



Delta State University Mountain Bike Moab, UTAH TEAM



OUTDOOR RECREATION

TRAVEL

Total Miles: 3200

Time: 19.5 Hrs

Total Gallons: 340



ITINERARY



- Friday, Mar 12 – Noon: Pack Van, Trailer
- Saturday, Mar 13- 7AM: Depart Cleveland, Mississippi
- Sunday, Mar 14 – 9AM: Arrive Moab, Utah
10AM: Check-in-Canyonlands Campground
1PM: Bar M Loop (pg.23)
5PM: Dinner/Discussion (Leave No Trace Ethics)
- Monday, Mar 15 - 8AM: Breakfast
9AM: Klondike Bluffs (pg.63)
Noon: Sack Lunch/Discussion (Conservation/Preservation)
1PM: Rock Climb
6PM: Dinner/Discussion (Wilderness Survival)
- Tuesday, Mar 16 - 8AM: Breakfast
9AM: Rock Climbing Day
5PM: Dinner/Discussion (Legislation affecting National Parks)
- Wednesday, Mar 17- 8AM: Breakfast
9AM: Court House Loop (pg.39)
All Day Ride, Arches National Park-Sack Lunch
5PM: Dinner
- Thursday, Mar 18- 8AM: Breakfast
9AM: Amasa Back (pg.15)
- Friday, Mar 19- 8AM: Choice Day: Climbing, Rafting, Mt. Biking, or SkyDive Moab
- Saturday, Mar 20- 10AM: Depart Moab, Utah
- Sunday, Mar 21- Noon: Arrive Cleveland, Mississippi

TECHNOLOGY

Delta State University
Mountain Bike TEAM
Moab, UTAH



During the Moab trip, you will be issued a Garmin® 405 GPS/HR monitor. This device is used to calculate caloric burn, track heart rate, and determine distance, speed, and elevation variance during use. It will be your responsibility to maintain the safety and security of the watch as well as plug it in every night to keep a charge.

