



Core Skills

On this course we'll show you the skills you need to flow on any trail. By moving around on your bike, braking properly and unloading your weight when you need to, you'll soon go from merely surviving the trail to styling it.

We'll start the day by going back to basics to help you shed any bad habits you've picked up. Then we'll work on taking it to the trail in our dedicated skills area, using video feedback to show you what you are *really* doing.

Course Content

During the course we'll show you:

- How to change your riding position to tackle anything
- How to float over slopes, ramps and rollers
- The secret technique of lifting your front wheel over obstacles
- How to tackle various red-grade trail features including berms, small drops and rock gardens

Who should attend?

- Bikers who are already happy on the blue trails and would like to be more comfortable on red trails
- Anyone who feels they are sometimes being worked by the trail rather than the other way round
- Those who find it difficult to lift their front wheel over steps and obstacles on the trail or get stopped in their tracks

Cost

£85 per person
(maximum 8 per group)

All courses are run by fully trained MBLA or CTC coaches.
Normal parking charges apply.

To book or for more information
call Quench Cycles on 01580 879694
For information on the site and facilities visit www.quenchuk.co.uk