

Tread Lightly! Pledge

- T**ravel and recreate with minimum impact
- R**espect the environment and the rights of others
- E**ducate yourself, plan and prepare before you go
- A**llow for future use of the outdoors, leave it better than you found it
- D**iscover the rewards of responsible recreation

treadlightly![®]
LEAVING A GOOD IMPRESSION



Ford Motor Company Fund

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**The
Tread Lightly!
Guide To
Responsible**

Mountain Biking

**With
Minimum Impact
Camping Tips**

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THE TREAD LIGHTLY! GUIDE TO RESPONSIBLE MOUNTAIN BIKING

WITH MINIMUM IMPACT CAMPING TIPS

INTRODUCTION

*We did not inherit the Earth from our parents,
We are borrowing it from our children.*
-Native American Proverb

For many of us, enjoyment of the outdoors is the main reason we recreate – "to get away from it all." Hunting, fishing, camping, trail riding, photography, canoeing, hiking, biking – you name it – are very popular.

Access to trails provides the opportunity to bring out the Lewis and Clark in all of us – to explore and enjoy. But we have a responsibility to our outdoor "home," to keep it neat and orderly, just as we would our own homes.

Throughout this *Tread Lightly! Guide to Responsible Mountain Biking*, we will help you prepare for an enjoyable outdoor experience on a mountain bike, and still be a responsible, positive influence on nature, and those around you.

Now...off to the wonderful world of responsible mountain biking, the *Tread Lightly!*[®] way.



WHAT IS TREAD LIGHTLY!?

Tread Lightly! is an educational program dedicated to increasing awareness of how to enjoy the great outdoors while minimizing impacts. It emphasizes responsible use of off-highway vehicles, other forms of travel and low impact principles related to outdoor recreational activities. It is a long-term, information program designed to increase the public's awareness that recreationists must exercise special care of the outdoors if opportunities to recreate are to continue, with the quality of experience maintained and enhanced.

Tread Lightly! was launched in 1985 by the USDA Forest Service to help protect public and private lands. Shortly thereafter the USDI Bureau of Land Management adopted the program. To maximize its effectiveness, program responsibility was transferred to the private sector in 1990 making *Tread Lightly!* a nonprofit organization.

Over the years the program has steadily added new dimensions to meet the needs of all types of outdoor enthusiasts. The program's message was expanded in 1997 to include the promotion of responsible water based recreational activities. These changes brought the USDI Bureau of Reclamation and USDO Army Corps of Engineers on board as additional federal partners. Most recently the USDI National Park Service and U.S. Fish and Wildlife Service joined in partnering with *Tread Lightly!*.

Tread Lightly!, Inc. unites a broad spectrum of federal and state government agencies, manufacturers of recreational products, media, enthusiast groups and concerned individuals who share a common goal to care for natural resources. Through education, restoration and research *Tread Lightly!* empowers generations to enjoy the outdoors responsibly thus ensuring future use of land and water.

Tread Lightly!'s message now reaches an international audience of outdoor recreationists. Through the services of *Tread Lightly!*, recreationists learn that opportunities to use the outdoors tomorrow depends on how they recreate today.

The message is simple. Conserve our environment! Make the commitment to follow *Tread Lightly!* principles as summarized in the Tread Pledge.

Travel and recreate with minimum impact
Respect the environment and the rights of others
Educate yourself, plan and prepare before you go
Allow for future use of the outdoors, leave it better than you found it
Discover the rewards of responsible recreation

TRAVEL AND RECREATE WITH MINIMUM IMPACT

By understanding and practicing proper mountain biking techniques you will be reducing the impact you might otherwise have on the environment. The following are techniques to assist you in proper mountain biking, and to help you travel and recreate with minimum-impact.

NEGOTIATING TERRAIN

Mountain biking is a wonderful way to see the outdoors if done properly. Here are a few tips to help you negotiate the terrain while protecting the environment.

