

Berkeley Boosters P.A.L.
SUMMER OUTDOOR ADVENTURES IN CYCLING, 2010!

Dear Parents/Guardians:

The following is information on **Adventure Camp 2 & Schedule of Activities for July 12 – 30**. We will be walking a lot please wear tennis shoes everyday to program! To maximize our time together please be on time! ***A \$20 refundable deposit is required for overnight trips & due at the mandatory pre-trip meeting.***

Adventure Camp 2

WHO: Youth ages 10-17 who are adventurous!
WHERE: Meet at Rosa Parks Elementary School, 920 Allston Way
WHEN: July 12 –30
TIME: Daily **12-6 p.m.** Please be on time....you don't want to be left behind!
BRING: A backpack with a healthy lunch OR FREE LUNCH is provided by the City of Berkeley @ Rosa Parks from 12-1 p.m. Please bring a REFILLABLE WATER BOTTLE – NO GLASS CONTAINERS. Don't forget...Swimsuit, towel, & sunscreen on swim days.

Schedule of Activities

12-1 p.m.	Lunch & Arrival
1-5 p.m.	Outdoor Activity
5-6 p.m.	Journal Writing/Closing
Saturday, July 17	Ride through Wildcat Creek with Youth Bike Adventures, 9-4 p.m. Space limited to 9 youth. (Please RSVP)
Monday, July 12	Program Orientation / Games
Tuesday, July 13	*1:30-2:30 Group A- Helmet Safety, Group B- Bike Fitting & Stations / *2:30-3:30 Group A-

Wednesday, July 14	Bike Fitting & Stations, Group B- Helmet Safety Safety Review - Bicycle Blvd. (5-10 miles)
Thursday, July 15	More Review - 15+ miles on Bay Trail (Emeryville)
Friday, July 16	Bay Sail on the Pegasus!
Monday, July 19	20+ miles on Ohlone Greenway
Tuesday, July 20	Ride 30+ miles on Bay Trail (Richmond)
Wednesday, July 21	Ride 20+ miles of hills up to Tilden <u>Mandatory Pre-Trip meeting @ 5 p.m. @ Rosa Parks. Please bring \$20 refundable deposit for the 5-day trip.</u>
Thursday, July 22	Ride 35-40 miles. Ohlone to San Pablo Dam Road.
Friday, July 23	Swimming!

Clif Bar Cycling Challenge, 11th Annual Tour De Coloma, July 26- 30:
This five-day trip consists of a 3-day/125-mile bike ride to Coloma &
an all day whitewater rafting trip. Gear list/itinerary will be distributed
at the Mandatory Pre-trip Meeting on Wednesday, July 21 @ 5 p.m.
on the Rosa Parks campus.

T-SHIRTS: T-shirts available with **paid** registration first day of
program.

If you need additional information regarding the above Adventure
Camp please call the Berkeley Boosters program office at (510) 845-
7193.

Safe Cycling!

Fele Uperesa
Program Director