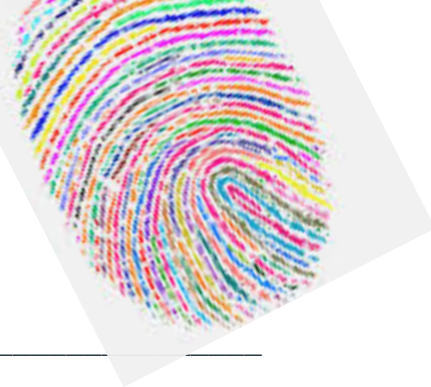


Identity-

Going Out Activity- Bike Trip



We push ourselves and by pushing ourselves we go outside of our comfort zone and become stronger, more confident, and our identity grows. This cycle, we will push ourselves physically and mentally as we bike 30 miles from Dillon to Breckenridge.

Kristine, Joey, Dan, and Jesse will accompany the students on this beautiful bike trail through the lakes and mountains of Colorado. Jesse Sinderson will drive the “sag wagon” filled with extra gear and supplies if you are feeling like you need help. We will be riding from Dillon Marina to Breckenridge Town Park and then back depending on weather and time. Total distance is between 25- 30 miles. Be ready to do more than you thought you could!

Details:

WE WILL MEET AT 6:30 A.M. AT THE Middle School

NO WAITING – We will leave without you! Please be responsible and here on time.

RETURN/PICK UP - 3:00 p.m. at the Middle School in time to ride the bus (make sure someone is picking up your bike!)

GEAR: (Mandatory gear check at school on Friday, August 30th)

Your road or mountain bike should be in good working order. Please perform any tune-ups or required maintenance ASAP. Bikes will remain at school until the trip.

On Body:

Bicycle Helmet

Sun protection – baseball hat/visor, sunblock, chapstick, sunglasses

1 synthetic top (you determine sleeve length) NO COTTON

1 pair of biking shorts (NO JEANS)

1 pair weatherproof long pants (will be taken off and put into pack at trailhead) 1 pair of biking socks (NO COTTON)

1 pair of biking shoes or athletic shoes with good tread

1 day hike backpack

In Pack:

1 spare tube

2- 32oz water bottles full of water (CAMELBACKs are OK) 1 windbreaker/light raincoat

1 warm hat

1 pair lightweight gloves

1 pair extra biking socks (not cotton)

1 synthetic/fleece jacket/pullover

brown bag sack lunch (nutritious food)

2-3 granola or energy bars

Bike Trip Journal: Identity

Organization and Neatness of Journal

- Beautiful handmade cover
- Table of contents with page numbers
- Brochures and pamphlets
- Affirmations for each group member

Preparation (see appendix)

- “Transcendence” Lesson and activity
- “How Cycling Makes You Smarter and Happier” questions to answer in journal
- “A Perfect Bike Fit”
- Practice day/ lessons at school

Journal Entries (1 full page minimum)

- We search to connect with our foundation and to play a role in the greater world. This cycle, we will have to opportunity to volunteer at the community garden which will help us look at our motivation, our role and responsibility to our community, and our relationships with one another. You will be responsible for completing journal entries at the end of each visit. Reflections should include:
 - A description of the activity in which you participated
 - How did you push yourself today?
 - What did you enjoy about the work?
 - Identify a value that you needed to use when you worked with others (trust, determination, friendliness, humor)
 - Reflect and explain how and what you gained through your experience today.




Photographs

- Log onto the shared google doc and pick five photos you enjoyed from our trip to use. If you enjoying drawing, you can draw your pictures instead. You may also use the printer in class to print photos. Include a short description next to your photo that explains what is happening in the picture.

Guest Speaker

- Bike to Work Boulder representative

Bike Trip Rubric

	 I got this!	 I'm working on it	 I'm feeling bumfuzzled	Student Comments	Teacher Comments
Participation	Eager participant in bike trip	Participates without fussing, complaining, sighs, etc.	Reluctance, complaining; does not participate		
Leadership Roles	Takes on leadership without asking or needing to be asked, or w/o reminders	Takes on leadership when asked or reminded	Does not help, or avoids, hesitates, etc.		
Personal Responsibility	Is prepared for the trip; accounts for all belongings; has a gift for those in need	Has materials, supplies; makes due without inconveniencing others	Does not have gear or supplies; doesn't care		
Learning	Exhibits eagerness, passion, interest, respect during bike trip, redirections, activities, etc.	Exhibits interest and respect during bike trip, redirections, activities, etc.	Needs watching, is rude or disrespectful during bike trip, discussions etc.		
Participation	Eager participant in all events/activities	Participates without fussing, complaining, sighs, etc.	Reluctance, complaining; does not participate		

What is one goal for our next outdoor trip?