- ▶ Avoid those trails that are obviously wet and muddy. Ruts can lead to more damage as users try to avoid them by moving to the side, which widens the trail or causes multiple trail tracks.
- ▶ Cross streams at a 90-degree angle. Remember stream bottoms are often slippery. Walking across moving water minimizes the risk of dumping your bike and possibly injuring yourself.
- ▶ When climbing, shift to a gear that provides comfortable forward momentum and maintains traction.
- ▶ When descending, apply enough brake to maintain control, but avoid locking your bike's wheels.
- ▶ Develop your bike-handling skills. Keep control of your bike at all times.
- ▶ Dismount and walk the bike if you are uncomfortable with the terrain or grade.



Minimum Impact Camping

An "overnighter" or an extended trip will require proper preparation. You will have to carry provisions and camping gear, either in packs or in your support vehicle. Here are some helpful hints to make your camping enjoyable and environmentally sound.

- ▶ Plan meals before you leave. Repackage food into reusable containers or plastic bags. This will reduce the amount of waste and weight that must be packed out.
- ▶ Select lightweight equipment such as backpack stoves, collapsible water containers, etc. These are easy to pack, take less space, save weight and help reduce impacts on the environment.
- ▶ Consider selecting tents, backpacks, etc. in earth tones that will blend into the surroundings.
- ▶ Whenever possible, use existing campsites. If in a remote area, scout the area to determine where to make camp. If at all possible, select a site that has been highly impacted, so that your presence will not do further damage. These are areas where most of the vegetative cover has been lost and there is a hard packed surface. Choose durable surfaces for cooking and tent sites to minimize further trampling of vegetation.
- ▶ When camping in a remote area, select a campsite that is approximately 200 feet off the trail with boulders and vegetation for screening from others. Also, camp 200 feet from water to avoid contaminating the water source. Avoid camping at or near historical, archaeological, or pale ontological sites. Camp and bike away from other campsites – respect the desire of others for solitude.
- ▶ In desert areas, do not camp on undisturbed cryptobiotic soils. Cryptobiotic crust looks like tiny castles of dark, thin, mineral crust, but it is a self-sustaining biological unit. It may take as long as 100 years to mature, and can be destroyed by just a few steps.
- ▶ Use a portable gas stove for cooking. It is an excellent cooking heat source for overnight. It produces a lot of heat and leaves no waste.
- ▶ If a campfire is used, use only dead and downed wood no larger than your wrist. Use a fire pan or "mound fire" to avoid scarring the ground. Do not ring the fire with rocks. It just makes black rocks. Let the fire burn completely out and scatter the cold ashes across a wide area before you break camp.
- ▶ In the backcountry, human waste should be disposed of in a shallow hole (6-8 inches deep) at least 200 feet from water sources, campsites, or trails. The hole should be covered and disguised with natural materials.

- ▶ Avoid the use of soap whenever possible to prevent water contamination. Hot water and a thorough scrubbing solve most cooking clean-ups. If you need to bathe with soap, use water from a container and take a "sponge bath" at least 200 feet from water sources. Use soap sparingly.
- ▶ When breaking camp, take a few extra moments to "police" the area. Bag all garbage (waste materials) and take it with you. Minimizing the evidence of your presence will leave the area natural, enhancing others experience. Please remove trash left by others.

RESPECT THE ENVIRONMENT AND THE RIGHTS OF OTHERS

Rules and Common Courtesy on the Road or Trail

A mountain bike's speed, silence, and maneuverability can pose problems on trails shared with hikers and horse riders. Mountain bike enthusiasts must be careful to present a courteous and positive image when sharing the trail with others. Respect other trail users.

- ▶ Ride only where permitted. Stay on the trail and/or road.
- ▶ If you encounter a gate on public land, leave it as you found it unless posted otherwise.
- ▶ Be considerate of others on the trail. Be cheerful and pleasant. A friendly "Hi!" goes a long way to building a positive image. Be a goodwill ambassador for mountain biking.
- ▶ When encountering other hikers, bikers, or stock users on the trail, yield to the passing group or those traveling uphill. Dismount and stand to the side if the trail is narrow. If you are passing others, politely announce your presence and proceed with caution.
- ▶ When encountering pack animals on the trail, stop and ask the handler how to proceed. Do not make sudden movements or noises, which might startle the animals.
- ▶ Respect private land. Many landowners will allow you to cross their land, but only if you ask permission.



