

Women's Mountain Bike Instructional Series



JOIN THE FRASER VALLEYS NATIONALLY CERTIFIED COACH DENISE BRITTON FOR A GREAT TIME OF INSTRUCTION AND FUN. LEARN TO MOUNTAIN BIKE OR CRANK UP YOUR EXISTING SKILLS WITH A WOMEN'S ONLY CLINIC DESIGNED FOR RIDERS OF BEGINNER, BEGINNER INTERMEDIATE LEVELS.

DATES:

6-SATURDAYS, SEPTEMBER 29TH, OCTOBER 6TH, 13TH, 20TH, 27TH. & NOVEMBER 3RD. RAIN OR SHINE

TIME:

10:00AM TO 12:00PM

MEETING AND PAYMENT LOCATION:


APOLLO ATHLETIC CLUB, #201-3600 TOWNLINE ROAD, ABBOTSFORD BC, V2T-5W8

COST: Apollo members: \$75.00 + GST

Non Apollo members \$85.00 + GST

DEADLINE FOR REGISTRATION: September 24/2007

SERIES INCLUDES:



NATIONALLY CERTIFIED INSTRUCTOR, CLINICS ON SAFETY GEAR, BIKE REPAIR, RIDER PREPARATION, METHODS OF RIDING FLAT GROUND AND CLIMBING, HANDOUTS, CORNERING, GUEST SPEAKERS, SWITCHBACKS, OBSTACLE COURSE, TRAIL RIDES, SIGN UP PACKAGES, BIKE SHOP TOUR AND SO MUCH MORE!

FOR MORE INFORMATION CALL MARIA DYMENT @ APOLLO ATHLETIC CLUB 604-504-7560 OR EMAIL MARIADYMENT@SHAWCABLE.COM

BEGINNER: LITTLE RIDING EXPERIENCE OFF ROAD. COMFORTABLE ON FLAT DOUBLE TRACK TRAILS BUT ONCE YOU START DESCENDING, YOU FEEL UNCOMFORTABLE.

BEGINNER INTERMEDIATE: HAVE A COUPLE YEARS OF EXPERIENCE RIDING OFF ROAD. COMFORTABLE ON DOUBLE TRACK TRAILS, WITH MODERATE INCLINE AND DECLINE. BUT ONCE YOU GET INTO SINGLE TRACK YOU HESITATE

THIS INSTRUCTIONAL SERIES IS FOR YOU!