



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 4:30 – 5:30pm
September 27th - November 1st
At various locations including the Brunswick Town
Commons, Topsham Trails,
and Neptune Woods
For Youth Ages 8-12
\$ 45 Residents \$60 Non-Residents**

Daily Schedule
4:30pm- Meet/Stretch
4:40- Introduce skill of the day, Group Ride
5:15 - Group stretch/review of ride
5:30 – Dismissal

<u>REQUIRED ABILITY</u>
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.
<u>Equipment</u>
Helmet Bike Water Bottle
*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)

Michael Romac, who has 30 years of Mountain Biking experience, will be coaching.

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

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 various locations.

The program will start with a **Parent/Guardian & Rider meeting** on Tuesday, **September 27th** 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. We have a limited number of bikes available for use, but cannot guarantee that the available bikes will fit all riders.

PROGRAM SPONSORS:

Center Street Cycles
6 Rivers NEMBA
Gorham Bike & Ski



Scan the QR Code to Register Online!

COVID-19 GUIDELINES WILL BE CONSISTENT WITH BRUNSWICK SCHOOL DEPARTMENT PROTOCOLS THAT ARE IN PLACE AT THE TIME OF THE PROGRAM SESSIONS.

The Parks and Recreation Department encourages individuals with disabilities to register for this program. Should you desire further information, contact the Recreation Department at 725-6656. To view our refund policy, see our current program offerings or register online, visit us online at www.brunswickme.org/parks-recreation