



# TRANSCEND ATHLETICS INC.

Corp #2019746300

Welcome to the 2021 Transcend Athletics Family Mountain Bike Skills & Ride Camp! We are excited to be offering a weekly mountain biking skills and riding camp this spring that is going to be focused on families! We know that the sport is growing, and that quality family time is important. What better way to get some good family time in by learning a new sport or simply getting better at it, all while getting to be outdoors getting some fresh air!

The camp will run Monday nights starting at 6:30pm at Capilano Park. The camp will consist of 20 to 30 minutes of teaching and practicing of an essential on bike skill. The athletes will learn skills required to safely navigate single track trails, including balance position, controlled braking, weight distribution, cornering, climbing and descending techniques. For the more advanced riders, along with improving these skills, there will be opportunities to learn and practice how to jump, navigate drops and other trail features with confidence, and correct techniques for bunny hops and manuals. We will then ride through the river valley trails for approximately 1 hour. This may vary depending on group size, age, and skill of the riders. The goal of this camp is to give everyone in the family the skills to enjoy a day on their Mountain Bikes.

The cost for the Family Mountain Bike Skills & Ride Camp is \$262.50 (GST included). This fee is for all immediate family members (up to 6). If you have more in your family – please email [tim@transcendathletics.ca](mailto:tim@transcendathletics.ca) about additional pricing. Included in this fee will be coaching by a certified bike instructor, as well as a Transcend Athletics shirt for everyone in the family.

All registration info can be found online at [www.transcendathletics.ca](http://www.transcendathletics.ca)

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166 Willow Street  
Sherwood Park, AB  
T8A 1P6



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## DATES & LOCATIONS

April 19 – 6:30pm – Capilano Park  
April 26 – 6:30pm – Capilano Park  
May 3 – 6:30pm – Capilano Park  
May 10 – 6:30pm – Capilano Park  
May 17 – 6:30pm – Capilano Park  
May 31 – 6:30pm – Capilano Park  
June 7 – 6:30pm – Capilano Park  
June 14 – 6:30pm – Capilano Park  
June 21 – 6:30pm – Capilano Park  
June 28 – 6:30pm – Capilano Park

## ITEMS TO BRING

- Mountain bike in good working order - minimum 5 gears and 1.5" wide tires. (No BMX Style bikes)
  - Proper fitting helmet
  - Gloves (Optional but preferred)
  - Shoes (no open toed shoes)
- Water bottle or Camel back style backpack
  - Spare tire tube
  - Snack (optional)

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