

INTERESTED IN MOUNTAIN BIKING

Join

The Miners Mountain Bike Club

High school mountain biking has hit Nevada! Last year over 200 male and female athletes and 75 coaches rode with with the Nevada High School Cycling League www.nevadamt.org

Are you interested in racing or just maybe just getting out to ride our amazing Northern Nevada trails. All are welcome, beginner to experienced riders. There is no "bench" in mountain biking. Everyone gets to ride and we will help you get your riding to the next level. Already doing a fall sport? No problem, we have many athletes who combine the cross training of mountain biking with other fall sports.

Come join your fellow Miners for an amazing club team experience

The mountain bike season is a fall sport running from July to October. If you choose to race, there are four races scheduled for the season: North Tahoe, Hidden Valley, Mammoth and state finals will be held at Tahoe Donner. These venues represent some of the finest singletrack riding in the Northern Nevada Tahoe Region.

Did you know? Mountain biking is the only team sport where boys and girls are scored together.

Practices typically run 3 days a week, 2 hour duration in locations throughout the Reno area. Practices start in the July time frame for those riders. Gone for the summer? That is OKAY. Many riders do not start riding until they return to school in August.

What to bring? Helmet, bike, shoes, water, food and an appetite for fun in the sun, dirt and fresh air. Be ready to get strong and fit. No bike? No problem, we will help secure a bike for any interested rider.

We are also looking for interested and experienced parent coaches and ride leaders to help with practice.

Interested? Want to help coach? Contact Head Coach Ken Skogerson, Kensko1@live.com, or check out www.nevadamt.org for more information.

Go Miners!