

Friday

9:00-10:00 Foundation MTB Skills

Intro into the foundation of MTB skills to help develop confidence on the bike. Balance & Position, Braking, Shifting.

10:30-11:30 Intro to cornering

Intro into dialing in body position to get confidence in flat fast corners!

11:30-12:30 Lunch come hangout

12:30-1:30 Intro to Drops

Intro in Drops we will dial in more of that body position to build your confidence on small roll able drops.

4:00 Ride

Saturday

9:00-10:00 Foundation MTB Skills

Intro into the foundation of MTB skills to help develop confidence on the bike. Balance & Position, Braking, Shifting..

10:30-11:30 Wheels off the Ground

Intro into dialing in sweet skills to get your wheels off the ground. Wheelifts to bump jumps!

11:30-12:30 Lunch

12:30-1:30 Intro to cornering

Intro into dialing in body position to get confidence in flat fast corners!

2:00-3:00 Intro to Drops

Intro in Drops we will dial in more of that body position to build your confidence on small rollable drops.

Sunday

9:00- 12:00 Mix it up Parade Theme is pants and animals of the forest. Decorate your bike and/or yourself and join us. Or, come as you are.

12:30-1:30 Wheels off the ground

Intro into dialing in sweet skills to get your wheels off the ground. Wheelifts to bump jumps!