

AMBC/WSMTB Skills Day



Yellowmundee — 16 January 2010

Under AMBC's Homeground Advantage Program, WSMTB have teamed up with us to run a women's specific skills day.

What You Can Expect

Our Skills Day is aimed at helping you improve your riding skills in a social and relaxed environment. The day will consist of a range of sessions targeted at improving your riding through improved skills and maintaining better momentum.

This day we be all about you, and to suit different levels of rider, we will be running both novice and intermediate sessions.

The AMBC Experience

At AMBC, we're committed to providing the ultimate cycling experiences to our guests by including the following unique benefits on each of our events:

Exceptional Leaders: Our Trainers pass the highest AMBC training standards which translates into an exceptional experience and superior customer service for each and every guest on each and every event.

Social & Fun: AMBC encourages social interaction and our trainers make a huge effort to make the day fun.

Comfortable Group Size: A maximum of 10 guests per trainer ensures you have individual support, attention and the company of AMBC qualified Trainers.

Outcomes

Novice Program:

- Setting up your bike properly
- How a mountain bike works
- Tackling different terrain
- Braking and gearing
- Balance and bike control
- Basic cornering techniques
- Tackling small obstacles
- Negotiating small drops safely
- Open and technical climbs
- Safe descending
- Basic bike maintenance
- General trail riding

Suitable for the rider who has recently started mountain biking, or the rider who has lost confidence due to time off the bike or having a fall.

Intermediate Program:

- Setting up your bike for technical riding
- Addressing the basics — are you riding correctly?
- Braking techniques
- Tackling different terrain
- Balance and track stands
- Cornering techniques
- Drops, rolldowns, etc.
- Obstacles (including step-ups)
- Technical & steep climbs
- Technical descents
- Maintaining momentum and riding fluidly
- General trail riding

Suitable for the confident weekend rider who wants to improve their technical skill, improve speed and maintain momentum.



Trainers



Kath Bicknell

Freelance writer, Kath is an elite mountain biker and an inspiring person to talk to. With a fantastic skills base, she has an impressive race resume which includes wins and top 5 finishes in events such as the Australian Solo Championships 6+6 hour race, BMC Mountains to Beach, Highland Fling, NSW State XC Series and the Sydney XC Championships.



Robyn Simionato

Adventure racer and mountain biker, Robyn is one of AMBC's original trainers. She brings with her a wealth of experience and skill, and is a favourite with our female participants. With wins and top 5 finishes in races such as the Dirtworks Classic, AROC adventure series, Kathmandu adventure races, Mont 24 hours—she is one fantastic trainer.



Kim Stokeld

Adventure racer and mountain biker, Kim founded AMBC after realizing there had to be a better way to learn mtb skills than by falling off until she got it right. Kim has wins and top 5 finishes in the CORC Solo Only 24 Hour MTB Race, Dirtworks Classic, Kathmandu adventure races, AROC adventure series and the Max 24 adventure races.





What to Bring

- Bike shorts
- Cycling shirt (or similar)
- Fleece
- MTB gloves
- Cycling shoes
- Socks
- Sun cream
- Pen and paper
- Fold up chair (optional)
- Mountain bike (*we recommend that it be fully serviced*)
- Cycle helmet (Australian Standards approved)
- Windproof/waterproof outer
- Towel
- Lunch and snacks
- Water bottle & water
- Sunglasses
- Bike repair kit – spare tube, tyre levers, pump

MTB Condition

All participants are asked to have their mountain bike fully serviced and in excellent working order for this event. Although we have knowledgeable staff in attendance, their role is to ensure the safety, wellbeing and enjoyment of all participants and will only attend to emergency repairs on an “as required” basis.

Australian Mountain Biking Clinics

www.ambc.com.au

Phone: 02 9809 4354

Mobile: 0416 261 336

E-mail: kim@ambc.com.au