

PRTL 1243: Introduction to Bikepacking

Fall 2020

2.0 credits, Credit/Non-Credit

Class meets: Pre-trip meeting: Monday, 8/24 from 6-9pm in HPR N 226; Class meeting Friday through Sunday, 9/18-9/20 (meeting in Monticello, Utah).

Instructors: Dustin Randall-435-590-2741 info@roamutah.com
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Office Hours: Please email or call

Office Location: Annex Room 1085

Prerequisites: There are no prerequisites for this class. However, students should be prepared to ride a bicycle on dirt roads for 6-8 hours a day.

Required Materials: Assignment Handouts

Course Description: Bikepacking—or, backpacking by mountain bike—is an increasingly popular way to learn about the outdoors. This introductory class is designed to teach students about an alternative choice of human powered adventure for outdoor enthusiasts. Bikepacking allows the adventurer to cover more miles than hiking as well as accessing dirt roads and trails that are otherwise inaccessible to other vehicles. In this class we will cover various aspects of bikepacking including outfitting bikes, gear to bring, and tips for planning trips. Students will learn about public land policy, be more fluent in conservation issues critical to the State of Utah, and practice minimum-impact travel and camping techniques.

Student Learning Outcomes:

- Students will forge confidence in planning and organizing their own bikepacking trips. Consult with, encourage, serve, and support fellow classmates and instructors.
- Students will apply principles of minimum-impact wilderness travel to a multi-day backcountry bicycle program.
- Students will employ basic route finding, cycling, and time management skills relevant to backcountry travel.
- Students will learn and apply risk management techniques for bikepacking and camping.
- Students will reflect on the value of wilderness, “unplugging” from technology in a nature-based environment, and the benefits/costs of increased federal land management in the Western U.S.
- Students will see, learn, and discuss land use and conservation strategies used by the federal government (BLM, NPS, USFS) private groups (Friends of Cedar Mesa) and local populations.

Teaching and Learning Methods: Students learn experientially; through a reflection writing assignment; and through readings; through lecture; discussion, and through presentations (their own).

Course Policies:

- Students are required to attend all class and field sessions
- Students are required to participate fully in all classroom and in field sessions. Leaving early or arriving late is not acceptable.
- Students who arrive late may not be able to participate in the course.
- Students are expected to leave their cell phones in airplane mode (or, as we like to call it, “nature mode”) when in class.
- Students are required to check Canvas each weekday and reply to discussions and announcements within 24 hours of posting, or by noon on Monday following a weekend. Acceptations may apply.

Assignments:

- 1) Read the Leave No Trace (LNT) Article “Leaving Leave No Trace Behind”. Write five detailed discussion questions with your responses relevant to this article. Be prepared to share these with the class during the field experience on day one.
- 2) Read the Visit with Respect principles. Please consider these principles prior to coming on the field session. These are similar to LNT, however are specific to geological and archeological sites you will encounter in Southeast Utah.
- 3) Read “[A proposed bill would open wilderness to bikes. Here’s what you need to know](#)” by Vernon Felton. Summarize your thoughts about how you would support or not support mountain bikes in Wilderness Areas. Summary must demonstrate an accurate understanding of a federally-designated wilderness. Summaries will be posted on a discussion section in Canvas.
- 4) Read “[Bears Ears Proposal Overview](#)”. Summarize your thoughts on whether you would support or not support the establishment of Bears Ears National Monument. Summary must demonstrate an accurate understanding of what a National Monument is and what Bears Ears Inter-Tribal Coalition is. Summaries will be posted on a discussion section in Canvas.
- 5) Write a paper about one of the following topics: Bear’s Ears National Monument; Mountain Bikes in the Wilderness; The Sagebrush Rebellion; The Changing Landscape of Public Lands Management; Bicycles as a Form of Alternative Transportation. Use the information acquired from this class plus incorporate at least two citations that support or enhance your topic. Each paper must include the following:
 1. A title page with the course name and number, semester, student's name, ID number, and telephone number.
 2. At least two full pages of text, word-processed, double-spaced, and edited.
 3. At least two citations for this incident paper (at least 1 objective).
 4. A two paragraph summary about how you will incorporate what you’ve learned about your topic into your daily lives back on campus.
 5. Unacceptable papers: Students sometimes submit Unacceptable papers, and a rejected paper means a “No Credit” grade. The most common reasons for rejected papers are as follows:
 - a. Less than two full pages of text.
 - b. No references.
 - c. Factual errors.
 - d. Paper written on a non-relevant topic.
 - e. Excessive spelling and/or grammatical errors (lack of proofreading).

