

# 2024 Women's Mountain Bike Clinic Proposal

**Date proposed:** Friday, July 26th - Sunday, July 28th

**Fees:** Brooks Adventure will be handling the registration. The clinic hosted by Brooks Adventure will be about \$380 /participant. There will be an additional cost to registration if attendees choose to camp. Camping will be offered at Goose Island Park and will be an additional \$35/participant. Camping is not required to attend the clinic, it is to help accommodate out-of-town folk and encourage connection with other women. Food included will be about \$50-\$100/participant for the weekend.

**Event overview:**

ORA Trails, in partnership with Brooks Adventures, is proposing to host a Women's Mountain Bike Clinic in the Upper Hixon. We are inviting women to a fun and exciting atmosphere to learn the ups and downs of mountain biking and help attendees build confidence on the bike and on the trails. We are asking attendees to provide their own well-maintained mountain bike, but will be sharing rental opportunities the La Crosse area offers. Helmets will be required, as well. We are expecting 20-30 women to participate in this event.

The event will open on Friday for early arrivers. Saturday will begin promptly at 9am in the Upper Hixon with many training activities throughout the day and Saturday evening. Sunday will start early for rides and more fun in the Upper Hixon. The clinic will conclude between 2-3pm.

We invite beginner and intermediate mountain biking women interested in meeting more riders and improving their skills on the trails and on the bike. We will take beginners through the fundamentals of riding and build their confidence on their bike bringing them to a higher level of riding. Intermediate riders will review fundamentals and explore new riding skills and how-to-ride features on the trails. We will overcome fear when riding and learn how to approach some of the more challenging features you may encounter on the trails.

We plan to offer camping for all women interested in getting to know others, possible night rides, and fireside chats. Some food will be included in the event.

ORA Trails and Brooks Insurance will have insurance on this event and can provide copies to the City of La Crosse.