

MOUNTAIN BIKE CLINICS

2025

W/ CERTIFIED
INSTRUCTOR
NICOLE CYR

SUN
JUL
13

SWITCHBACKS

This two-hour course will teach you some simple, yet effective strategies to tackle both uphill and downhill switchbacks.

E. Windham Conservation, 187 Falmouth Rd., Windham, ME

CORNERING

Learn the crucial fundamentals to help you on your quest to improve your cornering.

Lowell Preserve, 45 Falmouth Rd., Windham, ME 04062

THUR
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THUR
SEPT
18

PUMP IT UP!

Learn how to generate speed and maintain traction using body movements alone—no pedaling required.

Lavoie Bike Park. Gorham, ME 04038

WHAT TO EXPECT

A fun, engaging lesson with Individualized feedback, video analysis, and skills to progress with.

FOR
ALL
LEVELS



MORE INFO:

[HTTPS://SHORTURLAT/FCOVX](https://shorturl.at/fcovx)