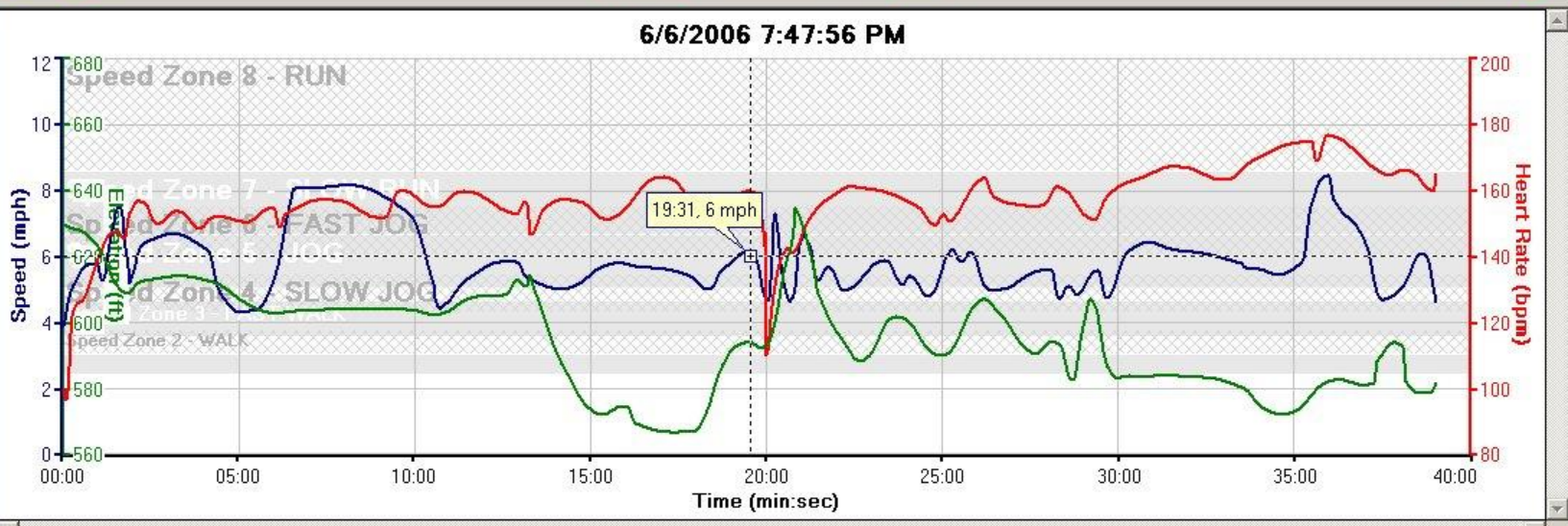
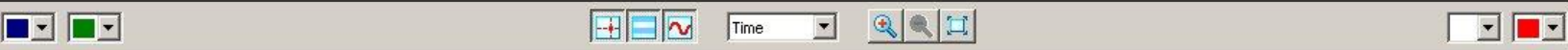
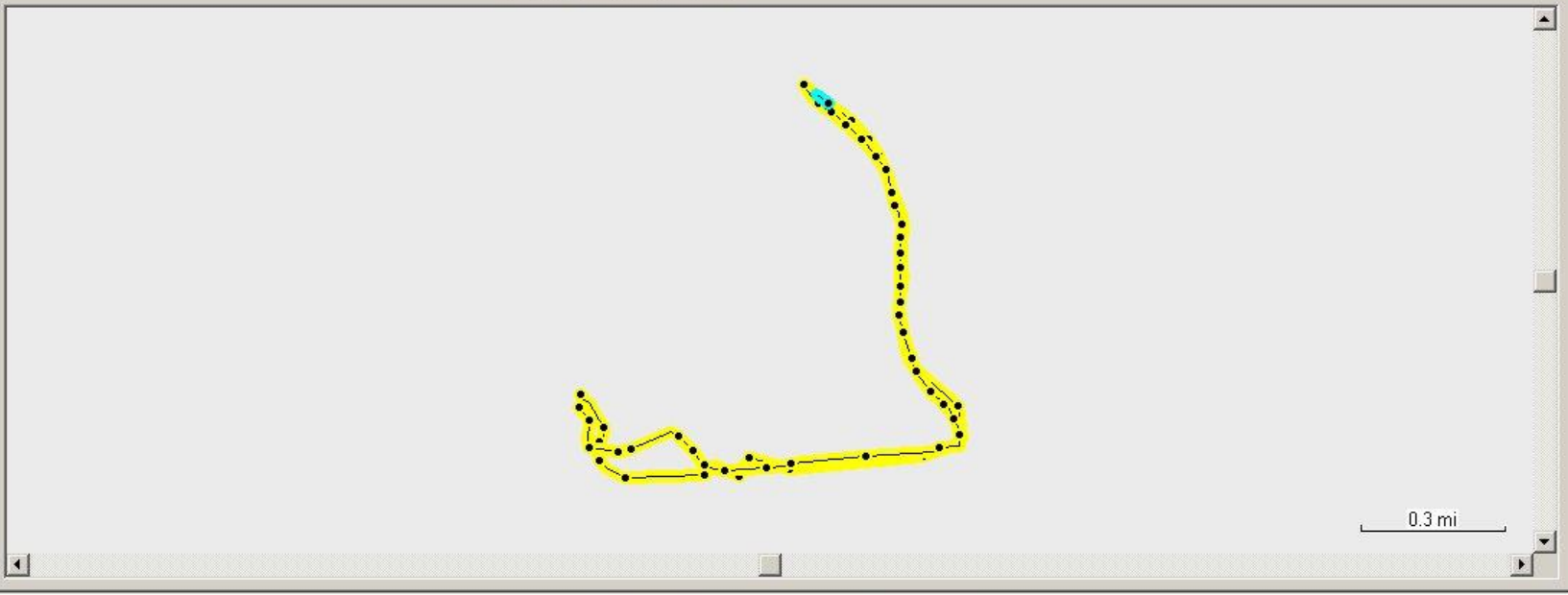
The data received from the watch will provide visual and numerical information concerning your daily physical activity. Information includes:

