



Grabbin' Gears

Mountain Biking Camp

Get ready to grip and rip local trails as you learn the basics of riding and maintaining a mountain bike. Master riding techniques, learn to change a flat, and gain a better understanding of bike mechanics. Become a competent and confident mountain biker, rip down trails and explore Wyoming on two wheels.

- **Day One (1.5 hrs): Mountain Bikes 101**

- Mountain Biking has more potential risk than other sports but also has the potential to be one of the most rewarding activities campers are involved in. That's why biker safety is extremely important. Once properly fitted with their bike and bike helmet, campers will hit the Clear Creek Trail for a test ride.

- **Day Two (1.5 hrs): Biking Techniques & Skills**

- A successful mountain biker learns to move effectively through terrain while also learning to conserve energy. Building the basic techniques of breaking, shifting, and navigating over simple obstacles will help campers build a solid foundation for the development of more technical skills.
- Off to the trail to ride and put the skills into motion.

- **Day Three (1.5 hrs): Gear Busters Bike Maintenance**

- A big part of managing risk while mountain biking is learning how to do a daily check and knowing how to handle basic fixes while out on the trail. Campers will learn how to change a flat, check and maintain good air pressure, fix a chain and remedy minor brake issues.
- More advanced riding skills will be covered including climbing, descending and weight transfer. Campers will apply these skills by putting their foot to the pedal and hitting the trails for a daily ride.

- **Day Four (8 hrs): Ready To Ride All Day Adventure**

- Feel the wind in your face and experience the thrill of pedal power as you rip down the trail with your newly acquired skills. Campers will spend the day riding through the Bighorns and receiving feedback from instructors to improve their technical skills and mental approach to the trail.