

Mountain Bike Clinic for Women



Hit the trails this summer with more confidence and ability

Instructor: Mary Halbleib has been riding and racing off-road for more than a decade. She will be teaching the skills and sharing the experiences that have led to her sustained passion for the sport.

SIGN UP EARLY TO RESERVE YOUR SPOT!

When & where: June 23 & 24, 2012 in Corvallis

Who: All women are welcome, emphasis on beginner to intermediate skills

Cost: \$75 for two-day course (9 am to noon on Saturday & Sunday)

Contact: Mary at mtb4health@gmail.com or 541-757-6579

Join this all-women event and learn:

- How to ride switchbacks
- Navigate up & down roots
- Options for clearing obstacles
- The fine art of braking
- Technical climbing & descending
- Slow speed maneuvering

Saturday: We meet at Peak Sports to have your bike looked over by the skilled mechanics while Mary assesses your bike fit and offers potential adjustments to improve your riding position. Then we will practice off-road skills and drills in a grassy area nearby and discuss how they apply to varied conditions on the trails.

Sunday: You will transfer your newly gained skills to single track in the OSU forest with a focus on technical sections. This is an ideal opportunity to improve your bike handling ability with direct instructor support and sharing experiences with others.

Space is limited to ensure each person receives individual instruction and feedback on how to improve their techniques. Only limited fitness is needed for this course.

Past participant feedback:

"Mary's MTB clinic completely changed my riding. I always loved to climb hills but had no idea how to maneuver my bike for the descent. This clinic provided me with a skill set to be able to keep up with the pack even on the way back down. Personable, logical, challenging. Repeatedly practicing skills while watching others' success made it impossible not to get it."

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