Outdoor Recreation
Mountain Biking Day Trip
Sunday, October 28, 2018
8:00am to 2:00pm

Description:
• Are you interested in learning how to mountain bike? Outdoor Recreation is headed to Harbison State Forest, for a great introduction to mountain biking.
• Outdoor Recreation provides transportation, instruction, and all mountain bike gear.

Destination:
• We will be riding the trails at Harbison State Forest. For more information and for trail maps visit Harbison State Forest’s website at: http://www.state.sc.us/forest/refharb.htm.

Deadlines and Cost:
• 7 spots are available—sign-ups begin August 23, 2018
• The trip will cost $30 per participant
• The last day to sign up is Monday, October 22, 2018
• The mandatory pre-trip meeting will take place at the Outdoor Recreation Rental Shop on Tuesday, October 23—at 8 pm

Itinerary:
• Sunday, October 28, 2018
  ○ Meet at Blatt Bike Shop by 8:00am
  ○ Equipment check/ Load vehicles/ Drive to Harbison State Forest
  ○ Ride!
  ○ Arrive back at the Outdoor Recreation Rental Shop by approximately 2:00 pm (subject to change)

What to bring:
• Clothing:
  ○ Breathable layers for top/Quick-drying synthetic shorts or pants/ Closed-toed shoes
  ○ Clothes to change into after riding.
• Personal Essentials:
  ○ Minimum of 2 liters of water in bottle(s) that can be taken on trail
  ○ Small backpack that can accommodate water and snacks for the ride
• Toiletries and Medications:
  ○ Inhaler, epi-pen, prescription medications, etc., feminine hygiene, sunscreen
• Snacks/Lunch if you wish (Because this is a day trip, Outdoor Recreation will not be providing meals)
  ○ Suggestions include: Granola/energy bars, bagels, tortillas, pita bread, nuts and seeds (without shells), peanut butter, jelly, honey, humus, tuna, pepperoni, jerky, dried meats, hard cheese, fresh fruit/vegetables (apples, carrots, etc.), dried fruit, raisins, apple chips, etc., trail mix

For more information, please contact:
• JD Rinehart- JDR7@email.sc.edu
  ○ 803-777-2072