





# DETERMINE YOUR RIDER LEVEL BEFORE ONLINE REGISTRATION FROM MTB EXPERIENCE

Here is how we define rider levels to ease the anxiety of knowing your level of riding and which clinic would best suit your needs:

## **New Rider!**

The title says it ALL! You are new to riding!

Your pace is easy and cautious, with the goal of getting comfortable with your bike and want to learn the basics: body position, shifting, braking, easy cornering. You have either not ridden at all or mostly bike paths and mellow singletrack. You can meet fitness demands up to 2 hours and under 1000 ft of climbing. You are new to riding!

## **Beginner Mountain Biker!**

You've got the basics! You know how to shift, you know which is your front and rear brake. You may still have a hard time with ready position or may not know what that means. However you've been riding some and have a little fitness under your belt. You are moving away from dirt roads and want to explore more single track. Rocky sections, climbing and descending are new skills you want to learn! You probably ride a few times a month, once a week when you've got time.

## **Advanced Beginner!**

You are seeking out single track! Starting to ride some small obstacles, your hills are getting steeper and you don't mind small rocks! Your hills are getting longer and you are good with it! You don't need as many breaks and you are riding **at least once a week** and trying to figure out how to get more in.

## **Intermediate!**

You can manage a ride exclusively on single track. You are descending at a fast pace on flowy smoother single track and can handle steep descents, rutted fire roads and obstacles. You can climb steeper single track terrain and can make it over smaller rocks, roots and ruts. You are looking for ways to kick the intensity up. You're starting to look for ways to be in the air. You know what a basic front wheel lift is and you've got it dialed! You can handle at least 15 miles and 2-3 hours in the saddle. You ride 2-3 times a week typically. You may even be hitting the gym to improve core strength and power.

## **Advanced Intermediate!**

You are FAST! You are in the AIR! However you probably want to get better there. At the Bike Park your tires leave the ground all the time but may not find the transition yet. You land on top of the table with ease. A 2 to 3 foot drop is what you're all about! Got a big root to get over or some rocks on the climb? Not a problem! You ride a lot and while you not be able to keep up with the pro, you're on your way. You're able to get down black runs and trails with lots of rocks, very steep descents and some drops. You ride at least 3 times a week and you're hitting the gym, cuz you wouldn't be able to ride the fun stuff if you didn't! You can handle 3-4 hrs in the saddle and 3000 ft of climbing.

## **Advanced!**

Catch me if you can! Once again, you are fast! Up and down. You know the transition of a jump and can't get enough of it. No climb scares you. Drop at the bike park? 4-6 feet doesn't scare you. You can handle pretty much whatever you come across. **You seek out rough, technical downhills.** 4-6 hrs in the saddle is a breeze.

# **2021 Nevada County Women MTB Skills Clinic & Camp Program**

***(Clinic Program may change times or skills around to accommodate rider skills)***

## **Saturday Morning 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 will be at registration or bike check to meet / intro to participants)
- MEALS:
  - Coffee/Tea/Juice, Yogurt with fresh fruit, savory breakfast burritos
  - At online BikeReg, select burrito type.
  - Complete by 10/15/22 for us to compile and send orders to Sierra Mountain Coffee House of Grass Valley)

### **9:30 am - Coaches / Volunteers Introductions**

### **9:00 – 9:30am – Bike / Helmet Checks**

- 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

### **12:45pm “GROUP PHOTO” by Meals Area with your Bike & Helmet & Jersey**

## Afternoon Saturday Schedule

### 1pm – 2:00pm Lunch – Julie Young Training, Speaker

- Miso Tofu Soup
  - Sushi bar spread/Roll Your Own Sushi
  - Festive Caesar Salad
  - Homemade Cookies
  - Drinks
- (If raining ... Making Chicken or Veggie Pho Noodle Soup !!!)*

### 2-4pm - More Exciting MTB Skills and Challenges

- Apply skills you learned in the morning along with new skills that apply to specific areas and features on The Ranch trails.

### 4pm Clean-Up / 5pm Appetizer Social Time / Dinner – Pro Amy Morrison, Speaker

- Lock-up bikes, Setup Tent at Campsite, Shower, Social Hour, etc.
- Bring jacket, gloves, hat, camping chair, blanket, etc.
- Appetizers
- Beet Basil Mozzarella Cheese Salad w/Balsamic Dressing
- Spinach 'n Strawberry Salad
- Hearty Chicken & Vegetable Noodle Soup
- Desserts - Chocolate Bar
- Drinks
- Round Robin - Saturday Testimonials by Riders
- Pro Amy Morrison Stories, Q's/A's at Fire Pit

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

# Sunday Schedule

## **8:00 am - Pigs in a Blanket Breakfast**

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**

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

**1-2pm – Tentative Free Ride w/instructors (Must be packed up by 3pm, 4pm locking gate)**

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



Nov. 6-7, 2021

## DIRECTIONS

### From Truckee/Reno Area to Osborne Hill Rd. :

Take I-80 West to CA-20 to Grass Valley/Nevada City (~ 30 minutes)

- 0.0 mi At Jct of CA-49/20 Intersection (to Downieville sign),  
GO Straight towards Grass Valley
- 4.8 mi Take exit CA-20 West (Marysville),  
at light turn LEFT (onto Empire St.)
- 5.3 mi At a 4 way stop, go STRAIGHT, stay on Empire St.
- 6.3 mi On right, is Empire Mine Historic State Park, Visitor Center
- 6.5 mi At stop sign Turn RIGHT onto CA-174.
- 6.7 mi On right, is Calvary Bible Church, permitted event and team trailer parking
- 7.0 mi Turn RIGHT at Osborne Hill Rd.
- 7.7 mi Drive 0.7 mi. to Red Gate on Left.

### From Sacramento Area to Colfax to Osborne Hill Rd. :

Take I-80 East to Auburn and continue on I-80  
Take Colfax Exit, follow signs to Grass Valley  
CA-174 to Grass Valley/Nevada City (30 minutes)

- 0.0 mi Turn LEFT at I-80 West Exit (near Colfax Chevron Station)
- 0.1 mi Turn Right at Stop Sign
- 0.1 mi Turn Right at another Stop Sign, CA-174 continues
- 1.6 mi Turn LEFT at CA-174 Grass Valley/Nevada City
- 8.0 mi Drive thru Peardale
- 9.5 mi At "Y" intersection, stay LEFT and continue to Cedar Ridge
- 9.9 mi Drive thru Cedar Ridge
- 10.8 mi Drive Pass Rattlesnake Rd.
- 11.0 mi Turn LEFT onto Osborne Hill Rd.
- 11.7 mi Turn LEFT at Red Gate.  
Watch for parking volunteer.