- Review pace/speed, distance, time and calories burned.
- review heart rate, cadence and detailed elevation.
- View a detailed graph of your activity, plotted over time or distance.
- View a map of your activity that shows the exact path you traveled.
- Categorize your activity history by type.
- Review previous activities (saved by day and week).
- Create customized workouts with specific goals and rest intervals.
- Export your data to Google™ Earth.
- Create or edit a course from an activity, and then add reference points along the course for next time.

| June, 2006 | | | | | | |
|------------|-----|-----|-----|-----|-----|--|
| Sun | Mon | Tue | Wed | Thu | Fri | |
| 28 | 29 | 30 | 31 | 1 | 2 | |
| 4 | 5 | 6 | 7 | 8 | 9 | |
| 11 | 12 | 13 | 14 | 15 | 16 | |
| 18 | 19 | 20 | 21 | 22 | 23 | |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| 2 | 3 | 4 | 5 | 6 | 7 | |

Today: 6/11/2006

- Running
 - 6/11/2006 - 6/17/2006
 - 6/11/2006 11:47:05 AM
 - 6/4/2006 - 6/10/2006
 - 6/6/2006 7:47:56 PM
 - 5/28/2006 - 6/3/2006
 - 6/2/2006 7:25:26 PM
 - 6/2/2006 7:19:45 PM
 - 5/30/2006 9:09:22 AM
 - 5/29/2006 9:53:16 AM
 - 5/28/2006 10:39:33 AM
 - 5/21/2006 - 5/27/2006
 - 5/27/2006 9:36:05 AM
 - 5/26/2006 7:09:46 PM
 - 5/25/2006 10:18:11 AM
 - 5/23/2006 11:46:47 AM
 - 5/23/2006 11:12:33 AM
 - 5/14/2006 - 5/20/2006
 - 5/16/2006 1:30:17 PM
 - 5/15/2006 6:30:35 PM
 - 5/7/2006 - 5/13/2006
 - 5/12/2006 9:05:10 AM
 - 4/30/2006 - 5/6/2006
 - 5/4/2006 6:45:53 PM
 - 5/2/2006 9:52:35 AM
 - 4/23/2006 - 4/29/2006
 - 4/26/2006 8:54:34 PM
 - 4/24/2006 9:19:39 PM
- Biking
- Other
- MultiSport



