

**UAB OUTDOOR PURSUITS  
CHIEF LADIGA TRAIL DAY TRIP, AL**

Dec. 5, 2009

**Saturday Dec. 5**

- Meet in room 290 at the Campus Recreation Center at **8:00 AM**.
- Eat breakfast, pack daypack with a sack lunch/snacks and fill water bottles before you come.
- Dress in clothes for riding, including closed toe shoes. Layers, for warmth is good idea.
- Ride to Anniston and the trail head.
- Fit bikes and begin ride.
- Stop at a beautiful location and eat lunch.
- This ride is an out and back, so ride at your own pace. At the agreed turn-around time reverse your direction, this allows participants to ride the distance they choose, and all still reach the vans at the same time.
- Return to UAB vans.
- You might consider bringing a change of clothes for when we get off the trail.
- Load bikes in van.
- Return to Birmingham by 5:00 PM.

Pre-trip meeting and deadline for sign-up,  
Tuesday, December 1 at 6:00 PM in room 290 of Campus Rec.  
Pick up equipment, packing list, and receive additional instructions.  
Trip fee covers equipment and transportation.  
Participants are responsible for all meals.  
Any questions not answered at pre-trip meeting should be directed to:  
Bill Pierce 996-4913

For your outdoor needs visit

**Mountain High**  
O U T F I T T E R S

2800 Cahaba Village Plaza, Suite 250  
Birmingham, Al 35213  
(205) 879-8850

127 Summit Blvd  
Birmingham, Al 35243  
(205) 967-7607

2000-147A Riverchase Galleria  
Birmingham, Al 35244  
(205) 985-3215

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Huntsville, Al 35806  
(256) 327-8438