



BEDFORD COUNTY
VIRGINIA
Parks & Recreation
Experience the Benefits

MOUNTAIN BIKE CLASSES

Bedford County Parks & Recreation is now accepting registrations for beginner mountain bike classes (10 years and up). These classes will run 4 consecutive weeks. The beginner classes start Thursday May 4, 2017 and runs from 6:00pm to 7:30pm at Falling Creek Park in Bedford. The cost of the 4 week course is \$25 for county residents and \$35 for non-residents. Price includes the use of a mechanically sound mountain bike and approved helmet (required to participate).

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 the basic skills before you hit the dirt and turn those obstacles into something to look forward to.

***Participant must already know how to ride a bike to take these classes*

Topics covered in these classes:

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

Space is limited so register as soon as possible at
<https://www.bikereg.com/mountain-bike-classes>

***Call before registering if not sure of skill level needed for this class.*

For questions or information please contact Sean Castle at 540 586 7682

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