



## An Introductory Mountain Bike Clinic For Women

Additional Information at:

<http://www.ArcticBikeClub.org>

under Recreation Division

or [womensclinic@arcticbikeclub.org](mailto: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](mailto:@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!

# Arctic Bicycle Club

## 2011 Women's Mountain Biking Clinic

### Objectives:

#### **Learn to ride with confidence on the terrain of your choice.**

This course is geared towards recreational riders (*not racers*) and whether you want to 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.

**Learn basic bicycle maintenance and field repair.** You will learn basic bike maintenance to keep your ride and you as trouble free as possible from the outset. You will also learn how to make some basic repairs to your bike in the field.

**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.

**Meet Riding Partners.** Think you might not want to ride alone? This class is a great way to meet like-minded riders and learn about local biking events. Hosted by the Arctic Bicycle Club and taught by volunteer instructors (women and men), the class aims to help women riders of **all** levels.

#### **Ride with others of your skill level.**

With only 50 participants, we provide individualized skill- and confidence-building sessions by breaking into smaller subgroups based upon each rider's fitness, skill, and interest level: Novice I, Beginner II, and Intermediate III. **This class is never rained out, so come prepared!**

Please note that riding skills which are the focus of each week will be discussed and practiced differently depending upon your riding group and personal interests. You are not restricted to any one group, and you may switch to another group at any time.

*Please before your first session, think about your goals and skills. There are no firm rules as to what kind of rider you are when you start.*

*Sometimes, it is more about what kind of rider you want to be and what your fitness level will support!*

The Recreation Touring Division ride schedule also provides numerous skill building opportunities at <http://reccal.arcticbikeclub.org/> .

*Follow the Club "ArcticBikeClub" on Twitter & Facebook*

## Other Essential Information

**Equipment.** We ask that all of our participants bring the following equipment.

### Minimal Equipment List:

Bicycle with knobby tires, helmet, Inner tube, Multi tool, Tire levers, Chain tool, Portable air pump.

### Recommended Equipment:

Padded Gloves, Bicycle Shorts, Camel Back or Water Bottle.

**Locations.** To help familiarize you with different trails and riding conditions, we center the sessions at Kincaid Park and at Campbell Tract trail heads. Please see the attached schedule for specific locations.

**Time:** All Classes begin promptly at 7pm; please plan to arrive a few minutes early so that we can begin on time.

**Class Size is limited to 50 participants.** There is no maximum age limit, nor minimum skill limit. We ask that children under 16 be accompanied by a parent participant or another responsible adult. Waivers are required for all participants.

**Sign Up Online by Noon Wednesday May 26<sup>th</sup> or by May 22 by Mail**

How to Register:

- 1) Register Online by going to: <http://www.arcticbikeclub.org/single-event.php?event=117>
- 2) Print out the waiver form and send the completed form along with \$25.00 (Checks Payable to Arctic Bike Club) to:  
(mail-in registrations must be received by May 24th).  
Arctic Bike Club, C/O C&K Souser, 6731 Baby Bear Dr, Anchorage, AK 99507
- 3) If space is available, the first day of the clinic registrations will be taken beginning at 6:40pm. Please call or email to confirm availability.

You do not need to be a bike club member to participate, although it is encouraged.

**Questions?**

◆ Call 929-7231 or email [womensclinic@arcticbikeclub.org](mailto:womensclinic@arcticbikeclub.org)

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# 2011 Arctic Bike Club Recreation Division

## Women's Mountain Biking Clinic Schedule (*revised 5/10*)

Questions: 929-7231 or [womensclinic@arcticbikeclub.org](mailto:womensclinic@arcticbikeclub.org)

### Week One – Wednesday June 1st

Kincaid Park, Kincaid Chalet, 7:00 p.m.

Directions: 7050 Raspberry Road, Anchorage, AK 99502

- ◆ Welcome and Introductions; Safety; Clothing; Equipment; Bike Check
- ◆ Skills Assessment: Be ready to ride a short course! Afterward, we will split into smaller groups based on your assessment.
- ◆ Riding Skill Focus: Shifting and an introduction to obstacles

### Week Two – Wednesday June 8th

Campbell Tract, Mile 1 TH, Campbell Airstrip Road, 7pm

Directions: Approximately 1 mile up Campbell Airstrip Road on the Right, off Tudor/Baxter

- ◆ Maintenance/Repair Skill: How to change a flat tire
- ◆ Riding Skill Focus: Choosing a line and Addressing Trail Obstacles

### Week Three – Wednesday June 15th

Kincaid Park, Jodphur Parking Lot off W. Dimond /Jodphur, 7:00 p.m.

Directions: 8061 Jodphur St, Anchorage, AK, on the west side of the road. First parking lot on right.

- ◆ Maintenance/Repair Skill: How to take your back tire off/on; Adjusting on the Fly
- ◆ Riding Skill Focus: Taking Hills & Obstacles

### Week Four – Wednesday June 22nd

Campbell Track, Hilltop Ski Area Parking lot Trailhead off Elmore, 7:00 p.m.

Directions: 7015 Abbott Road, Anchorage, AK 99507; very end of the parking lot.

- ◆ Maintenance/Repair Skill: How to repair a broken chain
- ◆ Riding Skill Focus: How to ride common AK trail obstacles

### Week Five – Wednesday June 29th

Kincaid Park, Kincaid Park Chalet, 7:00 p.m.

Directions: 7050 Raspberry Road, Anchorage, AK 99502

- ◆ Maintenance/Repair Skill: What did we miss that you want to know?
- ◆ Riding Skill Focus: Putting it all together-- Let's Ride!

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