

Mountain Bike Skill Clinic for Women

Hit the trails this summer with
more confidence and ability



Instructor: Mary Halbleib has over two decades of riding trails to enjoy beautiful places. Since 2005 she has shared with other women the experiences and essential skills that have led to her sustained passion for the sport.

SIGN UP EARLY TO RESERVE YOUR SPOT!

When/where: June 8 & 9, 2019 from 9 AM to Noon in Corvallis

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

Cost: \$100, with 20% given to Team Dirt for local trail building projects

Contact: Mary at mtb4health@gmail.com or 541-760-5823

Join this small group women-only event and learn:

- To conquer switchbacks
- To 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 honed skills to single track in the 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.

Small class size 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."



Sponsored by **peak** **SPORTS** and **teamdirt**