

# Pathfinder Mountain Biking Event 2017

## April 28-30



Come join us for a fun-filled weekend of mountain biking, learning more about God, yourself and meeting new friends.

**Who:** Teen Pathfinders and Staff

**What:** Mountain Biking - Single track trails with challenges, roots, rocks, drops and other obstacles.

**Where:** Bend, Oregon - Three Sisters School. We will be riding trails around the Bend area.

Each participant will need a mountain bike, helmet, and safety gear, etc.

**Please note:** Rental bikes are available. *We have a limited number available for \$20 and \$40 for the weekend. First come first served.* More rentals are available at [Hutchsbicycle.com](http://Hutchsbicycle.com) for about \$60 for the weekend.

**Cost:** \$50 per person if registered by the April 17 deadline.

**The cost is \$60 after April 17, 2017.**

**Registration online only at:** <https://pathfinderteenmountainbiking2017.eventbrite.com>

This event is for Pathfinder Teens and Staff. The staff will need to bring a teen with them.

We will have different levels of trails for all skill levels of riders - easy to difficult.

Each group will be led by an experienced mountain biker. We will teach skills and riding technique to help you improve your riding.

Contact Glenn Campbell for more information. 503- 693- 6306 Email [goodfood1@frontier.com](mailto:goodfood1@frontier.com)



## Above It All

a Oregon Conference teen extreme pathfinder event

April 28-30, 2017

Bend, OR

# Mountain Biking

A spiritual adventure just for Pathfinders age 13 and up! The registration fee of \$50 covers food and lodging at Three Sisters SDA School in Bend, OR. The program gets started at 7 PM on Friday, with a soup supper beginning around 6 PM.

See ya' there!

### Gear Needed

- Mountain bike in EXCELLENT working order
- Well-fitting bicycle helmet
- Bicycle gloves (optional)
- Sturdy enclosed shoes (no sandals)
- Water container (easily carried while riding)
- Small day-pack (for clothing layers, lunch, etc.)
- Clothes appropriate for bicycling in various weather conditions
- Coat
- Pants band for your right ankle (if wearing pants on the rides)
- Sleeping bag and overnight necessities
- Bible



For more information:

Glen Campbell, Event Coordinator  
971-285-7654

Note: A few mountain bikes are available for rent by prearrangement.  
First come, first served.

Registration online at: <https://tinyurl.com/zmq77vw>

Register early, late fee is \$10!

*About the activity . . .*

This is your chance for some true mountain biking in real mountains! All our rides will be off the pavement, with a really good dose of single track. It's not too scary, and a lot of fun for all levels of riders.

# THE BIKE

TEEN EXTREME MOUNTAIN BIKING

Spring 2017

## “MOUNTAIN BIKE”

Mountain Bike. This is the goal. Your bike should not only look like a mountain bike, you should be relatively certain it will actually hold together on a bumpy, rocky trail. If you are unsure, try to get the opinion of an experienced adult or take it to a bike shop and see what they think.

## BIKE CONDITION

Your bike must be in EXCELLENT working condition. ALL features must work properly and smoothly. Even the tires must be in good shape. Or, perhaps you are hoping for a near death experience on the downhill? Even going up hill can be a real problem when your bike decides for itself when to change gears.

I **strongly** recommend you take your bike on a ride a week or more before the event and make sure everything works, including ALL gears and brakes. This way, you have time to take your bike into a bike repair shop for servicing. Even if it seems to work OK, a basic check-up is a good idea.

## MINIMUM SPECS

Again, you need a mountain bike in good working order. Shocks are not necessary, although they help. Multiple gears are not mandatory, but **highly** encouraged. BMX bikes are only OK for the extremely physically fit (and adventurous).

Make sure the bike fits you. You should be able to stand over the cross bar, flat-footed, with an inch or more of clearance between you and the bar. When you sit on the seat with the ball of your foot on a pedal pushed all the way down, you should have just a slight bend in your knee.

## SPARE PARTS (SO TO SPEAK)

So, what is a kick stand for? Most avid riders have no idea, other than for the kicking part. BEFORE the event, consider losing those unnecessary parts like kick stands, racks, bells, metal fenders, etc. Anything that adds weight and provides no valuable function can stay home. You will be happier for it: Less noise and less mass to move up the hills.

## SHOPPING?

If you currently happen to be bike shopping, here is a bit of advice:

Go to a real bike shop. Superstores like WalMart have good bikes for casual riding around town, but not all of them will hold up on a trail. Bike shops generally have better bikes that hold up way longer. And, the people who work in bike shops can help you choose the bike which is best for you.

Some people have fancy stuff like shocks, disc brakes and so on. Those things are really nice, but you do not *need* them. In fact, cheap shocks can actually be a problem if they only add weight and don't work all that well. If you want shocks, you can add them later, as with many other parts. Just try not to sacrifice on the frame and the components (shifters, brakes, etc.). Poor components can do weird things, like shifting by themselves on the uphill.

