



# 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

**Tuesdays & Thursdays**  
**From 5:00pm – 6:15pm**  
**September 26<sup>th</sup> -November 2**  
**At Brunswick Town Commons\***  
**For youth Ages 8-14**

**FEE: \$80 Residents//\$106 Non-Residents**  
**\*Some classes may be held at other local trails in the greater Brunswick Area**

### The Trail Bike Coaches

Coaching and instruction is provided by:

Jeremy Chapman  
[mylastnameischapman@gmail.com](mailto:mylastnameischapman@gmail.com)

Jeremy Whitney

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

### Daily Schedule

**5:00pm- Meet/Stretch**

**5:10- Introduce skill of the day, Group Ride**

**6:00 - Group stretch/review of ride**

**6:15 - 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- Closed toed shoes-

*\*Riders should wear clothes that they are comfortable riding in.*

Staff are 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 26th** 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.



Scan the QR Code to Register Online!

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](http://www.brunswickme.org/parks-recreation)