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Mountain Biking Itinerary

The following itinerary briefly outlines the objectives of the *Introduction to Mountain Biking* program at The Button Farm in Seneca Creek State Park.

Dates: TBA

Location: Button Farm (Seneca Creek State Park)
16820 Blackrock Road
Germantown, MD

Times: 9:45 am until 3:15 pm

Directions: I-270 to RT 118 South (Germantown Road towards Darnestown, MD). Follow 118 until you come to Blackrock Road on your right-hand side. Turn right and follow Blackrock Road until you come to 16820 Blackrock Road (there will be a big orange mailbox across the street from the driveway). Turn right through the gate and drive down a dirt/gravel driveway. You will see the mountain bike trailer on your right hand side, and you can park nearby.

Objectives: Instruction in basic mountain biking safety and technical skills, followed by recreational biking activities.

Technical Skills covered:

- Balance, braking, shifting
- Hill climbing and descent
- Front-end lift
- Picking a line (skillful maneuvering over challenging terrain)



Basic Itinerary:

9:45 am – Safety Talk

Discuss accident potential, challenge by choice philosophy, roles, behavior expectations and consequences, safe use of shifters, brakes, etc...

10:15 am – Assign Bikes

10:30 am – Balance Skills

11:00 am – Front-end Lifts

11:30 am – Beginner Ride

12:15 pm – Lunch

12:45 pm – Short Ride

1:30 pm – Intermediate Ride

3:00 pm – Load Trailer

3:15 pm – END