



Let's Roll on Nov. 2 - 3 !!!

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 wheel tips from WTB's own staff. 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!

2019 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.

Event Registration cancellation policy is as follows:

- Email cancellations received by 10/11/19 will receive a full refund, less \$50 admin fee.
- Email cancellations received by 10/25/19 will receive a 50% refund, less \$50 admin fee.
- Email cancellations on 10/26/19 or later or "no show" will not receive a refund.

To cancel, contact us by email to: biken.nevadaco@gmail.com

We do not accept cancellations by cell phone, v-msg, text message, or Facebook Messenger.

- 100% Clinic refund should event cancel due to severe weather conditions.

Reminder.....

It is the participant's responsibility with hotel/motel/camping/lodging arrangements, cancellation policy and/or any associated fees. We tried to offer this service in the past and it was too difficult with shared arrangements and credit cards, sorry. We are focused to host a great mountain bike skills clinic for women.

2019 Nevada County Women MTB Skills Clinic & Camp Program

(Clinic Program is tentative, may change skills around to accommodate rider skills)
Rev. 04/10/19

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”

- Bring bike, gear, email confirmation printout (show from cell phone works)
(Coaches need to be at registration or bike check to meet / intro to participants)
- If you signed-up for MEALS:
 - Coffee/Tea/Juice, Yogurt with fresh fruit, Instant Oatmeal, Eggs, Bacon

9:30 am - Coaches Intro / Volunteers

9:00 – 9:30am – 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 - Warm-Up & Fundamentals (Everyone)

- Essentials: Looking Up / Cover Brake (1 Finger Braking) / Level Pedals
- Ready / Neutral
- Bike Body Separation (Expanded body position, Fore/after, Side to Side, etc.)
- Braking at Speed
- Cornering
- Lifts (Front/Rear/Level)
- Games

12:30pm “GROUP PHOTO” by Meals Area with your Bike & Helmet & Jersey

12:40pm – 1:30pm Lunch Break (Raffle / 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 !!!)*

2:00pm - Meet at Harmony Ridge Mkt (Parking Details TBA)

2:15pm - 5:00pm Ride Hoot Trail to Dascombe Trail

- Load Bike on Vehicle and Caravan to near Harmony Ridge Mkt. area...Stay tune, may change.
- Apply skills on Trail ride (Ready / Body Bike Separation)
- Pumping
- Cornering (Seated vs Standing)
- Ratchet and Track Stand
- Introduction to Manuals

5:00 pm Back to Inn Town Campground in Meals Area, Outside Eating Area/Game Wheel

- Lock-up bikes, Setup Tent at Campsite, Shower, Social Hour, etc.
- Bring jacket, hat, etc
- 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 – Louisa Sussman “Wheels, Tires and Fun”
- Amy Morrison Stories, Q’s/A’s
- Mapping Apps...using QR codes
CalTopo.com, and Avenza PDF mobile app (Download this app from home)

PACK / TEARDOWN Campsites BEFORE 8am Breakfast

Sunday Schedule

8:00 am - Breakfast at Inn Town Campground Meals Area

Breakfast: Coffee/Tea/Juice
Yogurt with Fresh Fruit
Pumpkin Pancakes with Maple Syrup
Eggs & Sausage

8:45 am – Campground Advanced Skills

- Roll Down Lunge
- Wheel Lifts
- Small Drops
- Teeter Totters
- Skinnies
- Steep Descents

12Noon Lunch at Campground

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

1:00pm – Meet at Gold Country Trailhead Parking Area - Pioneer/Hoot Trail

- Lock Your Vehicles
- 2-3 Shuttles provided from bottom to top
- After last run/shuttle lock bikes on your vehicles

THANK YOU for SUPPORTING YBONC !!!