



*Rocks, Roots & Steel*

# APRIL 2 & 9, 2016 YOUTH MOUNTAIN BIKING

## Information & Registration Session

Love the outdoors and heart-pounding action? Are you a recreational or competitive mountain biker? Team MTB Kingston is a co-ed 15-week racing development program designed for beginner and advanced riders, ages 10-18. Register now and get ready to hit the trails!

Program runs from Saturday, April 2 – Saturday, July 16, 2016. Practices are held Wednesday evenings from 5:30-7:00 p.m. & Saturday mornings from 9:30-11:00 a.m. at MTB Kingston.

**MTB  
Kingston**  
www.MTBKingston.ca

EXPLORE 40 KM OF  
TRAILS

LEARN BASIC &  
ADVANCED RIDING  
SKILLS

CORNERING,  
BRAKING,  
ASCENDING,  
DESCENDING,  
ROCKS & ROOTS

ENDURANCE &  
FITNESS TRAINING  
FOR COMPETITIVE  
RACING

ONSITE REGISTRATION  
10:00 A.M. – 12:00 P.M.

## MTB KINGSTON

Unity Road  
Glenburnie, Ontario

More info? Call/text  
Tammie 613-449-3182  
Wally 613-536-9902  
Laurie 613-331-0688