

USAG Ansbach Outdoor Recreation

Warrior Adventure Quest - Mountain Biking

Available: Mon - Friday * **Minimum Personnel:** 20 **Maximum Personnel:** 40

Full Day

0845 - 0900: Have all Soldiers ready to participate in a MTB ride
0900 - 0915: Introduction and WAQ Activity Briefing
0915 - 0930: Equipment hand out and safety briefing
0930 - 1200: MTB Ride
1200 - 1300: Lunch
1300 - 1500: MTB Ride
1500 - 1530: L-LAAD Debriefing and WAQ post-survey
1530: Released

Half Day - Morning

0845 - 0900: Have all Soldiers ready to participate a MTB ride
0900 - 0915: Introduction and WAQ Activity Briefing
0915 - 0930: Equipment hand out and safety briefing
0930 - 1130: MTB Ride
1130 - 1200: L-LAAD Debriefing and WAQ post-survey
1230: Released

Half Day - Afternoon

1245 - 1300: Have all Soldiers ready to participate a MTB ride
1300 - 1315: Introduction and WAQ Activity Briefing
1315 - 1330: Equipment hand out and safety briefing
1330 - 1530: MTB Ride
1500 - 1530: L-LAAD Debriefing and WAQ post-survey
1530: Released

Checklist:

- We will be riding off post, ACUs will not be allowed
- Depending on the temperature, long pants and long sleeves recommended
- Shoes with traction (no open toes or flip-flops)
- Layer your clothing (temperatures will vary throughout the day)
- Change of clothes is recommended upon completion
- For summer months bug spray and sunscreen is recommended; short pants and short sleeves are recommended

Water:

- Water will available at the facility and at the end of the ride
- Please bring water bottles or canteens, camel backs are highly recommended
- If you reserve a full day WAQ Session, a packed lunch will be provided at no cost

*Prior reservation is required

Please feel free to contact Outdoor Recreation at **314-467-3225/3354**

