

Supplies for Ocean To Lake Trail Ride

Sunscreen

Water carrier/bottle holder

Water for you

Your ID

Cash for Sunday – your lunch is part of registration, but there will be stuff you may want to buy down by the River at JD Park – like beer.

Trail snacks and water will be available at two water stops – but if you want more than stuff like fruit and granola bars, then bring your own.

Lots of energy!