



UNIVERSITY OF DAYTON CAMPUS RECREATION **OUTDOOR EDUCATION PROGRAMS**

Try Mountain Biking at MoMBA (MetroParks Mountain Bike Area)

Dayton, OH

Sunday, April 14th

12:30pm-3:30pm

Description

Connect with nature by bike! Outdoor Education staff will lead the group through beginner trails at The MetroParks Mountain Biking Area (MoMBA) among beautiful hardwoods, a rock-bottom creek, hills, and a rock-filled ridge. Bring your bike and helmet or rent one on-site for \$12 (credit card only). No mountain biking experience is necessary, but participants should be comfortable riding a bike. This will be a group ride, and no biker will be left trailing.

Pre-Trip Meeting & Registration Deadline: 7pm Thursday, April 11th at the Outdoor Engagement Center (438 Stonemill Road)

Program Start Time and Location: 12:30pm at the Outdoor Engagement Center

Cost: \$12 and includes bicycle, helmet, transportation, community, instruction and trip leadership.

Itinerary: Subject to Variation

- Meet at the Outdoor Engagement Center
- Travel to MoMBA & Check Out Bicycles

- Riding Orientation
- Ride
- Bicycle Return
- Return to Campus

Difficulty

- Moderate to intensive physical activity and a spirit for adventure will be required for this program.

Be Prepared

- Dress for the weather and wear athletic clothing for cycling.
- Closed toed shoes and helmets (available on site) are required.
- Eat a hearty breakfast before the program.
- Bring a full water bottle and snacks for after the ride.
- Carrying a small backpack to transport snacks, water, and personal belongings during the ride is recommended.

What to Expect

- Explore Dayton's Mountain Bike Trails
- Get a workout.
- Learn Leave No Trace Principles
- Connect with nature and community.

Additional Resources

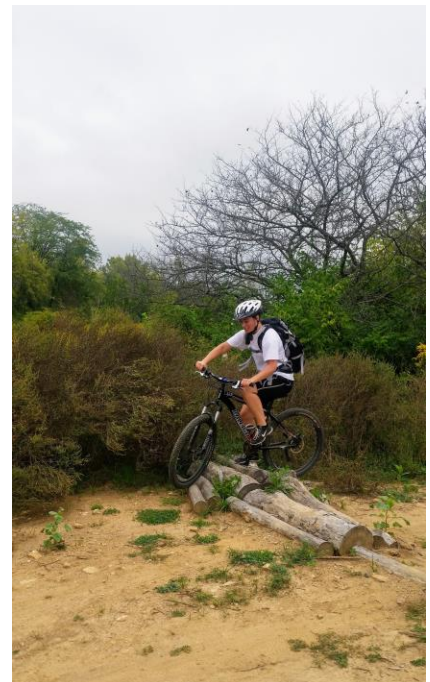
- MoMBA Website <https://www.metroparks.org/momba/>
- International Mountain Bike Association <https://www.imba.com/>
- Leave No Trace <https://lnt.org/learn/7-principles>

Policy:

For a full list of UDCR policy view our [website](#).

Cancellation & Refunds:

- In the event that UDCR deems it necessary to cancel an event for any reason, including hazardous weather, a prorated or full refund will be issued. Registrants will be contacted via email drop in participants may contact the UDCR Welcome Desk for updates at 937-229-2704.



- Participants may drop from a **registered, fee based program** up to 12 hours following the pre-trip meeting and/or registration deadline and will receive a full refund less a 10% processing fee. Due to the complexity of course logistics and planning, no refunds will be given after this time. **Drop deadline: 9am April 12th.**
- To be removed from a course roster email udcroudoor@udayton.edu

Expectations for Participation

To ensure a safe and positive experience, we request that all participants acknowledge and abide by University of Dayton and Department of Campus Recreation rules, policies, and guidelines. Participation, membership, and use of University of Dayton Campus Recreation programs, services, and facilities are a privilege, which comes with responsibilities.

- All participants must fill out the Trip Waiver/Release onsite.
- Recognize the role of modeling acceptable social behavior and contributing to a positive community in the spirit of our Marianist and Catholic traditions.
- Read, understand, and abide by all Campus Recreation policies and procedures.
- Be considerate to other participants, as well as Campus Recreation employees, and respect their individual rights.
- Take responsibility for personal and community security.
- Be safety conscious at all times.
- Respond to and cooperate with all Campus Recreation and University of Dayton employees.
- Disorderly conduct, abuse, or misuse of the facility, equipment, staff, or disregard for policies will not be tolerated. Violators may be subject to disciplinary action, reimbursement for damages, and/or potential suspension from the facilities and programs. Participants who are suspended will not have any portion of their fees refunded.

Questions? Contact us!

- For general inquiry, cancellation, and registration email udcroudoor@udayton.edu
- For sensitive or specific inquiry, questions, or requests for accommodation, contact Amber Dierking, Assistant Director for Outdoor Education via email to adierking1@udayton.edu or phone at 937-229-2397.