

Summer 2017

Hi Mountain Biking RAD Camper,

My name is Arthur Ordelheide and I am Big Lake Youth Camp's Associate Director. I am very excited that you have chosen to spend a week of your summer with the RAD team. You are registered for Mountain Biking RAD Camp. You will be staying in the cabins at Big Lake Youth Camp (BLYC) during your week of camp. Each day, Monday through Friday, we will spend our days on some of the most scenic MTB trails in Central Oregon. This schedule will allow you the opportunity to enjoy BLYC's awesome evening activities and weekend programming.

We are thrilled to have Charlie Wilber returning to help us for this week of Mountain Biking RAD Camp. He has spent the last twelve summers in Bend scoping out the best trails just for you. Charlie teaches K-8 PE at Redlands Adventist Academy and is the Head Coach of the RAA Mountain Bike 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. 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 listed in the Parent Pack, please bring the following:

Required

- Gloves
- Sunglasses
- Sunscreen
- Closed toed shoes

Recommended

- Bike shorts (not required, but will significantly enhance your experience)
- Hydration Pack (such as a CamelBak backpack)

Optional

- Your own helmet (camp helmets 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,

Arthur Ordelheide
Associate Director
Big Lake Youth Camp
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