

Summer 2019

Hi Mountain Biking RAD Camper,

My name is Liesl Schnibbe and I'm Big Lake Youth Camp's associate director. You're registered for RAD Mountain Biking during June 23-30, 2019, and I'm excited that you've chosen to spend a week of your summer with the RAD team! You'll stay in the cabins at Big Lake Youth Camp (BLYC), and will spend each weekday on some of the most scenic trails in central Oregon. This schedule will let you enjoy BLYC's awesome evening activities and weekend programming, in addition to awesome biking!

We are thrilled to have Charlie Wilber returning to lead this week of Mountain Biking RAD Camp. He has spent the last 12 summers in Bend scoping out the best trails. Charlie teaches K-8 P.E. at Redlands Adventist Academy, and is the head coach of the RAA mountain biking team.

Mountain biking is about enjoying nature with friends and family, and most importantly, having fun. This camp will teach basic and advanced bike skills, maintenance, trail etiquette, and trail advocacy.

The summer in central Oregon is hot and the sun is intense. Your RAD camp instructors and counselors will do their best to minimize the group's time in the sun, but hydration and sun protection are extremely important while being outdoors in these conditions. It is important you come to camp prepared with everything on the packing list. BLYC will provide you with a helmet, gloves, and a Trek bike, but if you prefer to bring your own bike, helmet, and gloves, you are welcome to. Any personal gear will need to be inspected by our RAD staff before it is used.

In addition to the packing list in the Parent Pack, please bring the following:

Required

- Sunglasses
- Sunscreen
- Closed-toed shoes

Recommended

- Bike shorts (not required, but will significantly enhance your experience)
- Hydration pack (such as Camelback or EVOC)

Optional

- Your own helmet (camp helmets are also available)
- Your own gloves (camp gloves are also available)
- Your own bike (camp bikes are also available)

If you have any questions concerning your RAD camp, please let me know.

I look forward to seeing you this summer!

Sincerely,

Liesl Schnibbe
Associate Director
Big Lake Youth Camp
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