



WOMENS MOUNTAIN BIKE Skills Sessions



Stage 1: Basic Skills

When: Monday 20 November, 6.15pm

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

Learn: Basic skills - body position, braking & basic cornering techniques with a quick intro on bike set-up. Skills will mostly be taught on the grassed area. The session will run for around 1.5 hours.

Aimed at: Novice/Beginner riders. Note if you did this session last year you can start in at Stage 2B – this will cover a recap of the basics (see below).

Stage 2: Core skills - Pumping & cornering – (if you fit the bill for 2A or 2B then you must do this session before doing Stage 3 at Mt Hutt)

Where: MTB Skills area – Dobson St West

Learn: Good body position and bike handling skills to ride a variety of tracks. Stage 2 is split into 3 sessions depending on skill level, choose one of:

Session 2A : **Aimed at:** Beginner/novice riders from Stage 1 only.
When: Monday 27 November, 6.15pm

Session 2B : **Aimed at:** Riders that did stage 1 last year, or others that are happy on the flat trails but haven't hit the hills yet or are not confident on the hills. Note that this session will do a recap of the basic skills first. **When:** Thursday 23 November, 6.15pm

Session 2C : **Aimed at:** Intermediate riders – you're pretty happy riding your bike and just want to try the pump track and make sure you are doing it correctly. These will just be quick sessions running every ½ hour on the night – (5 min instruction then cut a few laps - will try & fit in some cornering practise).
When: Tuesday 28 November, 6pm, 6.30pm, 7pm, 7.30pm

Stage 3: Skills for getting down the hills

When: Wednesday 29 November, Shuttle will leave at 6.30pm. (it takes 35mins from Ashburton to get here)

Where: Either XC carpark at the bottom of Mt Hutt ski field access Rd, or Info booth, Mt Hutt. (TBC)

Aimed at: Riders who are ready to move off flat/beginner trails and tackle intermediate trails. **(Note that novice riders must do stage 2A or B first.)** You should be comfortable off the seat, standing on the pedals.

Learn: Riders will be shuttled to the top of a trail (Lil Ripper – nice and smooth) and will be coached down, practising corners and other features of the trail.

Cost: \$10 for shuttle

Stage 4. Discover Mt Hutt Bike Park - Intermediate Trails

When: TBC (Possibly Wednesday 6 or 13 December, shuttles start at 5.30pm, but you can join a later one. (it takes 35mins from Ashburton to get here)

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

Learn: Discover most of the intermediate trails in the bike park in one evening without having to ride up! Get shuttled to the start of the trails and local ladies will guide you down.

Aimed at: Intermediate riders and above who would like to know where the tracks are. Also a great opportunity for stage 3 riders to come and practise riding one or two trails. 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 and their Facebook page for more details.

Cost: \$20 for shuttle

What to bring

A bike - with working brakes and some tyres that have grip especially for Mt Hutt. Helmets are compulsory, gloves are highly recommended for stages 2,3 & 4 (Knee & elbow pads also useful!). Bring something to drink and snack on and some warm clothing is a good idea, as the sessions won't be that physical. A spare tube and something to adjust your seat height with would be handy.

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!

Registration, further details & postponements

If you intend coming can you PLEASE select "going" for that event on our facebook page (Mid Canterbury Mountain Bike Club) – this greatly helps with organisation – we may have to limit numbers for some sessions so if your name is not on the "going" list you may be turned away.

We will post further details or postponements on Facebook– please send a message if you have any queries.

Note that dates are subject to weather and if we need to postpone an event it may delay other events until after xmas (into February).

