Beyond BOW

Beginner Mountain Bike Clinic

June 28-29, 2014
Whitefish, Montana

Sponsored by

Montana Fish, Wildlife & Parks

Whitefish Bike Retreat
Montana's First And Only Bike Retreat
www.WhitefishBikeRetreat.com

Registration
Beginner Mountain Bike Clinic

Name _____

Address_____

City _____

State_____Zip_____

Daytime Phone_____

Evening Phone_____

E-Mail _____

Year of Birth_____

[ ] Enclosed is my check for $35

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness or death and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program.

_____
Signature

Date_____

What kind of mountain bike are you bringing to the clinic?

[ ] My bike make and model is _____

_____

[ ] I'm renting a bike, make and model if known _____

_____

How would you rate your mountain biking experience?

[ ] Newbie – I've never biked off pavement.

[ ] Beginner – I've biked on trails but only a few times.

[ ] Beyond Beginner – but not yet an intermediate rider.

[ ] Intermediate – I'm comfortable biking on trails but want to improve my skills and knowledge.

Your lodging* for the clinic is:

[ ] I have my own lodging off site

[ ] I have reservations at the Whitefish Bike Retreat facility or campground*

*Lodging is not included with the registration fee; please make your own arrangements.

Make checks payable to: FWP
Send checks & registration form to:
Liz Lodman
FWP-BOW
PO Box 200701
Helena, Montana 59620

Registration Fee: $35

Beyond BOW workshops provide opportunities to learn outdoors skills. Workshops are designed especially for women and are an extension of the Becoming an Outdoors-Woman program sponsored by Montana Fish, Wildlife & Parks.

Join us for a fun and gentle introduction to the joys of mountain biking, including expert instruction and riding time. This clinic is for the beginner to intermediate level mountain biker.

Here's what you'll learn:

- The mountain bike components.
- How to choose a bike and how to make it fit you.
- Safety and comfort on the trail – what to bring on every ride, trail etiquette, clothes to wear, and nutrition.
- Simple maintenance and repairs, on and off the trail.
- Introduction to riding techniques.
- Reading a map and planning your route.

We'll be based at the Whitefish Bike Retreat located next to the Whitefish Trail system. See the "Accommodations" section for booking your lodging here. The clinic runs from Saturday morning to Sunday noon with an optional Sunday afternoon ride. The clinic fee includes all meals starting Saturday noon through Sunday noon.

Requirements to participate: We expect a range of experience levels, from the brand new biker to the intermediate looking to improve her skills and knowledge.

Everyone will need the following items, which can be rented from local bike stores if needed (we can offer suggestions):

- Mountain bike suitable for riding trails – please don't hesitate to ask questions about this if you're not sure
  - For the newer riders we recommend platform pedals (no clips), but if you are comfortable with clip-style pedals be sure to bring compatible shoes
- Helmet
- Comfortable trail shoes (or bicycle shoes if using clip-style pedals, see note above)
- Positive attitude!

Recommended items to make your experience more enjoyable: Water bottle or hydration pack, Padded bicycle shorts, Biking gloves.

Special Needs: If you have a disability, medical condition or restrictive diet requirements please note them with your registration. We will attempt to accommodate your needs.

Clinic Cancellation Policy: The deadline to cancel is June 6th. If you cancel on or before that date you will receive a full refund. After that date, a $10 cancelation fee will be deducted from your refund. Registrants who do not attend and do not cancel by June 6th will be assessed the full fee.

Questions? Contact Sheli Thomas at 406-250-4211 or Liz Lodman at 406-444-9940. Persons successfully registered for the clinic will receive a confirmation letter with more information about the training.

Whitefish Bike Retreat

Montana's First And Only Bike Retreat

www.WhitefishBikeRetreat.com

If traveling from afar or just looking for the full getaway experience, you have the option of staying at the Whitefish Bike retreat on Friday and Saturday night. Lodging prices include a shared bathroom with showers, towels provided. Below are your options on a cost/night basis, dependent upon availability (taxes included):

- **Private room with 1 queen bed: $106.40/night**
- **Private room with 2 twin beds: $106.40/night**
- **Bunk room with up to 4 twin beds: $50.40/bunk/night**

Primitive Camp Sites are available for $28/person. Each site has its own picnic table, fire pit, and bike rack. Camp sites have access to a bath house with showers, water source, and bike wash station.

To reserve lodging, contact:
Whitefish Bike Retreat at 406-260-0274 or
email: info@whitefishbikeretreat.com