



Youth Cross Country Trail Biking Program



PROGRAM HIGHLIGHTS

- Bike Inspection & Fitting
- Bike Safety Education
- Riding Awareness & Vision
- Balance & Body Position
- Braking & Stopping
- Shifting & Cadence
- Terrain Awareness
- Introduction to Obstacles
- Program Shirt Provided

Program is held on Tuesdays from
4:30pm – 5:45pm,
September 17th – October 26th,
at Brunswick Town Commons &
Neptune Woods for youth in Grades 2 -7.
 \$ 35 Residents \$45 Non-Residents
 Enrollment limited to 20 participants.
 Register soon!

Daily Schedule
4:30pm- Meet/Stretch
4:40- Introduce skill of the day, Group Ride
5:40 - Group stretch/review of ride
5:45 - Dismissal

REQUIRED ABILITY

Beginner, Novice, Intermediate or Advanced Riders.
 *Beginner riders need to be comfortable riding a two wheel bike without training wheels and confidently be able to use hand brakes.

Equipment

Helmet- Bike- Water Bottle-
(Bikes will be available to use for the program for those that might not have them & helmets will be given to those needing helmets)
 *Riders should wear clothes that they are comfortable riding in.

The Trail Bike Coaches

Coaching is provided by:
 6 RIVERS NEMBA (New England Mountain Bike Association)

Kris Haralson 6R NEMBA Board Member
kharalson@comcast.net

Chuck Spear
 Kevin Cashman

All of the coaches are avid mountain bikers and are skilled in CPR and first aid.

Parents/guardians are welcome and encouraged (but not mandatory) to ride along with the group.

This is a 6-week program that will meet **Tuesdays** starting **September 17th**. **The 6th meeting session of this program will be a destination ride to be determined on October 26th**. Staff is knowledgeable and enthusiastic about teaching kids of all skill levels about Cross Country Trail Biking. They will help riders develop a positive attitude about themselves and others, as well as developing skill and comfort on their bike in different trail conditions. This program will meet weekly at the **Brunswick Town Commons** Entrance at the Rt. 123 parking area. We will consider the destination ride on **Saturday October 26th** from 9am - 11am as our last session.

PROGRAM SPONSORS:

Center Street Cycles
 6 Rivers NEMBA
 Gorham Bike & Ski

The program will start with a **Parent/Guardian & Rider meeting** on Tuesday, **September 17th** at 4:30pm at the **Brunswick Town Commons**. A Bike & Helmet Safety check will also be done at this meeting. Fitting for helmets and bikes will be done for those needing to use a bike for the program. Please let us know in advance if you do not have a bike.

**BRUNSWICK PARKS & RECREATION DEPARTMENT
YOUTH CROSS COUNTRY TRAIL BIKING – Fall 2019**

For Office Use
Date _____
Amt\$ _____
Computer <input type="checkbox"/>
226280-01



FEE:
 \$35.00 Brunswick Residents
 \$45.00 Non- Residents

Please Print

Name _____ Date of Birth _____ Age _____ Female Male

Street Address _____ Town of residence _____

Zip Code _____ School _____ Grade, Fall 2019 _____

Parent/Guardian #1 _____ Email _____

Parent/Guardian #1 Home Phone _____ Parent/Guardian #1 Work Phone _____ Parent/Guardian #1 Cell _____

Parent/Guardian #2 _____ Email _____

Parent/Guardian #2 Home Phone _____ Parent/Guardian #2 Work Phone _____ Parent/Guardian #2 Cell _____

Emergency Contact, other than parent/guardian _____ Relationship _____

Day Phone _____ Cell Phone _____

*ALLERGIES/PHYSICAL or EMOTIONAL LIMITATIONS _____

As a parent/guardian, I give my child permission to participate in the Brunswick Parks and Recreation Department Trail Biking program. I understand that photographs taken of Parks and Recreation Programs may be used by the Parks and Recreation Department for promoting programs, classes or events to include brochures, posters or web page postings.

Signature of Parent/Guardian _____

Names of Parents/Guardians _____ **PLEASE PRINT)**