



An Introductory Mountain Bike Clinic For Women

Additional Information at:

<http://www.ArcticBikeClub.org>

under Recreation Division

or womensclinic@arcticbikeclub.org



Schedule:

- Week 1** Wednesday June 1
Kincaid Chalet 7pm
-Welcome
-Equipment
-Skills Evaluation
- WEEK 2** Wednesday June 8
Campbell Tract 7pm
-Maintenance
-Choosing a path
-Skill Building Rides
- Week 3** Wednesday June 15
Kincaid Park 7pm
-Maintenance
-Taking Hills
-Skill Building Rides
- Week 4** Wednesday June 22
Campbell Tract 7pm
-Maintenance
-Riding Roots
-Skill Building Rides
- Week 5** Wednesday June 29
Kincaid Park 7pm
-Maintenance
-Big Obstacles
-Skill Building Rides



Course is \$25
(Only \$5 per/Session)

Limited to 50
people.

No Age Limits
Riders under 16 must
be accompanied by an
adult.

Contact Info:

WomensClinic
@arcticbikeclub.org

Or 907-929-7231

Course Objectives

1) Learn to ride with confidence on the terrain of your choice.

Whether you want to be ride down a gentle grassy slope, gravel trail, or you want to conquer sick dog gnarly, rooty single-track, we will provide instruction to meet your riding goals with better technique, and, hence, confidence.

2) Learn basic bicycle maintenance and field repair. You will learn basic bike maintenance to keep your ride as

trouble free as possible from the outset. You will also learn how to make some basic repairs to your bike in the field.

3) Learn to ride comfortably. You will become more familiar with how your bicycle should feel and fit and what kinds of adjustments you can make to enhance your comfort and riding enjoyment.

4) Meet Riding Partners.

5) Have fun on any Terrain!