

Denali Biking Intensive

Time: August 25^h – September 5th , 2014 Will be traveling out of district from Aug 29th-Sept 5th

Course Description: Get ready for the biking trip of a lifetime! At the end of this intensive you will be able to brag that you can bike from Steller all the way to Denali National Park. If this seems daunting, don't worry, we will spend the first week preparing ourselves for the trip by biking around Anchorage and learning about bike safety and maintenance. Plus you will have 3 months to prepare for this intensive! If you get out and bike a few times a week all summer (building up to riding 20 miles at a time or 2 hours) you will be ready for this trip. Questions about this intensive? Come talk to me!

Course Outline:

<p>Day 1 Monday Aug 25th:</p> <p>Intro Bike Safety/maintenance presentation Bike Check Bike</p>	<p>Day 2 Aug 26th:</p> <p>Make a pack list for Denali Get all details about the big trip Afternoon bike ride</p>	<p>Day 3 Aug 27th:</p> <p>Bike to Kincaid or ER Picnic Lunch Bike back</p>	<p>Day 4 Aug 28th:</p> <p>Pack snacks Light activities Perhaps a movie This day will be low key since the Denali bike ride starts early tomorrow morning</p>	<p>Day 5 Aug 29th:</p> <p>Start Denali Bike Ride Bike from Steller to Wasilla (~ 45mi) *Staying ?</p>	<p>Day 6 Aug 30th:</p> <p>Bike from Wasilla to Montana Creek Campground (~ 45mi) *Staying at Montana Creek Campground</p>
<p>Day 7 Aug 31st:</p> <p>Bike from Montana Creek Campground to Byers Lake Campground, mile 147 (~ 45 mi) *Staying at Byers</p>	<p>Day 8 Sept. 1st:</p> <p>Bike from Byers to Chulitna Wayside campground, mile 185 (~ 39 mi) *Staying at Chulitna Wayside</p>	<p>Day 9 Sept 2nd:</p> <p>Bike from Chulitna to Denali Grizzly Bear Campground, mile 231 (~ 46 mi) *Staying at Denali Grizzly Bear</p>	<p>Day 10 Sept 3rd:</p> <p>Denali Grizzly Campground to Riley campground, mi 237 (~ 10 mi) *Staying at Riley</p>	<p>Day 11 Sept 4th</p> <p>Day hike in Denali Take Shuttle to Eielson *Staying at Riley</p>	<p>Day 12 Sept 5th:</p> <p>Train ride to Anchorage</p>

What you will need:

__ *A BIKE* – not just any bike. You will need a bike capable of taking you several hundred miles without breaking down. If you take your bike to any bike shop (REI, The Bike Shop, etc.) they will tell you whether or not it can take you to Denali.

OR

__ *A RENTED BIKE* – there are several places that rent out bicycles (one I found that will rent bike by the week www.alaska-bike-rentals.com)

__ *A HELMET*

__ *BIKE GLOVES* – Not required, but strongly recommended.

__ *BACK PACK* – I recommend getting a camel back because they can hold water and your stuff. Your back pack must at least have a waist strap.

__ *WATER BOTTLE/HOLDER* – Only needed if you do not have a camel back.

__ *BICYCLE SHORTS* – not required, but strongly recommended (they will cut down big time bike soreness).

__ *TIRE REPAIR KIT/TUBE* – You will need a spare tube in case of a flat.

We will come up with a complete packing list during the first week of the intensive. These are the items that you will need to bring day one

How to prepare:

The best way to get ready for this intensive is to bike, bike, bike. Cross training will also help (ie. swimming, running, and hiking). Your goal should be to be active at least 3 days a week and to be able to bike comfortably for 2 hours straight.

Parent help needed:

This is a fairly intense bike ride that can only be successful with help from parents. In order to keep students safe I need to have an adult biker for every 7 students. We also need some help drivers. I would need to have a “sag wagon” driver that could pick up a tired student and another emergency driver just in case a student has to go home mid trip. Ideally the sag wagon and the emergency driver will be able to each carry half the amount of bikes for the return trip home. Please let me know if you can help with any of those. Thanks!

Denali Biking Intensive – Class Fees

Train ticket from Denali to Anchorage----- \$50
Camping Fees and Denali shuttle----- \$83
Additional Fees (Guest Speakers, trailer rental, gas for sag wagon)----- \$55
Food for trip-----You supply your own snacks, we will do group meals together...\$135

Total estimated cost: \$323

DUE: The camping and train ticket fee and permission slip of **\$133** is due not later than **APRIL 4th**.

Liability and permission:

Parents and students please read the information below and sign where indicated. If you have any questions, comments, or concerns please do not hesitate to call or email me (neff_jennifer@asdk12.org or 742-4950)

I understand that my student will be bike riding most days of this intensive and that he/she will be riding up to 8 hours a day. I understand that he/she will be expected to stay with the group during the bike rides and not to ride up ahead and out of sight.

I/We hereby give permission for our son/daughter _____ to attend the biking intensive activities as mentioned above from August 25th-September 5th, 14. It is agreed that _____ will abide by all rules and regulations imposed by the School District authorities.

I/We consent to any emergency transportation, medical treatment, care of hospitalization deemed necessary for the welfare of my son/daughter by a licensed physician, dentist, qualified nurse or hospital in the event of injury or illness while he/she is participating in the above state activity. I/we understand that the district will assume no liability or costs for such an emergency transportation and medical treatment. I/we also understand that the Anchorage School District does not carry accident medical insurance for students and that such insurance coverage is my responsibility.

Dated in _____, AK, this _____ day of _____, 2014.

Signature of parent _____

Signature of student _____

I am available to help with the following:

___ Drive as the emergency vehicle (please state the number of bikes you can transport ___ and number of kids ___)

___ Be the "sag wagon" driver (please state the number of bikes you can transport ___ and number of kids ___)

___ Can help drive bikes home the last day of the intensive (from Denali to Anchorage)

___ Can be a biker on the trip

___ Can ride the train back with the kids

___ Can volunteer land or a cabin in Talkeetna, Wasilla, or Big Lake to camp a night (please state location if so: _____)

___ Can volunteer to (if you have another idea ☺): _____

Contact email: _____ or phone: _____