

Summer Youth
Mountain Biking Club
ages 8-14 years



CMBR Kids Club will provide an introduction to basic mountain biking by teaching fundamental bike handling skills, building confidence on more challenging terrain, and promoting a healthy lifestyle through mountain biking.

WHERE: @ the Mirror Lake Singletrack Trails, Chugiak

WHEN: Tues & Thurs - July 7 & 9, 14 & 16, 21 & 23, 28 & 30; August 4 & 6, 11 & 13

TIME: 7:00pm - 8:30pm

Required Gear:

- ★ A reliable bike with hand brakes and gears.
- ★ Bike helmet
- ★ Well fitting mask
- ★ Closed toe shoes: NO slip-ons or sandals!
- ★ Comfortable clothes
 - ◆ Try finding poly blend/moisture wicking-NO jeans please!

Recommended Gear:

- ★ Bike gloves
- ★ Protective eyewear
- ★ Bug spray
- ★ Water bottle or hydration pack
- ★ Padded bike shorts
- ★ Small snack
- ★ Extra inner tube.

Please note:

- ◆ upon arrival at each bike session, we ask that masks are on, all bikes please be parked and not ridden until the coaches say it is time to go!

For questions or more information contact Wendy Gorski at 907.317.1546