

Ride Checklist

- ✓ Schedule a ride by calling our Ride Coordinator at 623.570.4578
- ✓ Fully Complete and sign the following two forms, which can be found on our website. No participant will be permitted to ride a bike without these completed forms.
 - *Liability and Medical Release Waiver
 - *Personal Medical Information Form
- ✓ Submit your \$35 (cash or Check) and completed forms to:
 - Trips for Kids SAZ
 - P.O Box 31736
 - Tucson, AZ 85751
- ✓ Prepare a sack Lunch of portable energy food, such as:
 - Peanut Butter Sandwich
 - Fresh Fruit, Granola Bar
- ✓ Prepare your Outfit:
 - Closed-toe Shoes w/ Socks
 - Loose fitting shorts or pants
 - Comfortable shirt
 - Sunscreen, Sunglasses

**We Look Forward to
Riding with You!**

National Sponsors



TRIPS FOR KIDS

is a non-profit organization that values healthy lifestyles, the need to protect and appreciate our environment, and empowering youth to take personal responsibility for their lives and the communities in which they live. Our goal is to team up with local agencies to provide positive, fun outdoor experiences utilizing the challenge and joy of Mountain Biking along with community service and educational opportunities to reach disadvantaged youth (ages 10-17) who might not otherwise have these opportunities.

Come Play with us...

1125 W Pinnacle Peak
Suite #128
Phoenix, AZ 85027
623.570.4578
520.749.4578

tripsforkidsaz@hotmail.com

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Email: tripsforkidsaz@hotmail.com

www.tripsforkidsaz.org

Ride Program

Kids will learn trail etiquette, rules of riding, bike skills and an appreciation for the environment. At the end of each ride, we reflect on the day and share what we have learned.



Schedule

This is a sample schedule and can be modified based on the needs of the group.

Meet at trailhead, set up bikes
9:00am – 9:30am

RIDE
9:30am – 10:30am

Group games, environmental
education, Lunch
10:30am – 11:30am

RIDE
11:30am – 12:30pm

Wrap up activity, bike clean up
12:30 – 1:00pm

Participants

Trips for Kids Southern Arizona (TFKSAZ) takes groups of Tucson area youth between the ages of 10 - 17 on local mountain bike outings.

The group will always stay together. In order to maintain this group cohesiveness, all participants must be willing and able to ride a bike.



Calendar

Trips are available 7 days a week. The outings are 3 - 6 hours in duration.

Our rides will be available on a sign-up basis.

To find a date that works for you or your organization email or call

Tripsforkidsaz@hotmail.com

Or

623.570.4578
520.749.4542

What to Bring

All of the gear is provided including bikes, helmets, gloves, energy bars and a full water bottle. Kids need to bring a lunch, bike friendly clothes and a lot of enthusiasm.

Volunteers

All rides will maintain a ratio of one trained adult volunteer per three youth participants. All of our volunteers have passed a criminal background check. At least one of the volunteers on each ride is CPR/First Aid certified.

Agencies are also required to include at least one adult participant from the hosting organization.

Location

Our rides consist of trails at South Mountain, trail 100, and Happy Valley Trails. These trails are child friendly and well maintained. We will stop for games and lunch. We will NOT ride on surface streets at any time

