

# Arctic Bicycle Club

## 2009 Women's Mountain Biking Clinic

### Objectives:

#### **Learn to ride with confidence on the terrain of your choice.**

Whether you want to be ride down a gentle grassy slope or gravel trail, or if you want to conquer sick dog gnarly, rooty single-track, we will provide instruction to meet your riding goals with better technique, and, hence, confidence.

**Learn basic bicycle maintenance and field repair.** You will learn basic bike maintenance to keep your ride as trouble free as possible from the outset. You will also learn how to make some basic repairs to your bike in the field.

**Learn to ride comfortably.** You will become more familiar with how your bicycle should feel and fit and what kinds of adjustments you can make to enhance your comfort and riding enjoyment.

**Meet Riding Partners.** Think you might not want to ride alone? This class is a great way to meet like-minded riders and learn about local biking events.

Hosted by the Arctic Bicycle Club and taught by volunteer instructors (women and men), the class aims to help women riders of *all* levels. With only 50 participants, we provide individualized skill- and confidence-building sessions by breaking into smaller subgroups based upon each rider's fitness, skill, and interest level: Novice, Beginner, and Intermediate. ***This class is never rained out, so come prepared!***

Please note that riding skills which are the focus of each week will be discussed and practiced differently depending upon your riding group and personal interests. **Before your first session, think about your goals and skills. There are no firm rules as to what kind of rider you are when you start. Sometimes, it is more about what kind of rider you want to be and what your fitness level will support!**

Check out the helpful information and women's bike forum at [www.akspokes.com](http://www.akspokes.com)! It will help you become familiar with biking, your bike, and even this class!

## Other Essential Information

**Equipment.** We ask that all of our participants purchase the following equipment. It is not necessary to have all of it on the first evening, but you will need it for future sessions to learn the bike maintenance and repair skills. **Inner tube; Multi tool; Tire levers; Chain tool; Portable air pump.**

**Location.** To help familiarize you with different trails and riding conditions, we center the sessions at Kincaid Park and at Campbell Tract. All sessions at Kincaid Park meet outside of the chalet. The first session may be held inside of the chalet, space permitting. The Campbell Tract sessions meet at the parking lot about one mile up Campbell Airstrip Road. To drive to this lot from most parts of town, travel east on Tudor Road and then turn right on Campbell Airstrip Road. The parking lot is just past the small bridge, about one mile up on the right-hand side of the road. All sessions are at 7:00 p.m. on Wednesday nights.

**Class is limited to 50 participants.** There is no maximum age limit, nor minimum skill limit. We ask that children under 16 be accompanied by a parent participant or another responsible adult. Waivers are required for all participants.

**Sign Up by May 20, 2009!** Print out the waiver form (see links on [www.arcticbike.org](http://www.arcticbike.org)) and send the completed form along with \$25.00 to Krista Stearns, 3413 Wiley Post Loop, Anchorage, AK 99517, (mail-in registrations must be made early).

**You do not need to be a bike club member to participate, although it is encouraged.**

### Questions?

- ◆ Call or email Krista at 248.9191 or at [stearns.krista@gmail.com](mailto:stearns.krista@gmail.com); or
- ◆ Call or email Wayne at WeBike at 245.3669.

**Helpful Links:** [www.akspokes.com](http://www.akspokes.com) (See the banner for the women's clinic!); [www.arcticbike.org](http://www.arcticbike.org) (Click on the touring division link for sign ups)

# 2009 Women's Mountain Biking Clinic Syllabus

## **Week One - May 27**

**Kincaid Park (chalet), 7:00 p.m.**

- ◆ Welcome and Introductions  
Safety; Clothing; Equipment; Bike Check
- ◆ Skills Assessment: Be ready to ride a short course! Afterward, we will split into smaller groups based on your assessment; we hope time will allow us to split into groups and ride a little more.
- ◆ Riding Skill Focus: Shifting and an introduction to roots

## **Week Two - June 3**

**Campbell Tract, 7:00 p.m.**

- ◆ Maintenance/Repair Skill: How to change a flat tire
- ◆ Riding Skill Focus: Choosing a line

## **Week Three - June 10**

**Campbell Tract, 7:00 p.m.**

- ◆ Maintenance/Repair Skill: How to take your back tire off/on
- ◆ Riding Skill Focus: How to ride over roots (a common Alaska nemesis)

## **Week Four - June 17**

**Kincaid Park (chalet), 7:00 p.m.**

- ◆ Maintenance/Repair Skill: How to repair a broken chain
- ◆ Riding Skill Focus: How to ride a hill

## **Week Five - June 24**

**Kincaid Park (chalet), 7:00 p.m.**

- ◆ Maintenance/Repair Skill: What did we miss that you want to know?  
*Prizes! Prizes! Prizes!* Lovely parting gifts for our fabulous female riders!
- ◆ Riding Skill Focus: Putting it all together-- Let's Ride!

**Thanks to the Arctic Bicycle Club and the generous support of  
WeBike Bicycle Repair and [www.akspokes.com](http://www.akspokes.com)!**