



Ride Partners



Welcome to the Ride 2 Recovery – 2018 Vegas MTB

Sunday, Jan 28 to Wednesday, Jan 31

Sunday, JAN 28 – Las Vegas, NV.

HOTEL

Westgate Las Vegas Resort and Casino
3000 Paradise Road
Las Vegas, NV 89109

NOTE:

Las Vegas (LAS) AIRPORT 4 miles – On Your Own

SCHEDULE:

13:00 Mechanics at U-haul

15:00 Staff Registration

16:00 – 17:30 REGISTRATION:

LOCATION: Room 4-7

- BIKE BUILD / BIKE FIT At the U-haul
- All Bike must be on U-Haul before dinner
- GOODIE BAG PICK-UP

18:30 Kick-off Dinner sponsored By Project Hero **Location Rooms 1-7**

Monday, Jan 29

6:30-730 Breakfast Room 4-6 First Floor

7:30 AM Load Vans to Red Rock

- Meet at Westgate Front Entrance
- Jersey for day any jersey that is Project Hero approved

7:45 AM Vans depart Westgate Vans depart breakfast boxes on vans

- Van 1 Jayme Brown
- Van 2 Joe Coddington
- Van 3 Katie Smith
- Van 4 Chris Pic

8:15 AM Vans arrive McGhie's Bike shop

16 Cottonwood Dr, Blue Diamond, NV 89004

- Bike Prep
- Bike Fit for Borrowed Bikes

8:45 AM Ride Brief

9:00 AM Ride Start

- Experienced rider depart
- New rider clinic Required

11:45 Lunch at Shop

12:00 Vans leave

18:00 Dinner on your own

Tuesday, Jan 30

- 6:30-7:30 Breakfast Room 4-6 First Floor
- 7:30 Load vans to Red Rock
- Meet at Westgate main lobby
 - Jersey for day any jersey that is Project Hero approved
- 7:45 AM Vans depart Westgate Vans depart breakfast boxes on vans
- Van 1 Jayme Brown
 - Van 2 Joe Coddington
 - Van 3 Katie Smith
 - Van 4 Chris Pic
- 8:15 Vans arrive McGhie's Bike shop
Bike Prep
- 8:45 Ride Brief
- 9:00 Ride Start
- Rider Depart
- 11:45 Lunch at shop
- 13:00 All vans leave
- 14:00-15:30 Mind/Body Module 1 Workshop Location Rooms 7-9, 10-12 2nd Floor
- 15:30-17:00 Exploring Stress and Trauma Workshop Rooms 7-9, 10-12 2nd Floor
- 17:30 Dinner on own

Wednesday, Jan 31

- 6:30-7:30 Breakfast Room 4-6 First Floor
- 7:30 Load vans to Red Rock
- Meet at Westgate Front Door
 - Jersey for day any jersey that is Project Hero approved
- 7:45 AM Vans depart Westgate Vans depart breakfast boxes on vans
- Van 1 Jayme Brown
 - Van 2 Joe Coddington
 - Van 3 Katie Smith
 - Van 4 Chris Pic
- 8:15 Vans arrive McGhie's Bike shop
- Bike Prep
- 8:45 Ride Brief
- 9:00 Ride Start
- Rider Depart
- 11:45 Lunch at Shop
- 12:30 All vans Leave
- 13:00 Arrive Westgate Hotel
- 13:00 Vegas MTB Ride complete

Things you need to know about Mountain Biking.

1. Ride On Open Trails Only.

Respect trail and road closures - ask if uncertain; avoid trespassing on private land; obtain permits or other authorization as may be required. Federal and State Wilderness areas are closed to cycling. The way you ride can influence trail management decisions and policies.

2. Leave No Trace.

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.

3. Control Your Bicycle!

Always look where you want to go. Staring at an object you do not want to hit often ends with you hitting that object. Inattention, for even a second, can cause problems. Obey all bicycle speed regulations and recommendations. When the trail bed is soft, use caution; loss of control is more likely. Loose sand on hard pack can also be very dangerous. In short, ride at your safe pace. CRASHING IS NOT FUN!!!

4. Always Yield Trail.

Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop, if necessary, and pass safely.

5. Never Scare Animals.

Unannounced approach, sudden movement, or a loud noise can startle animals. This can be dangerous for you, others, and the animals. Give animals extra room and time to adjust to you. When passing horses, use special care and follow directions from the horseback riders - ask if uncertain. Running cattle and disturbing wildlife is a serious offense. Leave gates as you found them or as marked.

6. Plan Ahead.

Know your equipment, your ability, and the area in which you are riding -- and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear. *Keep trails open by setting a good example of environmentally sound and socially responsible off-road cycling.*

Things you need to know about this trip.

Weather:

The weather in Las Vegas this time of year is typically a low of 40 degrees and high of 60 degrees. It does not typically rain but some showers are expected this week. It has snowed in the past.

Suggested Packing List:

Bike Cycling Shoes Helmet Multi Tool 2-3 Jerseys 2-3 Shorts Cycling Gloves Bike Water Bottles <u>Warmer Clothing:</u> Light / Rain Jacket Arm and or Leg Warmers Cold Weather Hat	Chapstick Any Prescription Medications Hygiene / Shaving Kit 2-3 Appropriate Dinner Clothing Swim Suit (<i>optional</i>) Socks Camera Sunglasses Chargers for Phone / iPad / etc.
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Airport Transportation:

Airport Shuttle to/from Hotel: On your Own

Meals:

Breakfast will be boxed and pickup at the vans in morning provided by the Red Cross.

Lunch will also be onsite provided by the Red Cross.

Dinner will be on your own nightly.

Important clarification on Project Hero/R2R Policy

Participating in any Ride 2 Recovery (R2R) while on any substance that could possible impair your ability to operate a bicycle is against the rules and policies of R2R and motor vehicle codes. Any person found to be impaired while riding, or would be found publicly intoxicated, can be removed from a R2R activity, and might have future invites revoked as well as future registrations flagged. Prescription medications must only be used in a legal and prescribed manner. Use of any prescription medication, regardless of legal status, in a manner, method, or area that could possibly effect the mental state or drug test of other participants, volunteers, guest, or staff will not be tolerated. Any person found to be utilizing medication in this manner might be removed from a R2R activity, have future invites revoked, as well as future registrations flagged.