Beginner Mountain Bike Clinic  
presented by Cycle Right MTB Clinics

**When:** August 12th, 4:00-7:30pm  
**Where:** Bogus Basin Resort - Nordic Lodge  
**Who:** Any beginner level student-athletes wishing to build confidence on their bike and increase trail skills. Classes are co-ed. Coaches are also welcome.  
**Cost:** $25/person  
**To Register:** [www.idahomtb.org/race-series/camps/](http://www.idahomtb.org/race-series/camps/) Clinic is limited to 30 people.

Be prepared to spend a fun 3 hours on your bike (have food and water) in a mix of classroom style instruction, skills demonstration by instructors, drill practicing and trail riding. We'll also do a mock-up of the Idaho H.S. League category staging and start/finish procedure. By the end of the clinic, attendees will have a tool bag full of skills for riding and racing to help them feel confident and have fun on the trails and with their teammates!

All student-athletes and coaches should arrive with a bike that has been checked over by a professional mechanic. Due to our remote location, we won't be able to address any major mechanical issues on site.

NO ON-SITE REGISTRATION. Registration closes at 10pm on August 11th, 2015.

**COURSE OUTLINE:**

- Bike Check – Body Position – Cadence/Gearing – Braking – Vision
- Staging and Start Line Drill presented by the Idaho H.S. Cycling League

*CycleRight* MTB Clinics is in its third year of operation as a provider of quality mountain bike instruction. Based in Boise, Idaho we offer instruction to beginner through advanced riders alike. Our instruction is provided by PMBI certified instructor Ian Fitzpatrick and IMBA certified instructor Tracy Fitzpatrick. Both of our instructors bring a strong well-rounded riding background and a love of teaching mountain bike clinics.