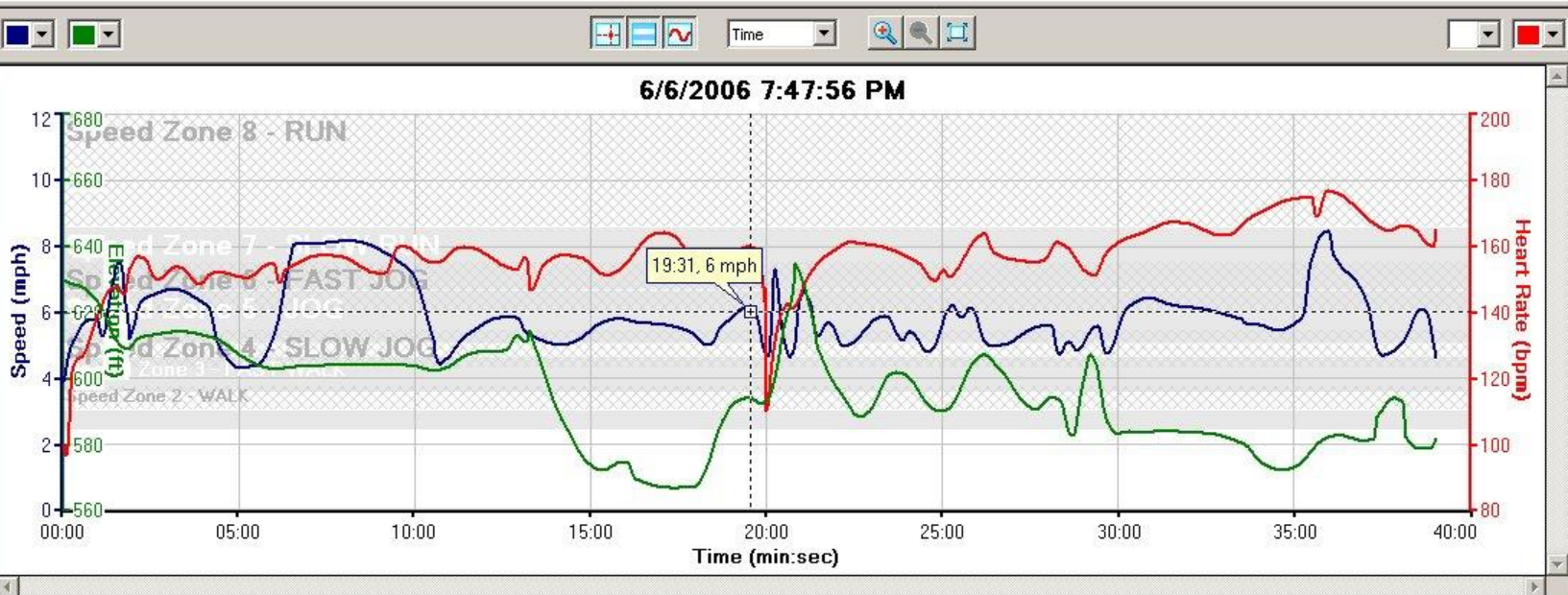
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| Name | Total Distance | Total Time | Avg Pace | Avg Speed | Max Speed | Total Calories | Avg Heart Rate | Max Heart Rate | Avg Cadence | Total Ascent | Total Descent |
|--------------------|----------------|------------|-----------|-----------|-----------|----------------|----------------|----------------|-------------|--------------|---------------|
| 6/6/2006 7:47:... | 3.55 mi | 39:03 | 11:00 /mi | 5.4 mph | 8.1 mph | 588 cal | 154 bpm | 180 bpm | | 155 ft | 204 ft |
| Lap 1 - 7:47:56... | 3.55 mi | 39:03 | 11:00 /mi | 5.4 mph | 8.1 mph | 588 cal | 154 bpm | 180 bpm | | 155 ft | 204 ft |

| Item | Zone 1 | Zone 2 | Zone 3 | Zone 4 | Zone 5 | Zone 6 | Zone 7 | Zone 8 | Zone 9 | Zone 10 |
|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| Heart Rate (Time) | 00:16 | 00:09 | 00:17 | 00:21 | 00:30 | | | | | |
| Heart Rate (Distance) | 118 ft | 76 ft | 148 ft | 180 ft | 263 ft | | | | | |
| Speed (Time) | 00:03 | 00:06 | 02:13 | 14:08 | 26:03 | 07:28 | 04:28 | 01:53 | 00:00 | 00:00 |
| Speed (Distance) | 14 ft | 33 ft | 0.2 mi | 1.2 mi | 2.4 mi | 0.8 mi | 0.5 mi | 0.2 mi | 0 ft | 0 ft |





Delicate Arch



© 2010 Google
Image © 2010 DigitalGlobe

2009 Google

Imagery Date: Jun 21, 2003

38°44'38.01" N 109°30'10.27" W

Eye alt 6706 ft



Outdoor Program



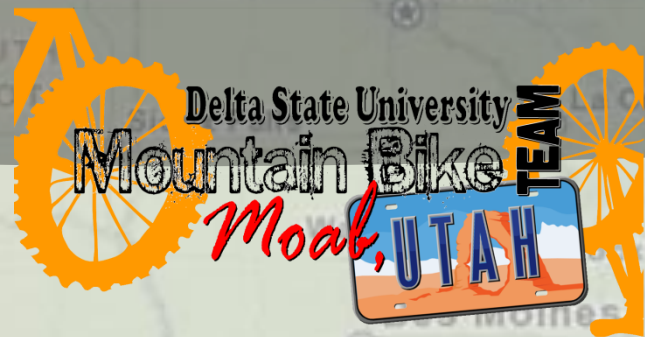
[DSU Outdoor Program Page](#)



[DSU Outdoor Blog Spot](#)



Sites to Visit



[Canyonlands Campground](#)

[Moab Information Site](#)

[Vid 1](#)

[Vid 2](#)