Grading Criteria:

1. Grading criteria for LNT discussion questions includes detail of questions; whether questions demonstrate an understanding of Leave No Trace principles; and thoroughness of reply.
2. Grading criteria for the reading summaries includes accuracy; a nuanced understanding of the issues discussed; and a well-supported argument for position.
3. Grading criteria the writing assignment is discussed above.

Course Schedule

Our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas.

Day	Date	Topics, Readings, Assignments, Due Dates
0 (Pre-trip)	August 24	Intro to bikepacking Equipment and clothing overview Packing techniques Trip planning U- Explore Curriculum: Lightning, Mine Safety, and US Land Management Agencies today Leave No Trace
1	Sept 18	Arrive in Monticello; equipment check, fit bikes to riders, and pack; trip overview class can decide on level of trip intensity (map, LNT, camps, geological points of interest, etc); basic bike mechanics; shuttle to start; begin ride--review techniques; explore, relax, camp.
2	Sept 19	Discuss goals and options for the day. The Elk ridge area offers massive canyons to be explored, little known Native American ruins to be visited, grass-covered meadows for naps and frisbee games and a pristine, unknown backcountry climbing crag. Lots of pedaling through ponderosa forests flanked by deep canyon walls, establish camp, cool down, meal prep, nighty night. Evening discussion include Leave No Trace and Public Lands. Bring Assignment #1 and be prepared to discuss.
3	Sept 20	Breakfast, pack up, and evaluate distance and time to determine pace and extra activities. Shuttle or ride back to town. Clean gear, bikes (and selves) up, hold after action review, students head back north with confidence and determination to continue human powered adventure!
	See Canvas	Assignments 1, 2, 3, and 4 due via Canvas.

Other information:

1. The Americans with Disabilities Act: The University of Utah Seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability Services (CDS; <http://disability.utah.edu/>; 162 Olpin Union Building; (801) 581-5020). CDS will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made in an alternative format with prior notification to the CDS.
2. Sexual Misconduct: Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age status as a person with a disability, veteran's status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX (9) Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, (801) 581.8365, or the Office of the Dean of Students, 270 Union Building, (801) 581.7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, (801) 581.7776. To report to the police, contact the Department of Public Safety, (801) 585.2677 (COPS).

3. The Code of Student Rights and Responsibilities: The code, which specified student rights as well as conduct involving cheating, plagiarism, collusion, fraud, theft, etc., is provided at <http://regulations.utah.edu/academics/6-400.php>.
4. Wellness Statement: Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student's ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness, <http://wellness.utah.edu/>; (801) 5812-7776.
5. Withdrawal Policy: Students may drop without penalty within two days following the first class meeting. Drops are not possible after that date.
6. Essential Paperwork: Each student **must sign** a University of Utah Participant Agreement, Release, and Acknowledgement of Risk form. Read it carefully before signing, as it lists many of the risks present on this course. Health/medical insurance is required for the field days and is available through student services at a daily rate. Forms must be handed in before the field session begins!
7. Potential Syllabus Changes: Although efforts have been made to ensure syllabus accuracy, errors may be present. In addition, certain events may require changes to the syllabus. Students will be notified of such changes via email.
8. Regarding Risk: All activity classes pose a certain risk of injury, death or loss of property to the participants, and you accept this by remaining enrolled. Hazards include but are not limited to the terrain, snow conditions, avalanches, weather, animals, vegetation, equipment, vehicles, one's self, other persons, other students, and instructors.
9. General Policies: Firearms, fireworks, alcohol, controlled substances, electronic entertainment devices, pets, non-enrolled persons are not allowed. Unsafe or environmentally damaging behaviors are also disallowed. Violation of these policies requires instructors to dismiss a student from the course without credit or refund.