EDUCATE YOURSELF, PLAN AND PREPARE BEFORE YOU GO

Before you head out for a mountain bike trip in the backcountry, a little preparation can make your life easier, safer and at the same time protect the environment. Getting the proper gear together and planning your bike trip will help maximize your time in the backcountry and minimize your problems.

STEP BY STEP...PEDAL BY PEDAL

Preparation

Preparing a checklist for your bicycle, emergency, and personal items is important. Refer to pages 12-15 for the *Tread Lightly!* Mountain Bike Check List. The following are additional tips to assist you in your planning.

- ▶ Obtain a travel map of the area you wish to explore. Determine which areas are open for your use. Select the safest route for your ability and determine what special rules and regulations may be in effect for that area. First time to an area? It may be best to try a lower rated trail to determine your personal level of ability. If you have questions, contact the land management agency responsible for managing the area. If the area you wish to reach is on private property, contact the land owner(s) to obtain their permission. Ask about restrictions.
- ▶ Make sure your support vehicle is a properly tuned vehicle that will get you there and back. Refer to *Tread Lightly!'s Guide to Responsible Four Wheeling* for a detailed support vehicle checklist.
- ▶ Check with the land management agency in the area for information on road and trail conditions, temporary or seasonal closures, special permits, or regulations that apply to off-highway cycling and motor vehicle use.
- ▶ Check the long-term weather forecast for the location you will be visiting. A storm that you are not prepared for can be a miserable experience at best, and an outright disaster at worst.
- ▶ Make certain that your bike is in the proper operating condition. Check your brakes, shifting system, and wheels to see that they are properly adjusted and in good operating condition. Take the necessary safety gear: helmet, eye protection, gloves, and other personal items.



- ▶ Prepare for the unexpected. A small backpack containing plenty of water, high-energy food, a water-repellent jacket, basic first aid kit, tools, spare bike parts, and a flashlight will get you through most emergencies.
- ▶ Make a realistic trail plan and stick to it. Let everyone know where you will be – even on a day trip. Have an itinerary of your overall trip. Leave a copy with family or friends at home in the event of an emergency.
- ▶ Be familiar with the different signage that you will see on the trail and proceed accordingly



Safety on the Trail

Safety on the trail is critical. Knowing your limitations and using common sense will ensure your well being. Review the following tips and practice safe operation of your mountain bike at all times to protect yourself and the environment.

- ▶ Be certain everyone has a map of the area and the planned trails you will be following. Leave a copy easily located in your vehicle, so if there is a major problem, searchers can quickly pinpoint the areas where you may be. Select "rest" sites where everyone will meet.
- ▶ Don't overextend daylight hours. Plan your trail-riding schedule around being back at the campsite or designated meeting place at a predetermined hour.
- ▶ Wear a helmet, eye protection, gloves, and other personal safety gear.
- ▶ Wear appropriate clothing. Select clothing that offers lightweight protection, "breathes," dries quickly, and can keep you warm.
- ▶ Mountain biking requires a high level of skill and judgment. Do not use drugs or alcohol. They can impair your skills, leading to accidents and/or serious injuries. If you are on prescription or "over-the-counter" drugs which carry a vehicle operation warning, don't ride.
- ▶ Pace yourself. Mountain biking is physically demanding. If you are riding at higher altitudes, remember the air is thinner, and you'll tire more quickly than at low altitudes. Make realistic goals and stop frequently, at least until you have adapted to the environment.

