

MASSANUTTEN BIKE PARK WOMEN'S WEEKEND



September 30 - October 1, 2017

The Women's Weekend includes professional coaching from certified female mountain bike instructors, lift passes, discount lodging, and discount rentals for the entire weekend.

*****Pre-registration is required at bikereg.com. Day of event registration is not available. Space is limited! *****

INFO

We've got an amazing staff of certified female mountain bike instructors lined up for the weekend of community, discovery, and adrenaline! Develop fundamental riding skills and apply them to our bike park in a supportive group atmosphere. Downhill mountain bike park experience not required but gladly accepted. If you're interested in elevating your riding skills to the next level, sign up now! Space is limited! We're keeping the weekend intimate with student to instructor ratio at 6:1.

INSTRUCTORS

Sue Haywood, Hillary Marques, Kelly Hazlegrove, Marlie Smith, Shanna Powell, Lindsey Carpenter, and Ellen Kasiske.

RATES

- \$225 | Includes instruction, and weekend lift tickets.
- \$325 | Includes instruction, lift tickets, and rental equipment.
- \$175 | Includes instruction only for season pass holders.
- Lodging deals starting at \$85 per night. Call 540.289.4952 for reservations. Mention Women's Weekend for discount.
- \$25 full-day lift tickets for any females not in clinics with certified coaches.

AGES

Participants must be 15 years old or older.

ABILITY LEVELS

Participants must be able to ride a bicycle with hand brakes and gears. Previous mountain bike experience is not required. We offer beginner, intermediate, and expert level instruction. All participants will be asked to complete a survey after registration to help us gauge rider ability levels. Additionally, everyone will ride through a skills evaluation area prior to splitting up into groups and assigned instructors. Riders will be grouped with ladies of similar experience and ability level. Trails at the Bike Park are rated green circle (beginner), blue square (intermediate), blue/black square/diamond (advanced), blue/black square/orange oval (advanced with jump skills required), and black diamond (expert).

OPTIONAL ADD-ONS

Participants qualify for special discounts on bike rentals (\$50 per day) and lodging (starting at \$85 per night).

RENTAL INFO

If you need rental equipment, stop by the rental shop Friday evening between 5 - 7 pm to pick up your gear for the weekend. Rental equipment does sell out, so coming by Friday evening will guarantee that you are properly outfitted for the weekend.

Questions? Call 540.289.4954

REQUIRED EQUIPMENT

- A downhill or freeride bike in good working order with disc brakes and a minimum of 120mm front and rear suspension. It's always a good idea to have your bike inspected by a qualified mechanic if you're unsure of its condition. Massanutten's fleet of Trek Remedy and Sessions bikes are available at the rental shop.
- **Personal Bike Requirements:** 24"-29" wheels, 3.5" tire width max, disc brakes, front suspension required, and rear suspension recommended.
- A full face helmet certified for downhill biking. Rentals available.
- Knee and elbow pads. Rentals available.

RECOMMENDED EQUIPMENT

- Shin pads.
- Mountain bike goggles or athletic style glasses.
- Mountain biking specific shoes or light hiking shoes/boots (no sandals).
- **Gloves:** Gloves can be your best friend if you happen to take a spill out on the trails. There's nothing fun about having a patroller pick little bits of gravel out of your palms.
- **Clothing:** It's best to be prepared for any possible weather conditions, this includes cool & windy, hot & humid, wet or dry. Bike specific shorts offer the best abrasion protection. Long sleeves and pants can provide better protection from weather and abrasion, but aren't required. While many shorts can be cotton blends for durability, most people prefer synthetic materials such as polyester, nylon, or lightweight wool for tops / jerseys because of their better breathing and moisture management properties. A lightweight rain jacket is also a good article to keep on hand.

SCHEDULE

Saturday, September 30

- 8:30 AM | Check in at the Mid-Mountain Grill
- 9:00 AM | Bike checks, warm-ups, and stretching
- 9:30 AM | Rider evaluations and break into groups
- 10:00 AM | Downhill instruction
- 12:00 PM | Lunch break
- 1:00 PM | Downhill instruction
- 3:00 PM | Instruction wrap-up and fun runs
- 5:00 PM | Last chair lady train down Creamy Trail
- 5:30 PM | Apres social hour at Base Camp

Sunday, October 1

- 9:00 AM | Morning warm-up gathering with stretching at Mid-Mountain Grill
- 10:00 AM | Downhill instruction
- 12:00 PM | Lunch break
- 1:00 PM | Fun runs
- 5:00 PM | Wrap-up and roll out



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