[Vid 3](#)

[Vid 4](#)

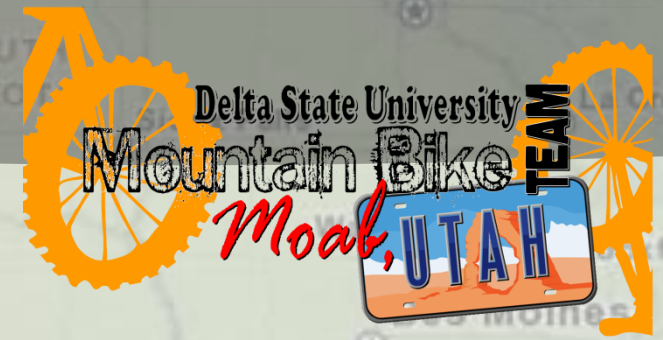
[Vid 5](#)

[Trail Site](#)

[Bike Tutor Site](#)

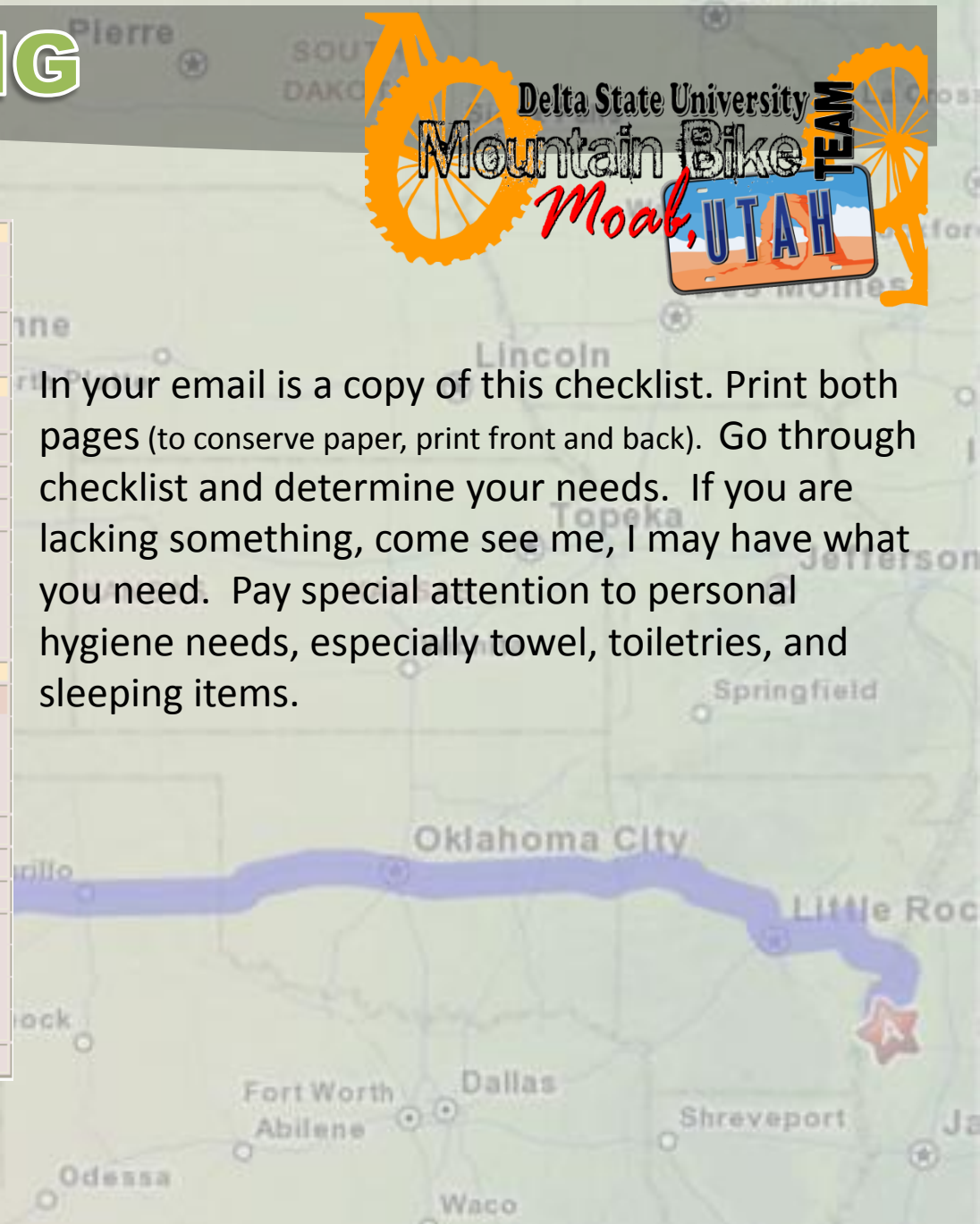


Items to BRING



| Shelter & Sleeping | | Packing | |
|--|--|---|--|
| <input type="checkbox"/> Tent, poles, stakes | <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Backpack | <input type="checkbox"/> Lash cord/traps |
| <input type="checkbox"/> Ground cloth | <input type="checkbox"/> Sleep bag liner | <input type="checkbox"/> Rain cover | <input type="checkbox"/> Garbage bags |
| <input type="checkbox"/> Tarp, poncho | <input type="checkbox"/> Sleeping pad | <input type="checkbox"/> Daypack, hipack | <input type="checkbox"/> Ziploc Freezer bags |
| <input type="checkbox"/> Bivy sack | <input type="checkbox"/> Sit pad | <input type="checkbox"/> Stuff sacks | |
| Clothing | | | |
| <input type="checkbox"/> Boots, shoes | <input type="checkbox"/> Socks & strbs | <input type="checkbox"/> Liner socks, strbs | <input type="checkbox"/> GTX socks |
| <input type="checkbox"/> Low gaiters | <input type="checkbox"/> High gaiters | <input type="checkbox"/> Overboots | <input type="checkbox"/> Booties, mukluks |
| <input type="checkbox"/> Camp shoes | <input type="checkbox"/> Lightweight underwear | <input type="checkbox"/> Midwt underwear | <input type="checkbox"/> Exped underwear |
| <input type="checkbox"/> Fleece liner gloves | <input type="checkbox"/> GTX gloves/mitts | <input type="checkbox"/> Baseball cap | <input type="checkbox"/> Windbloc cap |
| <input type="checkbox"/> Windbloc ear cover | <input type="checkbox"/> Windbloc balaclava | <input type="checkbox"/> Nylon wind vest | <input type="checkbox"/> Fleece/down vest |
| <input type="checkbox"/> Fleece/down jacket | <input type="checkbox"/> Long-sleeve shirt | <input type="checkbox"/> Fleece pants | <input type="checkbox"/> Down pants |
