



Phat Chicks

Fit Chicks with Phat Ideas

Definition... (adjective Slang.
Great; wonderful; terrific, excellent!)

Phat Chicks who are bringing it!

Bike PHAT!

Women's beginner Mountain Biking Skills Clinic

First Clinic:

Saturday May 7, 2011

holding minimum one clinic per month through to the fall

Kelso Conservation Park – Milton, ON

10am – 4pm - \$120.00

A full day mountain bike experience.

What you get:

- **Experienced, Knowledgeable Instructors**~ women mountain bikers with over 10 yrs experience
- **Necessary Mountain Biking Skills** ~ to get you riding on the trails feeling confident and safe.
- **Learn to Become One with your Bike**~ Optimizing balance, control, positioning, gearing, breaking, riding uphill and downhill, over obstacles, learning to control your body and bike to navigate through existing terrain!
- **Safety Awareness and Injury Prevention** ~ common mistakes and what not to do.
- **Fundamental Riding Gear Discussion** ~ the importance of gear - it's not just about looking great!
- **Comprehensive Bike Maintenance and Terminology**~ key factors to ensure a fun and safe riding experience.

- **Beneficial information on Nutrition and Hydration** ~ the importance of eating well and keeping hydrated; nutrition plan.
 - **Catered HEALTHY lunch**
 - **Bike PHAT t-shirt.**
 - **Finish the day with Yoga style stretching in the great outdoors** ~ by a certified yoga instructor.
A chance to get outside, sweat, learn, laugh and with some amazing
people.
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All women welcome to join the
Phat Chicks Mountain Bike Instructors
every Wednesday night at 6:30pm at Kelso Conservation
for a wicked ride where you will learn amazing riding techniques and skills to get you on the trails like a PRO! - \$10 drop in fee (plus park fee)

BE BRAVE . BE CONFIDENT . BE PHAT .



CONTACT US: www.phatchicks.ca