



Michigan Department of Natural Resources

BECOMING AN OUTDOORS-WOMAN
REGISTRATION FOR
BEYOND BOW WINTER BIKING



This information is required by authority of the Michigan Department of Natural Resources for participation consideration.

PRINT OR TYPE. REGISTRATIONS ARE LIMITED AND WILL NOT BE ACCEPTED AT THE WORKSHOP

REGISTER EARLY!

Must be at least 18 years old to participate - LIMIT 12 PARTICIPANTS

FIRST REGISTERED - FIRST ENROLLED

WHERE

MARQUETTE COUNTY

WHEN

SATURDAY, FEBRUARY 11, 2023
CHOOSE PREFERRED SESSION BELOW

COST

\$75 PER PERSON

CANCELLATION DEADLINE

JANUARY 31, 2023

THIS PROGRAM IS LIMITED TO 12 LADIES - REGISTER EARLY!!!

Registration form with fields: Full Name, Address, City, State, ZIP, Telephone, Emergency Contact Name and Telephone, What is your height, Do you need a bike helmet, Session One, Session Two, E-mail required.

CERTIFICATION

I certify that all the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation.

Signature Date

PHOTOGRAPH AND/OR VIDEO RELEASE

I hereby grant permission to use my photograph or video of me taken during this BOW event in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use.

Signature Date

E-STORE WILL NOT BE AVAILABLE.

Make check or money order payable to "State of Michigan" and send with completed and signed registration to:

MICHELLE DOUGLAS
MI DEPARTMENT OF NATURAL RESOURCES
1990 US 41 South
Marquette, MI 49868

If you have any questions, please contact Michelle at 517-582-3854.

FOR DNR USE ONLY

Snow Bike Experience
Ishpeming, MI
February 11th, 2023

Experience: Beginner/Intermediate

- Biking Experience: It is important that you have some experience biking and have a high degree of comfort riding a bike.
- Fat Bike Experience: It is ok if you have not been on a fat bike before! We expect many participants to be first timers.
- Physical Ability: This experience requires that participants be capable and comfortable biking for an hour at minimum.

Date and Time: Saturday, February 11th

*This is a half day event. Choose from ONE of the following sessions.

Morning Session

8am: Meetup, Intros, Drive to Trailhead

9am - 11:30pm: Biking

- Equipment, Clothing, Safety
- Basic Skill and Warm Up
- Trail Ride

11:30pm - Noon: Wrap Up

Afternoon Session

1pm: Meetup, Intros, Drive to Trailhead

2pm - 4:30pm: Biking

- Equipment, Clothing, Safety
- Basic Skill and Warm Up
- Trail Ride

4:20pm - 5pm: Wrap Up

Cost: \$75

Location:

We will be utilizing the Ramba trail system in Ishpeming, MI for the clinic. The exact meeting location will be provided in your pre-event email.

What to Expect:

The initial meet up will occur indoors. We will meet everyone over a hot drink and discuss our goals for the clinic. We will learn about your skill level, review the trail conditions, and let you know what to expect once we head outdoors.

Once we get to the trails, we will start by reviewing our equipment. We will get your bike fitted to you and help you make all the required adjustments for a comfortable ride. Next, we will review some basic skills to ensure a safe and fun ride while warming up our muscles!

Next, it's time to hit the trails! If the weather and grooming look good, expect to be on a "mostly-flat" groomed double track. If we have a few folks itching for a little more challenge, we have some opportunities to adjust or take some off shoots near the end of the ride. This is not a race; we will all ride together and are all out to have a good time. Remember, it's about smiles per mile!

What to Bring/Wear:

Plan to dress in layers! It may be cold when we're setting up bikes and working on skills, but once we get riding you might warm yourself up and want to shed some layers. Helmets are always required when you are riding your bike.

Bike Helmet:

- A summer biking helmet can be worn with a thin hat underneath, or a ski/snowboard helmet.
- We have some helmets available, but if you have one, please bring it.

Insulated Shoes/Boots:

- All bikes are equipped with flat pedals.
- An insulated stiff-soled boot with minimal lugs is best. If you have mountain-bike specific boots, bring them! If you have overshoes or show-covers that help with insulation, that can also be an option.

Warm Socks:

- Consider wool hiking or knee-high ski socks.

Warm Gloves:

- Consider bringing a lightweight 'liner' glove and a heavy weight over-glove. Be sure that your gloves can break the wind.
- Mittens do not work with bikes as you cannot hold your handlebars and cover your breaks at the same time when wearing them. 'Lobster' gloves are ok.
- If you have bike pogies, bring them!

Neck Gaiter or Balaclava

Low Profile Hat or Headband (must fit snug under your helmet)

Warm Base Layers (top and bottom)

Fleece/Puffy Jacket

Windproof Jacket/Shell

Shammies/Padded Bike Pants (Optional - but more comfortable)

Pants:

- Windproof/Wind resistant, no cotton/jeans/sweats.
- Cross-country ski pants often work well.
- Make sure that you can move freely in these pants.
- Can be layered over your base layer.

Small Backpack (used to carry extra/shedded layers)

Water Bottle/Water Bladder

Trail Snack (Optional)

Hand Warmers (Optional)

Weather:

We've put in an order for the very best weather, but sometimes mother nature does not cooperate. The weather leading up to the event has a significant impact on the trails. Ramba does a great job keeping the trails in tip-top shape but ice, warm weather, and people walking in boots (which puts holes in the groomed trails) may make us change our plans. Plan to be flexible. You can trust your local guides to pick the best option available for the ride.

We're snow biking in winter in the Upper Peninsula. Please be prepared for cold weather and dress in layers. (See the 'What to Bring/Wear' section above for more details.)

Lastly, we will be canceling this event if the weather makes it unsafe for either the participants or the trails. We will not ride if trail conditions do not allow it. We do not want to destroy trails if the conditions are too soft, and it may not be safe for us to ride if the trails are extremely icy. This also means that we may cancel the clinic if the temperatures are freezing, and we have extremely high winds or without conditions. Due to our reliance on weather and trail conditions, this clinic has a higher cancellation risk than most. Please do not sign up if this level of risk is not acceptable to you.

Health Procedures:

We will follow all state and local guidelines, as well as the guidelines at the venue, as they pertain to COVID-19. Updates will be emailed as the event gets closer.

If a participant has any questions that they need answered prior to making the decision to sign up, please email dnrbow@michigan.gov. After the registration period is closed, the instructors will contact all participants and provide additional information and opportunities to ask questions acceptable to you.