| <input type="checkbox"/> Rain poncho | <input type="checkbox"/> Wind/rain jacket | <input type="checkbox"/> Wind/rain pants | <input type="checkbox"/> Nylon windbreaker |
| <input type="checkbox"/> Hiking shorts | <input type="checkbox"/> Swimming shorts | | |
| Cooking & Food | | Essentials | |
| Cooking: | Food: | Navigation: | Other: |
| <input type="checkbox"/> Cook pot | <input type="checkbox"/> Tea, coffee, cocoa | <input type="checkbox"/> Compass | <input type="checkbox"/> First-Aid kit |
| <input type="checkbox"/> Utensils | <input type="checkbox"/> Electrolytes | <input type="checkbox"/> Maps | <input type="checkbox"/> Prescriptn medicine |
| <input type="checkbox"/> Insulated cup | <input type="checkbox"/> Breakfast | <input type="checkbox"/> Glasses/contacts | <input type="checkbox"/> Waterproof matches |
| <input type="checkbox"/> Stove & fuel | <input type="checkbox"/> Lunch/snacks | <input type="checkbox"/> Paper, pencil | <input type="checkbox"/> Firesarter |
| <input type="checkbox"/> Piezo igniter | <input type="checkbox"/> Dinners | <input type="checkbox"/> Headlamp | <input type="checkbox"/> Sun glasses/goggles |
| <input type="checkbox"/> Matches/lighter | <input type="checkbox"/> Condiments/herbs | <input type="checkbox"/> Small flashlight | <input type="checkbox"/> Sun block/lip balm |
| <input type="checkbox"/> Water filter | <input type="checkbox"/> Vitamins | <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Bug protection |
| <input type="checkbox"/> Iodine | <input type="checkbox"/> Emergency food | <input type="checkbox"/> GPS unit | <input type="checkbox"/> Space blanket/bag |
| <input type="checkbox"/> Water containers | | <input type="checkbox"/> Altimeter | <input type="checkbox"/> Plastic whistle |
| <input type="checkbox"/> Water bottle jacket | | <input type="checkbox"/> Guide book/notes | <input type="checkbox"/> Signal mirror |
| <input type="checkbox"/> Bear bag | | | <input type="checkbox"/> Knife |

