to transfer from one trip to another will be considered a cancellation.

**Contact Us**
*Tribe Adventure Program*
757-221-2687
http://www.wm.edu/rec/tap

**Personal Gear Checklist**
Dress appropriate for strenuous activity in the day’s weather conditions. Wear athletic shoes, or bike shoes if you have them. Helmets are REQUIRED.

To bring on the trail:
- Snacks
- Rain Jacket
- Any tools/spare parts you have
- Water (1 liter)
- Identification/Wallet
- Phone (off, service is sporadic)
- Backpack to carry it all

**Equipment Provided by the Outdoor Recreation Program:**
- Repair tools (pumps, etc.)
- limited Repair parts (primarily spare tubes)

**Packing Considerations**
Mountain biking will cause backpacks to bounce. Try and use one with comfortable shoulder straps, and if possible, a hip buckle!

**Cotton Clothing**
Cotton clothing is not an appropriate choice for active use or for enduring a rain shower. When wet from perspiration, rain, or falling in the water, cotton does not dry quickly or maintain its thermal properties like synthetic clothing. Wearing wet cotton clothing can easily lead to hypothermia which is a dangerous condition. While synthetic clothing can be expensive, there are affordable options. We highly recommend that you dress in synthetic clothing. Particularly, socks and undershirts.
Itinerary
Sat 10:00am- Arrive at the Rec Center
Sat 10:30 am - Depart W&M
Sat 11:00 am- Arrive at parking area, unload and gear up
Sat 11:15 am- on the trail (A trail)
Sat 11:45 am- make junction to B trail
Sat 12:15 pm- rejoin A trail, eat snack
Sat 1:00 pm - exit trail. Eat second snack
Sat 1:15 pm- load up and depart for campus
Sat 1:45 pm- arrive at campus, debrief and fill out evals!