Fat, knobby tires are required for off-road traction. Some people put smooth tires on their mountain bike for road riding.

Shock absorbers are definitely not necessary. However, they do decrease fatigue and provide greater control for fast off-road downhills, and they can help extend the life of the bike frame.

The less a bike weighs, the better it is, almost always. Less weight = less work for you and better maneuverability. Less weight usually also means a more highly engineered frame and components.

**Lots of gears are a good thing.** Most current model mountain bikes have 27 gears (three up front, nine in the back).

I recommend at least one water bottle cage, although a popular alternative is a water backpack (Camelback brand, etc.).

Look for quick-release levers on the front wheel, back wheel and seat. If a bike is missing any one of these three, you may want to question what else the manufacturer is trying to save money on. Having said that, some high-end bikes dispense with the seat post quick release, mostly for weight reasons.

# BIKING CLOTHES AND GEAR

TEEN EXTREME MOUNTAIN BIKING Spring 2017

*When you dress to ride, you should have two goals in mind, being safe and being comfortable. In addition to the items below, you will need a sleeping bag and pillow, overnight and shower things, a flashlight and a Bible.*

## BE SAFE

Here is a list of the most common and important safety things you should wear or take with you when mountain biking with us:

- D **Helmet.** In the world of motorcycles, it has been said, "Got a \$10 head? Then buy a \$10 helmet." You actually might be able to find a decent bike helmet for \$10, but be careful. The main thing to look for is the fit. A helmet needs to fit your head snugly, covering your forehead, and **you should not be able to push it backward off your head.** Overall quality is important too. Also, don't use an ancient one; they tend to fall apart on impact.
- D **Gloves.** These are optional, until you crash once. Then, they don't seem so optional anymore. You want a relatively non-slip grip and to be able to easily move your fingers. Being able to hang on and being able to operate the brakes are both very good things.
- D **Pants band.** If you wear pants while riding, you **MUST** have one of these. That front chain ring can reach out and feast on your pants like a hungry piranha. Some sort of a band around your right ankle, even a rubber band, can stop it. However, don't use a tight one. Losing your foot makes it difficult to pedal.
- D **Water.** Most people use water bottles. Backpack style water carriers work terrific, but all you really need is a way to carry water, that you can actually get to when you need it. Yes, you need at least one water container, *even if it is cold outside.*
- D **Power snack.** Optional. You might bring enough for two to three rides. Fancy energy bars work well, but good 'ol gorp works great. (Gorp is a mixture of nuts and dried fruit, very popular with hikers.) When you hit the wall, food is the only thing that can help.
- D **Sport glasses.** Not totally necessary, but great for riding through the thick of it. Some people prefer clear ones so they don't go blind in the shadows.
- D **Portable tools and a spare tube.** There will be a number of staff with tools, pumps and tubes, so you don't have to have them. However, if you have them, they might be useful.
- D **Bike light.** We are not planning on needing lights. However, if you have one, it is never a bad idea to pack one, just in case.

## BE COMFORTABLE

Choosing your riding clothes takes some time. Too little clothing can make you cold, especially in October, but too much clothing and stuff can make it hard to move and can seriously wear you out. A shirt wet from sweating on the uphill makes it cool and breezy on the downhill.

Ironically, loose fitting jeans are much less comfortable than those tight-looking bicycle shorts and pants you see some riders wearing. However, you do not need to spend a bunch of money on special clothes. The basic idea is to wear lightweight clothes that bend with you and make you feel free, yet keep you warm (and modest) at the same time. Keep in mind that you will probably need to shed layers of clothes once you've been on the trail a while, so have a pack to put them in. Here's a list to help out:

- D **Shoes.** Ones you can get dirty and wet. These are in addition to what you plan to wear back at camp. Big, high-top or super wide-soled shoes or boots are a pain. On the other hand, sandals are

a REALLY bad idea. You should be able to figure out something in the middle. Lightweight, stiff-soled shoes with some traction are probably the best. If you have off-road cycling shoes, then you get extra points. What are the extra points for? I don't know; share them with your friends or something.

