



## Grade 7 Outdoor Education Owyhee Mountain Biking

### Overview

Outdoor Education in Grade 7 is focused on biking. In the fall, students will be learning out to handle their bike, learning pedal cadence, balance, breaking, and climbing and descending rocky terrain. There is no better place to practice this than the beautiful Owyhees, a great mountain range forming the western slopes of the Treasure Valley. Students will continue to learn camping skills while focusing on riding bikes with their classmates.

### Schedule of Activities

Tuesday, Day 1 **Return Home	8:15 AM – Meet at Riverstone International School to Depart for Eagle Bike Park · Mountain Biking Clinic provided by Coach Levi Weert and Coaching Staff 3:00 PM – Return to Riverstone for pick up
Wednesday, Day 2 **Overnight portion starts	Depart for North Fork of Owyhee Campground · Mountain Biking Loop · Build upon skills learned on Tuesday
Thursday, Day 3	Explore Owyhee Mountain Range by Bike, Opportunities for hiking and river swimming.
Friday, Day 4	Morning Hike Return to Riverstone by 2:00 PM

### Trip Goals

- Introduce concepts of pedaling bikes, efficient gearing.
- Discuss point to point bicycle travel and the efficiency of traveling by bike.
- Teach on trail bike maintenance and proper adjustments to ensure smooth and efficient pedaling.
- Explore the history of Southwestern Idaho and its connections to the surrounding region by railway
- Build community within the 7th grade class
- Make connections between 7th grade PE and outdoor education trips



## Learning Outcomes

1. Demonstrate proper cycling techniques including riding position, pedal strokes, shifting, braking, and maintaining center of gravity over the bike.
2. Understand basic concepts of bicycle maintenance and repairs that can be done with tools carried in a small pack.
3. Recognize the importance of the railway for expanding civilization westward.
4. Develop efficient travel skills by being able to break camp and move each night.
5. Apply community building concepts to build cohesion among grade 7.

## What to Bring

### Clothing

- ☐ wicking base layers (synthetic or wool)
  - ☐ upper-body base layer
  - ☐ lower-body base layer
- ☐ insulating layers (down, fleece, or wool)
  - ☐ upper-body insulating layer (2)
  - ☐ lower-body insulating layer
- ☐ outer layers
  - ☐ waterproof rain pants and rain jacket (with a hood)
  - ☐ quick drying long pants
- ☐ t-shirts (2-3, synthetic or wool)
- ☐ shorts (1-2)
- ☐ underwear
- ☐ wool or synthetic socks
- ☐ sturdy lace-up shoes for hiking
- ☐ sandals
- ☐ gloves or mittens
- ☐ wool or fleece hat
- ☐ brimmed hat for sun protection

### Equipment

- ☐ day pack (for biking with food, water, extra layers such as rain gear)  
**Recommend Camelbak Style Pack for Biking**
- ☐ duffel bag (all items not being taken on trail while biking will be stored here)
- ☐ sleeping bag
  - ☐ "Mummy Style" sleeping bags work best and should be rated to 20 degrees Fahrenheit. Down bags are light weight and compress well, but must be kept dry. Synthetic bags a little heavier but will keep the user warm even when wet. Both are appropriate for this trip,



please reach out for any questions.

- ☐ Sleeping pad (closed-cell foam or inflatable style work great)
- ☐ 2 – Water Bottles, 1 L – See Camelbak Recommendation
- ☐ sunglasses
- ☐ headlamp (make sure batteries work, and bring extra)
- ☐ personal toiletries (toothbrush/paste, sunscreen, lip balm, lotion, personal medications)
- ☐ bug spray
- ☐ eating equipment (cup/bowl/fork/spoon)

### Biking Specific

- ☐ Mountain bike with treaded tires for good traction on dirt and gravel paths
- ☐ Helmet
- ☐ Biking gloves (open fingers with padded palm provide comfort over long distances)
- ☐ Padded bike shorts or short liners (provides comfort over long distances, especially for those who do not regularly ride bikes)
- ☐ Tire: tire liners for thorns, spare tube and a patch kit – All Students Must Have

### Optional

- ☐ camera
- ☐ book
- ☐ playing cards
- ☐ Swimsuit and Towel – There might be a chance to soak in a river or creek

\*Avoid Cotton Fabrics: When it gets wet, cotton is a very poor insulator and can significantly accelerate the onset of hypothermia. Additionally, wicking base layers, which transport moisture away from the body, can help the body stay cool in hot weather.