- ▶ A multi-use trail is not a racecourse. Emulating racers you see on television or at sanctioned race events may be exciting, but remember, these events are typically held on closed courses, and the sites are monitored for safety. Races have strict rules. Aside from the potential for creating environmental damage, reckless riding endangers you and others sharing the trail.
- ▶ Use common sense and know your limitations. If you have doubts about your ability to ride a section of trail, look at the map and see if you can find a route which better matches your personal abilities.
- ▶ Buddy up with two or three riders. Riding solo can leave you vulnerable if you have an accident or breakdown.
- ▶ Maintain a reasonable distance between you and your fellow riders. "Tailgating" can lead to disastrous results if the lead rider takes a tumble.

ALLOW FOR FUTURE USE OF THE OUTDOORS, LEAVE IT BETTER THAN YOU FOUND IT

Mountain Bikes and the Environment

With the number of mountain bike enthusiasts rapidly growing every year, the repeated and often unintentional misuse caused by these bikes can quickly create environmental damage. By using common sense and taking a few precautions, mountain bike enthusiasts can assure that the backcountry trails they frequent will remain available and in good condition.

- ▶ Respect the environment.
- ▶ Always stay on designated roads and trails.
- ▶ Avoid "spooking" livestock (i.e. horses, mules, cattle, sheep, llamas) you encounter. Slow down and keep your voices low. Range animals should be treated as you would an unknown dog – proceed with caution.
- ▶ Always avoid sensitive wildlife habitat (i.e. wetlands, streams, meadows and fields.) Crashing through undergrowth or across meadows can destroy nesting sites.
- ▶ In the desert, do not ride on cryptobiotic soils. In the high country, avoid riding on tundra.
- ▶ Ride slightly to the middle of the trail to minimize widening it while also watching for other trail users.

- ▶ Pack it in, pack it out. Don't litter the trail. Do MORE than your share. If you encounter litter or repairable damage on the trail don't pass it by. Stop, pick up litter or repair damage the best you can.
- ▶ Avoid side slipping, which can start a rut, ultimately leading to soil erosion and potential loss of the trail.
- ▶ Cross streams at fording points only. Riding up and down a streambed disturbs fish and other aquatic habitats and can damage chains and gears on your bike.
- ▶ Following a ride, make sure you completely wash down your bike and clothing to reduce the spread of noxious weeds the next time you go out.
- ▶ Wilderness areas are managed to maintain their primitive character and to provide opportunities for solitude. These designated areas are solely for non-mechanized travel by foot or stock users. Sorry, no bikes.

DISCOVER THE REWARDS OF RESPONSIBLE RECREATION

- ▶ Mountain biking provides the opportunity to get away from it all and builds family traditions.
- ▶ Remember – if you abuse it, you'll probably lose it! Careless operation of your mountain bike can cause damage and may result in closing of areas to mountain bike enthusiasts.
- ▶ Respect the environment and other trail users. By using common sense and common courtesy, what is available today will be here to enjoy tomorrow.



THE TREAD LIGHTLY! MOUNTAIN BIKE CHECK LIST

Like your support vehicle, your mountain bike should be in optimum operating condition. The price you pay for neglecting your bike's condition could be blistered feet from walking all the way back to your base. The worst could be a safety system failure at the most inopportune moment, which might result in serious injury to yourself or someone else on the trail. This checklist will allow you to go to the backcountry with a greater degree of confidence.

If you aren't mechanically inclined, take your bike(s) to a reputable bike shop for maintenance before you leave on your trip.

Frame

- Check the straightness of the frame. If out of true, fix it yourself or take it to a bike shop for straightening. A straight frame provides better control and less chance of chain binding.

Steering / Seat

- Check the handlebar and make sure it's straight.
- Check that the handlebar is adjusted to the proper height. Does it provide proper and comfortable leverage and control, whether standing on the pedals or seated?
- Check all the nuts and bolts. Are they tight?
- Check that the fork blades are straight. A slightly bent fork will cause the front tire to be misaligned, hamper steering, and promote excessive tire wear.
- When adjusting your seat, align the nose of the seat to the center of the top tube of the frame.

