

Grand Bay National Estuarine Research Reserve Presents January's **Adventure Quencher** Event



Heritage Trail Bicycling Adventure Outing and “ABC Quick Check” (Air, Brakes and Chain)

What: During January's adventure, experts from the Heritage Trails Partnership of the MS Gulf Coast will teach you basic bicycle inspection and repair techniques and help you identify and make minor repairs to your bicycle. After the repair workshop, participants will casually ride down to the Bayou Heron Boat Launch and back on Bayou Heron Road (a flat, paved, four-mile roundtrip ride with only a seven-foot change in elevation). Cyclists of all ages are welcome at this event.

A small fee of \$5.00 per person (or \$15.00 per family) payable to the Partnership is being charged to cover the cost of bicycle inspections and repairs for this event. You may pay your fee in advance through the Partnership's PayPal account or pay at the door. Bring your own bicycle or rent one in advance from the Partnership for an additional fee (also payable through PayPal).

Be sure to bring a sack lunch or snack and a bottle of water. Remember, no matter if the weather is cold or hot, you need water and healthy snacks to give you enough power to pedal. Don't forget your helmet!

Please pre-register for this event by calling 228-475-7047, by contacting Jennifer Buchanan at jen.buchanan@dmr.ms.gov or by registering on the event section of our Facebook page or the Partnerships website, www.gulfcoasttrails.org.

When: Saturday, January 18, 2014 from 9:30 AM till Noon.

Where: Grand Bay National Estuarine Research Reserve's Coastal Resources Center
6005 Bayou Heron Road near Moss Point in southeastern Jackson County, MS
Check out the website www.grandbaynerr.org for directions.