



# H.A.G.S. EDITION



## G.O.T. Quarterly Newsletter

### Whats new?

- JUSTIN MAWDSLEY

Guided Outdoor Travels kicked off our first ever after school programs.

Partnering with **Safe Kids Frederick County, Frederick County Public Schools** and **The Frederick Bicycle Coalition** we were able to participate in two amazing events just before the end of the school year.



The bike rodeo course

May 19th we helped with a bicycle helmet giveaway at Monocacy ES.

The following day, May 20th we aided with an additional bicycle helmet giveaway event as well as held a bike rodeo at Hillcrest ES.

Hundreds of helmets were given away to both children and their parents over the two days.



if you know of any schools or private groups that would be interested in setting something up don't hesitate to reach out!

[Guidedoutdoortravels@gmail.com](mailto:Guidedoutdoortravels@gmail.com)



### MORE Women's Day

- CLAIRE MARSH



On May 14th (after being rained out a few weeks prior) MORE held a Women's Mountain Biking Day.

Skills clinics were held in the morning at South Germantown Bike Park which later transitioned into group rides at Schaeffer Farms followed by lunch as well as afternoon basic bike maintenance and trail-side repair clinic hosted by yours truly.



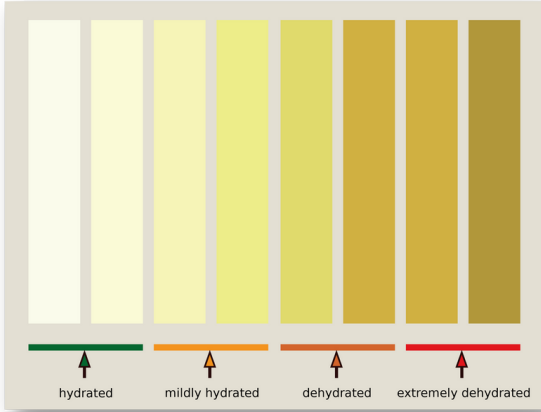
MORE Womens Day 2022 Group

I highly recommend attending events like these to meet other riders, learn new skills, ride new trails and build the women mountain biking community into a positive direction.

For anyone looking for a quick guide regarding pre-ride safety and maintenance, feel free to download a PDF pamphlet of the ABC Quick Check as well as some basic pack and shop tools we suggest for a successful ride directly from our website



[G.O.T. MEDIA/RESOURCES](#)



## Friendly hydration reminder

If you're planning on a big day of riding in the heat then it's important to remember that hydration starts the night before.

\*Pro tip - eating a hearty salad (or veggies in general) before a ride or mid ride can tremendously improve/sustain your hydration levels.

The vegetables break down and slowly releasing their water content into your body.



## Summer Program Calendar Updates

For any of our Scouts out there reading this, Summer has always been a great time to tackle some more Merit Badge requirements. As a certified merit badge counselor in the National Capital Area Council I am able to offer programs that support Scouting goals.

As always a list of our upcoming group classes are listed on the program calendar, however if you want to set up a private group clinic you can always email me at: [Guidedoutdoortravels@gmail.com](mailto:Guidedoutdoortravels@gmail.com) or reach out to me VIA the website.

[PROGRAM CALENDAR](#)



## Gravity Soul - open days

If you're looking for a one of a kind riding experience and the opportunity to ride some more gravity oriented trails then be sure to be on the look out for open ride days at Gravity Soul Farm. The best way to stay up to date with the open days is via their social media.

 <https://instagram.com/thegravitysoul?igshid=YmMyMTA2M2Y=>

 <https://www.facebook.com/TheGravitySoul/>

[ONLINE WAIVER](#)



## Helmet Safety Reminder and Tips

Stay safe this summer! Always wear your helmet while riding. If your helmet is over 5 years old, regardless of how much it's been used, you might want to replace it. Old helmets can become brittle and less effective in an accident.

Choosing the right helmet can be tough and understanding the safety behind the helmet can be even more confusing. The helmet pictured above is a prime example of what **NOT** to buy. The molded rubber mohawk will act as a leverage point and deflect your head in an accident causing more trauma.

Luckily Virginia Tech has a leading helmet rating/testing system and make their findings easily accessible

[VIRGINIA TECH HELMET RATINGS](#)