

Women’s Intermediate MTB Camp

June 10th, 2012 9am-1pm

Lake Ahquabi State Park, Indianola, Iowa

Cost: $75, includes lunch

Sign up here: http://www.active.com/event\_detail.cfm?event\_id=2039225

Reach the next level in your racing and riding through expert instruction in the following skills:

* Cornering – Learn how to carry more speed into and out of corners
* Shifting – Find the right gear at the right time and learn why cadence matters
* Braking – Use braking to more efficiently navigate the trail rather than to kill your momentum and speed
* Positioning – Choose the best position possible for climbing and descending
* Bike Handling Skills – Control your bike in slow-riding situations

This is camp for women riders only! You should have your own mountain bike, clipless pedals, and at least two years of riding experience. This is not a beginner clinic - if you've attended our fall beginner clinic, this is the next step to becoming a better rider and/or racer!

**Instructors Include:**

* Abbie Durkee: Zoom Performance Coach
* Julie Kirkpatrick: Zoom Performance coach