

# Maximise the thrills!

## Mountain Bike Skills for the enthusiast

17th April 9 am - 12 pm Lysterfield Mountain Bike Park

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

### CONTACT

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- 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. Lysterfield mountain bike park offers easily accessible technical riding with plenty of scope to develop skills, pick up pace and minimise spills.

