SUMMER MOUNTAIN BIKING

Skills Clinic for All Levels

Date: Friday, July 24 (Day-long Adventure)
Time: Events start at 9:00 a.m.
Age Group: Must be 10 years or older to participate
Mountain biking experience is not needed, but knowledge of how to ride a bike is required.
Cost: $75

Students and their families, are encouraged to join us for a ride that will consist of about 12 miles of riding through beautiful Chautauqua County, New York. This is a guided tour. Please note that this is not rails-to-trails. Participants can expect to be challenged, but this trip is designed for riders of all skill levels, including beginners. All participants will meet the crew at Edinboro University’s Pogue Student Center, where the adventure begins at 9:00 a.m. and ends at 4:30 p.m.

9:00 a.m. Meet at Pogue Student Center
Sign waivers and medical forms
Get fitted with mountain bike, helmet and gloves
Instruction on riding and a brief ride around campus
Trail etiquette

10:00 a.m. Depart via bus to our biking destination

11:15 a.m. Arrive at trail head / safety information / start biking

12:00 p.m. Eat a light lunch

3:00 p.m. Complete trail

4:30 p.m. Arrive back at Edinboro University

Price includes transportation, bikes, helmet, gloves and light lunch consisting of peanut butter and jelly sandwich and fruit.

Participants need to bring the following:

- Spare change of clothes
- Extra shoes
- Sunscreen
- Water bottle
- Day pack (Can be provided if necessary)
- Sunglasses with athletic band
- Please wear athletic clothing. Synthetic materials are best. Do not wear pants with baggy legs, as it is likely they will get tangled in the chain. Fitted sportswear or athletic leggings are preferred.
- Those with food allergies should bring their own lunch.