

## Mountain Bike Advanced Skills Class for Women

This 3 hour class will be instructed by Shelly Allen (UCI World Master's Champion and Multiple Florida State Champion), Belinda Williams (Florida State Champion and Southeast Regional Champion), with assistance from Erin Deemer (Florida State and Southeast Regional Champion) and Barbara Shircliffe Perigard (FLOW's Director).

### Clinic Topics

- Bike setup for technical trails (suspension, tire pressure)
- Descending skills
- Climbing skills, including switchbacks, and slow speed balance
- The importance of looking down the trail Body position for confidence on difficult trails
- Shifting and gear choice
- Braking skills, smoothness and control: sometimes less is better
- Cornering skills on tight and fast trails

The skills portion of the clinic will focus on intermediate and expert trails but instruction will be tailored to for riders at different levels. However, the clinic is not designed for those with limited trail riding experience or who have no desire to ride technical terrain. If you just started mountain biking, we recommend taking beginner's clinic through SWAMP ([swampclub.org](http://swampclub.org)).

**Saturday, February 6, 2010**  
**9 am to 12:00 pm**  
**Santos Trail Head, Belleview, Florida**

**Brick City Bicycles (Ocala) & University Bicycle Center (Tampa)**

**Brick City Bicycles** and **University Bicycle Center** are providing cool gifts for all attendees. Great Door prizes offered by Brick City Bicycles, Good Vibes Jewelry, and Sports Massage by Franko Triscritte, M.Ed., L.M.T.

All proceeds for the clinic are going to support  
FLOW (Florida Ladies on Wheels).

Clinic Cost: \$20.00 or  
Bring a Buddy and you both can take the class for \$30!

We need 6 to hold the camp; but are limiting participation to  
the first 20 women who register.

To register or if you have any questions about this class, please email Barbara at  
[Barbara@floridawomencycling.net](mailto:Barbara@floridawomencycling.net).