

2018 NEVADA COUNTY  
**Women's**  
MOUNTAIN BIKE  
SKILLS CLINIC & CAMP AN AWESOME EXPERIENCE  
FOR ALL AGES



## Let's Roll on Oct. 13 - 14 !!!

Welcome to Nevada County's women skills clinic and camp webpage. With miles of public multi-use trails trail on Tahoe N.F. nearby, our skill clinics are designed to inspire, strengthen, build confidence and show that mountain biking is a sport for everyone!.

### What to expect

FUN! lots of riding, lots of learning! New skills, new friends! Talk and learn from local pro enduro racer Amy Morrison. As well as maintenance tips from WTB's own Evan Smith. This weekend is for all level riders! We even have a jersey designed just for this occasion!

**Saturday** We have activities from 8am till dark! So come ready to have fun!

- We skill build in the morning and hit the trails in the Nevada City area in the afternoon!
- All levels welcome and this will be your one day option!
- Breakfast, lunch and dinner are for clinic package with meals!

**Sunday** 8am-3pm

(no one day option)

- We will again hit some skill building in the morning. Building off what we learned on Saturday and then take it to the trail!
- Breakfast and lunch included for clinic package with meals!

# 2018 Nevada County Women MTB Skills Clinic & Camp Program

## Clinic Location and Accommodations:

Our clinic camp is held at Inn town Campground in Nevada City, California.

**Location:** Inn Town Campground Address and Map link:  
9 Kidder Court  
Nevada City, CA 95959  
Office: (530)265-9900

## **Clinic fees do not include campground reservations for camping guests.**

If you need a campsite, clamping tent, or RV camper pad, you can make reservations on-line or call the below phone no. Check out their website, it's the BEST campground!

**Website:** <http://inntowncampground.com/map/>

## **More accommodations and sights at our local chamber listings:**

<https://www.nevadacitychamber.com/>

## Event Cancellation Policy

### **Why do we have a cancellation policy?**

We start planning our event months in advance, work to create an exceptional experience for every participant, and set things up with the expectation that each day will be full.

Our cancellation policy reflects the fact that the closer it is to the clinic dates, the more challenging it is to adjust plans, and the less likely it is that someone can jump in to take an open spot.

### **Our policy is as follows:**

- Cancellations received by 09/21/18 prior to event will receive a full refund, less \$50 admin fee.
- Cancellations received by 09/28/18 days prior to the event will receive a 50% refund.
- Cancellations within 5 or fewer days of the event or "no show" will not receive a refund.

To cancel, please contact us by sending an email to: [yboncfdn@gmail.com](mailto:yboncfdn@gmail.com)

- 100% Clinic refund should event cancel due to severe weather conditions for everyone's safety.

**Recommend participants to ask hotel/motel/lodging for cancellation policy and terms of any associated fees.**

# 2018 Nevada County Women MTB Skills Clinic & Camp Program

*(Clinic Program is tentative, may change skills around to accommodate rider skills)*

## **Saturday Schedule** *(Also offered as – 1 Day Clinic for Basic Skills Only)*

### **8:00 - 9:00 am - Check-in/Reg at Booth and Breakfast “Meet & Greet” in Main Lodge**

- Bring bike, gear, email confirmation printout (show from cell phone works)
- Breakfast: Coffee/Tea/Juice  
Yogurt with fresh fruit  
Instant Oatmeal  
Eggs, Bacon

### **9:00 - 10:00am – Bike / Helmet Checks (Look for Bike Repair Stand near Picnic Table)**

- Recommend you flip your bike over on saddle and bars to take a photo of your bike’s serial no. if ever stolen for police report. If found, you need proof of bike sale.

### **10:00am-Noon “GROUP PHOTO” under Event Banner with your Bike & Helmet & Jersey**

- Mini braking drills (How many fingers do you use to Front Brake, etc.)
- Body Position (Ready/Neutral)
- Bike Body Separation (Expanded body position, Fore/after, Side to Side, etc.)
- Braking at Speed
- Cornering
- Lifts (Front/Rear/Level)
- Games

### **12 Noon – 1pm Lunch / Campers Can Check-In for Campsites**

- Chicken or Vegetarian BQ Skewers
- Homemade Pico and Guacamole with Chips
- Festive Caesar Salad
- Homemade Cookies
- Drinks  
*(If raining ... Making Pho Noodle Soup !!!)*

### **3:00 pm More Skills and Ride**

- Roll Down Lunge
- Pre-Load Lunge Drop (for advanced, or explore this)
- Load Bike on Vehicle and Caravan to near Harmony Ridge Mkt. area...Stay tune, may change.

### **4:30-5:30 pm Basic Bike Mechanics**

- Lock-up bikes, Shower, Setup Tent at Campsite, Social Hour, etc.

### **5:30 pm Dinner at Inn Town Campground Main Lodge and Outside Eating Area**

- Appetizers
- Beet Basil Mozzarella Cheese Salad w/Balsamic Dressing
- Spinach 'n Strawberry Salad
- Cioppino and Sourdough Bread
- Hot Fruit Crisp
- Drinks



### **Saturday Evening Program**

- WTB – Evan Smith “Wheels, Tires and Fun”
- Amy Morrison Stories, Q's/A's

**PACK / TEARDOWN Campsites BEFORE 8am Breakfast**

### **Sunday Schedule**

#### **8:00 am - Breakfast at Inn Town Campground Main Lodge**

Breakfast:     Coffee/Tea/Juice  
                  Yogurt with fresh fruit  
                  Pumpkin Pancakes with Maple Syrup  
                  Eggs & Bacon

#### **8:45 am – More to Advanced Skills**

- Roll Down Lunge
- Pre-Load Lunge Drop (for advanced, or explore this)
- Wheel Lifts

#### **~ 9:30 am – Meet at Pioneer/Hoot Trail**

- Riders and Instructors will do ride, location TBA
- Lock Your Vehicles
- 2-3 Shuttles provided from bottom to top
- After last run/shuttle lock bikes on your vehicles

#### **12Noon Lunch at Harmony Mkt Picnic Tables**

- Clinic Survey
- Vietnamese BQ Pork or Vegetarian Sandwiches
- Fruit
- Homemade cookies
- Drinks

#### **After Lunch to 4pm - Instructors to Announce ‘Let’s Ride More’**

**THANK YOU for SUPPORTING YBONC !!!**