



Mountain Bike Classes

Bedford County Parks & Recreation is now accepting registrations for participation in beginner mountain classes that will begin 10/03/2011 and run 4 consecutive weeks each Monday evening from 6pm to 7pm at Falling Creek Park in Bedford. These classes are for ages 10 years and older. The cost of the 4 week course is \$20 and includes the use a mechanically sound mountain bike and helmet. Space is limited. Register as soon as possible. **For questions or information please contact Kenny Palmer 540-875-8238.**

Mountain biking is an exciting sport that can be enjoyed by everyone who knows how to ride a bike*. It does, however, present some additional challenges compared to the average neighborhood ride. Master these basic skills before you hit the dirt and turn those obstacles into something to look forward to.

Topics covered in these classes:

- Basic bike safety
- Easy bicycle maintenance
- Proper body position
- How and when to shift gears
- Cornering techniques
- Proper braking technique
- How to clear obstacles

Complete this registration and mail along with payment to:

Bedford County Parks & Rec.

780 Bedford Ave. Ext.

Bedford, Va. 24523

Name _____ Phone# _____

Address _____ City _____ State _____

Age ____ Height ____ Emergency Contact _____ Phone# _____

Signature (Parent or Guardian if under 18 years old)

*Participant must already know how to ride a bike to take this class.