

VRD Mountain Bike Camp

What to Bring to Camp:

Please label all belongings with your child's first AND last name.

EQUIPMENT:

- Mountain Bike
 - Must be a true mountain bike with free-wheel, front and rear hand brakes, and gears.
 - Front- or full-suspension is recommended, but a fully rigid mountain bike with fat tires can be optimal for small riders
- Helmet – cross country style is best
- Tube!...that fits your wheel/tire size and has the appropriate valve for your rim
- Water bottle or hydration pack
- Lunch (A good amount of food, no refrigeration or heating required, & items your child will want to eat)
- Snacks (quite a few snacks that fit in pockets or in a hydration pack on the trail)
- Sunscreen
- Jacket
- Rain Gear
- Layering clothing for wet/cold weather
- Apply sunscreen every morning
- Children will not have any need for spending money; please do not send any money with children.

SKILLS:

Give us a call if you have questions about your child's readiness for this camp or your bike's appropriateness for riding trails. 970-479-2292

- Proficient with riding on pavement including:
 - starting, riding, braking front and rear, stopping and bike-handling in tight situations
- Some experience on dirt
- Ride a lot before camp:
 - Gives you some base fitness
 - Gets your body used to being on a bike: bottom, hands and wrists
 - There is no substitute for time on your bike