



MBTN TRAIL KIDS YOUTH MOUNTAIN BIKE PROGRAM



August 2016

Dear MBTN “Trail Kids” mountain bike Participant & Family:

Welcome to the 2016 Munising Bay Trail Network, Inc. “Trail Kids” youth mountain bike program. We are looking forward to working with your child over the six (6) week course. We anticipate your child will find the rides to be fun as well as educational. This letter outlines the program we have put in place for this year and should also answer some basic questions you may have.

Schedule and Locations

Date	Location	Time	Session/Event
September 11 th	Valley Spur	2:00 – 3:30 pm	Instructional #1
September 18 th	Valley Spur	2:00 – 3:30 pm	Instructional #2
September 25 th	Valley Spur	2:00 – 3:30 pm	Instructional #3
October 2 nd	Valley Spur	2:00 – 3:30 pm	Instructional #4
October 9 th	Valley Spur	2:00 – 3:30 pm	Instructional #5
October 16 th	Valley Spur	2:00 – 3:30 pm	Youth Race

Each weeks session will begin at 1:45 with the distribution of helmets for any child that does not currently own one. We also have a limited supply of bikes for use by any child who does not own their own. Parents not taking part in bike rides are expected to be at the lodge by 3:15 to assist their child with return of helmets and / or bikes.

Cost of Program:

The program is free of charge for children age five (5) thru eighteen (18). The program includes coaching on bike technique / trail etiquette / care of your bike / bike safety.

Group Assignments and Coaches

Your child will be placed in a specific riding group depending on their level of experience. It is our intent to have two coaches assigned each session to work/ride along with each group. Group assignments will be available to you following the first session so that you are aware of the names of your child’s coach. Please contact your group coaches with specific questions about the sessions.

Parent Participation:

Your participation is encouraged. You are invited to come ride along on any or all rides.

Weather and Cancellations

We will cancel any session due to predication of heavy rain or thunderstorms. There will not be make up sessions. We will post on the MBTN Facebook Page with cancellations. You can also call the lodge the day of class for an update on weather conditions and class status. Lodge phone number is 387-4918.

Equipment and Clothing

MBTN Equipment is handed out on a first come first served basis. It is your responsibility to arrive in adequate time to check out equipment and be prepared to start class on time. Rides/training sessions will begin promptly at 2:00 pm. We ask that you arrive between 1:30 – 1:45 for this purpose. Parents are responsible to return helmets/bikes or any other borrowed equipment at the end of each session.

Dress appropriate for the weather and provide your child with a water bottle.

Year End Event:

The coaches have planned a youth bike race for the final day of class, Sunday October 16th followed by pizza and awards. The event will encompass trails at Valley Spur. Additional information will be provided as the date gets closer.

Parent Tips when Riding with Kids

Valley Spur bike trails are a great place to start kids biking and to learn some technique fundamentals. Getting out on the trails with your kids outside of these sessions is even better. Here are a few tips for getting out and enjoying mountain biking with your kids:

- ❖ Keep distances and degree of difficulty manageable for everyone when deciding on which trails to ride.
- ❖ Build confidence – don't turn it into an ordeal, especially the first time out.
- ❖ Bring drinks/snacks (chocolate or oranges will usually get a few extra k's out of anyone)
- ❖ Keep focus on fun
- ❖ Keep up the variety and try out new trails in the area
- ❖ Check out some bike racing events (locally or televised) – catch the excitement.

TRAINING SESSION REGISTRATION & WAIVER:

Please find the Bike Program registration form and waiver attached. The registration form and waiver must be completed, signed and returned prior to your child's participation.



**2016 MBTN TRAIL KIDS MOUNTAIN BIKE PROGRAM
REGISTRATION & WAIVER FORM**

Child Name: _____
First Last

Address: _____
City

Zip Code Phone

Email address: _____

Male: _____ **Female:** _____ **Age at Registration:** _____

Please circle what best describes your child's BIKE RIDING ability:

Just learning Beginner Some Experience Experienced Rider

Comments/Concerns:

WAIVER

In consideration of my participation in the MBTN Trail Kids youth mountain bike program, I for myself, my heirs, executors, waive all rights and claims for damages I may have against Munising Bay Trail Network, Inc., the Friends of Valley Spur or the volunteers of this program, representatives, successors and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I give my consent to medical attention if needed and further state that I am in proper physical condition to compete in training sessions. I also consent to the use of any photos taken of myself during the six week program for use in commercial or promotional marketing and advertising in this or future events held at Valley Spur.

**ALL PARTICIPANTS MUST SIGN WAIVER:
(Under 18 must have parent/guardian signature)**

Child Signature

Date: _____

Parent Signature, if under 18

Date: _____

