



**Spoke Dirt School  
Mountain Bike  
Skills Clinic**

**May 29th 2011**

**Open Clinic  
All riders welcome  
Dufferin elementary School  
Kenna Cartwright park trails  
10-3 pm**

**Beginner  
Intermediate  
Advanced**

**MOUNTAIN BIKE SKILLS  
CAMP**

- BODY POSITION
- CORNERING
- SWITCH BACKS
- SHIFTING
- CLIMBING
- DESCENDING
- RIDING OBSTACLES
- WHEEL LIFTS
- EXIT STRATEGIES
- TRAIL SIDE MECHANICS

**SKILLS-FUN-GAMES**

**AGENDA**

10-10:15	REGISTRATION
10:15-12:00	SKILLS
12:00-12:45	LUNCH
12:45-1:00	MECHANICAL
1:00-3:00	TRAIL RIDE

**SPONSORED BY B100 / CIFM**

**LUNCH BY TBA**

**SPOKE COACHES: KEVIN,  
GREG, RYAN, CAROLYN,  
TYLER, PAUL, LEYLA,**

CONTACT US @ 250-372-3001  
SPOKENMOTION@SHAW.CA

**Registration**

**Name** \_\_\_\_\_  
**phone#** \_\_\_\_\_  
**e-mail** \_\_\_\_\_  
**Age** \_\_  
**Beginner** \_\_\_\_  
**Intermediate** \_\_\_\_  
**Advanced** \_\_\_\_

**\$50.00**

**Credit card #** \_\_\_\_\_

\_\_\_\_\_  
**expiry date** \_\_\_\_ / \_\_\_\_

**Waiver needs to be signed  
and attached** \_\_\_\_\_

**Spoke n Motion  
194 W Victoria street  
Kamloops BC 250-372-3001**