

2024 NEVADA COUNTY Women's Skills Clinic MOUNTAIN BIKE & Camp MAKE IT A GIRLS WEEKEND!



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

Welcome to Nevada County's women MTB skills clinic and camp program. 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! 2024 event will be held at The Ranch, on private property, and the same location as the event called "TDS Enduro". Clinic trails and features to be used by our instructors to improving your skills and bike handling. Please give a big "Thank You" shout to the Sanchez Family for allowing us to host this year's event at The Ranch. Event proceeds are for supporting Nevada County school bike clubs, ~350 youth annually. **Please READ our cancellation policy BEFORE registering at BikeReg.**

Requirement: Completed on-line registration and custom questions, event waiver, bike checked by your local bike shop to reduce potential weekend mechanicals. Bike, helmet, waterproof jacket, for a bike fun weekend. Please do a CoVid test kit day before for safety of our staff, volunteers and their families. Find a back-up friend in case you start to experience cold/flu like symptoms, or have an injury between now and event date. (Guarantee your event t-shirt size in custom question section, deadline is: 10/07/24 Monday)

What to expect: FUN! Lots of riding, lots of learning! New skills, new friends! Talk and learn from local pro racer Amy Morrison. This weekend is for all level riders! We even have an event t-shirt designed just for this occasion! Gourmet meals! Raffle drawing!

Oh Yeah! Specialized bike demo bikes available. Be sure to let us know!

Saturday All levels Welcome!

We have activities from 8am till dusk! So come ready to have fun!

- We skill build in the morning, break for lunch, skill build a little more then hit the trails to apply skill on the trails in the afternoon!
- 8am Check-in, breakfast, 12:30pm lunch, and 5:30pm dinner
- Lunch and/or Dinner Speakers (Pro Amy Morrison/Julie Young Training)

Sunday 8am-3pm **(Saturday clinic completion required, this year or any prion year)**

- We will again hit some skill building in the morning. Building off what we learned on Saturday and then take it to the trail! Oh ya, and run down the dual slalom!
- Breakfast and lunch included

2024 Nevada County Women MTB Skills Clinic & Camp Program



Saturday/Sunday Clinic Location(s):

(See Directions on Page 7)

The Ranch/TDS Enduro/XC Trails
Osborne Hill Rd.
Grass Valley, Ca 95945

Lodging/Camping Info:

\$25 night On-site Camping (Tent/Van/RV).

Bring your own water, no dump station available, PLEASE pack-it/out your trash

When registering online at BikeReg, in custom question section select button if camping at venue ,or not.

Best Western Gold Country Inn, Grass Valley:

972 Sutton Way
Grass Valley, CA 95945
(530) 273-1093
www.bwgrassvalley.com

Nevada County Fair Campground, Full RV Hook-ups:

<https://nevadacountyfair.com/rv-park/>

Outside Inn Campground, Full RV Hook-ups and campsites:

<https://inntowncampground.com/>

Event Website and BikeReg link: <https://ybonc.org/events/mountain-bike-clinic/>

More accommodations and sights at our local chamber listings:

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

DETERMINE YOUR RIDER LEVEL BEFORE REGISTERING ONLINE

(From MTB Experience)

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.

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(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

Afternoon Saturday Schedule

1pm – 2:00pm Lunch – Q & A session with coaches

- Miso Tofu Soup
 - Sushi bar spread/Hand Rolls or 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, Clean-up, Social Hour, etc.
- Bring jacket, gloves, neck warmer, 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

New 2023! Specialized Bike demo, schedule time TBA by instructors

PACK / TEARDOWN Campsites BEFORE 8am Sunday Breakfast

Sunday Schedule

Specialized Bike demo bike, be sure to check one out before breakfast!

PACK / TEARDOWN Campsites BEFORE 8am Sunday Breakfast

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

BEFORE Lunch - “GROUP PHOTO” by Meals Area with your Bike & Helmet & T-Shirt

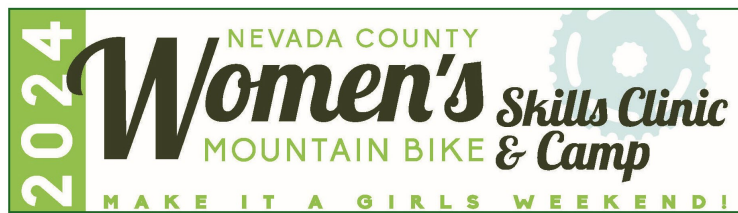
12Noon Lunch

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

TBA - Raffle Drawing

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

THANK YOU for SUPPORTING YBONC !!!



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.:

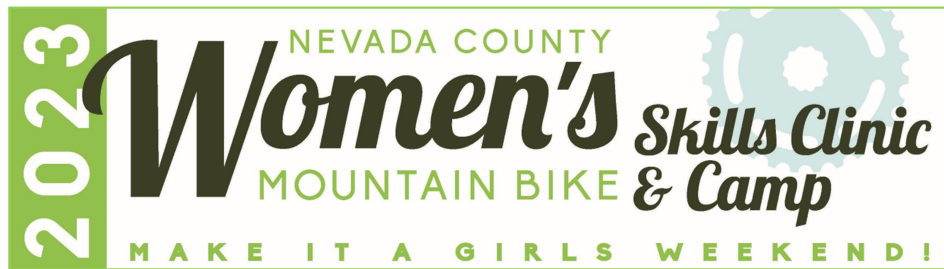
Take I-80 East to Auburn and continue on I-80

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.





Event Cancellation Policy

Why do we have a cancellation policy?

This event is a fundraiser for rural Nevada County bike club youth programs. We do not issue refunds or transfer registrations for our fundraiser events. An event participant's registration can be reimbursed as a comp code toward any of our events or as a donation to our foundation. Our cancellation policy reflects the fact that the closer it is to the event dates, the more challenging it is to adjust plans, and the less likely to find someone to take an open spot. For any registered participant unable to attend due to injury or personal reason, please send forward your event registration confirmation email AND request for the following year event's comp code or state you would like to donate your event registration to our foundation. Please send individual email per participant, not combined participant emails, to:

Send email to: yboncfdn@gmail.com

Subject Line:

Cancellation Notice for MM/DD/YY of First & Last Name of Participant - Request Comp Code or Making a Donation

We set event dates a year in advance, and plan locations dependent on trails, weather, fire, etc. to create an exceptional experience for every participant, and set things up with the expectation that each day will be fun with MTB skills. We are focused to host a great mountain bike skills clinic for women.

- If weather or fires cancel event, participants will receive a BikeReg event cancellation email. Event cancellation are posted on event FB/IG feeds too. If forecast is light rain, we will still host event as we have canopies and propane heaters to keep participants warm and dry during breaks and meals. This is the only case we issue event registrations to participants.
- No refunds two weeks prior to event date to registered participants. Event payments committed to events costs such as insurance, permit costs, instructors, product orders, swags/bling, food, etc. Participant may outreach to someone to fill their spot and arrange payment method themselves.
 - Send us a reply email from your BikeReg confirmation email with replacement participant's full name, email, and cell no.