Mountain Biking North Carolina  
**Cornell Outdoor Education**  
Phillips Outdoor Program Center  
B01 Bartels Hall, Campus Road  
Cornell University, Ithaca, NY 14853  
(607) 255-6183

**COE Contact:**  
Rob Cook, rjc288@cornell.edu

**Meeting Times:**  
Refer to website, coe.cornell.edu

**Attendance/Timeliness Policy**

All classes and trips are mandatory for this course. Students will be dropped if they do not attend the first class. Missing any class or trip will result in loss of credit for the course.

The instructors have planned the course to use the entire class time. You are expected to be on time and ready to participate at the beginning of each day.

This is a participation based class, and cell phones have proven detrimental to students’ ability to participate fully in our courses. As a result, no cell phone use will be allowed during class. Failure to recognize this policy or a failure to participate actively in the class may result in loss of credit for the course based on lack of participation in the activity.

**Topics Covered**

- Safety policies and emergency procedures  
- Basic use and care mountain bike equipment  
- Basic bike repairs  
- Map reading  
- Basic trail riding techniques  
- Intermediate trail riding techniques  
- Leave No Trace and trail etiquette  
- Camping techniques

**Goals:**

- Students should have fun and develop an appreciation for mountain biking  
- Students should gain an understanding of basic mountain biking skills as identified above  
- Students should learn to take responsibility for their own safety while mountain biking  
- Students should learn how to properly use and care for mountain biking equipment