

## **Bike Skills Clinic — Event Information**

### **Clinic Overview**

**Time:** 9:00 AM – 5:00 PM (drop-in format)

**Cost:** Free – registration required

**Who Can Attend:** All ages and all skill levels (must know how to ride bike)

This clinic is designed to help riders **advance their existing skills**. It is **not a learn-to-ride or balance class**. The focus is on skill development, confidence building, and personalized guidance.

The clinic runs as an **open-format, drop-in session**, allowing riders to join throughout the day for targeted advice and instruction.

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### **Clinic Format**

Not a structured lesson or formal course

- Rider-driven instruction based on individual goals
- Riders receive **15–20 minutes of focused, personal coaching** per visit
- Time per rider may increase if attendance is low
- Ideal for quick tune-ups, confidence boosts, and skill refinement

Each rider will receive personalized advice based on experience level, group size, and park conditions.

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### **What to Expect**

- One-on-one instruction and skills coaching
  - Answers to rider questions related to:
    - Riding technique
    - Safety and protective gear
    - Bike setup and maintenance
  - Instruction adapted to rider ability and current park conditions
  - A safe, approachable, and professional learning environment
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### **Instructor Experience**

The instructor brings **25 years of experience** in advanced riding, bike maintenance, and retail. Hands-on guidance and practical knowledge will be available throughout the event.

## Skills & Topics Commonly Covered

- Proper bike stance and body positioning
- Cornering, balance, and bike control
- Jumping techniques and air awareness
- Managing larger drops and technical features
- Basic maintenance checks and adjustments
- Choosing the right bike and equipment for your riding style

Riders are encouraged to ask **any questions related to bikes**, including brands, parts, repairs, setup, or purchasing advice.

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## Rider Requirements

### Mandatory

- Helmet required to ride in the park

### Strongly Recommended

- Elbow pads
- Knee pads
- Shin or skin protection
- Long-finger gloves

### Additional Notes

- Bring plenty of water and snacks
- Bikes must be in good working condition
- Riders are encouraged to visit **GearHeads** prior to the event for a tune-up if needed