**TRIP DESCRIPTION:**
The ride is an annual Boston tradition where over 1,000 people bike the same route as the Boston Marathon in the early dark hours of Marathon Monday. During this time the roads are still open to vehicular traffic... and bicycles are vehicles! The ride is not a race nor is it a paid event; it is however a unique shared experience, a fun way to meet people, and a decent workout.

**EVENT WEBSITE:** [https://www.midnightmarathon.org/](https://www.midnightmarathon.org/)

**COST:** $15 for students/faculty/staff, $5 with own bike. $30 General Public.

**INCLUDED IN TRIP COST:**
- Transportation—12 passenger van, box trailer for bicycle transport
- Instruction and Leadership
- **BIKES WILL NOT BE PROVIDED. YOU MUST HAVE YOUR OWN BIKE, HELMET AND LIGHTS.**
  Bikes may be rented from the UML bike shop for $20

**REGISTRATION:**
- [Register Online](https://www.midnightmarathon.org/)

**CANCELLATION DATE:**
- Cancellation must occur by April 1, 2018, to receive a full refund.

**PHYSICAL EXERTION LEVEL & PREREQUISITES:**
Moderate: Participants will bike 5-20mi/ 8-32km with the weight each participant carries ranging from 3-5lb/ 1-2kg. Roads may include incline, road construction, and traffic. Previous experience riding on the road in traffic is recommended but not required. Good physical fitness is recommended.
Participants can expect elevation change up to 300-1000ft/90-300m over 2-6 hours.
Participant must have a [helmet](https://www.midnightmarathon.org/) and a bicycle with [working rear and front lights](https://www.midnightmarathon.org/).

**TENTATIVE ITINERARY:** Due to the nature of outdoor trips, itineraries are subject to change.
- **Sunday:**
  - 9:00 p.m. Meet in the Bike Shop/ Outdoor Center with your bike, get a tune up, pack up bikes and head out
  - 11:00 p.m. Arrive at Southborough Station in Hopkinton and Ride to Boston!
  - 2-4:00 a.m. Finish ride and return to campus
PACKING LIST: The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. Wearing the same piece of clothing multiple times is OK on an outdoor trip, so do not over-pack...but at the same time, do not skimp on needed items. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. A (*) denotes items that can be provided for you at no additional charge.

AVOID DARK CLOTHING!!!

☐ Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
☐ Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement
☐ Personal medical insurance card
☐ Beanie Hat (quick fix for chilly conditions, wool or fleece is best)
☐ Insulating jacket (fleece is ideal, should be warm and synthetic)
☐ Athletic shirts and pants for biking (dress for the current temps...avoid cotton, quick-dry material is preferred)
☐ Rain Jacket/Pants
☐ Athletic shoes
☐ Bike & Helmet (all participants are required to wear a helmet as we may be riding with car traffic at times)
☐ Small Backpack to take with you on the ride
☐ Spare tubes that fit your bike
☐ Multi-tools, hand pump*

Note: We will distribute other equipment specific to the activity at the pre-trip meeting or on trip departure day. If you have any personal equipment you would like to bring on this trip, please contact the trip leaders can make sure it is appropriate for the needs of this trip.

For further questions or information, please contact us:
978-934-6151 | outdooradventure@uml.edu