



WOMEN'S WEEKEND GRAVITY CAMP

AUGUST 26-28th

PRESENTED BY KONA

BIKE INSTRUCTORS: IMIC Coach: Angi Weston, IMIC Instructors: Pat Rehberg & Maggie Keller

Calling all women! Calling all women! Looking for an opportunity to make your first or next steps with mountain biking? Well here is the perfect opportunity to enjoy a two day riding camp designed for women by women! With two days of riding instruction, skills clinics, bike park passes, Kona bikes and equipment, lodging, breakfast and lunch, rider specific yoga classes, free chair massages, happy hour specials and more for as low as **\$109 per person**, there is no excuse not to join in on the fun! Make sure to register early as there is limited space available on this incredible package.

WOMEN'S GRAVITY CAMP RATES: All rates include 2 Days Bike Park Passes, 2 Days Bike Rentals (body armor and helmet included), 2 Nights Lodging, Friday Evening Social, Breakfast and Lunch on Saturday and Sunday, skills clinics, riding instruction, yoga classes, and more! Tax not included.

\$109.00 PER PERSON: Double Occupancy at the Inn at Snowshoe (standard room)

\$149.00 PER PERSON: Single Occupancy at the Inn at Snowshoe (standard room)

\$192.70 PER PERSON: Double Occupancy at Expedition Station (junior studio)

\$316.70 PER PERSON: Single Occupancy at Expedition Station (junior studio)

FRIDAY AUG, 26TH:

- 7pm – 9pm Evening social at Moonshine with Appetizers and Drinks

SATURDAY AUG, 27TH:

- 8am yoga for women riders (45min)
- 9am breakfast at the Junction (fresh fruit, yogurt, oatmeal, eggs, ham, etc.)
- 10am bike setup and pre-ride inspection
- 10:45am general overview of the next two days
- 11am skill assessments and group assignments
- 11:30am morning skill session
 - Neutral and ready positions
 - Bike body separation
 - Braking
 - Cornering
- 1pm lunch at the Junction (selection of sandwiches)
- 2pm afternoon riding session
 - Learned skills practice from morning session
 - On trail mini sessions of a selection of common trouble areas
- 5-8pm Happy Hour at the Old Spruce Café
 - Drink and Dinner Specials for Women's Weekend campers
- 5-7pm Free chair massages for Women's Weekend campers

SUNDAY AUG, 28TH:

- 8am yoga for women riders (45min)
- 9am breakfast at the Junction (fresh fruit, yogurt, oatmeal, eggs, ham, etc.)
- 10am group assignment revisit
- 10:15am morning skill progression sessions within respective groups
- 11am morning riding session
- 1pm lunch at the Junction (selection of sandwiches)
- 2pm afternoon riding session
- 4pm camp recap and farewell

LODGING INFORMATION:

THE INN AT SNOWSHOE:

<http://www.snowshoemtn.com/lodging/mountainbase/InnatSnowshoe/index.htm>

EXPEDITION STATION:

<http://www.snowshoemtn.com/lodging/villagecentral/ExpeditionStation/index.htm>

CALL 877.441.4386 TODAY TO BOOK YOUR RESERVATION!