In your email is a copy of this checklist. Print both pages (to conserve paper, print front and back). Go through checklist and determine your needs. If you are lacking something, come see me, I may have what you need. Pay special attention to personal hygiene needs, especially towel, toiletries, and sleeping items.



Think About



1) Take this quiz. Bring your results with you to discuss

http://www.myfootprint.org/en/about_the_quiz/what_it_measures/

- Americans use 2,500,000 plastic bottles every hour! Most of them are thrown away!
- Plastic bags and other plastic garbage thrown into the ocean kill as many as 1,000,000 sea creatures every year!
- Recycling plastic saves twice as much energy as burning it in an incinerator.
- Americans throw away 25,000,000,000 Styrofoam coffee cups every year.
- Every month, we throw out enough glass bottles and jars to fill up a giant skyscraper. All of these jars are recyclable!
- The energy saved from recycling one glass bottle can run a 100-watt light bulb for four hours or a compact fluorescent bulb for 20 hours. It also causes 20% less air pollution and 50% less water pollution than when a new bottle is made from raw materials.
- A modern glass bottle would take 4000 years or more to decompose -- and even longer if it's in the landfill.
- Mining and transporting raw materials for glass produces about 385 pounds of waste for every ton of glass that is made. If recycled glass is substituted for half of the raw materials, the waste is cut by more than 80%.

Think About



- An estimated 80,000,000 Hershey's Kisses are wrapped each day, using enough aluminum foil to cover over 50 acres of space -- that's almost 40 football fields.
- All that foil is recyclable, but not many people realize it. Rainforests are being cut down at the rate of 100 acres per minute!
- A single quart of motor oil, if disposed of improperly, can contaminate up to 2,000,000 gallons of fresh water. Motor oil never wears out, it just gets dirty. Oil can be recycled, re-refined and used again, reducing our reliance on imported oil.
- On average, each one of us produces 4.4 pounds of solid waste each day. This adds up to almost a ton of trash per person, per year.
- A typical family consumes 182 gallons of soda, 29 gallons of juice, 104 gallons of milk, and 26 gallons of bottled water a year. That's a lot of containers -- make sure they're recycled!

Think About



- To produce each week's Sunday newspapers, 500,000 trees must be cut down. Recycling a single run of the Sunday *New York Times* would save 75,000 trees.
- If all our newspaper was recycled, we could save about 250,000,000 trees each year!
- If every American recycled just one-tenth of their newspapers, we would save about 25,000,000 trees a year.
- If you had a 15-year-old tree and made it into paper grocery bags, you'd get about 700 of them. A busy supermarket could use all of them in under an hour! This means in one year, one supermarket can go through over 6 million paper bags! Imagine how many supermarkets there are just in the United States!!!
- The average American uses seven trees a year in paper, wood, and other products made from trees. This amounts to about 2,000,000,000 trees per year! The amount of wood and paper we throw away each year is enough to heat 50,000,000 homes for 20 years.
- Approximately 1 billion trees worth of paper are thrown away every year in the U.S.
- Americans use 85,000,000 tons of paper a year; about 680 pounds per person. The average household throws away 13,000 separate pieces of paper each year. Most is packaging and junk mail.
- In 1993, U.S. paper recovery saved more than 90,000,000 cubic yards of landfill space.