Equipment: Each student is responsible to obtain the proper personal equipment necessary for field sessions; **please see packing list** below. The classroom session will go into further detail and tips for packing.

Each participant is encouraged to bring their personal bike and bike bags (frame bag, seat post bag, anything cages, sweet roll). This link is a [great resource describing these bags](#), and to prep you for how you will be carrying/packing your gear. If you do not have a bike but really want to do this class, fear not. We have a limited number of rock crushing, sand surfing bikes for rent (surly ECR) all frame and bar bags included with bike rental. This bike setup is ideal for the country we will be traversing for the field days, this is not included in the course fee. However, your personal mountain bike can be used if that is preferred.

Equipment list:

- Riding Attire
 - Helmet
 - Daypack, less than 32L – for camelback, short foot explorations
 - Appropriate closed toe footwear must be worn (flat or clipless can be worn—if you choose to wear clipless please bring your own pedals). Flats are nice to limit shoes to 1 pair—if going this route sticky rubber is recommended such as found on rock climbing approach shoes.
- Sunglasses--rose & clear colored lenses for day & night riding
- additional clothing see section below
- Personal Gear
 - Tarp/bivy
 - Sleeping bag/sleeping quilt—with compression sack
 - Ground sheet
 - Sleeping pad
 - Head lamp
 - Eating utensil & bowl
 - Personal
 - first aid kit

- Sunscreen and lip balm.
- Toilet paper and 2 ziplock bags. (LNT ☺)
- Personal hygiene/toiletries: toothbrush, toothpaste
- WAG bags
- camera
- pocket knife
- Water canisters, packable bladders, or camelbak— recommendation is to be able to carry 3L of water per day.
- Notepad and pencil (“Rite in the Rain” brand works well in case of wet conditions)
- basic bike repair kit
- Group (we’ll plan out group items and assignments in class)
 - Meals (breakfast, lunch, dinner, and snacks) for 3-days (chocolate for instructors).
 - Stove, cookware, fuel
 - water purification/treatment
 - Bike kit (shared items--pump, extra tools, etc)

Sleeping kits, bikes, and mess kits that have been stocked specific for bikepacking can be rented you’re your instructor’s outfitter Roam Industry. This will be discussed in the pre-trip meeting. Additional equipment can be rented from the U of U OA Program. Contact the OA: phone 581-8516, Campus Recreation Services, George S. Eccles Student Life Center, 1836 Student Life Way, Salt Lake City, UT 84112. The OA is open Mon.-Fri. 8-6. Equipment can be reserved by paying the rental fee on Monday of the week of use. Several outdoor shops in the valley also rent this equipment. **Check all rented or borrowed equipment carefully before trying to use it in class. Make sure it fits and works properly before class.**

Clothing etc.: Weather is unpredictable, be prepared with appropriate layers. Basecamp for the field session is in Monticello, UT at 7,036 ft. The field sessions will be outside in potentially varying weather conditions: direct sunlight, heat, or rainy/wet. If you don't know what to wear or bring, please email your instructor. This resource will provide you with idea of how your gear’s weight will be distributed on your bike <<http://www.palespruce.com/bikepacking-gear-spreadsheet/>>

- Dress in layers so you can unzip or remove a layer if too warm.
 - Baseliner: merino wool is nice
 - Shell: water rappelling and wind breaking – both jacket and pants
 - Insulating layer: fleece, synthetic, light down
- Bring some extra warm clothing/layers to pack and sleep in (you can add 15° to a 35° sleeping bag with thick socks, a down jacket, and a tarp.)
- Socks (wool recommended)--1-2 for biking, and 1 reserved for sleeping
- Shorts
- Padded chamois
- Bike gloves
- Beanie
- camp shoes

Additional Information: All activity classes pose a certain risk of injury, death or loss of property to the participants, and you accept this by remaining enrolled. Hazards include but are not limited to the terrain, snow conditions, avalanches, weather, animals, vegetation, equipment, vehicles, one's self, other persons, other students, and instructors.

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