

You've tasted the thrills now

Minimise the Spills!

Mountain Bike Skills for the enthusiast

Sunday 14th February, Lysterfield Park 9 a.m. - 12 p.m.

- Learn to dominate the trail.**
- Pick up the pace safely.**
- Develop finesse.**
- Understand advanced techniques.**
- Assess technical features**
- Pick lines quickly**
- Build up your confidence.**

For further information, contact

- Justin: Mobile 0428645202
 - Louise: Landline 03 85037080
 - Email: louise@bikebeyond.com.au
- Cost: \$140.00 (10 places/2 teachers)



The session is designed to support riders who understand basic mountain bike technique develop their skill base further. The emphasis is skill development - when and where to use certain skills, key aspects of more advanced techniques, and how to practice them safely and effectively. Bike Beyond skill programs are grounded in a skills based learning approach: teachers start where you are. How do they know? 18 years of practice with adults, children, corporate groups, and 14 years tertiary teaching experience.



Bikes, Skills, Adventure.

www.bikebeyond.com.au