

BIKING IN THE MOUNTAINS

The clinic will be taught by an enthusiastic senior with 30 years of mountain bike instruction and guiding and a master's degree in Exercise Physiology. Our first goals are to be safe and have fun. Next is learning the how, what, where and why of mountain biking. Most importantly, I will give you the tools to help you make good choices about where to ride safely while having fun.



PLPOA REC CENTER
45 EAGLES LOFT CIR

INSTRUCTOR: STEVEN KING
970-761-5911

Day: Thursday's

Dates: May 2, 9, 16, 23 & 30

Time: 10:00am to 11:00am

Fee: \$50 for all dates or \$10 drop in fee

GOALS & WHAT YOU NEED FOR THE COURSE:

session clinic is to help you learn the basic fundamentals and skills, and then practice giving you the confidence to go out and ride your "bike in the mountains". The clinic will be geared towards seniors, never-evers or beginners. **You will need to bring your own bike or a rental bike and know how to ride it. A helmet is required!**

Before you sign up, I will help you determine if the clinic is appropriate for you. I will ask about your health status, experience, fitness level, expectations and risk tolerance.

Based on your information I may advise you to schedule a small group or one on one lesson.

