

2017 MOUNTAIN BIKE SKILLS CLINIC SERIES



**FREE!
Just RSVP!**

The Jersey Off Road Bicycling Association, in coordination with REI, Community Bikes, the Cherry Hill Dept. of Parks & Recreation, the Cherry Hill Environmental Board/Trail Crew, the Sustainable Cherry Hill Way To Go Task Force and the Friends of the Black Run Preserve, invite you to the 2017 Mountain Bike Skills Clinic Series at the **Kresson Trails** and the **Black Run Preserve**.

CLINIC SERIES DATES:

- Saturday, May 20th at Kresson Trails
- Saturday, June 17th at Black Run Preserve
- Saturday, July 15th at Kresson Trails
- Saturday, August 19th at Black Run Preserve
- Saturday, September 16th at Kresson Trails
- Saturday, October 21st at Black Run Preserve

WHERE: KRESSON TRAILS - located at Kresson and Springdale in Cherry Hill, NJ (parking lot is off Kresson - look for trail signs)

BLACK RUN PRESERVE - located off of Kettle Run Road near the Braddock Mill Road intersection.

TIME: 9:00 a.m. - 12:00 noon

RSVP: Send an email to chtrailcrew@gmail.com or call 856- 470-8967.

The **free** clinics are held the third Saturday of each month from 9:00 am to 12:00 pm at alternating between the **Kresson Trails** and the **Black Run Preserve**. The clinic will focus on the fundamentals of mountain biking: basic bike set-up, rudimentary riding techniques including climbing, descending, cornering, braking and shifting, plus trail essentials like repairs, etiquette and equipment selection. You are invited to come once or as many times as you would like.

What you need to bring:

- Bike in good working condition
- Helmet (required)
- Water & High Energy Snack
- Appropriate clothing