- D **Shirt.** Bring two just for riding and other shirts for after the rides. Cotton t-shirts are what most of us have, and they work fine in dry weather. *If you have the option, a synthetic material can really help pull the chilling moisture away from your skin if we get a little soggy (you know, rain, sweat, mud and so on).*
- D **Fleece jacket or sweatshirt.** I consider this layer the ideal way to go, yet somewhat optional, depending on the warmth of your coat. Some people use a sweatshirt in place of a coat in cool, dry weather. You can also use one as insulation under a lightweight coat (or "shell") during rain or seriously cold weather. A fleece jacket or vest is even better than a sweatshirt, because they have no cotton. *When cotton gets wet, it gets cold and stays cold.*
- D **Coat.** A windproof, water-resistant shell is the best, but then also be sure to bring along something for insulation underneath, like the layer mentioned just above. An insulated coat works, but when the weather warms up, you might be either too hot with the coat or too cold without it. Plastic raincoats and ponchos can make you drown in your own sweat, and they can self-destruct during a fall. Something more breathable is better. Staying dry is important, but warmth is the biggest deal. You can dry out after the ride. Even in mildly raining weather, some people simply use a fleece without a shell for relatively short rides, as most water "wicks" away as you ride.
- D **Comfortable pants or shorts.** Just say "no" to jeans. Shorts are less bothersome than pants, but you should also bring pants, since it may be cold. Sweats may work if we stay dry; however, they tend to sag around your ankles when wet. (I mean REALLY sag, and your chain can get really hungry; get the picture?) Overly baggy shorts and pants get hung up on the seat horn when you're dodging trail debris and thereby make for some very interesting situations. If you can, try to avoid something with a heavy seam where you sit, and your tush will thank you. Again, try to avoid anything cotton, in case it is wet.
- D **Small backpack or fanny pack.** KEEP IT LIGHT, but bring what you need. You need this for your coat and whatever else you can't make your bike carry for you. This will include your coat, lunch, water (if you don't have bottle cages on your bike), tools, flashlight, etc.
- D **Two changes of socks and underclothes,** just for riding. Have you ever seen someone after a really good mountain bike ride? (Think mud).
- D **Another teen Pathfinder.** "The more the merrier," so the saying goes. At least bring yourself, but your friend will (usually) appreciate you more for bringing them.
- D **A positive attitude.** Yes, the trail does have an end, and, yes, you will make it there! No problem!

**MOUNTAIN BIKING  
CONSENT & RELEASE FORM  
FOR THOSE UNDER 18 YEARS OF AGE**

**CAUTION**

- Any mountain biking activity has inherent risks and may result in serious injury or death.
- Before riding a mountain bike, you are responsible for taking the time to learn safe practices. You are responsible for abiding by those safe practices while mountain biking.
- Mountain biking is not a requirement, and you may refuse to engage in any part of the activity if you feel uncomfortable about it. However, **ALL PATHFINDERS ARE EXPECTED TO COME WITH INTENT TO RIDE.**

I realize that mountain biking is a high-risk, potentially dangerous sport. I therefore knowingly accept this risk and agree to release PATHFINDER CLUB and its employees and agents and the OREGON CONFERENCE OF S.D.A.'s from responsibility for any injuries which I may suffer as a result of participation in mountain biking during said organization's events.

My date of birth: \_\_\_\_\_

My name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date signed: \_\_\_\_\_

Parents or Legal Guardian approval must be given for anyone under 18 years of age.

Parent/Guardian (circle one) name: \_\_\_\_\_

Parent/Guardian Signature and date: \_\_\_\_\_

Parent/Guardian (circle one) name: \_\_\_\_\_

Parent/Guardian Signature and date: \_\_\_\_\_

# PERMISSION & MEDICAL CONSENT FORM

## Oregon Conference Pathfinders

Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_  M  F  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Club \_\_\_\_\_ Grade in school \_\_\_\_\_  
Parent / Legal Guardian(s) Name (Father) \_\_\_\_\_ (Mother) \_\_\_\_\_

### Event Participation

I understand that I am required to give my consent before my child can participate in this event. By signing this form, I hereby represent that I am the custodial parent or legal guardian of the child listed below and that I consent to my child's participation in this event, including transportation to and from the event (if applicable).

Event: Pathfinder: Teen Mountain Biking Event Event Date: April 28-30, 2017  
Event Location: Three Sister School Bend, OR and Bend Area mountain bike trails

### Medical Permission

I give permission for adult leaders/volunteers to administer emergency treatment, contact emergency personnel, and act in my stead in approving necessary medical care until I can reasonably be contacted. I understand that should any medical bills be incurred, our family's insurance(s) may be used and the Oregon Conference general liability insurance (Risk Management) is limited in amount up to a maximum of \$5,000 for one year from the injury.

Family Insurance Company: \_\_\_\_\_

Family Insurance Policy Number: \_\_\_\_\_

Allergies: Please list all allergies your child has: \_\_\_\_\_

\_\_\_\_\_

Medications: Please list all medications your child takes: \_\_\_\_\_

\_\_\_\_\_

Physical Conditions: Please list any conditions that limit your child's participation in this event: \_\_\_\_\_

\_\_\_\_\_

Please list any **dietary requirements and/or allergies** that must be observed: \_\_\_\_\_

\_\_\_\_\_

I, on behalf of myself, my spouse, next of kin, executors, heirs, assigns, or anyone else who might claim or sue on my or my child's behalf, fully release and agree not to sue the Oregon Conference of Seventh-day Adventists and any of its agents, employees, and/or volunteers from any and all liability, including but not limited to any claims, losses, or liabilities due to death, personal injury, disability, property damage, medical expenses, and/or theft, that may arise from or relate to my child's participation in the event, including transportation to and from the event and any provision of medical care.

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Parent/Guardian Name – please print)

\_\_\_\_\_  
(Cell or Daytime Phone)

\_\_\_\_\_  
(Nighttime Phone)