



MBSEF Club MTB Cycling Program

MBSEF's Club Mountain Bike program is for ages 8+ with an emphasis on technique, fitness, proper equipment use and care, and trail etiquette. Each session will culminate with an all-day Adventure Camp. This camp is included with each session's tuition, but children can also participate for \$50 without previous enrollment in the session.

The second Thursday of every session is Bring-a-Friend Day. Kids are invited to bring a friend along for the day at no charge.

Opportunities for racing will be available and all children are encouraged to race if they are excited and interested.

There are a limited quantity of loaner mountain bikes available. Please contact the MBSEF office for further details and to reserve your loaner mountain bike.

Club MTB Sessions will run M, T, Th and one Saturday per session.

Club MTB Session 1: 4:30pm – 6:00pm

May 23, 24, 26, 30, 31, June 2, 6, 7, 9 and June 11 is Adventure Day

Club MTB Session 2: 9:00am – 10:30am

June 20, 21, 23, 27, 28, 30, July 4, 5, 7 and July 9 is Adventure Day

Club MTB Session 3: 9:00am – 10:30am

July 25, 26, 28, August 1, 2, 6, 8, 9, 11 and August 4 is Adventure Day

Cascades Gran Fondo – All Riders Welcome! August 18-21, Tour de France rider Chris Horner will host this mass participation cycling event. A portion of the proceeds will go to MBSEF - more information to follow.

Flexible Day Options: Again this year, the program has a two and three day per week (Mondays, Tuesdays and Thursdays) option. Athletes can pick the days that best fit their busy schedules.

Cost: 3 Day Option - \$150 per session
 2 Day Option- \$120 per session.

Multiple session discount: \$15 for two sessions, and \$25 for three sessions.

Tuition includes Adventure Day Camp, or you can choose \$50 for one day camp only. Bring a friend!

For 2011 registration forms visit
www.mbsef.org