

**Welcome to MST Adventures & The BikeSmith LLC  
Beginner Grom Mountain Bike Camp**

<p>Daily Drop Off 8:15 am Daily pick Up 12:00-12:30 pm</p>	<p>MST Adventures Rental Office 6808 Academy Parkway East, NE Building B, Suite 4 Albuquerque, NM 87109 505-717-2526</p>
<p>Restrooms</p>	<p>On site at MST Adventures, On Site at Pine Flats, North Foothills and North Domingo Baca Park</p>
<p>Snacks and Hydration</p>	<p>Participants will be required to provide snacks and hydration (bottles or bladders) for class. We can fill them at the shop.</p>
<p>Required Items for Class</p>	<ul style="list-style-type: none"> <li>● Mountain bike in sound working condition</li> <li>● Flat pedals</li> <li>● Helmet</li> <li>● Gloves</li> <li>● Eye Protection</li> <li>● Hydration Pack or Water Bottle</li> <li>● Snack</li> </ul>
<p>Prerequisites</p>	<ul style="list-style-type: none"> <li>● 7th Grade to 10th Grade or Ages 12-15, (we accept younger and older with interview/prior lesson)</li> <li>● A positive attitude and desire to try new challenges</li> <li>● Be in good health and overall fitness</li> <li>● Comfort riding a bike on the trail</li> <li>● Each child will be assessed and grouped with others of similar skill</li> </ul>
<p>Student to instructor ratio</p>	<ul style="list-style-type: none"> <li>● 1:5 Student to Instructor Ratio</li> </ul>
<p>Goals of Mountain Bike Camp</p>	<ul style="list-style-type: none"> <li>● To Learn new skills via mountain biking</li> </ul>

	<ul style="list-style-type: none"> <li>● To engage in the outdoors, in a safe, positive learning environment</li> <li>● To HAVE FUN!</li> </ul>
Team Building Goals	<ul style="list-style-type: none"> <li>● Teamwork</li> <li>● Problem Solving</li> <li>● Communication</li> <li>● Listening Skills</li> <li>● Cooperation</li> <li>● Quick Thinking</li> </ul>

### **Day 1- North Domingo Baca Park**

0800-8:30a- Student Drop Off, Check-in, Restrooms, Daily briefing where and what material to be covered, Bike Safety Check / Fit

8:30-9:00a- Transport to NDBP

9:00-10:30- Skills and Drills (Bike Body Separation, Body Positioning, Braking, Bike Handling Skills)

10:30-10:45- Snacks / Hydration

10:45-11:30p- Skills /Games (rock dodge challenge, slow speed challenge, Grey hound and the rabbit

12:00- Transport back to shop for pick up

### **Day 2- Bike Maintenance / North Valley Dirt Park**

0800-8:30a- Student Drop Off, Check-in, Restrooms, Daily Briefing

8:30-10:30a- Bike Maintenance: Parts of your bike, Flats, Burps, and Punctures On site

10:30-10:45- Snacks / Hydration

10:45-11:15- Transport to NVDP Pumping, Steering, Skinnies

11:45- Transport back to shop for pick up

### **Day 3- North Foothills Single Track**

0800-8:30a- Student Drop Off, Check-in, Restrooms, Daily Briefing

8:30-10:30a- Transport to Open Space (Restrooms), Group Ride North Single Track

10:30-10:45- Snacks / Hydration

10:45-11:30- On trail skills, cornering, steering & vision, Pedal Efficiency/ Climbing seated and standing

11:45-Transport back to shop for pick up

### **Day 4- Bike Maintenance / North Valley Dirt Park**

0800-8:30a- Student Drop Off, Check-in, Restrooms, Daily Briefing

8:30-10:30a- Bike Maintenance: Lubrication, Derailleur adjustment(s)

10:30-10:45- Snacks / Hydration

10:45-12:30- Transport to NVDP Front and rear wheel lifts, jumps, level lifts

12:45/1:00p- Transport back to shop for pick up

### **Day 5- Pine Flats**

0800-8:30a- Student Drop Off, Check-in, Restrooms, Daily Briefing

8:30-10:30a- Transport to TH (Restrooms), Group Ride Single Track

10:30-10:45- Snacks / Hydration

10:45-11:30- On trail skills, cornering, steering & vision, Pedal Efficiency/ Climbing seated and standing, Riding Rocks and rolling drops. Skills Roll Down Lunge, Level Lifts, advanced cornering, riding with flow

11:45- Transport back to shop for pick up