



## *Jumonville*

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### **What You Need to Know for Mountainboarding**

#### ***What to Expect:***

You will definitely fall down a lot and you will get dirty. Grass stains on your clothes are a very strong possibility. Mountainboards are like a cross between snowboards and skateboards. As you can see from the pictures, they have large wheels (pneumatic tires) and you will use them to travel down the milder hills at Jumonville. We use a lot of progression with our mountainboards. You'll start with a gentle slope and learn how to travel down hill and turn both directions. You'll also learn how to properly fall. As the skill level of the group increases, we'll move to larger hills and continue working on your turning skills. We will progress together as a group.

Oh yeah, after you ride down the hill, you have to carry your mountainboard back to the top of the hill. We don't have a lift but the hills where we mountainboard are not that steep.

You can also see by the pictures that you will be wearing lots of protective gear. You will be wearing a helmet, elbow pads, wrist pads, knee pads, a butt pad, and leather gloves. All that to give you the maximum protection from getting hurt. 95% of our riding is on the grass rather than the concrete, but the ground can still be hard and it is possible to get hurt if you take a bad fall. Remember, this is an adventure activity, so there is going to be some risk.

#### ***What to Wear:***

The clothes you use for mountainboarding should be clothes that you don't mind getting grass stained and possibly torn. Long pants and closed toes shoes are required. If the weather is not too hot, you may also want to consider a long sleeved shirt.

#### ***What to Bring:***

The main thing to bring is your sense of adventure. Obviously you will need the clothes to wear for riding. You may want to "layer" your clothes so you can adjust for the temperature. If it is really hot, you may want some water. Jumonville will provide all the gear you will need.

#### ***What We Need to Know:***

While we do not require a medical information form, we do need to know if any of the following conditions are present in your group: elevated blood pressure, any heart condition, seizure disorders, asthma, allergies serious enough to cause anaphylaxis, wounds, and/or orthopedic anomalies.

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