



# Womens mountain bike

## “Skills Sessions”

*A series of skills sessions for women, run by ladies from the local Mountain Bike clubs, focusing on techniques to develop confidence on the trails. The sessions are aimed at beginners to intermediate riders, with something for more experienced riders at session 3. You don't need to be fit for this, so grab a friend, and be prepared to find out how much fun mountain biking can be!*

### Session 1: Core skills session

**When: Wednesday 19 October, 6.15pm**

**Where:** Meet at the picnic table on the North East side of the Ashburton River Bridge.

**Learn:** Core skills to ride trails with confidence. Covers body position, braking & cornering techniques and bike set-up. Skills will be taught in the grassed area and on parts of the river trail. The session will run for around 1.5 hours.

**Aimed at:** Beginner riders, and those who want to make sure they are using the correct techniques.

**Cost: FREE**

### Session 2: Skills for the hills

**When: Wednesday 2<sup>nd</sup> November, 6.30pm.** (it takes 35mins from Ashburton to get here)

**Where:** XC carpark at the bottom of Mt Hutt ski field access Rd, Mt Hutt.

**Learn:** Techniques for riding downhill with confidence. Covers body position and braking & cornering techniques suitable for riding intermediate trails. Riders will spend time practising on slopes and bermed corners, rather than riding a full trail.

**Aimed at:** Riders ready to move off flat/beginner trails and tackle intermediate trails. By the end of this session you will be armed with the skills to tackle the intermediate runs at Mt Hutt Bike Park.

**Cost: FREE**

### Session 3. Introduction to Mt Hutt Bike Park Intermediate Trails

**When: Wednesday 16 November, 6pm sharp.** (it takes 35mins from Ashburton to get here)

**Where:** XC carpark at the bottom of Mt Hutt ski field access Rd, Mt Hutt.

**Learn:** Try out most of the intermediate trails in the bike park in one evening without having to ride up! Riders will be shuttled to the top of the trails and guided down by local ladies who will give tips and advice along the way, all speed abilities can be catered for.

**Aimed at:** A range of women – from skilled riders who would like to know where the tracks are, to those ready to try out the tracks in a non-pressure environment. This is a great event to try out those skills learnt in session 2. By the end of the evening you should be feeling really excited to come up and ride again! This evening is held in conjunction with Hutt Shuttles 'Wahine Wednesdays' – a womens only shuttle evening run on Wednesday nights in the bike park. Check out [www.huttshuttles.co.nz](http://www.huttshuttles.co.nz) and their Facebook page for more details.

**Cost: \$20 for shuttle, \$15 in you are member of Bike Methven**

### **What to bring**

A bike - with working brakes and tyres that have grip. Helmet are compulsory, gloves are recommended. Something to drink and some warm clothing is a good idea, the sessions won't be that physical.

Remember that you don't need to be fit for these sessions, the idea is to work through the skills that will make you a better rider and increase the enjoyment factor!

### **Further details**

We will post any further details on Facebook (Mid Canterbury Mountain Bike Club & Bike Methven). Riders are welcome to organise carpooling for Mt Hutt here as well.

Or contact:

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