



Sr. High Eastern Trail

Get ready to ride!!!! This year's Sr. High Bike trip explores the Eastern Trail, a 65-mile section of the East Coast Greenway, connecting Portsmouth NH to Casco Bay in South Portland Maine! Many more details and a map of the route can be found at www.eastertrail.org

Whenever possible, a support vehicle stays in contact with the group to offer roadside support.

Day 1 – Portsmouth NH to Biddeford Me. Apx. 40 miles

Day 2 – Kennebunk to Casco Bay. Apx. 35 miles

This trip can be physically demanding, and rewarding, giving participants the chance to push themselves and accomplish something they may otherwise never attempt. We will ride together as a group and encourage each other throughout the day. Participants should be in good health and have a bicycle in top condition. For safety's sake, bikes must have good tires, brakes and proper reflectors. The ride is on both public roads

and vehicle free trails.

There are easier ways to spend a couple days, but few experiences will be as rewarding in the end!

2

Trip Details

Meet at Prescott Park in Portsmouth NH at 10:30am, Wednesday

June 24th. Meals will be bought as we travel, so bring spending money. \$12 per meal per person per day is a good starting point.

We will be eating 5 meals on the road. New Life Church in Biddeford Maine is our overnight host.

Riders must have a bicycle in good condition; the bicycle must have good brakes, tires and must shift properly. A bike tune-up is a GREAT idea before the trip! Some bicycles are available for students to borrow for the trip on a first-ask basis.

Our average riding speed will be 12 mph. That's 5 min pr mile.

Prepare BEFORE the trip to be able to ride at this pace!

We will practice cadence and rider safety during our MANDATORY pre-ride on JUNE 14 @6PM. BRING BIKE TO YG!

Required Gear Pack List

A support vehicle will transport the following gear for each rider:

- Sleeping bag/blanket
- Bible
- Warm jacket
- A change of clothing
- Bath needs

Riders MUST travel with following gear by bicycle:

- Extra tire tube
- Head light mounted to bike
- Taillight mounted to bike
- Water bottle/camel back
- Snack bar (bring two for each day's ride)
- Helmet
- ID
- Reflective vest (supplied by EBC)
- Small first aid kit- bandage