TRIP DESCRIPTION: Calling all UML Mountain Bikers! Join us for an evening at Russell Mill in Chelmsford, MA! This area is 130 total acres of open space boasts 7 miles of trails ridden in one direction. There are enough connector trails to make it easy to ride this area in a number of different ways and increase the mileage by 3 to 5 miles if desired. 90% of the trails in this area are easy to moderate, making this a great experience for folks at any level.

COST: $10 for students/faculty/staff, $20 for guests

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, box trailer for bicycle transport
- Instruction and Leadership

BIKES CAN BE PROVIDED IN LIMITED QUANTITIES. PLEASE FEEL FREE TO BRING YOUR OWN BIKE IF YOU HAVE ONE. HELMET AND LIGHTS ARE NOT PROVIDED.

REGISTRATION:
- Fill out an Online Waiver
- Register Online
- You can also register at the Welcome Desk of the Campus Recreation Center on East Campus

PHYSICAL EXERTION LEVEL & PREREQUISITES:
Moderate to high: due to hilly conditions and mileage. Participants must have basic mountain bike experience and comfortable riding off road trails; Participant must have a helmet and trail appropriate bicycle.

TENTATIVE ITINERARY: Due to the nature of outdoor trips, itineraries are subject to change.

Wednesday
- 4pm Meet in the Bike Shop at the Campus Recreation Center with your bike, get a tune up, pack up bikes and head out
- 4:30 p.m. Arrive at Russell Mill and ride! Bring a Lunch for food on the trail.
- 8pm approximate return time

Check out the Packing List on the Back...
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.

- 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
- Bike 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
- Water and Snacks/Lunch
- Spare tubes that fit your bike
- Multi-tool, hand pump*
- Mountain bike**

** Due to limited availability please call ahead (at least 2 days in advance) to request a bike.

**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:**
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