

# Maine Outdoor Education Program



## Mountain Biking Maine Outdoor Education Program

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**Program:** Mountain Biking

**Location:** 2540 Grindstone Rd

**Time:** 9:00am-1:00pm

**Program Description:** Maine Outdoor Education Program (MOEP)

MOEP offers school age children three instructional lifetime fitness activities per year, one per season in the fall, winter and spring. Experiences will include equipment and any necessary gear to participate in our highlighted opportunities of snowshoeing, canoeing/kayaking, Nordic skiing, hiking and mountain biking. MOEP will provide participating schools and teachers the pre-trip paperwork for student participation.

**Program Goals:**

- ◆ To provide students with the necessary skills to participate in outdoor aerobic sports including canoeing, kayaking, Nordic skiing, hiking, snowshoeing, and mountain biking.
- ◆ To instruct students on the proper techniques, equipment and safety involved with outdoor sports and recreation.
- ◆ To facilitate a meaningful hands-on and active experience in the local landscape of the Katahdin Region.
- ◆ To teach team build and leadership skills.
- ◆ To create a positive learning opportunity emphasizing health and fun.
- ◆ To inspire students to become active stewards of land and resources.

**Program Objectives: Mountain Biking**

- ◆ Explain three key parts of riding safety
- ◆ Identify four parts of a mountain bike
- ◆ Demonstrate how to select a properly sized mountain bike and set correct seat height
- ◆ Demonstrate how to mount and dismount a mountain bike
- ◆ Consistently select and use the appropriate gear for varying terrain
- ◆ Identify the 7 leave-no-trace principles and relate them to mountain biking

**Program Agenda:**

- ◆ 9:00 - 9:30 am Welcome and orientation
- ◆ 9:30 - 10:00 am Introduction to mountain biking, group expectations, distribution of safety gear and mountain bikes.
- ◆ 10:00 - 10:30 am coaching proper mount and dismount along with group expectations.
- ◆ 10:30 - 12:30 pm instructional experience on the biking trails.
- ◆ 12:30 - 1:00 pm return gear, eat lunch, load bus, departure