

# Gals & Gears

## Women's Mountain Bike Clinic

June 27 @ Mt. Ashwabay

### WHERE:

Mt. Ashwabay  
32525 Ski Hill Rd,  
Bayfield, WI 54814

### WHEN:

9am—4pm  
6/27/15

### COST:

\$25  
(Includes Lunch)



On the bike, you'll learn how to ride off-road and single track trails, and skills such as braking, cornering, distribution of weight over obstacles, climbs and ascents as well as basic bike maintenance.



This ALL Women's clinic is geared for beginner to intermediate riders ages 9 and up.



Register by contacting Ashland Parks & Recreation office at 715.682.7059 or visit [www.ashlandparks.org](http://www.ashlandparks.org)