Tires / Wheels

- Check that the tires are in good condition with plenty of tread. If not, replace them.
- Check that the tires are properly inflated. Inflate to the proper pressure several days before you plan to leave. Check them every day. If they are losing pressure, check the stem, stem valve or inner tube for a slow leak. Repair or replace if necessary.
- Check that the wheels are true. Turn the bike upside down and spin the wheel. If it wobbles from side to side, it is either a bent rim, or one or more spokes are loose. Check the spokes for proper tension (see your bike's owner manual). Tighten spokes to the proper tension. Replace a bent wheel.
- Check condition of wheel bearings. Replace worn bearings. Clean bearings and repack with waterproof grease.
- Make sure axle shaft caps are replaced – they protect the axle threads.

Brakes / Controller Levers / Cables

- Check condition and alignment of the brake pads. Replace worn pads and properly adjust the new ones.
- Check condition of brake clamping mechanisms. Replace bent units. Adjust so equal clamping force is applied to each side of the wheel.
- Check brake cable condition and adjustments. Replace cables that are rusted, frayed, or do not operate smoothly when the brake is applied. Apply a high-grade, waterproof spray lubricant.
- Are the brake levers in good condition and properly located for convenient use? Adjust for ease of reach and lubricate pivot points with waterproof lubricant.

Drive Chain / Derailleurs / Shifters / Cables

- A clean and lubricated chain aids smooth gear shifting. Chainrings and rear cogs should also be clean. If chainrings or rear cogs are excessively worn, they should be replaced. A stretched chain should be replaced.
- Examine derailleurs for wear alignment and proper operation. Clean off dirt and grease and apply waterproof lubricant. Replace if worn or fails to operate properly.
- Check cables for wear, fraying, corrosion, and ease of operation. Lubricate with waterproof lubricant. Replace cables that bind or are frayed, etc.
- Check shifter levers for ease of access and proper tension.
- Check drive chain for proper tension.
- Check condition of pedals. Replace bent pedals or crank assembly.

On-Trail Emergency Equipment

- Two adjustable open-end box wrenches (a.k.a. "crescent" wrench) with opening wide enough to accommodate the largest bolt/nut on the bike.
- Spoke wrench
- Small spray can of waterproof lubricating oil
- Small Phillips-head screwdriver
- Small straight-blade screwdriver
- Pliers with side cutter
- Spare chain in watertight plastic bag
- Spare nuts and bolts
- Spare inner tube
- Inner tube repair kit (patch kit)
- Small, high power flashlight (a.k.a. "mini-light")
- Air pump (with a valve that is compatible with your tubes)
- Air pressure gauge

Personal Emergency Items

- Small first aid kit
- Water bottle
- Water purification tablets
- Garden trowel
- Sterno fuel can
- Waterproof matches
- Heavy-duty folding knife
- Dehydrated food
- High energy bars
- Aluminized plastic blanket (sometimes called "survival" or "space" blankets)
which reflects your body heat back to you
- Lightweight jacket (waterproof) with hood
- Extra pair of socks, preferably wool
- Toilet paper (plain white)
- Map in waterproof plastic bag
- Compass
- Small hand-held CB radio or cellular telephone. It may seem frivolous but if you have an emergency, you can get help quicker.

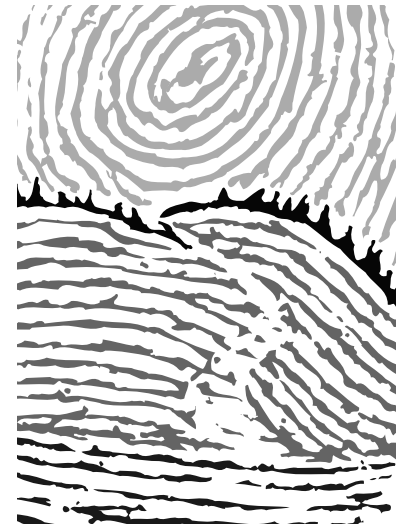
These are a few pieces of personal and emergency equipment that should be a part of every mountain bike trip. Carry some equipment necessities in a nylon bag attached to the back of the bike seat. Personal emergency items should be carried in a lightweight fanny pack or backpack.

