

Mountain Bike Skills Clinic

Adults and Kids Come join the Optimize Endurance Services Mountain Bike Team for an afternoon of bike handling and riding technique instruction.

Meeting at Rocky Heights Middle school parking lot.

THIS IS A FREE EVENT!!

We will be providing instruction in the following areas:

- How to do basic trail repairs (flats, broken chain, bent wheels)
- Proper balance and body positioning
- Proper gear selection based on terrain and obstacle
- Cornering technique
- Riding up Ledges and down drop-offs
- Proper climbing and descending positions
- Most important skill of all...HAVING FUN!

Location:

Highlands Ranch Open Space Monarch Trails
([Trail head is on the far south end of the Rocky Heights Middle School parking lot
11033 Monarch Blvd Highlands Ranch, CO 80124](#))

Date/Time:

Sunday April 14th / we will begin at 3:00pm in the parking lot and progress through the skills above over the next 2 hours.

(Weather and conditions permitting see OES Rides Calendar for updates)

Please come early enough to sign in and be ready to go

Who's invited:

Anyone seeking to improve their mountain bike riding experience.

Plan to bring the kids and their bikes; while you attend the clinic the kids will have their own clinic! Great fun for the whole family.

Hope to see you there...

Presented by:

