

FREE MOUNTAIN BIKE CLINIC

LEARN FROM AREA EXPERTS
Expert Mountain Bike racers will be on hand to teach you anywhere from basic riding skills to advanced tips. We will break up into all age groups/skill levels



**APRIL 1, 2006
CASTLEWOOD STATE PARK
9:30 AM - NOON**

FREE T-SHIRTS TO FIRST 100 PARTICIPANTS, SAFETY CLASS,
MECHANIC BASICS, FREE BIKE SCHWAG DONATED BY LOCAL BIKE
SHOPS, ALL AGES WELCOME, ALL SKILL LEVELS WELCOME
COME JOIN IN THE FUN - BRING THE KIDS!



2006 NORBA Mountain Bike Clinic

Hosted by MO State Parks, DRJ Racing and St. Louis Cycling Club

**April 1, 2006
Castlewood State Park**

www.stlbiking.com/mtb for more information

NO REGISTRATION NEEDED

Just show up with a Helmet, Bike and a good attitude and we will teach you a few tricks to riding offroad. We will offer basic safety advice, bike mechanic overview, then split into groups by age and skill levels and hit the trails. Again, all ages welcome!

FREE T-SHIRTS
ALL AGES
WELCOME

AREA EXPERTS
VOLUNTEER

CLINIC SPONSORS



CLINIC HOSTS



This course is designed for children and adults of all ages and skill levels. Come learn in a safe, friendly atmosphere!