Remember – if you abuse it, you'll probably lose it! Careless operation of mountain bikes can cause damage and may result in closing of areas to bikers. Respect the environment and other trail users. By using common sense and common courtesy, what is available today will be here to enjoy tomorrow.

Tread Lightly!

&

Leave a Good Impression



WHERE TO GO FOR TRAIL INFORMATION

USDI Bureau of Land Management • www.blm.gov

The mission of the Bureau of Land Management (BLM) is to sustain the health, diversity, and productivity of the public lands for use and enjoyment of present and future generations. It oversees the Nation's largest federal land mass - more than 264 million acres located mostly in the 12 western states and includes congressionally designated wild and scenic rivers, wilderness areas and high deserts.

Alaska
222 W. 7th Ave. #13
Anchorage, AK 99513-7599
(907) 271-5960

Arizona
222 N. Central Ave.
Phoenix, AZ 85004-2203
(602) 417-9200

California
2800 Cottage Way
Room W-1834
Sacramento, CA 95825-1886
(916) 978-4400

Colorado
2850 Youngfield St.
Lakewood, CO 80215-7093
(303) 239-3600

Eastern States
(AR, IO, LA, MO, MN,
all states east of Miss. River)
7450 Boston Blvd.
Springfield, VA 22153
(703) 440-1600

Idaho
1387 S. Vinnell Way
Boise, ID 83709-1657
(208) 373-4000

Montana (ND & SD)
5001 Southgate Drive
P.O. Box 36800
Billings, MT 59107-6800
(406) 896-5012

Nevada
1340 Financial Blvd.
Reno, NV 89502-0006
(775) 861-6400

New Mexico (OK, KS, TX)
1474 Rodeo Rd.
P.O. Box 27115
Santa Fe, NM 87505-0115
(505) 438-7400

Oregon (WA)
P.O. Box 2965
333 S.W. 1st Avenue
Portland, OR 97204
(503) 808-6002

Utah
324 State Street
P.O. Box 45155
Salt Lake City, UT 84145-0155
(801) 539-4001

Wyoming (NE)
5353 Yellowstone
Cheyenne, WY 82003
(307) 775-6082

WHERE TO GO FOR TRAIL INFORMATION

USDA Forest Service • www.fs.fed.us

The mission of the USDA Forest Service is to achieve quality land management under the sustained multiple-use management concept to meet the diverse needs of the people. They manage 191 million acres of national forests and grasslands throughout the lower 48 states and Alaska. These lands offer a variety of recreation opportunities and special areas.

Northern Region
Federal Building
P.O. Box 7669
200 East Broadway
Missoula, MT 59807-7669
(406) 329-3511

Rocky Mountain Region
740 Simms Street
P.O. Box 25127
Lakewood, CO 80225
(303) 275-5350

Southwestern Region
517 Gold Ave., S.W.
Albuquerque, NM 87102
(505) 842-3292

Intermountain Region
324 25th Street
Federal Building
Ogden, UT 84401-2310
(801) 625-5306

Pacific Southwest Region
1323 Club Dr.
Vallejo, CA 94592
(707) 562-8737

Pacific Northwest Region
333 S.W. First Ave.
P.O. Box 3623
Portland, OR 97208-3623
(503) 808-2971

Southern Region
1720 Peachtree Rd., N.W.
Atlanta, GA 30309
(404) 347-2384

Eastern Region
626 E. Wisconsin Ave.
Room 500
Milwaukee, WI 53202
(414) 297-3600

Alaska Region
709 W. 9th Street
P.O. Box 21628
Juneau, AK 99802-1628
(907) 586-8806

