

Take a Kid Mountain Biking Day

October 4th 2014 - Agenda

9:00 - 9:10am

Welcome and Introduction

- *Basic welcome describing the purpose of the event. Introduce all parties involved: RVA-MORE, RideKore, RCWR, JRPS, any other sponsors (food, drinks, etc)*

9:10 - 9:15am

RideKore's Safety Briefing

- *RideKore instructors will open with expectations for the day and discuss some basic safety precautions.*
- *During this time volunteers will be walking around checking everyone's helmets and basic bike set up (i.e. brakes, tire pressure, etc.)*

9:15 - 9:45am

RideKore's Bike & Balance Basics

- *Skills covered; Neutral Position, Attack Position, Braking*
- *Toward the end of this drill work, RideKore instructors will begin sending participants to their 'group leader' according to observed ability. (Select volunteers will position themselves for the Demo)*

9:45 - 9:55am

Skills Park Demo

- *RideKore instructors will announce each demo rider to ride each part of the skills park to show it's purpose and double as a water break for the participants.*
- *RideKore instructors will release the 'zone' volunteers prior to releasing the riding groups.*

9:55 - 10:00am

Transition to Instructional 'Zones'

- *Other volunteers can prepare snacks, drinks, etc.*

Participants will rotate around to each 'zone' with their assigned group.

- *Volunteers will give a brief description of each zone and it's purpose. Remind all participants to use their vision and braking to remain in control and not run into each other.*

10:00 - 10:15am

Slow Race Game

- *Last one across the line wins the race! The object is to ride in a straight line without stopping or putting your foot down. Riders have to utilize their balance...remember eyes up and stay relaxed*

10:20 - 10:35am

Foot Down Game

- *Last one 'standing' wins! The object is to ride in a confined area while trying to make the other riders lose their balance. Riders are considered 'out' when they put their foot down and/or cross the boundary line(s). Note: riders cannot run into other riders on purpose and it will help to get everyone in an 'easy' to pedal gear. Again, remember eyes up, stay relaxed, and stay centered.*

10:40 - 10:55am

Pumptrack(s)

- *Pumptracks are a great feature to help build stamina and learn more about 'bike & balance basics'. Encourage riders to practice pumping by dropping through the hips and keeping weight through the feet. Older riders on the intermediate pumptrack should also work on leaning the bike to make corrections in line choice.*

11:00 - 11:15am Rock Garden / Balance Log

- *Here, riders can practice riding a straight line and navigating obstacles. The key here is to continue working on the Attack Position which combines lowering through the hips, cowboy/cowgirl knees, and elbows up. Don't forget vision!...keep those eyes up on the trail!*

11:20 - 11:35am Group Ride(s) on Belle Isle

- Group leaders have a couple options here. The Lost Trail is a fun little run that is fairly flat but has some fun turns and technicality...a little taste of singletrack. Groups can also extend this ride with a loop around the crush and run trail. More advanced/older riders could pedal up to the top of the island and ride some of the singletrack up there (use your best judgement).
 - Additionally, this is a great opportunity to address basic trail etiquette with young riders. Trails are multi-user and riders can practice keeping a single file line, using "rider up" or "riders on your left" language. Lastly, remind riders to keep some space between each other to avoid crashing and to allow each rider to see what's coming up ahead of them.
- ★ Any remaining time can be dedicated to unstructured play or rider choice. Riders, parents, volunteers can also utilize this time for a snack and socialization. This might also be a good opportunity to set up a couple rounds of adult only "Foot Down Game".
- ★ Closing - Refreshments, door, prizes, thanks for coming! Encourage youth riders and families to continue exploring the JRPS and Pocahontas Trails as well as the numerous county parks with trail opportunities!