



# All Gain - No Pain!

## Introduction to Mountain Bike Skills.

Sunday 1st August 2010, Lysterfield Park VIC, 9 am - 12 pm

- ☑ Fast track your learning
- ☑ Get value for your time & effort: 1 skill session = 100's of hours of safe, exciting, fun riding.
- ☑ Boost your confidence
- ☑ Learn to enjoy single track
- ☑ Get the most out of yourself and your bike - safely
- ☑ Grab your bike out of the garage and have a go.



### Further information/Bookings, contact

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- Louise: Landline 03 85037080  
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- email [louise@bikebeyond.com.au](mailto:louise@bikebeyond.com.au)

Total Cost \$140.00 per person per session (1 instructor to five riders).

- Want to ride with your friends, partner, family?
- Want to ride Cairns to Cape York, The Mawson Trail?
- Want to try a fun mountain bike race or adventure race?
- Want to get your mountain bike out of the garage and see what mountain biking is all about?
- Want to improve your road riding skills?

A skills session will provide you with everything you need to know to enjoy 100's of hours of fun, exciting, safe mountain biking: the knowledge to call your own shots on any trail, the confidence to get out there, and the skills to impress! Lysterfield Park offers a range of trails and features for introducing mountain bike skills in a gentle, safe, supported and fun environment. So whatever your reason to mountain bike this session will provide you the skills to make it happen.



**Bikes, Skills, Adventure.**

[www.bikebeyond.com.au](http://www.bikebeyond.com.au)