TREAD LIGHTLY! MATERIALS AVAILABLE TO HELP YOU LEAVE A GOOD IMPRESSION

The following *Tread Lightly!* materials are available from *Tread Lightly!, Inc.*, 298 24th Street, Suite 325, Ogden, UT 84401 or online at www.treadlightly.org:

- Tread Lightly! *Leaving A Good Impression*
- Tread Lightly! *Guide to Responsible Mountain Biking*
- Tread Lightly! *Guide to Responsible Four Wheel Driving*
- Tread Lightly! *Guide to Responsible ATV Riding*
- Tread Lightly! *Guide to Responsible Snowmobiling*
- Tread Lightly! *Guide to Responsible Trail Biking*
- Tread Lightly! *Guide to Responsible Personal Water Craft Use*
- Tread Lightly! Junior High Curriculum
- Tread Lightly! Coloring/Activity Book
- Tread Lightly! Science Manual
- ETHIC: Educational Tools for Hunters: Improving Choices manual/video
- Decals – 4-Wheel Drive, ATV, Boating, Camping, Cross Country/Backcountry Skiing, Fishing, Hiking, Horseback, Hunting, Mt. Bike, Personal Watercraft, Snowmobile, and Trail Bike
- Apparel – t-shirts, polo shirts, sport caps, etc.
- Vehicle Accessories – bumper & reflective stickers, key rings, Tread Lightly! logo decals, license plate frames
- Souvenirs – water bottles, travel mugs, litter bags, pencils
- Advertising Products – CD Rom clip art disks, counter displays
- Pins - 4-Wheel Drive, Trail Bike, Hiker, Horseback, Mt. Bike, Snowmobile, Cross Country Skiing
- Outdoor Products – banner, outdoor poster
- Trails Illustrated maps
- DeLorme Atlas'
- Tread Lightly! Principles Hang Tag

Thank you for promoting environmental ethics by purchasing and using this booklet.



MEMBERSHIP APPLICATION

Tread Lightly!, Inc. is a not-for-profit organization dedicated to protecting the great outdoors through education. Your help through membership contributions enables *Tread Lightly!* to continue its educational mission. Become a member today. Individual Memberships can be obtained for a tax-deductible fee of \$20, renewable annually. *Tread Lightly!* offers Individual, Retailer/Outfitter, Dealer and Club memberships. Each category varies in benefits and contribution levels. Upon joining as an Individual Member, you will receive various membership items including a window decal, a product catalog, a copy of *Tread Lightly!* "Trails" newsletter, and recreational tips applicable to your top area of interest. For more information on other membership categories contact *Tread Lightly!*.

Individual Membership - \$20 Annual Contribution

Please rank your top 3 areas of interest in numeric order:

- | | | |
|---|---|---|
| <input type="checkbox"/> Mountain Biking | <input type="checkbox"/> Camping | <input type="checkbox"/> Water Recreation |
| <input type="checkbox"/> Hiking/Backpacking | <input type="checkbox"/> Snowmobiling | <input type="checkbox"/> Fishing |
| <input type="checkbox"/> Cross Country Skiing | <input type="checkbox"/> Trail Biking | <input type="checkbox"/> Four Wheeling |
| <input type="checkbox"/> ATV Riding | <input type="checkbox"/> Horseback Riding | <input type="checkbox"/> Hunting |
| <input type="checkbox"/> Personal Watercraft | | |

Name (individual) _____

Name (business or club name) _____

Contact individual for business or club _____

Address _____

City, State, Zip _____

Daytime Telephone _____

(Optional) Fax _____ e-mail _____

Payment Amount _____ Check Money Order Credit Card

Credit Card Type Visa Mastercard American Express

Card Number _____ Exp. Date _____

Signature _____

Send mail to: Tread Lightly!, Inc.
298 24th Street, Suite 325
Ogden, Utah 84401

Fax to: 801-621-8633
Call us at: 1-800-966-9900
See us at: www.treadlightly.org
E-mail us at: tlinec@xmission.com

Please allow 4 to 6 weeks for the delivery of your *Tread Lightly!* membership package.