

### **A note from the CCC mountain bike representative,**

- We will be using trails enjoyed by multiple user groups, please respect other users and yield to pedestrians and equestrians.
- The pace and length of the ride will be comfortable for everyone to enjoy but will be decided by the ride leader based on participants, trail conditions, day light etc. A 'no drop' rule will apply and each ride will have stops to allow riders to regroup.
- Helmets must be worn at all times and gloves, glasses, and high socks are strongly recommended.
- Please have your own spare tube, water bottle. We will do trail side repairs when necessary, but no "trailhead tune ups". Have your tires pumped up and bike ready to ride by 6:30.
- Be prepared for Poison Ivy as it tends to grow along the trails, hence the long socks as mentioned.
- Since trail conditions can change day to day, please ride within your abilities, this is not "race day".
- With respect for the trails, the rides will not proceed if it's raining.
- Please come out and enjoy the mountain bike riding in the Northumberland Forest.

Thanks  
Pete