

Shuttle Fest 2007

Recommended Mountain Biking Rider Checklist

Mountain & River Adventures (MRA) wants to ensure that your mountain bike ride is fun, safe and that you have the ability to take care of yourself in the event of an injury or mechanical problem on our local trails. At check-in, please be ready to verify that you are prepared for your mountain bike trip. The following is a basic list of our recommended items to bring along on your trail ride:

1. We recommend that at least one person in your group carry and know how to use the following items:
 - First Aid Kit
 - Snake Bite Kit; rattle snakes do strike at moving objects.
 - Matches and/or lighter
 - Tool kit (chain tool is a must)
 - Flash light, head lamp, or bike light
 - Trail Map
 - Cell phone with AT&T service; the only working service here.
 - GPS or compass
2. We recommend that mountain bikers ride as a group and **stay together**.
3. For the Cannell Trail, we recommend that every rider be an **Intermediate to Advanced** rider, to enjoy riding this trail.
4. Has anyone in your group ridden the Cannell Trail before? If no, we recommend that you view the **Cannell Trail** video prior to making your reservation. Click on <http://www.mtnriver.com/bike.htm>, then click on our mountain bike page, and then follow the links to view the "Mountain Bike Bill" video footage of this incredible trail.
5. All riders should carry plenty of **water** on the trail. Be knowledgeable of all water refill locations; do not rely on other riders, you might get separated from your group.
6. All riders should carry their own **food**, (i.e., Gu, energy bars, fruit, nuts, sandwiches); do not rely on other riders, you might get separated from your group.
7. Cotton is not your friend in the outdoors, it holds moisture and does not dry quickly; **synthetic fibers** are best. Remember to **layer** for extreme weather conditions.
8. Riders are strongly encouraged to **check-in** with Mountain & River Adventures once you have completed your ride. We want everyone to return safely, and this check-in process simplifies things greatly. If Search and Rescue is called out, you could be held liable for all costs incurred during your rescue.
9. Always remember to **share** the trail.
10. Please be **courteous** to other Forest and trail users.
11. Remember to "**Tread Lightly**" and "**Leave no Trace**" on our Forest!

*We look forward to your respectful visit to the Sequoia National Forest!
Thank you, Team MRA*