

# HPDP BIKING SERIES

TCRHCC HEALTH PROMOTION DISEASE PREVENTION PROGRAM



**APRIL 18TH – RED MESA TRAIL – PAGE**

**MAY 9TH – DINOSAUR TRACKS TO MOENAVE ROAD – TUBA CITY**

**JUNE 6TH – TOM MOODY EXTENDED LOOP TRAIL – FLAGSTAFF**

**JULY 18TH – BUFFALO PARK TO MCMILLIAN TRAIL – FLAGSTAFF**

**AUGUST 22nd – S. HWY 89 INDIAN ROUTE 6135 – MP 480.5 – TUBA CITY**

**SEPTEMBER 26TH – CAMPBELL MESA TO WALNUT MEADOW – FLAGSTAFF**

**ALL EVENTS WILL START AT 8:00AM (DST)**

## REGISTRATION PROCESS

- Scan the QR code to register or follow the link: <https://forms.office.com/r/58q7qVHD0e>
- Registration is required. One time registration, can be completed online or in-person at event locations.
- Open to all community members.
- Youth (17 & under) must have a parent, guardian, or adult family member present at all times & must be registered by a parent or guardian.
- Youth ages 6yo & up, must meet minimum height requirement of 3'7" to utilize HPDP youth mountain bikes.



## NEED TO KNOW.....

- In-person participation is required. No virtual participation.
- Check-in for all events will begin at 7:30am (DST).
- Please arrive to the biking location on time. You are responsible for your own transportation to and from the event.
- HPDP mountain bikes are available for participants to use. This will be on a first come first serve basis.

For more information contact HPDP Program at 928-283-3513 or email: [JMIregistration@tchealth.org](mailto:JMIregistration@tchealth.org)