Helpful Hints

Be well rested:	This training activity consumes large amounts of energy, physically and mentally. Plan your days accordingly. It is reccomended that you do not plan any other activities for this time period.
Wear Layered Clothing:	Refer to curriculum requirements.
Over the ankle footwear:	Must be at least one inch above the “ankle bone” on the inside of your ankle. Leather or similar sturdy material. No canvas.
Bring lots of liquids:	Water, Juice, Sport drinks. Coolers are permitted.
Bring lunch & snacks:	It is unlikely that you will have time to go out for lunch.
Use sunblock:	And lots of it. We ride on an open area of blacktop. Sun can cause a burn even on a cloudy day.
Bring rain gear:	We do ride in the rain. Motorcycle rain gear is best. Any type of rain gear is better than none. Bring a change of clothes if it looks like rain.

Bring comfortable shoes and clothes for the classroom.

Don't be late!

Students must be present by the scheduled class time in order to participate. This is true for every day.